

MBMBaM 747: How You 'Dune, a Friends-Fremen Podcast

Published on January 27, 2025

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Intro (Bob Ball): The McElroy brothers are not experts, and their advice should never be followed. Travis insists he's a sexpert, but if there's a degree on his wall, I haven't seen it. Also, this show isn't for kids. Which I mention only so the babies out there will know how cool they are for listening. What's up, you cool baby?

[theme song, "My Life Is Better With You," by Montaigne, plays]

Justin: Hello! And welcome to My Brother, My Brother and Me, an advice show for the modren era. I'm your oldest brother, Justin McElroy.

Travis: Uh... vroom-vroom, uh... what's up, Trav Nation? I'm your middlest brother, uh... Travis big dog woof-woof McElroy, uh... If you look out your left window, you'll see my babiestic brother, Griffin McElroy.

Griffin: Hello! [chuckles] I'm not on the plane, I guess!

Travis: No, he's on the wing, uh... We're trying to shake him off and uh... so, fasten your seatbelts, this is gonna be—

Griffin: I'm a nasty sky man!

Travis: Yeah, there's a—

Griffin: I'm gonna get this plane!

Travis: Yeah, everybody, try to—I don't know why I drew attention to it. Actually, try to ignore uh...

Griffin: [chuckles]

Travis: The nasty sky man who's chewing on the wing. Uh...

Griffin: I hope no one's—

Justin: Excuse me! Excuse me, flight attendant, may I have your attention over here, please?

Travis: Yes, sir? How can I—

Justin: There's a nasty sky man on the wing, and my wife and I paid—

Griffin: I'm gonna get this plane!

Travis: The pilot did say to try to ignore the nasty sky man out there.

Justin: I have been trying—

Travis: Can I offer you warm nuts?

Justin: I'm trying to enjoy the latest Alex Foley mystery, and this—

Travis: Of course.

Justin: Young man on the wing—

Griffin: [spoofs aggressive chomping sounds]

Justin: He's chewing on the window!

Travis: We're sure that he won't be able to get through. Don't worry about it. The 747 is a very secure, safe airplane, I bet. So don't—

Griffin: I eat plane wires for food!

Travis: He says that every time, we've never seen him do it. He does bite the wires, but I don't think he digests them.

Griffin: Can I smell through the luggage? I don't know what else nasty plane man would—listen, in that skit we just sort of cooked up live, improv style, which is like fun, I feel like, Travis, you put me outside of the scene and cast me as the nasty sky man without a second thought.

Travis: That's called a gift. That's called giving your partner a gift.

Griffin: I don't feel like it was a gift. I felt like it was a challenge, but it was also sort of an exclusionary one.

Justin: It was a yolk.

Travis: Well, at first—

Griffin: There's a lot of—

Travis: I thought of you as like the Grand Canyon, and then you chose to be on the wing of the plane, I guess.

Griffin: Right, but even if I was the Grand Canyon, I wouldn't be like an active participant in the scene. So just like, I've never done improv, but I don't think at any point one of them can be like, "And you're a tree," so that you can't get to play in the same—

Justin: How long do you have to do this show before you can say you've done improv? [chuckles] Like how—

Travis: Yeah, a little bit here, a little bit there.

Griffin: [laughs]

Justin: How many of these podcasts would you have to do?

Travis: I think it all adds up to one improv at some point.

Justin: At least one—you improvised—you've improved—

Griffin: I've done an improv.

Travis: We've done 747 episodes. I think by this point you can say I've dabbled, at least.

Griffin: That's why we're doing airplane stuff, by the way—

Travis: Was that clear?

Griffin: If you didn't figure it out.

Justin: Hey, I'm gonna do it again in 10 episodes, because 757, that's a plane too. That's another plane. So I'm pretty excited—

Travis: What?

Griffin: We're doing all the plane models. Yeah.

Justin: Yeah, they're all the planes. Yeah. [spoofs the Spice Girls] You know, I'll tell you what I want—no—

Travis: Have they worked through—were there six 26s at some point? Where five 25—

Justin: I don't think so, no.

Griffin: Yeah, man, maybe.

Justin: It was just Cessnas. Listen, I don't remember a time in school when the path of pilot was open to me.

Travis: Mm-hm.

Griffin: Sure.

Justin: By which I mean, I know people did end up as pilots, but I, in my life, no one at any point was like, "This way to that career path." Like—

Travis: Do you think that that was a—

Justin: Everyone read me instantly and is like whatever room the potential pilots are in, we don't need Justin in that room. There's a different room.

Griffin: No.

Travis: Yeah, I remember when I was taking like Life Skills, which I think was the rebranding of Home Ec, and I absolutely knocked my cross-stitch project out of the park. And my teacher was like, "Hey, pretty good cross stitch of a wolf in front of a moon. You'd make a great pilot." And I said, "No, thank you. I'm going to be a podcaster."

Griffin: Yeah. I mean, I've never—

Travis: And I think that's where I missed it.

Griffin: I've never looked at a kid and thought I want to be on a plane they're driving. Because they're—

Travis: Really?

Griffin: Because they're—they can't reach all the stuff, all the buttons and toggles and... what have you.

Travis: I think that about your son, Henry. I can't believe you don't.

Griffin: You'd let Henry fly a plane with you in it?

Travis: Not now! But I'm saying I see within Henry an uncut—

Griffin: A pilot's... a pilot's spirit.

Justin: A pilot's heart.

Travis: Yeah, he has the heart of a pilot. You don't see that?

Justin: A pilot's heart.

Travis: I think—

Justin: Maybe people didn't see that in me? They found—they looked at my heart and found it lacking.

Travis: Yeah. You have the heart of a podcaster. I'm sorry.

Justin: I look like the kind of guy that would fly into a bunch of birds and just flip the fuck out. [chuckles] Like no chill.

Griffin: Oh my God. Can you imagine—

Justin: Zero chill.

Griffin: Can you—can you—

Justin: One bird and I'm done.

Griffin: One. Not even a flock. If any of us were flying over the Hudson and we sucked in a single, small, sick goose into our engine—

Travis: Yeah, a sparrow even.

Griffin: I would just take the yoke and push it straight down and be like, "Sorry, everyone—"

Travis: I think—

Griffin: "They got us."

Travis: If I was a commercial pilot, I think I would get called into whatever my boss' office. And they'd be like, "Hey, you need to stop asking like the control towers and radar people if they see any birds on the flight path."

Griffin: Yeah.

Travis: Like... no. Like, that's, it's—"I don't think radar can even pick up birds, but you ask every five minutes?"

Justin: Here's a quick impression of me in a pilot career path. You guys can... who did the skit with me last time? Okay, this time, Travis, in this skit, you are the control tower.

Travis: Okay.

Griffin: Like the actual building? Because that's basically what Travis did to me last time.

Travis: Or like a John Cusack—

Justin: But he's getting good at it.

Travis: Pushing Tin—

Justin: Like Pushing Tin—

Travis: Okay.

Justin: Yeah, push the tin.

Travis: Okay.

Justin: Control tower, this is Justin McElroy, come in.

Travis: Yeah, it's me, John Cusack. Can I help you?

Justin: Hey, John. Yes, I'm getting very bored and I don't want to anymore do this. [chuckles] I don't want to do this anymore. And the other guy said he won't take over again, because he's already done it four times so I can use the bathroom. And I don't want to do it anymore, so I would like to—

Griffin: I'm the guy with the batons! I'm outside! I can't hear anything—

Justin: So, can I get down?

Griffin: You guys are saying!

Justin: So, can I—

Travis: What?

Justin: Get down, please?

Travis: No, like, you wanna stop?

Justin: I wanna get—[chuckles] I wanna down! I don't want to do it anymore. I want to—

Griffin: God dang! These batons are heavy.

Justin: I want to run around. I want to run around.

Travis: Like you're asking to land?

Justin: Land or not land, I need to go run around. I need to like take a lap and the other guy said he won't fly again.

Travis: Okay, you just need to go back.

Justin: I got the zoomies. [chuckles]

Travis: You gotta go back to the passengers and see if any of them has the heart of a pilot.

Justin: What if your pilot walked past you and just like you heard him mumble like, "Got the zoomies. Sorry—

Travis: Got the zoomies.

Griffin: Got the zoomies.

Justin: "I'm trying to walk it off." [chuckles]

Travis: He's stopping—

Griffin: Sucks on a plane—

Travis: By everybody like, "Hey, what are you watching? What's it? Can I—"

Justin: "Hey, do you wanna—"

Travis: "Hey, give me one of the ear buds."

Griffin: "Hey."

Justin: "You wanna fly?" [chuckles]

Travis: "I need snacks!"

"What?"

"I'm the pilot and I need snacks!"

Griffin: "Snacks on this plane suck! They always suck."

Justin: [laughs]

Travis: "Did anybody bring anybody—like chocolate-covered almonds or—"

Justin: "I'm gonna look for some—I'm gonna look for some sweet. I'm gonna have a lot of salty." [chuckles]

Travis: Anybody got any M&M's?

Griffin: "I told them—I told Delta they gotta get little Airheads bites. I love those things! Get Airheads bites for the sweet. They don't listen."

Travis: Hey, do you guys remember when we used to smoke on planes? Get up there and fly!

Justin: I... I still do—

Travis: No, I'm just saying! Like there was a time when there was like steak dinners and... stuff.

Griffin: Why can't we vape?! It doesn't make anything! It doesn't make anything when you do it.

Travis: I watched Catch Me If You Can and I was like, "I wanna do that." And then I get here and they're like, "You have to stay in the chair the whole time."

Griffin: Mm-hm.

Travis: And there's like no lounge or whatever.

Griffin: They should make—

Travis: And like, this sucks.

Griffin: They should make a Catch Me If You Can 2. And instead of it being about a guy doing a bunch of cons, it's a guy who gets really good at secretly vaping in places where he's not supposed to.

Justin: [chuckles]

Griffin: And it could still have Tom Hanks in it. Like how—

Justin: It's called Catch Me If You Care. [titters]

Griffin: You... how did you vape on It's a Small World in Disney... in Disney World?

Travis: And he just pulls out like a toilet paper tube stuffed with dryer sheets and he's like, "I knew it!"

Justin: [laughs]

Griffin: [sings tune] Ba-da! Ba-da-ba-da!

Justin: [laughs] And then you hear, "Justin, I love your podcast!" It's like, "Thank you very much. I don't have time to talk right now."

Griffin: [laughs]

Travis: [chuckles] "I'm going to—

Justin: This isn't a—

Travis: "Prison I guess."

Justin: "This isn't a good moment, I'm being trespassed." [titters]

Griffin: [chuckles]

Justin: This is an advice show. Okay? Still. "My youngest sibling got me a Tamagotchi for Candenights."

Travis: Ooh?

Justin: "It's the 2024 re-release of the version I had as a kid, which I was obsessed with back then. It's as fun and cute as I remember, and I've been—" Is it as fun as you remember?

Griffin: [laughs]

Justin: [titters] Okay. And I—

Travis: It's as all-consuming as I remember.

Justin: "I've been keeping it on my person so I can take care of it and not let it die. However, I'm a nearly 30-year-old man who has a full-time job and rides the bus and grocery shops and stuff. And inevitably, sometimes the little guy gets hungry and beefs while I'm out doing errands, around other adults. Is there a way to care for my little plastic egg toy in public without looking like a large child?" And that's from Pixel Parent in Kentucky.

Travis: I got Bebe a Tamagotchi for Christmas. Because she like asked about them and was interested.

Griffin: Yeah. Which one? Is it one of the new, dope all-color ones? Or is it like the re-release—

Travis: The re-release.

Griffin: Like Tiger Electronics—okay.

Travis: I want her to like experience the retro throwback.

Griffin: Sure.

Travis: And then, as she was like unboxing it, she was like asking me and Theresa about it. And Theresa started describing like, well, you don't—you can't turn it off. Right? Like if you stop paying attention to it, it will die.

Griffin: It will die. Yeah, it does.

Travis: And you have to—and Bebe instantly was like, "I don't want that! What?" And had like, a full-blown—

Justin: A lot of pressure.

Travis: Anxiety like—

Griffin: Good on her.

Travis: "No!" And handed it to me and she was like, "Figure out how to turn it off." And all I could think is, this same child has been asking me for a hamster for so long—

Justin: Yeah.

Griffin: Yeah.

Justin: It's the exact same principal.

Travis: To be her own. And I was like, I don't know—like, you've just... you've just—this is the moment where like the lawyer asks the like defendant a question, and they just blow the whole thing wide open.

Justin: Yeah. It's also that kid, that classic kid reaction of like, "I don't want the pressure of thinking this might die, so kill it in front of me while I watch."

Travis: Yeah.

Justin: Like, "I want to watch."

Griffin: Yeah.

Justin: "You do it."

Travis: "Take the battery out." Well, what do you think—

Justin: Take the battery out.

Travis: That does?

Griffin: We need—it's time to normalize virtual pets. It's time for these things to be on everyone's person all the time. I'm thinking more of a Giga Pets direction, because Giga Pets you could, I—you could make 'em fight. And that's really what I wanted. Like, that's really what I wanted, is to make it—is to prove that I can raise the strongest pet.

Travis: That's so interesting, Griffin, because what you've just blown open for me is that Tamagotchis are seen as so childish. And yet Pokémon Go swept the world.

Griffin: Yeah.

Travis: And it's like, yeah, how is that that different?

Griffin: Just give me—

Travis: Except they fight?

Griffin: A little guy. Just give me a little guy—

Justin: How much—

Griffin: That I have. Put him in my watch. My little guy in my watch that I get to do-do-boop-boop! Whenever I want?

Justin: What would all human interaction be like? Like, every uncomfortable conversation you've ever had, if you could just be like, "Hey, quick battle?"

Travis: Yeah.

Justin: Wanna knock out a quick—

Griffin: So good!

Justin: Quick battle?

Griffin: So choice. I see you're also a—

Justin: Just quickly knock one out?

Griffin: A fire type, huh?

Justin: You would—yeah—

Griffin: You too?

Justin: And it's like, "Would you like a... quick battle?"

Travis: Quick battle?

Justin: Like, and I mean everybody. Like even—

Griffin: Everybody.

Justin: Old people who are like—

Griffin: Government mandated.

Justin: Whack. Like whack. Like old, whack people. Even them have 'em, you know what I mean? Like, even your nonny. My nonny's not whack, but like you get the idea.

Travis: Yeah, she's old.

Justin: Like, all have 'em, quick battle, no problem.

Travis: You could—

Griffin: That would be so great.

Travis: If we could figure out a way to connect like Pokémon or Tamagotchi or Giga Pet to like mining crypto? Billion dollars.

Griffin: Now you're—now you're putting the douche chills in me, Trav!

Travis: Yeah. Oh, I actually think that's what Logan Paul was trying to do with ZooCoin. Actually, now that I say it out loud.

Griffin: You put—you put the shiver in me, Trav.

Travis: I think I've reverse engineered the ZooCoin scam.

Griffin: That's a shame that you did that. Dang!

Travis: Yeah, no, I said it and then I hated it.

Griffin: Dang. Let's go back to the other thing where you could—it was a good—a good—

Travis: Yeah, ignore the thing that I said where I created ZooCoin.

Griffin: A plus for humanity, yeah.

Justin: I'll say this. If you can live authentically on your Tamagotchi, all you're gonna garner is envy.

Griffin: Sure.

Justin: Because if I saw someone on a bus and I didn't have anything to play with, and they had a Tamagotchi, I would think, hm, looks pretty fun. I wish I had that.

Griffin: Looks good to me.

Travis: Yeah.

Justin: I might even get a little closer, like look over their shoulder like, wish I had that. And if you are a person in the world who—that is bringing you joy, no matter what that object is, everyone else will just look at you with 'I wish I had that' joy.

Travis: One of the people in the cast of Twenty-Sided Tavern had a Tamagotchi that she was taking care of.

Griffin: Love that!

Justin: Sure.

Travis: And my—every time it would beep or something, like the first time I was around when it beeped, she like kind of apologized. And I was like, "Nah, man."

Griffin: Do not.

Travis: It seems really grounding and really mindfulness like...

Justin: I'd rather have a friend that gives me Tamagotchi updates than a friend that feels the need to bring me every uber distressing headline they strolled across, like some sort of like wild cat bringing me terrifying dead birds when I least expect it. No, thank you. Just go ahead and give your egg some milk or whatever.

Travis: Yeah, I love it.

Griffin: I think they could come in different form factors. We're done talking about this question. So sorry. I know that you probably wanted like concrete advice. Instead, the three of us are just kind of gonna jazz on—

Travis: No, live without fear.

Justin: That's the advice. Just live authentically and enjoy—

Griffin: Live authentically and live your dream. Now, as for this mandatory Tamagotchi that everyone's gonna have, I think different—

Justin: Mandagotchi. [chuckles]

Griffin: Mandagotchi is really, really cool.

Travis: Gotta gotchi.

Justin: Gotta gotchi.

Griffin: Gotta gotchi. Yeah. Maybe they can look like a little, like a beeper? Because then if you see someone with a little beeper size thing here, and it beeps and they do stuff with it, I'm not going to ask you about that. That could be a health-related thing that I don't know about.

Travis: Yeah. Especially if it's one of those where like the screen slides up to reveal a keyboard.

Griffin: Oh, fuck yeah!

Travis: When I see those in like old shows now where somebody has a phone that flips out and they slide it out, it's like, I actually regret that we moved away from that. That looks so cool when someone does that.

Griffin: That is pretty cool. I don't know that I love it for this, Trav, and I'll tell you why.

Travis: Okay.

Griffin: I like—I want a little guy. I like—I want a little guy! And I don't want to have... I don't want to have internet access. I don't want to do other stuff on my little guy.

Travis: No, no, no! This would be to type messages to your little guy.

Griffin: I would prefer to talk to him—talk to him, I guess.

Justin: Neural—

Travis: Oh, it's got voice? It's voice enabled?

Justin: Neural net, thank you. I'll neural net with my little guy. Thank you.
[chuckles]

Travis: Okay!

Griffin: I may not—I actually need to actually need to talk to my little guy. Now that I think about it, I might just want to be—take care of my little—

Justin: What if he gets lonely?

Griffin: I would press the button to make like a stuffed animal appear—

Justin: What if you get lonely? [chuckles]

Travis: It would press the button to make a stuffed animal appear for you. I think what if we had it as just a chip implanted at birth and it grew with you.

Justin: Thank you.

Travis: But it was like your little avatar, right? That grew with you.

Griffin: That's cool.

Travis: And you had to take care of. But then they were also reminding you like, stay hydrated and get enough exercise and eat your vegetables.

Griffin: Yeah.

Justin: Like your conscience?

Travis: So like they're your little like Jiminy Cricket with you all the time.

Griffin: Mm-hm. Yeah. Like a conscience.

Travis: Like a conscience, finally.

Griffin: But!

Justin: Finally.

Griffin: But!

Travis: They can battle. But they can battle.

Griffin: They can battle.

Travis: They can battle.

Griffin: So that would be cool, if Pinocchio rolled up on some other boy and was like, "Oh, you think you're—oh, what'd you say, talk shit about my nose? Did you say some shit about my dad's accent? It's time to throw down. Time to d-d-duel!"

Travis: Get 'em, Jiminy!

Griffin: Go, Jiminy!

Travis: I choose you!

Justin: My cricket has—

Travis: Use guilt trip!

Justin: My cricket has blades on his arms.

Travis: [laughs]

Griffin: Awesome.

Justin: My cricket... my cricket has cyber blades for arms. [chuckles]

Travis: What if Jiminy Cricket was just a Scyther?

Griffin: Yeah. That would be so cool—

Travis: That'd be dope, man.

Griffin: If Jiminy Cricket was a Scyther.

Justin: Hey, here's another question. "Every year in my hometown in Florida, they throw the annual Sopchoppy Worm Gruntin' Festival."

Griffin: Awesome,

Justin: For the listeners who don't know what worm grunting is, ah... for shame.

Travis: Read a book!

Justin: More stupidity. "Basically, you take two sticks, rub 'em together and magically make worms crawl out of the ground. This year, they're accepting submissions from local artists to design their T-shirts and merch. It's great for me, since I'm an artist by trade. However, I'm having some trouble finding inspiration for the design. Previous years they've had worms dressed as burlesque dancers, worms playing the banjo and worms in cowboy hats, riding crabs. Brothers, how do I compete with that? What would you like to see on these shirts? Happy gruntin'." Wondering in Wakulla.

Travis: I'm not usually wild about the like make jokes for me.

Griffin: Make a joke for me, yeah. But this is so strong. Sopchoppy Worm Gruntin' is three powerful—Sopchoppy Worm Gruntin' is, it sounds like an incantation.

Travis: Yeah.

Griffin: It sounds really, really... ethereal and special.

Travis: What about just like a real close-up picture of a worm's face? And it's like really intense, and it's just going, "Eh!"

Griffin: Eh!

Travis: Eeh!

Justin: That's cool.

Travis: Real close up. Like Ren and Stimpy when they used to do the like, the close up look at their face and it was all grotesque.

Griffin: Eh! Yeah.

Travis: And they're just, "Eeh!"

Griffin: Yeah, that's cool. That would be good. Could you—

Travis: Or a worm giving birth to Sonic, and they're grunting.

Griffin: I can tell how you feel about the joke you made, Travis, by the sort of paralysis—the facial paralysis that followed it.

Justin: [chuckles]

Griffin: It was really great. Travis, in that moment, was making some—was really cheesing, trying to get something out of Justin and I. Because if we didn't laugh at what he just said, it would be a great betrayal of him in front of the public eye.

Justin: Yeah, and I'm sorry for it. It seemed the right choice at the moment and now I feel kind of guilty for leaving you out to hang.

Travis: Do you want me say it again?

Griffin: I absolutely do not want you to say it again.

Justin: This really works, guys. This really works. You really—it's called worm charming. And because of the vibrations in the ground, it makes the worms come up. They did studies. Animals do it too—

Travis: Yeah, they did it in Dune.

Justin: Get this, worm—no, get—listen. Birds do it. That's twisted. [titters]

Travis: Bees do it. Even little fleas do it!

Justin: No, birds go to—

Travis: [sings] Everybody's grunting out here for worms!

Justin: The birds go on the ground, and they start stomping around. And then the worm's like, "What in the hell is happening?" And then they go out and get eaten. That's messed up, man.

Travis: Okay, but a first bird had to do that at some point in nature history. Where all the other birds are just looking like, "What's Stan doing?" And he's just standing on the ground, stomping his feet. And they're like, "This crazy guy, what's he doing?" And then some worms start coming up and even Stan is blown away. He's like, "I didn't think that would work! I just stomped a bunch and worms came up."

Griffin: This is going to be a great idea that I'm about to say, so brace your asses. Your design should be a worm riding on the back of a bigger worm, like a Dune guy did it.

Travis: Yeah. I was gonna say a Dune worm thing too.

Justin: Hold on, wait, wait, wait, so what is—just ask—I want to ask one thing.

Griffin: Okay?

Justin: Is it... how is it on top of it? Is it's like legs—

Griffin: Did you see—did you see Dune 2?

Justin: No, I did. I did. I did. Is it just like squatted on top? Or—

Griffin: In Dune 2, he rides it like a... like he's doing a trick on a... like a jet ski.

Travis: Like he's like standing, right? And he's holding—

Griffin: He's like straddling, he's standing and he's got rein—and he's leaning back.

Travis: And if the worm could be in a Fremen suit—

Griffin: So cool. Yeah.

Travis: I think that would sell it.

Griffin: God damn, that scene is so cool. Fuck, that scene's so cool.

Justin: You know what I was sitting here thinking? Do you know how cool that has to be? To watch it and not think like, I'm gonna make a joke about this on my podcast. But instead think like, man, I wish I was up there with him.

Griffin: Can you imagine being Tim... Timmy, on that day? And knowing that—

Justin: Timmy Chimmy. [titters]

Griffin: Being Timmy Chimmy and knowing that that was the day you get to do the worm scene.

Travis: Yeah.

Griffin: I bet he was stoked out of his god damn gourd.

Justin: Wait, do you think they had to end that day and he was like, "I don't think we got it, guys."

Travis: I don't think we got it.

Justin: I wanna try again.

Griffin: Try again, please.

Travis: Maybe the lighting—

Griffin: Do you think he got to keep—

Travis: I think the lighting was off.

Griffin: Do you think Timmy Chimmy got to keep like the like the apparatus?

Travis: Got to keep the worm?

Griffin: Got to—well, not—they obviously didn't have a whole worm. But they definitely—

Travis: What?!

Griffin: They definitely had part of the worm's lumpy back, and I think he probably got to take that home.

Travis: Well, it's not a real. I assume they built, like when they did like Jurassic Park, they built a large like kind of animatronic worm for him to ride on.

Griffin: There's so much good dunes—there's so much worm stuff in Dune, you'd be crazy not to use some of this shit in your design.

Justin: Dang! I wish we could watch Dune. [titters]

Griffin: Damn, I'd watch Dune right now!

Justin: [chuckles] Dang, guys!

Travis: Can we cancel the rest?

Justin: What if we could watch Dune on the podcast? That'd be cool!

Griffin: That'd be so sick, man.

Travis: I wish I had a third monitor to have Dune on in the background.

Justin: What if I had Dune right here? Maybe I do. [chuckles]

Travis: Yeah.

Justin: Maybe Dune.

Travis: Ooh!

Justin: You don't know!

Griffin: That's cool.

Justin: Hey! Hey, guys? Hey, guys? How you 'Dune? [chuckles]

Griffin: How you 'Dune is...

Travis: That's good.

Griffin: Our new podcast, this—

Travis: Do the Dune?

Justin: How you 'Dune?

Griffin: How you 'Dune?

Travis: Do the Dune.

Griffin: It's a friends... friends slash Dune—

Travis: How you 'Dune?

Griffin: So, I don't think you need any other ideas. It feels like we—

Justin: What about a picture of a human being on a hook? And it's like the hook is going through the human's belly and they're like, "Ugh!" [chuckles]

Travis: Is the worm holding it? Is the worm involved?

Justin: And then a worm has a fishing hat. And you see the worm like holding the pole. [titters]

Griffin: That's cool. That's like a protest design. That's like a protest political cartoon.

Justin: [chuckles] No! No, no, no. Everybody in the picture is happy.

Travis: The human's loving it.

Justin: The human's loving it. Like, I was wrong, this is good! [titters]

Griffin: In my version, the human wouldn't be loving it. And it's a protest.

Travis: There are people who get suspended from hooks for fun and pleasure.

Justin: Yup. Hey, listen... "My in law is a welder and loves showing me his work. He is so kind and so excited, and I want to give him the same energy

back, but I know nothing about welding. How do you compliment someone's welding?!" That's from Metal Man in Montreal.

Travis: Hm. Now, the obvious answer is to say, weld done. You know? Like—

Griffin: Weld un. Yeah, they love that shit.

Travis: They love that.

Justin: Clean seams.

Travis: Clean seams.

Justin: Clean seams.

Griffin: Yeah.

Travis: Don't say seamless. Because there is a seam there, that's part of it.

Griffin: Yeah. If it was seamless, that's a shitty weld actually.

Travis: Tight. Tight circles.

Justin: Here's what I'll say. I welded in college.

Travis: Brag.

Justin: The things I remember most... God, it stinks!

Griffin: Oh, does it?

Justin: It smells so bad. And anything you wear while welding is gonna stink *forever*.

Griffin: Oh, well that's a shame? What do you think is making that smell?

Justin: I mean, if you like the smell, I guess. But it's like, it's like... it stinks to weld.

Travis: It also is *wicked dangerous*!

Justin: So dangerous.

Travis: Because like they give you a special mask that what it turns on, you can't see shit. So they've given you a powerful like lightning gun and then said, "Hey, make sure you're in position when this starts, because otherwise you can't see what the fuck you're doing."

Justin: It's so—my approach to life is so different from other people's. Because if someone was like—

Travis: Go off, king.

Justin: "Hey, Justin, let me show you my welding." I'm instantly like, right now. Let's go. Show me—

Travis: Yes.

Justin: How to do this.

Griffin: Drop it.

Justin: I want to like take—let's go out to the welding place. I gotta weld right now. I know you have the welding shit. Like don't hold out and don't be like, "It's too dangerous, Justin, you know my—" Yada-yada-yada. Just let me play with the thing. Please. Thank you.

Travis: And I'll just stick pieces of metal randomly together. I'm not trying to make—

Justin: I don't need to do anything purposeful!

Travis: Function.

Justin: Exactly, Travis. I don't want to mess up whatever you're doing. I just want to be like, [exclaims] zuh-huh-huh! You know what I mean? Like just glue a bunch of metal together. For a bit, for just a second.

Griffin: I feel that. I'm gonna say, blanket statement, that applies to any of the means of production.

Travis: Yes.

Griffin: If you have seized any of the means of production and have access to them in your home?

Justin: Right.

Griffin: Yeah, I'd like to see how that—

Travis: Rock tumbling.

Griffin: How that works, please.

Travis: Pottery, glass blowing.

Justin: Right.

Travis: Anything. Even like a loom?!

Griffin: I have the power to attack—

Travis: You have a loom?!

Griffin: I have—a loom?!

Justin: I mean, between my 3D printer and my cricket, I'm basically Iron Man over here, I—

Griffin: Sure.

Justin: You know? I'm making—I can make whatever. Re-brand.

Travis: Could you do it in a cave?

Justin: Hm, would you, could you, with a fox?

Travis: Hm.

Griffin: Hmm?

Travis: Hm, if it's consensual.

Justin: Hey, listen...

Travis: You could say something along the lines of how much weight you think you could suspend. I feel like that's a thing—

Griffin: Oh, that—yes.

Travis: That welders would love to hear. Like if they've made like a corner weld and you're like, "Oh, yeah, you could hang like—you could hang, what, like 100, 300 pounds?"

Griffin: Yeah.

Justin: What if you just like quick spin kick just like right into the weld? And just like, you crumple, your ankle's broken. It's like, "Wow, that is really good."

Travis: Solid.

Griffin: Yeah. It's a neat trick, Juice. You can only do it twice.

Justin: [chuckles] That's true, only got the two ankles.

Griffin: Only got the two ankles to compliment with. [laughs]

Justin: [laughs]

Travis: Yeah, the next time you go for that compliment and they're like, "Hey, look at this weld." And you start gearing up and they're like, "No, it's fine!"

Justin: [titters] Don't!

Griffin: It's fine.

Travis: "It's good! It's good! Please don't do it!"

Griffin: Trust it.

Travis: "It's been six months of—"

Justin: "Please don't, Justin."

Travis: "Intense physical therapy. Please!"

Justin: [chuckles] "You just heal up."

Griffin: [chuckles]

Justin: "My metal ankles, the doctor said that can't happen anymore."
[chuckles]

Travis: And then you kick it with your metal ankle, and your ankle breaks and you're like, "I should have gotten you to weld it! What was I thinking?!"

Justin: Yeah, "You should have welded it for me."

Griffin: There's nine types of welds.

Travis: Oh?

Griffin: I think you could have Googled them in the span of time you have taken to email us a question. I'm learning all about welding today. I mean, it's less fun, but you want practicality. I'm surprised, sometimes you see a

weld and it looks like a wavy pattern, like a cake frosting has been applied to it. And that's good.

Travis: Yeah, I—okay, jokes... jokes out of the room. I took a black sending class or two. And I did some welding in there. And I love it.

Griffin: That's so cool.

Travis: I love it.

Griffin: Blacksmithing smoothing doesn't excite me as much, because it's like you take one piece of metal and you make it look like something else. Being able to take two pieces of metal and attach them, that seems crazy to me. That seems fucking wild to me.

Travis: That, Griffin, what you just said, myself as a journeyman blacksmith, really deeply offended me. The idea that you're like, blacksmithing... I could take a piece of metal, Griffin, and turn it into art, or a weapon.

Griffin: I think I understand blacksmithing—

Travis: Or a functional tool.

Griffin: You get the thing hot enough, and then you can change how it looks. That's cool. How do you attach—

Travis: With the gentle strike of my hammer, I can shape the very essence of Earth into whatever you need.

Griffin: That's cool. And I know—but I know how that works. I don't get welding. I don't know what's fucking going in there.

Travis: That's true.

Griffin: It's attaching two pieces of metal forever. How are they doing this stuff?

Justin: They're getting it so hot. I think we need the metal workers to step in here. I made a video about how to fake an interest in woodworking back in... 2020. And guys, that video has 264,000 views. That is outside of our normal performance. That means that people are finding this instructional video I made and watching it, learning how to compliment a woodworker. We need our metal workers. Step in.

Travis: Mm-hm.

Justin: Please, tell us the nice things to say about metalworking.

Travis: In general—by the way, that should be a whole series. Of like, somebody gave me a knitted gift, and I need to know like how to not just be like, "Oh, cool, cozy." I need deeper layers than that. Give me how to compliment knitted craft work. Give me how to compliment like pottery. Give me how to compliment these things. Give me how to sound good talking about like American basketball history. Anything you guys want to start throwing at me to teach me how to sound.

Griffin: Yeah, that—at certain point, you're just describing school.

Travis: No, yeah. I remember that class where they told me how to sound smart talking about like somebody's wood carvings, Griffin. What are you talking about?

Griffin: Sometimes I'm watching one of them Greens videos.

Travis: Yeah.

Griffin: And I'm like learn—and I—because it's like, it sounds cool what they're talking about. And they're like, "You want to learn about some old boat?" And I'm like, hell yeah, Greens boys. Let's do it. And then I—but then I—they—I catch 'em. And after a few minutes I'm like, this is school. You tried to get me back into school. Nice try!

Travis: It's school 2.0, because if somebody said to me, "Hey, sit down and watch these Green brothers talk about an old boat. And at the end, we're gonna test you on it. And then—"

Griffin: Yeah! That's cool.

Travis: "Depending on how well you do, it increases our funding." [titters]
I'd be like, oh, fuck off.

Griffin: Yeah, that's—

Justin: No you wouldn't. You'd do it and then get the best score you could and then feel good and feel happy.

Griffin: I'd want the best score.

Travis: Yeah, I would. Okay, *I* would.

Justin: You would?

Travis: I would.

Justin: But... [titters]

Travis: But that's not the point.

Justin: Someone with a little respect—self-respect! A self-respecting person with dignity. They'd be way too smart with that.

Travis: Yeah, someone who cares more about their own self-worth than proving to others how good they are at things wouldn't do it.

Griffin: No.

Justin: Hey, would it be all right with you guys if we took a quick break?

Griffin: Yeah, I'm so tired.

Travis: Let me think.

Justin: Thank you.

Travis: Yeah, I think it's all right. I think it's cool.

Justin: We're gonna let the ad guys step in for a second.

Travis: Yeah. Bring in our stunt doubles.

Justin: To the Money Zone.

[theme music plays]

Justin: Hey, listen, though the—it's time for you to get out there and start making your way in the world today. It takes everything you got. But the first thing it takes is a great-looking website. And that is easier than it sounds if you're willing to harness the power of Squarespace. That's right—

Travis: But frankly, your dad and I have been supporting you for too long. We've let you live in the boathouse this whole time, and it's time for you to make a name for yourself.

Griffin: I'm an old sailor!

Travis: That's right!

Griffin: On a boat—on a nearby boat.

Travis: And he's outside the wing! He's on the wing of the plane right now!

Griffin: Squarespace lets you make a beautiful website and engage with your audience and sell anything from products to content to time, all in one place, all on my terms.

Travis: Whoa.

Griffin: That's right, I've partnered with Squarespace to determine all the terms.

Travis: This is like when they have like Travis Scott do a meal or something at the... at McDonald's. Except—

Griffin: It's a lot like the Travis Scott meal, except it's me and Squarespace said you get to decide if every site's good enough or not. And I'm a pretty harsh critic when it comes to sites. It's got—that's not true, you can do whatever. Squarespace payments, they got, no matter how they want to spend the money. In what vehicles that that money travels in. Squarespace payments gonna get you there. And they—you make it look all good. They have a—

Justin: You make it look all good. [titters]

Griffin: You make it look all good with a sweet—

Travis: You make it look all good!

Griffin: You make it look all good with unrivaled sweet visual design effects. Built and ready to go on any Squarespace website. We've all used—

Justin: Hey, Griffin? I feel bad enough about the suite of visual design effects that I've been developing. For you to say, I'm not even rivaling Squarespace in this public forum is like unnecessarily cruel, okay? [chuckles] I'm—

Travis: They don't even see you in the same league, Justin.

Justin: I am saving these files as fast as I can! [chuckles]

Griffin: I know, man.

Justin: I'm putting them in the cloud as fast as I can. I can't keep up, it's a whole company!

Griffin: Yeah. [chuckles] Sorry, man. You're just never—

Travis: Maybe someday.

Griffin: Gonna catch up. No, not. Because Squarespace—

Travis: No!

Griffin: Is gonna keep making 'em. And even if Justin keeps making 'em a pace, he will never catch up. He's so far behind Squarespace.

Justin: [chortles] Right?! I'm sorry, dad!

Griffin: And it's not fair! Squarespace kicks so much ass, it's not fair that they—that Justin has to try and fight them.

Justin: [laughs]

Travis: And yet...

Griffin: And yet, go to squarespace.com for a free trial. And when you're ready to launch, go to www.squarespace.com/mybrother to save 10% off your first purchase of a website or domain.

Travis: We're blasting off! We're blasting off to savings and fiscal responsibility. And if you look out the window of this rocket, out on the wing, you'll see Griffin McElroy!

Griffin: That's right. I'm not gonna take the lead on this ad, though. Nice try, hater.

Travis: Oh, Griffin just flew off the wing!

Griffin: Bye!

Travis: We're moving too fast! Ah, he's burning up on re-entry!

Justin: Hey, it's me, Justin McElroy. I'm on the other wing. Back to you, Trav!

Travis: Ah, thank you so much, Justin! Rocket Money is there to save you money and to help you feel fiscally responsible, keep track of your budgets,

all of these things. It's a new year. It's the perfect time to get organized, set goals, all of that stuff. And they can help you across so many different options, all kinds of accounts.

Rocket Money is a personal finance app that helps you find and cancel unwanted subscriptions, monitors your spending and helps lower your bills so you can grow your savings. Scan your bills to find opportunities to save. And Rocket Money has over five million users and has saved a total of \$500 million in canceled subscription, saving members up to \$740 a year using all of the app's premium features. So cancel your unwanted subscriptions and reach your financial goals faster with Rocket Money.

Griffin: Financial!

Travis: Your financial goals!

Griffin: Financial goals!

Travis: Faster with Rocket Money. Go to [rocket money.com/mybrother](https://rocketmoney.com/mybrother) today. That's [rocket money.com/mybrother](https://rocketmoney.com/mybrother). [Rocket money.com/mybrother](https://rocketmoney.com/mybrother).

[break]

Justin: Would you like another question?

Travis: Yeah.

Griffin: Yeah!

Justin: Okay. "I just started a new job working in a warehouse where it is required to stand the entire shift."

Travis: Gross.

Justin: "One of my—" Yeah. "One of my New Year's resolutions was to get fit, so I thought I might as well work out while I'm standing." Okay. "I've tried to march in place, but it made it look like I constantly had to use the

bathroom. Any ideas for some secret exercises I could do that won't be weird?" That's from Covert Cardio in Cleveland. Okay.

Griffin: It would be so tight if you could just vibrate your body all over. Like—

Justin: [chuckles] Like the belts? Like the weight-loss belts—

Griffin: It wouldn't be—no, not like the belts, it's—it would—

Justin: They're shaking all the time.

Griffin: It would be imperceptible.

Justin: Right, okay.

Griffin: This sort of like shifting, just like... you couldn't—

Travis: Like a full-body clench?

Griffin: You don't have to make a face I think to do it. Because if I walked around I saw someone standing stuck still because the vibrations are so minute, making that face, I would know that their—

Justin: What if they had to have raised eyebrows to do it?

Griffin: No, I don't think there can be any kind of visual tell. I don't want to know if you're vibro-cising or not. You should be able to do it even if you're walking around.

Justin: This is kegels. You're describing kegels.

Griffin: I don't know if you can walk around and do kegels at the same time.

Travis: Well, you can't. If you focus up. Get it right and tight. Now, here's my question—

Griffin: I'd say I want to see it, but both of your guys' offices are a little cramped—

Travis: Doing it right now.

Griffin: You couldn't do a kegel walk.

Travis: Now, why—this wasn't the question. But I'm perplexed as to why you wouldn't be allowed to sit down in the warehouse. Is the assumption like at any moment, at any moment there could be a truck come or delivery—

Justin: It's irrelevant. It's irrelevant.

Griffin: It is irrelevant. However, I have to imagine in—

Justin: It's capitalism, man, I don't know. I will say, treat yourself to some of the inserts. If you're going from not standing all day to standing some of the day, get the inserts.

Griffin: Get the insert, you do need that.

Travis: Oh, that's a good—

Justin: Get the inserts.

Travis: Find a—

Justin: That's a really good place to start. You can't have like improvements in your health if you're undone by muscle strain from, you know, being on your feet all the time. So, start with the Scholl's.

Griffin: Get the inserts.

Justin: That's a huge step. It might take you a month to get used to that.

Griffin: Yeah.

Justin: Like, don't even try to start exercising yet.

Griffin: I'm also gonna go ahead and recommend get super good at forklift. Because that's a sit-down opportunity every time you're on forklift.

Justin: I don't think this person wants to sit down more. I think they're trying to get healthy.

Travis: Here's how you do it. Are you ready? What's that? It's two birds. I got this one stone. I'm gonna murder them. So, you can't sit down. You want to exercise more. You're going to find a wall. You're going to press your back against it and go into—like you're sitting down, right? With your arms out.

Griffin: Oh, yeah. And that can feel good, getting deep in there.

Travis: Yeah. And you're gonna work—it's a core workout, arm workout, leg workout, everything, right? And eventually, you're gonna build the muscles so good you won't need the wall anymore. You're just gonna be able to sit down in the air.

Griffin: Can you even imagine?! Can you even imagine having that superpower? Such super hyper-developed muscles that I could just sit wherever.

Travis: I wouldn't do anything else except like, hm! And sit down in midair all the time. Like I'm having the deepest think on philosophy.

Griffin: I want—

Travis: Religion. Economics!

Griffin: That is cool. I prefer vibro-cising. Just because I think that it is going to be an easier solution in the long run. And also, if you touch like some glass, it'll like hum because of the vibration. Like, if you hold a glass of water, you can like see the ripples on the surface. Like, there's so much cool stuff we could do with fibro-cising.

Travis: Could you get a partner in this? Another co-worker? And you guys just lean back-to-back against each other? And then eventually, maybe a third person joins, then a fourth, then a fifth. And pretty soon, you're just a stack of leaning people all resting against one another.

Griffin: Yeah?

Travis: Supporting each other. I call it a union.

Griffin: That's cool.

Travis: And this union supports each other.

Griffin: [guffaws] Tell me more, Travis!

Travis: Ah, thank you for asking. So the union, it's like they're all leaning against each other. To make things—

Griffin: Does the boss get to join the leaning, Travis?

Justin: Is he in charge of the union?

Travis: No.

Griffin: The boss is in charge of who leans on what, right?

Travis: No, the union has its own things and makes its own decisions. And has what I call this leaning negotiating power.

Griffin: Huh?

Travis: 'Til you get chairs.

Griffin: I guess. I don't understand why we can't get the dang boss in there, though?

Justin: [chuckles] I feel like he would be so smart—

Travis: Well, because the boss with all the money in his pockets is too heavy to lean against. He would—

Justin: Not the guy we should be listening to, though. He's got all that money. [titters]

Griffin: He probably knows how to lean the best, or else he wouldn't be the god damn boss, Travis?

Travis: Well, it's because he saves that money to not spend on chairs. And he has his own chair. This is the thing, he doesn't need to lean. He has—

Griffin: Hm, well, his chair is—his chair, he explained it once. His chair is where he does all of his best boss thinking.

Travis: Yeah.

Griffin: And he has to sit down in order to do his best boss thinking.

Travis: That's why he can't lean on the union, right? Because he would get too distracted from his boss work.

Griffin: Okay. Well, he can still support the union in other ways, I'm sure.

Travis: Yes! And by—

Justin: I'm sure it's a high priority.

Travis: He should!

Griffin: Okay. And this is—and this will get me fit, you said?

Travis: It will.

Griffin: Wow.

Travis: Emotionally and financially.

Griffin: Cool. That's awesome.

Justin: It's really cool.

Griffin: That's a good invention you just came up with, Trav.

Travis: Thank you, I've just come up with it.

Griffin: That's cool.

Travis: You're all welcome.

Griffin: Surely—

Justin: [mouths Munch Squad riff]

Travis: Ah!

Justin: [continues riffing and sing] I wanna Munch!

Griffin and Travis: Squad!

Justin: [continues riffing and sing] I want to Munch!

Griffin and Travis: Squad!

Justin: [concludes riffing] Welcome to Munch Squad. It's a podcast within a podcast, profiling the latest and greatest in brand eating. It has been a while since we've been able to like really dig through everything that's going on. And things are moving at a speed.

Travis: A lot of news.

Griffin: Yes.

Justin: And January is the time. Like if you listen to like The Empty Bowl, my cereal podcast, you'll know. There's 20 new cereals—

Travis: Don't plug your other podcasts right here in the middle of your podcast within a podcast! We're already one podcast deep in the podcast.

Griffin: Justin, you're welcome to plug—Justin, you're welcome to plug any of your projects that you want. You are an equal contributor in this enterprise.

Justin: Travis, I want you to stand up from where you're sitting and look in the fuckin' mirror. Okay?

Griffin: Go find a mirror, Trav.

Travis: I don't have a mirror in here.

Justin: Go find a mirror.

Griffin: That's—

Travis: That's wild!

Griffin: Fucking baloney. That's insane, Trav.

Justin: That's a lie.

Travis: I mean, I can kind of see myself in the reflection of my fish tank.

Justin: There's a lot going on—

Travis: Eeh!

Justin: Let me just tell you guys—

Travis: See? You can see it too.

Justin: I want to start with like the new year. Because that's, you know, obviously top of mind three weeks ago.

Travis: [laughs]

Justin: Sonic kicked it off with a late winter menu packed with hydration fun. And of course—

Travis: What?

Justin: Indulgence. Sonic's angle is that they have drinks too. That's all—Sonic's thing is like they have drinks and they'll serve you breakfast when—

Griffin: I've never seen any kind of fast food or quick service restaurant advertise hydration before as in like, "Come to us. We'll get it—we will get the wet parts wetter—"

Travis: Also, indulgence isn't really the buzz word for January?

Justin: Yeah. Well, that is—it all changes when you're buying a drink at Sonic with their sour dragon fruit recharger with Red Bull. It's the ultimate—

Travis: Too many words! Too many words!

Justin: Ultimate midday pick me up. It's a blend of Red Bull, lemon-lime soda. You get it. "At Sonic, we know the New Year calls for fresh ways to refresh and recharge," said Mackenzie Gibson. "Our late winter menu is all about embracing fun and flavor in 2025. From the bold new bacon deluxe double Sonic smasher, to the refreshing—"

Travis: Why are there so many words?!

Justin: "Strawberry fusion fizz. We're making it easier and more delicious for fans to keep the tastiest resolution of all! To add more flavor to the year—" Now this is what I wanted to really tell you about, guys.

Travis: Hey, real quick though, can I ask, do you think when they're developing these things, do you think that any of them consider the actual person sitting in their car having to lean over to the microphone and go, "Yeah, can I have the dragon fruit fizz—"

Griffin: Sour cherry dragon fruit.

Travis: Sour punch in the face with—

Justin: Oh...

Travis: Red Bull and ice and—

Justin: You don't have to do that. I don't do that. Like if someone's like, "We have chicken coq au vin," I was like, I'll just have the chicken. Just bring me—

Griffin: Yeah.

Justin: I'm not gonna say a name I don't understand.

Griffin: You say red—give me Red Bull drink. And they know.

Justin: I'll have the Red Bull drink. You know the one I mean. Fans—this is the important thing though, guys. "Fans can also start the year knowing that they're contributing to a cause worth celebrating. As a portion of every drink purchased supports public education through the Sonic Limeades for Learning initiative.

Travis: Huh.

Justin: Powered by the sonic foundation, Sonic has donated more than \$28 million since 2009 to fund local classrooms.

Griffin: Jesus.

Justin: Making it one of the largest programs supporting public education in the US.

Travis: Wait—

Griffin: That's rough.

Travis: It doesn't say corporate or private business programs.

Griffin: Nah, man!

Justin: No, it's emotionally much more bracing than that, Travis. It says, "Making it one of the largest—Sonic Limeades for Learning is one of the largest programs supporting public education in the United States!"

Travis: And that's 28 million spread out over 16 years.

Justin: In other news, Cicis Pizza is launching spaghetti and meatballs pizza—

Travis: For schools!

Griffin: [laughs]

Justin: C.C. Pazzini.

Griffin: It's fucking—

Justin: "C.C. Pazzini, the culinary mastermind behind Cicis Pizza, an endless buffet, is introducing a limited-time spaghetti and meatballs pizza to continue the brand's 40th anniversary celebration. It's a one-of-a-kind pizza bringing together three beloved Italian comfort foods; spaghetti, meatballs and pizza. Featuring spaghetti noodles, savory meatballs—" Which we can all agree is better than sweet meatballs.

Griffin: Yeah.

Travis: Well—

Justin: "Rich marinara salsa and melted cheese on Cicis signature crust. The spaghetti—"

Travis: So they just slop some noodles on there?

Justin: Yeah, bud! They just slopped some noodles on there. What's Cicis got—what's—I'm sorry, it's not Cici, it's Jeff Hetsel, the president of Cicis

Pizza. "Spaghetti and pizza have always been at the heart of celebrations and cherished memories, making this the perfect way to honor Cicis' 40 years of bringing pizza together." In that point, I do agree with Jeff Hetsel—

Griffin: Sure.

Justin: That a spaghetti and meatball pizza is a perfect way of celebrating Cicis. "Our new spaghetti and meatball pizza celebrates our legacy of comfort, value and innovation."

Travis: And challenging—

Griffin: And then it goes to—

Travis: Food concepts.

Griffin: And then it goes to schools? And then they give the money from the spaghetti?

Justin: Cicis does not—Cicis actually takes money from schools. [chuckles] Cicis does not—Sonic helps schools, Cicis goes to school—

Griffin: The way you attached those, Justin, I thought that this was gonna end with ours—we—we're calling it the school-ghetti and meat school pizza.

Justin: I just wanted to brighten your spirits with the knowledge that as the weather gets colder and you learn that one of the biggest programs funding US education is Sonic's Limeades for Learning. They're warming things up over at Cicis with a recipe you can't find anywhere else.

Travis: All I can think—

Justin: That's equal parts fun, familiar and delicious!

Travis: If somebody brought me a pizza box and I opened it, and I found, without warning, a-top of my pizza a big pile of loose spaghetti noodles, my brain would inherently think, oh, no, something's gone horribly wrong.

Griffin: There was a big earthquake. Only at the Italian food restaurant.

Travis: There was a big Italian mix 'em up.

Griffin: [laughs] Classic Italian mix 'em up!

Travis: And now my—

Griffin: Is my favorite heist movie from the '80s. [chuckles]

Travis: My pizza is ruined. You know what I mean? I don't think I would be excited about this.

Griffin: Okay, cool. This is cool, Juice.

Justin: Yeah, so this is our last story of this week. Cheat on your diet with Arby's. Your secret is safe with us.

Griffin: Awesome!

Travis: I wish it said cheat on your wife with Arby's. [chuckles]

Justin: [chortles]

Griffin: Cheat on your spouse with Arby's.

Justin: Pull an American Pie on one of our giant roast beef sandwiches and cheat on your wife with Arby's. "It's January, the time for fresh starts, new goals and the promise of healthier habits. Everyone's on board, hitting the gym—"

Travis: Are they?

Justin: "Meal prepping, saying no to dessert and feeling good about it. But let's be real for a second, by mid-January, we're all looking for that one cheap day to give our resolutions a break. And who wants to fess up to it? No one. That's where Arby's comes in."

Griffin: Arby's! Arby's handling this with the amount of sensitivity that I would come to expect from Arby's, the meat house.

Justin: Yeah, so this is great—

Travis: A wild assumption that everyone's on board. Hey, people who have clicked to read an Arby's press release.

Justin: Yeah, we know you're on board with all—New year, same you, is the name of the menu.

Travis: Huh. Cool!

Justin: It's the only menu help you design—designed to help you cheat on your goals without the judgment from your friends and family, in five select Arby's locations.

Griffin: They are in Cleveland—

Justin: So what they've done is—

Griffin: Cleveland, Las Vegas, Miami, Chicago and Atlanta. That tracks, it—yeah.

Justin: That is great. Now listen. Here's the magic. What these five locations have done is they renamed some of the items. So the double beef and cheddar, they're now calling salad with dressing. And they're calling the regular Jamocha shake, a green smoothie. And they're calling small curly fries, steamed vegetables. So they are celebrate—Arby's is celebrating the new year with some fuckin' Orwellian double speak madness, where they're just calling foods different things.

Travis: The story that they're envisioning here is that I have made a resolution.

Justin: Yes.

Travis: To be healthier, to eat healthier. And on my cheat day, I'm gonna sneak over to Arby's. And then when I get home—

Justin: When you get home—

Travis: And I guess my spouse or somebody is like—

Justin: When your spouse or somebody that loves you says—

Travis: "I need to check the receipt."

Griffin: Yeah.

Travis: And I hand 'em—

Justin: "Tell me the fucking truth."

Travis: An Arby's receipt that says I got a salad with dressing, a green smoothie and a steamed vegetables. That my whoever, accountability partner is like, "You went to Arby's and got a salad with dressing—"

Justin: No, I don't—

Travis: "A green smoothie and steamed vegetables? They've never had those things that Arby's before?"

Justin: This is... this is... okay, this, Trav, this is the actual quote, brother. "At Arby's, we know that keeping your resolutions are hard. Especially when you have pressure from family and friends." Said Jeff Baker. "This menu is just the perfect way to treat yourself, while saving you the headache of having to explain to everyone. You have the rest—"

Travis: What the fuck, Arby's? [chuckles]

Justin: "You have the rest of 2025 to hit your goals. And at Arby's, we just want to, you know, have a fun, stress-free indulgence. No—"

Travis: Stress free!

Justin: "No judgment, no guilt—"

Griffin: It's so bonkers!

Justin: "Just good food that makes sticking to those resolutions a whole lot easier. So go ahead, order that 'salad,' enjoy those 'steamed vegetables,' and let Arby's help you through this time of year with a side of humor and a whole lot of flavor!"

Travis: I'm so glad, Justin, that Arby's sent this to you to kind of edit before they published it to everybody. Because I have so many notes.

Justin: It's just—

Travis: They would be so better off if they had taken this in the direction of, "Hey, we're Arby's. And we know you want to, you know, treat yourself a little better and maybe make some mindful decisions regarding like your eating habits and your health. But if you have someone in your life—"

Griffin: That's an incredibly personal topic that we—

Justin: So personal!

Griffin: Arby's, should not probably take a shot at from a distance.

Travis: And that's up to you. But if you have someone in your life who's giving you shit about occasionally having like some fries, that's fucked up. Come to Arby's.

Justin: No, Travis, you're—but wait, you're... It's not that Arby's thinks that they're helping you out. Because what they are saying though is—what they're envisioning is a situation where your partner, it's easier and less complicated for you to explain that, yes, you actually did get a small steamed vegetables at Arby's. [chuckles] And like hash—and here's why!

Griffin: [chuckles]

Justin: Allow me to explain—

Travis: So—

Justin: That actually you are embarrassing yourself, because it was healthy Arby's—

Griffin: [laughs]

Justin: Sorry! I—

Travis: In this universe, I guess they also assume I've already told my partner I'm going to Arby's.

Justin: Right! They're—

Griffin: Yeah.

Justin: It's worse that they're telling you that you're cheating on your diet with yourself. So what they're saying is you'll get a receipt out three weeks later to be like, "I went to Arby's? Fuck me! This is classic me. Oh, wait a minute. I got a salad? All right! Good job!" [chuckles]

Griffin: [chuckles] Could you play it, you get home and your significant other's like, "Hey, I know you're concerned about your heart health, and you've been trying to cut red meat out. That's a big, big wet pile of red meat you have there." You say, "No, it is a salad with dressing. Thank you so much—"

Travis: Have you seen Is It Cake Baby? So this is like that—

Griffin: There's salad in here.

Travis: Where they made it look—is it salad? It is. No, I'm not gonna cut it open. Just trust me.

Justin: It's gonna be really hard to explain to people that in the span of five years, we went from McDonald's actually selling a salad you could buy to

Arby's calling roast beef sandwiches salads. That's like, that's where we're at. This took about five years.

Griffin: It's gastro! Juice, it's gastro! It's a salad that looks like a roast beef sandwich. Fuckin' Wylie Dufresne done done it again!

Justin: Gastro... Gastro lighting is more—is more like it. That's what we're—

Griffin: [chuckles]

Travis: Who I feel bad for? [chuckles] I feel bad for anybody who pulls up to Arby's and is so excited to see that they now have salads.

Justin: Yeah!

Travis: And like—

Griffin: Oh, man!

Travis: Steamed vegetables. And they're like, "Yeah—"

Justin: I'd love to be able to get us—

Travis: And then they get it and they're like, "Oh, something. There's been a classic Italian mix 'em up here." [chuckles]

Griffin: [laughs]

Justin: Thank you Wendy's for continuing to offer your raggedy salads.

Travis: Fighting the good, sad fight.

Griffin: [chuckles]

Travis: You've got the salad equivalent to soldiers eating their shoe level—

Justin: You can't put—

Travis: Leather during the Civil War.

Justin: You keep dumping your busted down chili on it and calling it a—your chili that already has your cut up hamburgers, so it's a double repurposing. And you keep putting that busted stuff out there. Good for you guys. Thank you for that. McDonald's got too embarrassed during COVID. They're like, "Nah, it's got lime—"

Travis: It's in a cup? Still not fun enough! Eh...

Griffin: Do you like Wendy's?

Justin: Do I like Wendy's?

Griffin: Yeah. Do you like when deez nuts drag on your face? [guffaws]

Travis: [slow claps]

Griffin: Guys, I'm firing those left, right and center over here.

Travis: Love it!

Justin: That's good. We can't end any stronger than that. Thank you so much for listening to our podcast. We're coming to Florida, February 20th through the 22nd. 20th to 21st, we're going to be in Tampa, doing MBMBaM and TAZ. First ever TAZ in Florida. And February 22nd we're doing MBMBaM in Jacksonville. Tickets are on sale now, if you go to bit.ly/mcelroytours.

Travis: Speaking of tickets on sale now, Champions Grove, I think there's like four left, so hurry over and grab those. Get your packages at championsgrove.com. Come join us in Hocking Hills, Ohio, at a real-life castle, to play some—us, it's me and other creators. I didn't invite Griffin and Justin this year. But you can come join us, championsgrove.com.

Justin: Didn't invite me last year. I just paid for myself.

Travis: I invited you. To pay.

Griffin: We have available a Miggy plush, in co-ordination with Youtooz. That is only available until January 28th. Miggy, of course, being the mascot and, weirdly enough, producer of the McElroy Family Clubhouse. You can find a link where you can get this beautiful Miggy plush that is only available until January 28th at bit.ly/youtoozmiggy. That's Y-O-U-T-O-O-Z-Miggy, and pick it up. I have one, it's adorable, and I love it. We've also got some other merch over at mcelroymerch.com. There's an energy dragon pin, speaking of Clubhouse. And 10% of all merch proceeds this month will be donated to the Palestine Children's Relief Fund. That's all there. Did we come up—

Travis: Thank you.

Griffin: With an outro for the thing?

Travis: Thank you to Montaigne.

Griffin: Thank you to Montaigne for the use of our theme song—

Justin: Thank you to Montaigne.

Griffin: My life is better with you. Thank you, Montaigne.

Travis: So, I think we should invite our listeners to share with us their irrational, or maybe silly fears that they have chosen to let go of this year.

Griffin: Okay.

Travis: And to set the tone, I will go first.

Justin: Wow, Travis—

Griffin: You, Travis, will go first?

Travis: Yes, I will.

Griffin: You're going out on a limb here and I—it'll be hard to convince me that laughing at other people's fears...

Justin: Griffin and I were pretty firm about this at the beginning.

Travis: In the year 20-thunder-drive, faster than fear, I shall let go of my fear of the robot lady from Superman 3.

Griffin: [applauds]

Justin: Very brave, Travis, I take it all back. Very brave. My name is Justin McElroy.

Travis: I'm Travis McElroy.

Griffin: I'm Griffin McElroy.

Justin: This has been My Brother, My Brother and Me. Kiss your dad square on the lips.

[theme song, "My Life Is Better With You," by Montaigne, plays]

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