

## **MBMBaM 804: Aaron Space, Boy Astronaut**

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**Intro (Bob Ball):** The McElroy brothers are not experts, and their advice should never be followed. Travis insists he's 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, everybody, and welcome to My Brother, My Brother and Me! An advice show for the modren era! I'm your oldest brother, Justin McElroy.

**Travis:** What's up, Trav Nation, it's me, your middlest brother, Travis 'Big Dog, Woof-Woof, Vroom-Vroom, The Heater' McElroy.

**Griffin:** What's up, Trav Nation, it's me, your sweet baby brother, Griffin, 30 Under 30, media luminary, Built Ford Tough... Randy Johnson McElroy. I need something pitching—like some sort of like throwing or baseball or something—

**Justin:** If you don't mind me saying, Trav, you look so well-rested.

**Travis:** Thank you for noticing, Justin, yeah.

**Griffin:** That's true. All the sleep studies—

**Justin:** Is that in my head, or do you have a little bit of the glow?

**Travis:** No, I've got the glow, Justin, because I, and I don't want to brag, got myself a CPAP. More like an A+ PAP, if you ask me. That's right.

**Griffin:** No, I imagine C stands for something pretty important, like "cool."

**Travis:** Yeah.

**Griffin:** Is cool—the C in CPAP—

**Justin:** What did you body do—

**Griffin:** Means "cool PAP," right? Because that's—

**Travis:** Correct.

**Griffin:** Yeah, cool.

**Justin:** What did your body do the first time you strapped a mask to your face and you were like, "And now we sleep." [chuckles]

**Travis:** Well, Justin—

**Justin:** Was your body like, "Ah, interesting, I don't believe so."

**Griffin:** "You have a head belt on, and that's new for me, at sleep."

**Justin:** [chuckles]

**Travis:** The first thing my face did is what I imagine someone in the Alien film franchise feels when a face hugger latches on, where all you want to do is claw at your head and free yourself from it. And then the second thing my body did, because I was instructed by the person who gave me the mask and whatnot, it has like a negative pressure thing, you know, it's blowing—basically, it's blowing air into my nose, and then kind of also, when I breathe out, pulling out. And they were like—

**Griffin:** Oh, man, that's fuckin' dope! You can just like chill and—

**Justin:** Virtuous cycle, yeah, man!

**Griffin:** Not even—

**Travis:** Yeah, man.

**Griffin:** Breathe? That's so sick.

**Travis:** And then they were like—

**Justin:** Good for the earth, good for you.

**Travis:** Yeah, man.

**Griffin:** Good for the earth, yeah!

**Travis:** And then they were like, "But you're gonna want to keep your mouth closed, because if you open your mouth while it's on, air will pour out of your mouth."

**Griffin:** Cool, nose air.

**Travis:** Yeah! It's like a dragon—it feels like if I open my mouth while I have my CPAP on, uncontrollably, *ooah!*

**Griffin:** [chuckles] Awesome.

**Travis:** Like all the air just shoots out of my mouth. So, as soon as I put—

**Justin:** It's like the—it's like the machine from Princess Bride, just like pumping the air through you.

**Griffin:** [chuckles]

**Justin:** You're just—you're just a human bellows. [chuckles]

**Griffin:** Just a bellows! [chuckles]

**Travis:** 1000%, Justin! As soon as I put it on, my ADHD brain was like, "Open your mouth, open your mouth, open your mouth, open your mouth, open your mouth."

**Griffin:** Yeah, yeah, you gotta know the sound it makes, Travis—

**Justin:** [laughs] "Create the vacuum, create the vacuum, look at the sun, look at the sun."

**Griffin:** "I, your ADHD, won't let you sleep until you open your mouth so I can hear what sound it makes."

**Travis:** And so, when I opened my mouth, it was like... imagine a film where there's like an evil demon or something pulling the life essence out of a human being, it was that, it felt like that. Like everything was being pulled out of me.

**Griffin:** But then it was good, right? Like eventually it was like super good?

**Travis:** Well, the other thing that's fun about having ADHD and a CPAP, is the CPAP is monitored—

**Griffin:** That's a lot of letters. You're eight letters deep at that point.

**Justin:** A lot of letters. Hey, a lot of letters, Trav, maybe you should just take a sleeping pill, huh? [chuckles]

**Travis:** It's monitored—

**Justin:** You know, just like—

**Griffin:** Combine them—

**Justin:** It's a lot of letters. Maybe just *glug-glug-glug-glug!* You know?

**Travis:** Well, no, this is the thing, Justin! This is fun. It's not exactly the sleep—

**Justin:** I'm just kidding about that, I don't—

**Travis:** That's the problem, my random limb movements are off the charts, baby!

**Griffin:** Ooh, okay.

**Travis:** Anything above 15 an hour is abnormal. I was averaging 49 an hour. So I'm just Mr. Noodle—

**Griffin:** Whoa! Everybody was kung fu fighting!

**Travis:** Yeah, man! I'm over here—

**Justin:** Trav?

**Travis:** Flailing around. And so the CPAP is remotely—

**Justin:** Hey, Trav. wait, wait, real quick—real quick—

**Griffin:** Let Juice get a hand on the ball.

**Justin:** I got—I bought jokes a massage. [chuckles] I bought jokes a five-minute massage.

**Travis:** Yeah.

**Justin:** So I let him actually go get that—

**Griffin:** That's good.

**Justin:** Which is cool. I was really struggling with those random limb movements. It might have been my brain meds, I don't know, that was part of the theory. But you know what actually helped me, is magnesium.

**Travis:** Okay?

**Griffin:** Wow, holy shit. Hey, I got a real chill—

**Travis:** When you said send jokes out of the room—

**Griffin:** I got an actual chill up my spine just now!

**Justin:** [chuckles]

**Griffin:** I got a real chill up my spine! I don't know if it's from like, oh, god, this is incredibly vulnerable for our audience, or I don't know if it's because I'm looking at ghosts of Christmas Future and More Future, and seeing fuckin' magnesium and cyber nose implants in the future.

**Justin:** [chortles] That was mean! That was so mean!

**Griffin:** Okay? It's just—

**Travis:** I mean, but to be fair, it is a fun thing about having a three-year gap between each of us, is you can kind of chart like, oh, I better start saving for that—

**Justin:** Love the feeling of being someone else's—hey, Griffin, you should be so lucky. [chuckles]

**Griffin:** You're 42, Juice—Trav, you're 42?

**Travis:** Yeah?

**Griffin:** Okay. I got—I'm setting the timer. That's how long I got before I need the implants. And then Juice, a few years after that, thanks for having the same birthday, makes it real easy for me. Magnesium all day.

**Travis:** So, it's remotely monitored—

**Justin:** Magnesium all day, I wish I had started it sooner. And Griffin, you will also have the Spider-Man surgery to look forward to where you get the wrist cut up that I did—

**Travis:** I should get that done—

**Justin:** I'll tell you the other way that my—

**Travis:** Yeah.

**Justin:** Yeah, Trav, how's the sleep been lately? How's it been?

**Travis:** So, it's remotely monitored. If I don't wear it for four hours a night, 21 nights out of 30, they take it away! So, that's a fun thing to know when I am still waking up in the middle of the night—

**Justin:** Sorry, what?

**Travis:** And then I have to do mental calculations real quick to see if I can take the mask off yet or not. [chuckles]

**Griffin:** Yeah, that's cool.

**Justin:** Wait, what are you—wait, what are you talking about? They take it away, what do you mean?

**Griffin:** Like they come to your—

**Travis:** Or I guess I have to pay for it out of pocket or whatnot. I don't know.

**Griffin:** Oh, I see.

**Justin:** Oh, is it like you're not—you're a bad boy who's not follow—yeah.

**Travis:** Yeah, I'm just renting the CPAP machine. I'm renting that good sleep air.

**Griffin:** And I imagine that's the insurance company making that decision, and not the medical professionals—

**Travis:** I have to assume so.

**Justin:** I think—can I tell you, my CPAP thoughts as an outsider—now that you've experienced it, you can tell me how.

**Travis:** Yes, please.

**Justin:** But to me, somebody who's done a medical history podcast for... 13 years, to me, the CPAP machine has always been like super helpful for the—it's been a game changer, a life changer for the people that need it. But it has always seemed to me like one of the main machines that future people are gonna be like, "What was this? Nice try, guys! What?!"

**Griffin:** Yeah, I mean, they'll have some way of sending nano machines—yeah, of course. And guess what? Fuck off, future people! We don't have nano machines!

**Justin:** Yeah, eat shit!

**Travis:** We're doing our fucking best over there!

**Griffin:** We're doing our fuckin' best—

**Justin:** Eat shit. Justin Junior!

**Griffin:** Come on, dude—2060 people, get out of our butt cracks for a second. We didn't have nano machines, we had to pump it in there.

**Justin:** Do you know our printed—our president is the guy from Apprentice.

**Griffin:** Are you guys fucking—

**Justin:** Like come on!

**Griffin:** We're doing our god damn best back here!

**Travis:** The guy in charge of medicine is RFK Junior! You're lucky you got to exist!

**Griffin:** Yeah.

**Justin:** Actually, history, if you're looking back at this with research, go away—go away!

**Griffin:** Go away!

**Justin:** Don't look at this episode!

**Griffin:** The one's not for you!

**Travis:** You can't judge us by our year standards! We already know that in the moment!

**Griffin:** Everything's fucking—

**Justin:** Some other time.

**Griffin:** Everything's fuckin' weird and so bad in a new, different way, literally every morning when we wake up! So fuck off, future people! You don't even get it.

**Travis:** And we also know that! So if you're in the future and you're thinking, "They thought it was all normal, but now we look back—" No! We also know!

Griffin: No, dude! We fuckin' get it, for sure! For sure! Anyway,

Travis: I'm gonna be honest, I was—I was hanging a lot of hopes on this. [chuckles] See, I'm a 42-year-old man—

**Griffin:** Oh, dude, of course.

**Travis:** And every time—

**Justin:** [chuckles] You thought this was the thing.

**Travis:** Every time I get a new thing, the doctor's like, "Oh, I think it's this." I'm like, "This is gonna fix it all. I'm gonna wake up tomorrow, I'm gonna feel fucking amazing." And then it's like, "No, we're still just trying to maintain a level—a level of okay based on your constant, you know, failings."

**Justin:** They're gonna try to get you back to where you were at 24, when you could stay up past 11.

**Travis:** Yeah.

**Justin:** Like that's all—that's all we can try to shoot for at this point.

**Griffin:** Yeah.

**Travis:** So, now I've got a bite guard, I've got CPAP, I guess I'm taking magnesium?

**Griffin:** Now, here's where I'm—my whole thing with CPAP—

**Travis:** I'm more—I'm more plastic than man! Sorry, go ahead.

**Griffin:** My news—my septum is like fucking crazy. My septum is like going absolutely hog wild in there. So, my breathing has never been great. I use breathing machines—not machines, like strips and magnets and all that jazz. I do think a CPAP would be maybe something helpful for me, but also, I'm kind of waiting until they got screens on 'em. I'm kind of waiting until it's like a full like—[makes a sound effect] *bwfv*. Like a full wrap around, half head sort of I guess more futuristic VR, AR.

**Justin:** Can you do—that's actually good. As long as we're there, Trav, can you do like scent blasted yet? Can you do like—

**Griffin:** Oh, yeah.

**Justin:** Nacho cheese air? [chuckles]

**Griffin:** Like in one of those cool, hip oxygen bars that are definitely still a thing.

**Justin:** Yeah, ranch air.

**Travis:** We don't advertise that with the product, but god damn it if I haven't thought about it. Man, I think I *totally* could. I got a hose—

**Griffin:** What would you go with?

**Travis:** My hose comes out of the top of my head of the mask, so I can just—

**Griffin:** Oh! That's cool.

**Travis:** I can just fully flip around in my Dollar Store Bane cosplay.

**Griffin:** Yeah, dude.

**Travis:** And it's all I want, is for that to smell like some sick-ass eucalyptus or whatever.

**Griffin:** Yeah.

**Justin:** The first time—the first time your kids come in while you're wearing it in the middle of the night, how are you gonna avoid the temptation to not pretend you're the Predator? Because I definitely will be like—[spoofs a Predator sound effect] *krrr-krrr!*

**Griffin:** Yeah, sure.

**Justin:** You've awoken hibernation.

**Travis:** [spoofing Bane from Batman] "Welcome to my room, Bebe! Yes! Come in!"

**Justin:** [laughs]

**Griffin:** [spoofing Bane] "Yes, it's me, your daddy!"

**Justin:** [spoofing Bane] "The difference between you and me, Bebe, is you're afraid of the dark, and I was born in it."

**Griffin:** [laughs]

**Travis:** [spoofing Bane] "And I need this to breathe and not flail around in the middle of the night."

**Griffin:** [chuckles]

**Travis:** Teresa also has one, so we have his and hers matching like masks and CPAP.

**Griffin:** Oh, that's cute. Do you guys wrap your elbows around when you put them on at night?

**Travis:** Yeah, sometimes we'll just—

**Justin:** The tubes are looped through each other's!

**Travis:** Swap machines to be like, "What's your air like?" You know, it's really romantic and sexy.

**Justin:** They looped each other's tubes in an infinity symbol that's on the wall, it's like decorative tubing. [chuckles]

**Griffin:** That's cute.

**Travis:** So now if our children come in—

**Justin:** They leave notes.

**Travis:** I can only imagine like years from now Dot will be like, "All I can remember is my parents in these alien pods. I don't know what data was being transmitted through their noses."

**Griffin:** What if you got a pipe organ in the back, like as your headboard, and you had the tubes like coming out of that? That would look like badass, dude.

**Travis:** Fuck, dude, that'd be awesome.

**Griffin:** That would be so cool.

**Justin:** This is an advice show, and we are—my advice? Take care of your human body. [chuckles] It's the only one you get—

**Travis:** Especially earlier, the better!

**Justin:** You know?

**Griffin:** Magnesium! Magnesium! Mag—pound it!

**Justin:** You could probably track some of the lifestyle advice we were giving in 2010—

**Griffin:** Oh, dog.

**Justin:** And our current situation, and like draw a flow chart to like the repercussions of those choices.

**Griffin:** Yeah. When my—when my scalp is going buck wild and I am fuckin' fighting it tooth and nail, and then I go back to episode one of MBMBaM where I'm like, "Shampoo and soap is the same thing." I'm like, Jesus Christ, man.

**Travis:** Oh, no.

**Griffin:** That's why. It's actually cool to be able to draw—like draw—I can submit episode one of MBMBaM as medical history to my dermatologist. Be like, "This is why my scalp is the way it is. I used to think shampoo and soaps was the same."

**Justin:** Time to do a question! "I work at a large public library." Thank you to our librarians. I went to a public library this week, and it was a beautiful one, the Cabell County Public Library. If you're ever at that branch, gorgeous.

**Travis:** Brag.

**Justin:** I know, it's great. You guys remember that library?

**Travis:** Yeah, man!

**Griffin:** Support our libraries! I guess.

**Justin:** "I work in a large public library. Only one vending machine in the employee break room has Dr. Pepper. Several times now, the beverage has failed to fall after I've already paid for it. Doesn't happen every time, so I keep falling for it. A man comes in to restock the vending machine once every one to two weeks. Brothers, how do I tell this man he owes me several Dr. Peppers? Can I ask him for one while he's restocking, or do I take my losses and pick a different soda?" That's from Parched and Pepperless in Rochester.

**Travis:** I think you can do it once. But if every time this person comes in to restock you're like, "Happened again!" It's gonna seem like a scam, even if it's true.

**Justin:** You can't do several at once, right? Because I think the onus is on you if it happens once, I think that's life, right?

**Griffin:** Yeah.

**Justin:** And you can be upset about that, but if you continue to pump bucks into this Dr. Pepper machine, and you know that—you're just addicted to gambling at that point, you know it's not going to hit sometimes.

**Griffin:** Yeah.

**Travis:** Now, they did say in additional details that it was high up, so they couldn't get another drink to knock it down. But you could get a second Dr. Pepper to knock that first Dr. Pepper down the shoot. Then you have two Dr. Peppers.

**Griffin:** Yeah.

**Travis:** And one's not gonna go to waste!

**Griffin:** Yeah.

**Justin:** That's true. Yeah. Well, but... do you think that the next person gets one it's like a dub?

**Griffin:** Yeah.

**Justin:** And it's like double docs?

**Griffin:** You gotta wait, you gotta wait for the next person to come and get Dr. Pepper. And when they get a dub, you're like, "One of those is mine."

**Travis:** "That's mine."

**Justin:** "One of those dubba docs is mine, I—"

**Griffin:** "Please."

**Justin:** "You got dubba docs for a buck and—"

**Griffin:** "That sucks. That sucks, dude."

**Travis:** "That's mine."

**Justin:** "That sucks."

**Travis:** Every time one gets stuck, you're gonna want to take a picture of it with a like today's newspaper next to it.

**Griffin:** Yeah.

**Travis:** And then you can show that to the vending machine person and be like, "Here's proof that they were held hostage for me. Please return my sons."

**Justin:** That's so embarra—the one thing that—it's such—that's such an easy business to be in, the—honestly, the vending machine business.

**Griffin:** Yeah.

**Justin:** Like podcasting is easier, granted, but like the vending machine thing, all you gotta do is make sure that big boy pays out every time. [chuckles] Like, and if you're like, "Hey, the big boy didn't pay out this time," as a vending machine operator, that shouldn't just be a hassle of the job, it should be job one.

**Griffin:** Yeah.

**Justin:** [chuckles] You failed in the one thing, you know what I mean? Like—

**Griffin:** Yeah, the only—I mean, the only other maintenance request I personally have is just no products in there that they don't make anymore. I don't care if things are expired or past their prime, I get that. But like I don't want to—I don't want to roll up to a vending machine, and one of the options is Fruitopia. Because then I know that everything else in that vending machine is probably pretty suspect.

**Justin:** Sometimes an operator—this happens with new operators a lot, you'll read about it in the trades, where they will want to position the machine at what they think of as more of an extreme angle.

**Griffin:** Yeah, dude!

**Justin:** So it's more of like a lean.

**Griffin:** Wedged.

**Justin:** And that creates an incredibly dangerous situation.

**Griffin:** Uh-huh.

**Justin:** So, that is actually the biggest problem as a vending machine owner, number one is, don't let 'em fall off.

**Travis:** Yeah, yeah!

**Griffin:** [chuckles]

**Justin:** That's like, don't put it at like a funny angle or something, like an extreme angle.

**Griffin:** You guys know how, especially during Shark Week, people like to quote the statistic that fewer people are killed by sharks each year than are killed by when vending machines fall on them? And do you think that the vending machine owners and operators of America are like, "What the fuck, man? Why are we out here catching strays, dude?"

**Justin:** [chuckles] Unforced error—

**Travis:** We've never—

**Justin:** Like yeah.

**Travis:** We've never thrown shit at sharks? Why are you—

**Griffin:** Yeah!

**Justin:** We didn't ask for this.

**Travis:** Why are you out here—ah...

**Griffin:** "You know what else causes more death than vending machines? Like heart disease, like a bunch of shit, so why are we catching strays—"

**Travis:** Cars!

**Griffin:** "Out here, dude? We're just trying to—"

**Travis:** Bring up cars!

**Justin:** Cars!

**Griffin:** "We're just trying to fling Andy Capp's Hot Fries at anyone with a buck, and I don't understand... They don't make those anymore? Shit..."

**Justin:** Yeah.

**Griffin:** Do they still make Andy Capp's Hot Fries?

**Justin:** I'm certain. I'm certain—

**Travis:** I think Andy Capp died.

**Justin:** They just don't make Andy Capp anymore.

**Griffin:** I love that there's—I love Andy Capp's out here and he's making snacks, and I love snacks. Fries is such a wild thing to call that treat. Those are not even close, my guy.

**Justin:** Yeah.

**Griffin:** Not even close.

**Justin:** Not even close.

**Travis:** Well, that's just another thing for him and his wife to argue about.

**Griffin:** Why was he the one that they were like, "We need a mascot for our hot, crunchy chips. Our hot, crunchy cuboid chips." They're like, "What about famous spouse arguer, Andy Capp??"

**Justin:** They're crunchier than you want them to be, they're hotter than you want them to be. They're the kind of snack you eat when you just want to feel something. And that's Andy Capp's energy, right?

**Griffin:** Yeah.

**Travis:** Yeah. They were already using the lock horns for pretzel bites. So they were like, "We need somebody—who else hates their wife?"

**Griffin:** "These are Midwestern Takis, and they're—[chuckles] we gotta get Andy."

**Justin:** Get Andy.

**Griffin:** "We gotta get Andy for these."

**Justin:** I like the ones where like, you think about the flin—you ever think about the Flintstones like that? Like, contextually, there's not a... you know, there's not a cartoon, people aren't watching—the kids aren't watching that. But they do make vitamins and cereal. What a wild character! [chuckles]

**Griffin:** Just so wild, man.

**Justin:** Oh, yeah! When I grow—there—one of the things that I knew about growing up were this dinosaur family that sold you vitamins and cereal.

**Griffin:** [chuckles] Yeah, yeah.

**Travis:** Yeah.

**Justin:** Whoa! Why? [chuckles]

**Griffin:** I do think they went with the Pebbles connection there. I do think everyone else kind of just kind of... slid into the—slid into the role.

**Travis:** But there's not—

**Justin:** That's fair, yeah.

**Travis:** I'm trying to think of like there's not like, oh, there used to be a Trix rabbit cartoon that was famous—like Bebe and Dot, we were eating some Cocoa Pebbles, and they were like, "Who are those people?" [chuckles] And I was like, "Great question, and I don't know how to explain this in a way that won't make you question my understanding of human history."

**Griffin:** Yeah, you're not gonna get it right.

**Justin:** How about another question?

**Griffin:** Please.

**Justin:** This is like, we're helping. I feel like we're really, actually on a roll.

**Griffin:** We've done one.

**Justin:** For helping.

**Travis:** Well, and magnesium.

**Griffin:** We've done one—

**Justin:** I'm shap—

**Griffin:** We've done one—oh, I guess the magnesium thing, okay.

**Justin:** "I'm chaperoning a high school trip to DC in March. What are some ways I can alleviate any potential boredom in my students while touring the city? I would like to have small games or side quests ready if they start to get disinterested during a museum tour. For context, we are going to some very cool places like Air and Space and Natural History, and some less interesting. I have no control over the itinerary." [chuckles] That's from Flummoxed in Florida.

**Griffin:** Yeah. What's great about the Washington Monument is that it's really tall, and you can see it from a lot of parts of the city, depending on where you are. So, that could be a good like, there it is again. Look over there, peeking up—peeking over that building. That's still the Washington Monument. Sometimes they put big, crazy, incredibly, unbelievably gaudy laser displays up on it for its 200—for the country's 250<sup>th</sup> birthday. But there it is, right there, again, still, there. I know, we're in Arlington, you can still see that tall mother fucker. So big.

**Travis:** Do you think, when you're like a high school teacher or high school chaperone, stuff like that, do you think you have to actively try to like observe and figure out like the story lines that are playing out between the students? In their like—

**Griffin:** I don't think that's part of it. In fact, I think they would probably prefer you don't do that.

**Travis:** This is what I'm saying—

**Justin:** I think—

**Travis:** Do you have to actively do it, or do you think it's unavoidable that you're like, "I wish I didn't know that these people were like, they both like them, and they actually like them, and like they said this thing."

**Justin:** To not have some understanding of that, though, is a... that's just disinterest."

**Griffin:** Yeah.

**Justin:** Right? You have to have some understanding of the nuance to be able to lead.

**Griffin:** Yeah.

**Justin:** I think if you don't understand the politics of the group...

**Griffin:** Do you guys ever volunteer to like chaperone field trips? Henry's on a field trip today, and like they're always kind of looking for chaperones, but I never think I would do a good enough job of it that I vol—that I actually do volunteer.

**Justin:** I think I would do a great job at that. My problem is that there would be other parents there, and they had an event or something where they all learned each other's names, that I didn't go to.

**Griffin:** Uh-huh!

**Travis:** Yeah.

**Justin:** [chuckles] So, I can't—

**Griffin:** Yeah, they went to the pancake—they went to the pancake luncheon, that you got nine fucking emails about.

**Travis:** Mm-hm.

**Griffin:** They did meet up at the pancake luncheon.

**Justin:** Hey, guys, it's gotten bad, man. My kids have been in school for a little while. These parents know what each other does for work and stuff.  
[chuckles]

**Travis:** Yeah!

**Justin:** It's getting real—

**Griffin:** [chuckles] Yeah. Oh, dude—

**Justin:** It's get—I'm falling way behind! You know what I mean? Like—

**Griffin:** [guffaws]

**Travis:** Some of my dudes play like golf together, or flag football or some shit!

**Justin:** Yeah! Yeah, man!

**Griffin:** [laughs] Sometimes—

**Justin:** I'm falling way behind!

**Griffin:** Sometimes I'll roll up on the playground and I'll see like two different parents from two different families like hug when they see each other. *What?!*

**Justin:** What?

**Griffin:** *What?!*

**Travis:** I've seen 'em casually start a conversation. No choices were made, no effort happened.

**Griffin:** Dude! Crazy.

**Travis:** They just start talking to each other and I'm like, how did you know—

**Griffin:** Give each other—give each other a, "Hey!" From across the playground? Holy shit, guys!

**Justin:** Say each other's name with confidence like, "Mark!" *Really?!*

**Griffin:** [chuckles] Yeah. *What?!*

**Justin:** *Whoa!* You've got that ice cold! That was like 20 meters!

**Travis:** They'll ask about other friends who aren't there!

**Griffin:** Yeah.

**Travis:** You guys have—outside of you two having to talk to each other's parent, know a third party?

**Griffin:** That's wild, man.

**Justin:** Yeah.

**Griffin:** That's wild.

**Justin:** Do you ever see—do you ever see two people—oh my god. I saw—I was a party to this last weekend. Do you ever hear of two people that don't know each other and have just met trying to figure out the connections that they have? Like, "Did you know this person? Or, "Did you go to this time at this school?"

**Griffin:** Yeah.

**Justin:** Oh my god! Throw me through a plate glass window, Mom! I'm out!

**Griffin:** Yeah.

**Justin:** No, thank you! [chuckles]

**Griffin:** So, man...

**Travis:** I think the—

**Griffin:** DC!

**Justin:** DC, Griffin, tell 'em the real DC.

**Travis:** Yeah, what do you look for? How do you—

**Justin:** Take a behind the curtain—

**Griffin:** If they hadn't said I have no control over the itinerary, I'd love to provide—Planet Word is my favorite museum in DC.

**Justin:** First of all, says who?

**Travis:** Yeah.

**Justin:** You got two legs and a voice. [chuckles] You know?

**Griffin:** Yeah, that's true.

**Justin:** Who says you got no control over the itinerary? If you're like, "This way, kids," I think you—

**Griffin:** If they're all holding on to one of those little like long ropes, and you're in front?

**Travis:** That they make high schoolers do. [chuckles]

**Griffin:** Take them to Planet Word! It's about the history and mechanisms of language. It's great, interactive—

**Justin:** That's a great museum.

**Griffin:** It's my favorite museum in the city. Air and Space rips, they're always updating that shit. You can go and touch—guys! I smelled the Moon!

**Justin:** They actually...

**Travis:** What?!

**Justin:** You smelled the Moon.

**Griffin:** Yeah! I went to—the Air and Space Museum has like a little thing with—it's covered by a dome and it's got a little bit of moon rock in there. And you can—I mean, I think they want you to touch it, but I put my face way down in there, and I smelled it. And my kids yelled at me. My kids said, "You're not allowed to do that."

**Travis:** Yeah, that—yeah, that'll happen.

**Griffin:** I didn't get much—I didn't get much of an aroma.

**Justin:** I am also proud to announce that the Air and Space Museum has finally started stocking my astronaut detective fiction novel, Aaron Space.

**Griffin:** Mm-hm!

**Justin:** [chuckles] Boy Astronaut.

**Griffin:** Yeah, yeah!

**Justin:** [chuckles] So, that is—that is that is an exciting development for me. Aaron Space is—

**Griffin:** How many volumes deep are you—is the—is the Aaron Space—

**Justin:** I have written six and published a novella of the first half of one.

**Griffin:** Okay.

**Justin:** So, I'm... it's an outline.

**Griffin:** Okay.

**Justin:** There's more of an outline right now, for Aaron Space.

**Griffin:** Pokémon Go.

**Travis:** Yeah, that's a good one.

**Justin:** Oh, that's not bad.

**Travis:** Find out—

**Griffin:** In most cities—in most cities, there's a great Pokéstop density. In DC, where there's like monuments and shit on every corner, you're getting Pokéballs and potions and revives and raid tickets and shit left and right. It's crazy.

**Travis:** I'm also willing to bet that the like per square mileage hauntings of DC is pretty high.

**Griffin:** Sure, sure.

**Travis:** So, you can learn about the haunted history of places and try to catch a ghost?

**Justin:** We took a ghost tour in DC, Trav.

**Travis:** What?

**Justin:** We took a ghost tour in DC.

**Griffin:** We took a ghost tour in Philadelphia—

**Travis:** Yeah, but I was checked out for a lot of it.

**Justin:** No, no...

**Griffin:** Did we do one in DC?

**Travis:** Yeah. You weren't there, because you had to be with your kids or whatever.

**Griffin:** Oh...

**Justin:** [titters] Dorkis.

**Griffin:** They're scared of ghosts. They're scared of ghosts.

**Travis:** Failing as a parent.

**Griffin:** Oh, what's the... the mansion—the Manor on O Street? Mm-hm, that's a good museum.

**Justin:** Yeah, oh, that's a cool—

**Griffin:** Kids maybe aren't gonna understand a lot of the stuff going on in there. Maybe they're not like huge fans of, I don't know, one room is old anime stuff, and then one room is like, this is the Jimi Hendrix room. Crazy...

**Travis:** Are you allowed to bring—

**Justin:** Any kids would love that—

**Travis:** A metal detector with you?

**Justin:** There's secret passages, it's awesome.

**Griffin:** One joke at a time, please. I'm just one man. I can't laugh at two jokes at the same time.

**Justin:** I just had a follow up question, so if Travis has a joke, that would add to the overall joke count for the episode. And I'd love to get our JPM up.

**Griffin:** Yeah.

**Travis:** Are you allowed to bring a metal detector with you? Because I'm sure it's frowned upon, but I doubt there's something in the handbook that says you can't bring a metal detector with you?

**Griffin:** Yeah. What are you expecting to find—I guess, if you wonder the National Mall, there's probably—I mean, you're probably—

**Travis:** A lot of history!

**Griffin:** Yeah. Some like—

**Justin:** You could—

**Griffin:** Peace sign medallions.

**Justin:** Do you think you could start talking now about how you've heard many works of art in museums are fakes? And then once you're there, just start kind of haphazardly like, "That one."

**Griffin:** "That one. That one."

**Justin:** "You can tell, look right here."

**Griffin:** Mm-hm.

**Justin:** "Right here, this is a crayon part. They did this with crayons. This is fake, this is a print off." [chuckles]

**Griffin:** [chuckles]

**Travis:** Yeah! Yeah, yeah, yeah! Just put—

**Griffin:** Actually, if you—

**Justin:** "You can tell from this detail here."

**Griffin:** "If you look here in the National Portrait Gallery, Mr. Bean did come through, and he destroyed the Obama portrait by a series of silly accidents. And he did paint it back up with a poster and some lacquer. You can see the signs of Mr. Bean's work here, here and here."

**Travis:** Point at every piece of art you see and attribute its existence to Dolley Madison saving it.

**Griffin:** Uh-huh!

**Travis:** And just see how many of those you can get away with like, "And we wouldn't have had that if it weren't for Dolly Madison."

**Griffin:** Yeah.

**Travis:** "Thanks, Dolly Madison."

**Justin:** You could have a map of the world and have your students mark the different places that the works of art they've seen are from.

**Griffin:** Yeah.

**Justin:** So they could kind of see all the diverse locations that—hold on one second. [yells out] Jokes! Get back—massage is over, buddy!

**Griffin:** Jesus Christ, jokes, you're running up the fuckin' massage bill—

**Justin:** Jokes! Get back in the room!

**Griffin:** It was supposed to be five minutes, dude? What the fuck?

**Justin:** Five minutes, dude! [yells out] Put your pants on! Jokes!

**Travis:** You could try to plan a hypothetical National Treasure everywhere you go.

**Griffin:** Now, I was about to go—

**Travis:** How would you steal—

**Griffin:** To National Treasure.

**Travis:** Yeah!

**Griffin:** And you could say—and you could—and you could hire someone who kind of looks like Nicholas Cage, and have him sort of sneak around the corner at different parts of the city where you're not stopping. So you have that little interstitial like, "Everyone, keep an eye out for whatever that guy's name is." I think his name is Nicholas Treasure in the movie.

**Travis:** His name—oh, no, hold on.

**Griffin:** Do it!

**Travis:** It's Benjamin Franklin something.

**Justin:** Benjamin Franklin Gallagher?

**Travis:** Something like that. You're also gonna need to hire a Sean Bean look-alike to be the evil guy.

**Justin:** Benjamin Franklin—

**Griffin:** Gates! Benjamin—

**Justin:** Gates.

**Griffin:** Benjamin Gates.

**Justin:** Ben Gates.

**Griffin:** Ben Gates. Cool name. That was like a million great-ass suggestion—like these fuckin'—

**Justin:** That's like—we're helping so many people, it's kind of weird.

**Travis:** Yeah, that's not just applicable—

**Justin:** We're on fire.

**Travis:** To this, you can use it in any circumstance.

**Justin:** Hey, listen, we're on fire. Let's take this energy—

**Travis:** *Aah!*

**Justin:** And direct it towards capitalism, where it belongs.

**Griffin:** To the Money Zone!

[theme music plays]

**Travis:** Have you been doodling what would Pokémon look like as people for years now? And you've gotten really good at it, and you want to sell your art online? Have I got an idea for you. Squarespace!

**Griffin:** Do you do this?

**Travis:** Do I?

**Griffin:** Yeah.

**Travis:** No, I have no artistic ability outside of architectural drawings. I've done what would Pokémon look like as buildings, and it doesn't... it just doesn't convey the same kind of power or sexuality.

**Griffin:** Yeah. Some Pokémon is buildings now.

**Travis:** What?

**Justin:** is that true?

**Griffin:** Yeah, they're making Pokémon out of everything.

**Justin:** Do people live in them? Or...

**Griffin:** What's that?

**Justin:** People living inside the Pokémon?

**Griffin:** People don't live in 'em, they just turn into big bil—they turn into big buildings.

**Travis:** But they don't live in 'em? That seems like such a waste?

**Griffin:** Squarespace is the best way to make a website and put it online and have people think you're a professional. And then also, you know, have those people pay you for your goods and services that you offer on this incredible-looking website. We've been obviously advertising with Squarespace for many years now. It's probably the longest and healthiest relationship any of us have ever had. But Squarespace also is something we've used—

**Travis:** Definitely the most supportive.

**Griffin:** The Squarespace we've used many times to build websites for ourselves, our brands, our jokes, so many places we've had to use Squarespace's services. And I say had to, I mean get to, because it's fun. It's simple drag and drop sort of functionality, beautiful, world-class design templates, any kind of tools for payment or like appointment scheduling, or whatever you need your site to do. Dang, Squarespace is gonna make it look good and—

**Travis:** Have you guys ever noticed, Dad has never sponsored an episode of My Brother, My Brother and Me—

**Griffin:** Yeah!

**Travis:** And Squarespace has many, many, many countless times.

**Griffin:** Yeah! I have noticed that.

**Justin:** Wow... really good—

**Griffin:** Dad take—and you know what? Dad takes money from us.

**Travis:** Yeah.

**Griffin:** Squarespace gives us money to talk about their product, and Dad only takes money from us.

**Justin:** Dad gave us money earlier, like before.

**Travis:** Yeah, but that was when I didn't need it! I was a child! I didn't need money when I was child! What was I buying?!

**Justin:** They should have held on to that money and gave it to you later, when you needed it.

**Travis:** Yes!

**Justin:** They were wasting it on you as a kid. [chuckles]

**Griffin:** Yeah, I would have loved the 25 cumulative dollars Clint McElroy ever gave me now as a 38-year-old. [chuckles]

**Travis:** Drag his ass!

**Griffin:** Wow, Dad... three bucks—

**Travis:** In this economy?

**Griffin:** Three bucks, huh? Merry Christmas to me. Anyway, head to [squarespace.com/mybrother](https://squarespace.com/mybrother) for a free trial—

**Travis:** [laughs]

**Griffin:** And when you're ready to launch, use offer code "My Brother" to save 10% off your first purchase of a website or domain.

[break]

**Dan:** Hey, it's TV Chef Fantasy League, you know, the podcast where we watch cooking competition shows and we treat them like fantasy sports.

**Ify:** Right now, we're getting ready for Top Chef: Carolinas!

**Sierra:** We spend all year covering these competitions, but now it's time for the main event.

**Dan:** The apex predator of competitive cooking television shows.

**Ify:** Tune in, draft a team, and play along.

**Sierra:** With your hosts, Sierra Katow.

**Mike:** Mike Gavilan.

**Ify:** And Ify Nwadiwe.

**Sierra:** New episodes every week at [maximumfun.org](http://maximumfun.org), or wherever you get your podcasts.

[break]

**Griffin:** Wonderful is a podcast where we talk about things we like. That's hard to sell in a promo like this, so we've enlisted the help of piano rock superstar Billy Joel to tell you about some of the topics we've covered. Take it away, real Billy Joel!

**Rachel:** [sings] [spoofing "We Didn't Start the Fire" by Billy Joel] Circle time, Sega, Dreamcast, Caesar salad, Tower of Hanoi. Keepy-uppy, time capsules, Wayne's World, cheese pulls, Wallace Stevens, Donkey Kong, fun size Almond Joy. They didn't start the podcast, except that's not true, they didn't 22. They didn't start the podcast, no, they actually did, that was in fact a fib.

**Griffin:** Listen to Wonderful every Wednesday on maximumfun.org, or wherever you get your podcasts. Thanks, Real Billy Joel!

**Rachel:** [spoofing Billy Joel] No problem, Griffin!

[break]

**Justin:** [mouths Munch Squad riff and sings] I wanna munch!

**Griffin and Travis:** [yells out] Squad!

**Justin:** [mouths Munch Squad riff and sings] I want to munch!

**Griffin and Travis:** [yells out] Squad!

**Justin:** [concludes riffing] Welcome to Munch Squad, it's a podcast within a podcast, profiling the latest and greatest brand eating. Arby's and racing! Arby's is speed.

**Griffin:** Arby makes me—

**Justin:** Arby's—

**Griffin:** Arby—when I Arby, it makes me go fast!

**Justin:** Arby go fast?

**Griffin:** Yeah. [chuckles]

**Justin:** Arby's kicks off the Meat and Three Box, pit stops to, and this is a quote, "Fuel the masses."

**Griffin:** Cool, dude.

**Travis:** That feels like a lot of—

**Justin:** Cool, man!

**Travis:** Words, and by the end of it, I don't know any more information than I knew at the beginning.

**Griffin:** Yeah.

**Justin:** Since launching the 7.99 Meat and Three Box—that's what it's called—

**Griffin:** Meet in three?

**Justin:** Meat and three is the three delicious treats and your big, meaty sandwich.

**Travis:** [spoofing a troll voice] Ah! You can cross this bridge when you eat my Meat and Three!

**Griffin:** [chuckles]

**Justin:** There's a—yeah, they announced it with master realist—I had to— [chuckles] this is ghoulish, I—you know, I don't want to get down— [chuckles] I don't want to get on these freaking side tangents every time we do these things, guys. But people are just like out here doing stuff.

**Griffin:** Yeah.

**Justin:** These are the—[chuckles] these are the real estate people that announce the Meat and Three Box—

**Travis:** They're not—

**Justin:** Are we all doing okay?

**Travis:** Those aren't real people!

**Griffin:** I don't know.

**Justin:** Yeah, they're real people that announce—anyway, anywho. [chuckles] So, the Meat and Three Box is three—is a meat and three things.

And they're trying to find a way—this is, again, in the press release, "Arby's has been hard at work to find a way to bring the meats to more fans." We used to have decorum—

**Travis:** Thank you.

**Justin:** You know?

**Griffin:** Yeah, sure.

**Justin:** Like we used to—you know?

**Griffin:** Yeah.

**Justin:** "We're gonna bring you the meats, you dirty dogs."  
"The solution? Eight Arby's-sponsored NASCAR O'Reilly Auto Parts Series races. Three race car drivers and multiple meat and three box pit stops along the way."

**Griffin:** It must be so embarrassing for a brand to not be able to sponsor a whole car. Don't you think that must be embarrassing when Arby's is like, "Check out our Arby's car, and fuckin' Sunoco is on there too, and Tide dishwashing pods, and Duracell batteries."

**Travis:** "But it's mostly us, so you can call it the beef—"

**Griffin:** "But it's mostly—yeah, we're on the hood!"

**Travis:** "You can call it the beef racer, if you want—"

**Griffin:** Yeah!

**Travis:** "That would be cool."

**Griffin:** Not the beef and battery racer, because that—Duracell calls it the battery racer, but it's really the beef racer.

**Travis:** It's the beef racer, for speed.

**Griffin:** "Things are tough right now, lots of people going vegan. We can't afford a whole NASCAR car."

**Justin:** "We want to bring you the meats, but—"

**Griffin:** "We wanna bring fans the meats—"

**Justin:** "Make space for 'em."

**Griffin:** "But the god damn vegans keep making us stop!"

**Justin:** "You don't have to eat 'em, but will just hold 'em?" [chuckles]

**Travis:** "Just buy a couple!"

**Griffin:** "Just smell our meat, you might—then you might like it."

**Travis:** "What if you're vegan plus Arby's, huh?"

**Justin:** "You can do it—you could use it for other stuff, I keep telling— [chuckles] give it to your dog."

**Griffin:** "Feed it to your turtle!"

**Justin:** [chuckles]

**Travis:** "Maybe put it in like a safety deposit box and like leave it for a great grandchild or something? Like a family beefloom."

**Griffin:** "In the future, beef is money."

**Justin:** [laughs]

**Griffin:** "We've been to the future and—"

**Travis:** "Please."

**Griffin:** "We're not gonna spoil anything, but you're gonna want this meat."

**Justin:** No, this is what I—this is what I want to get to, though, this is—and this whole thing—this like—it's not that surprising the Arby's would do some like Arby's branded races. Like it's a tour of Arby's branded races powered by Horsey Sauce.

**Griffin:** Cool.

**Justin:** Cool, but—

**Travis:** You think there's a lot of prestige for winning one of these races?

**Justin:** Huge, huge. Are you kidding me? I'll tell you what is bad, is if anybody's hurt. [chuckles] That's not how you want—

**Griffin:** You don't want that in your beef race!

**Travis:** "Yeah, how'd he go out?"

"Yeah, he was at the top of his game, and then he was doing the beef races and—"

**Griffin:** "Jeff Gordon?"

"Yeah, he—"

**Justin:** [chuckles] Yeah.

**Griffin:** "I don't know why he was still—his license has been revoked, I don't know how they got him out there. But he was—"

**Travis:** And listen, there's—

**Griffin:** "Foaming at the mouth, just screaming about Horsey Sauce. And he did die." [chuckles]

**Travis:** "There's no better way to put it, he beefed it!"

**Griffin:** "He did beef it."

**Travis:** "He beefed it real hard and that's how he'll always be remembered."  
[chuckles]

**Griffin:** "That's what all the headlines said, they did work in some sort of  
"beef pun." His family is—"

**Travis:** "He's well-done!"

**Griffin:** "Well—so sad!"

**Travis:** "That's because the car was on fire!"

**Griffin:** "Yeah! And that's another beef thing, so, apologies to the Gordon  
estate."

**Justin:** I guess—hm... the thing that is hard for me, and I... This is the thing  
that I wanted to share with you guys, and it's hard that I missed it, that this  
event occurred that I'm about to describe to you, and that we weren't  
cordially invited to it. And the fact that it happened, that this is real and it  
hap— "On the eve of NASCAR's biggest race, Arby's showed up with max  
horsepower in Daytona."

**Griffin:** Mm-hm.

**Travis:** Mm-hm.

**Justin:** "Building on the success of last summer's Jamocha Shake Summer  
Tour, the brand hosted a surprise Jimmy Eat World pop up concert inside a  
local Arby's restaurant at Ridgewood Avenue in Daytona Beach."

**Travis:** [gasps] *Hah.*

**Justin:** "The free concert transformed Arby's into a rock and roll dance  
floor—"

**Travis:** Hell yeah.

**Justin:** "Complete with branded airbrushed hats and—"

**Griffin:** The Jimmy Eat World rock and roll dance floor?!

**Travis:** Sorry, Griffin, you just brushed over airbrushed hat—custom airbrushed hats?!

**Justin:** Yeah, they had custom airbrush hats in the—and I actually have, if you guys have a second, I have some like live—a video of the event—

**Travis:** Yeah! Of Jimmy Eat Beef?!

**Justin:** Of Jimmy Eat Beef, let me see if I can—

[a video of Jimmy Eat World performing at Arby's plays]

**Crowd:** [chants] Arby's! Arby's! Arby's! Arby's!

[video concludes]

**Justin:** So, okay, so like—[chuckles]

**Travis:** Who says that rock is dead?!

**Justin:** It's so good. First of all, huge jealousy. And there is—I—if you think that we are in any way judging or criticizing Jimmy Eat World for doing this, you do not know our brand. I'm telling you, I'm so furious that this happened and we did not get to participate. Griff, are you okay? You look pretty—

**Travis:** I would have done it for half the price.

**Griffin:** I just, I wanna get—

**Justin:** I would have done it for half of what ever Jimmy did. Well, I would want to be—work on it with Jimmy Eat World, because honestly—

**Travis:** Yeah! I don't wanna underplay—

**Justin:** My Brother, My Brother and Me doing an exclusive concert in an Arby's is just a regular Wednesday afternoon in Huntington.

**Griffin:** [chuckles]

**Justin:** Like, that's not a big—

**Travis:** Yeah. I'm just saying, we would have opened for Jimmy Eat World.

**Justin:** We would open for Jimmy Eat World.

**Griffin:** There's just—

**Justin:** For a very reasonable fee.

**Griffin:** Jimmy's up there, I wasn't familiar with that other song, but you know Jimmy's gonna play "Sweetness" or something at some point. And there were a lot of people in that video, Justin, you showed me, of that private Arby's Jimmy Eat World concert, that were—

**Justin:** Oh, yeah, all those people just happened to be at Arby's. [laughs]

**Griffin:** They were fucking airbrushing hats and shirts, and they were eating the food, and they were talking pretty loud with their friends. And meanwhile, great American rock classic group Jimmy Eat World is on stage to an audience of people who really are there for the beef and the hats and the—and the art activity. And the babes, it looks like some of 'em were maybe there for the babes.

**Travis:** I would have been there for the music.

**Griffin:** I definitely would have been—that's why I'm saying like, if you're at a Jimmy world concert, even if it's at an Arby's, take a minute to—it's like when you're sitting down at a restaurant and then like a pianist comes up on stage and starts playing for everyone. And you gotta give 'em a little like... you gotta give 'em a little bit of attention, I think, and—

**Travis:** Just take some time!

**Griffin:** Travis—

**Travis:** Little girl, you're in the middle of a concert—

**Griffin:** Travis Patrick—

**Travis:** At Arby's!

**Griffin:** Yeah, yeah.

**Travis:** The other version I was gonna do is, [sings] you just take some time, little girl, and eat the middle of the sandwich. It's full of beef and you will—

**Griffin:** "Eat the middle of the sandwich," now that was an old Arby's campaign where they were like, "The middle was where the beef is! Only eat the middles." And it was like, that's wild, man—

**Travis:** Yeah, and for some reason it was like straight through the middle. Don't eat to the middle, kind of dive at it—

**Griffin:** Bore a hole into the middle!

**Travis:** [chuckles] Bore a hole through the sandwich!

**Justin:** I would like to read some comments from the Instagram post.

**Griffin:** Okay.

**Justin:** Takeshi Doodle says, "The ultimate way to start our 2026. Best party I've airbrushed at. Thank you so much for inviting us to paint your merch, Arby's."

**Griffin:** Cool.

**Justin:** Thanks, God bless you.

**Travis:** God, I wish I lived a life where not only did I go to an airbrush party, but I had gone to so many airbrush parties that that was a metric I could use—

**Griffin:** Yeah, "This is the best one." I just want to be in a place where I can thank Arby's and mean it.

**Justin:** Someone said, "That's cool, John Lithgow partying like a rock star." That is not a kind of thing to say and I wish you hadn't said it. [chuckles] I don't think Mr. Lithgow is in the video, and I'm sure he would love to get out there. But I did not—

**Griffin:** That's wild, why did they bring—why did they put their name—

**Justin:** Why is John Lithgow out here catching strays?

**Griffin:** Why is he here?

**Justin:** That is the party that you've been missing, just so you know. "Inspire team members—" that's from the people at Arby's HQ— "took a behind the scenes look at Arby's number one Chevrolet. They took a tour of the JRM race team hauler, and even had a chance to score tickets to Saturday's race!" And then I want to show you guys a picture, and they've got this on—they've got this on the thing where you can watch—I don't know, it's one of those carousels. Don't you hate that?

**Griffin:** I fuckin' hate that shit, man.

**Justin:** Hold on, wait—

**Griffin:** Don't make your image is some sort of special CSS element that I can't then share with my brothers easily to make 'em laugh.

**Justin:** Okay, good, I'm gonna—I think I can share. I'll just like put this image... They got people in the Arby's chef coats. And the fact that these

image—that these things exist is really what I'm jealous of. Can you see these?

**Travis:** Mm-hm.

**Justin:** Look at that. Look at that. I know—you're not guy—you guys aren't excited enough. It's a black chef's coat with a huge red Arby's logo on it. I would do anything! Are you kidding me?

**Griffin:** It's pretty—

**Justin:** Look at these people! They're the Arby's chefs. They're the ones who are like, "Meh... maybe too many slices of roast beef on that one."  
[chuckles]

**Griffin:** Yeah, sure.

**Justin:** Do you know what I mean? Like...

**Griffin:** "This cheese sauce is not thick enough."

**Justin:** "We could probably layer a different kind of meat that we've never even fucked with in here, if we just try it."

**Griffin:** "Do you guys think you could go and score me some of that thick Burger King mayonnaise that we can then put on the—on the new one?"

**Justin:** I did want to show you guys a picture of the Meat and Three Box.

**Griffin:** Okay.

**Justin:** It is—

**Travis:** I like how in this picture—and I know that people at home can't see it, so let me describe it to you. The roast beef sandwich towers above the other three.

**Griffin:** Yeah.

**Travis:** Just really lording it over the peons.

**Justin:** It looks like they're worshipping at the feet of the sandwich, right?

**Griffin:** Yeah, I do—

**Travis:** While the power behind the throne of the giant Coca Cola goes, "Yes, my Lord!"

**Justin:** "Yes!"

**Griffin:** I've heard of—

**Justin:** "Yes, my Lord!"

**Griffin:** I've heard of—

**Justin:** "Listen to them cry your name. My Lord, they cry for you. Au jus, they say, au jus! Spill your jus on us! Drip a—drip upon us, my Lord!"

**Griffin:** I've heard "meat and three" used in a sort of southern like barbecue sense. But usually when I hear it that way, they are implying that there will be some sort of vegetable or bread sort of involved in there with the three. I don't think it means seasoned up curly fries, full-blown mozzarella sticks, and what looks like a fried apple egg roll, perhaps?

**Travis:** Justin, I'm just really glad that you showed us this picture. Because every time you say "meat and three," I assume it has something to do with someone's dick and three balls.

**Griffin:** Yup!

**Justin:** Oh?

**Travis:** So, I'm glad that you clarified.

**Justin:** Well, it doesn't. And it doesn't. And I guess Arby's, please—

**Griffin:** Next time.

**Justin:** I mean, as always, get at us. Like, I don't know... you know.

**Travis:** Jimmy Eats Brothers! It's the perfect crossover.

**Griffin:** Brothers Eats Beef.

**Justin:** Brothers Eats Beef. "My fiancé and I are getting married in a walking labyrinth. We realize people may assume it's movie-themed because we've been saying we're having a labyrinth wedding."

**Travis:** Yes.

**Justin:** "Should we explicitly say on invitations it has nothing to do with the film? Or just see what people think a labyrinth wedding is? I haven't even seen the movie."

**Griffin:** Yeah, I'm sorry, you—

**Justin:** Well, that's—

**Griffin:** You are actually having—you're having a labyrinth-themed wedding. You need to be okay with the fact that it's—you can't just have it be in a... it's a labyrinth-themed wedding, you need some stuff in there from the film! You gotta have the stuff from the film in there, man.

**Justin:** Yeah.

**Travis:** That's like saying, "Yeah, we're having a wedding in a cube. But it's not a cube-shaped—"

**Griffin:** It's not based on cube!

**Travis:** It's not a cube-themed wedding.

**Griffin:** Yeah. "We're doing it at the new Super Nintendo World amusement park. It is not a Nintendo-based event, this wedding, it's—do not dress up as Mario. He will be there, but it's not—it has nothing to do with it."

**Travis:** "It just worked out that the Fortress of Solitude had the dates available that we're looking for."

**Griffin:** "We are not doing Superman—"

**Travis:** "We have no interest in Superman."

**Griffin:** "No! I don't—I think he's boring. It's a beautiful fortress."

**Travis:** "Bit of a trek. It is a destination wedding. We realize that's gonna be a problem for some fun folks because it's—"

**Griffin:** Not ideal.

**Travis:** Yeah, it's in the Arctic.

**Justin:** Do you think—I don't know what this is. And so, that can sometimes not—a super funny thing, when someone's trying to guess what a real thing is. But I'm guessing that they're on opposite ends of it?

**Griffin:** Yeah.

**Justin:** And they're trying to find each other, and when they do, they're married?

**Griffin:** Yeah. And they only have 10 minutes! There's also—

**Justin:** 10 minutes!

**Griffin:** You also don't want to run into one of the scarecrows! Because if they get you, they tear up your marriage license, right there.

**Travis:** That's true.

**Griffin:** The rings—

**Justin:** "We've hidden it inside the shrine of the silver monkey." [chuckles]

**Griffin:** Well, the shrine of the silver monkey contains the rings, Justin. You can send in—

**Justin:** [chuckles] Okay, sorry, of course.

**Griffin:** Your maid of honor and your best man once, but if they get caught by one of the scarecrows, they're gonna kill 'em! David Bowie will not be there, Goblin King will not be there, little nasty worm will not be there. Hand hold, no. Not any of that shit! No orbs!

**Travis:** We'll be there, for a price.

**Griffin:** He's—

**Justin:** Why haven't you seen Labyrinth? [chuckles]

**Travis:** It's great!

**Justin:** You know, I gave my kids a stink eye when I realized they hadn't seen Labyrinth, and they're kids, and I'm their dad, and I still was like, "Really? You guys haven't seen Labyrinth?"

**Travis:** I wish I could watch it again for the first time!

**Griffin:** Yeah.

**Travis:** I just saw someone put out a Labyrinth-themed set of sneakers, and I almost bought it for hundreds of dollars. [chuckles] And I wouldn't even wear the ding-dang things!

**Griffin:** How funny would it be if you told everyone it's not the movie, never even seen the movie. And then you get to the vows, and then you're like, "You... remind me of the babe." And then you reveal like, "Just kidding." And then you both pull out orbs.

**Justin:** Oh my god.

**Griffin:** *Wa-wa-wa-wa-wa-wa-wa.*

**Justin:** If you walk out to "Magic Dance—" I know you've never heard it, and you shouldn't, because when you realize the omega bop that you have just dropped on your wedding—

**Griffin:** [chuckles]

**Travis:** Oh my god.

**Justin:** And the first time you're hearing it is when you're married? *What?!* You're welcome.

**Travis:** And then double twist—

**Justin:** That's easy.

**Travis:** The officiant holds up their hands, and they've got eyeballs in the palms of their hands. And they hold it up to their face, and it's a Pan's Labyrinth-themed wedding!

**Justin:** Whoa, I love that.

**Griffin:** That's cool.

**Justin:** Hey, I don't want to—I don't want to be a jerk, but if you've never seen the movie, you're having a maze wedding. [chuckles]

**Travis:** Yeah.

**Griffin:** [guffaws]

**Justin:** If you do not like Labyrinth—if you do not like Labyrinth enough to call it a Labyrinth wedding, if you haven't even seen the movie about 'em, you know?

**Griffin:** Yeah.

**Justin:** You don't like labyrinths! It's a maze wedding!

**Griffin:** It's a maze wedding. And that's like some—

**Travis:** And—

**Griffin:** That's like some Slylock Fox like Sunday paper shit—

**Justin:** Yeah, that's a lot easier, isn't it? [chuckles]

**Griffin:** Yeah.

**Travis:** You could—

**Justin:** I want a wedding that's like on a kids' restaurant activity mat, you know what I mean? [chuckles]

**Griffin:** A wordsearch, yeah.

**Justin:** Yeah.

**Travis:** You're missing so many opportunities too, because I think they're so—having a Labyrinth-themed wedding that's actually Labyrinth-themed, of like having a ring bearer come in and it's like a little fox puppet on the back of a big shaggy dog.

**Griffin:** Cool.

**Travis:** That can like bring in the ring? Fucking incredible!

**Justin:** But let someone who loves the movie plan it and do all this, and you still don't see the movie. [chuckles]

**Travis:** Yeah!

**Justin:** So when you show up it's like, "What is happening?! What is this?"

**Travis:** At the reception you screen the movie and go, "Oh, okay! Oh! I get it."

**Justin:** When the—when the audience stands up and they all talk with their hands in unison, you're gonna flip your shit.

**Griffin:** Yeah.

**Justin:** Also, guys, why is this the second time in as many days that we've talked about the hand—

**Griffin:** I don't know, I was talking about thick sauce earlier and it feels like we're just doing a sort of sequel to the last episode.

**Justin:** [chuckles] I mean, we're the same people, just a week older, I guess. No, you know what?

**Griffin:** Actually, two days older—

**Justin:** Actually, three days—

**Griffin:** That's—

**Travis:** Yeah.

**Justin:** Two days older! [laughs]

**Griffin:** [chuckles] We recorded the last one on Monday, it is currently Wednesday, about 40 hours as the crow flies from the last—

**Justin:** Explains why my last thought before we started recording was, "I can't believe I have to fuckin' do this again."

**Griffin:** [laughs]

**Travis:** Yeah, we just did this.

**Justin:** [chuckles] Oh, man... It's a good flick, though, just—

**Travis:** Yeah.

**Griffin:** It's—yeah!

**Justin:** I mean... [chuckles] Thanks so much for listening to our podcast. We hope you had fun, we hope you enjoyed yourself, and... you remind me of the babe.

**Griffin:** Mm-hm.

**Travis:** What babe? The babe that wrote a Choose Your Own Adventure book! His name is Griffin McElroy! He's a wee babbie.

**Griffin:** I got it here now. It's called The Stowaway, and it costs \$10.

**Justin:** Have you read it?

**Griffin:** Have you read it?

**Justin:** Hey, I want to—hey, Griffin? Hey, Griffin? I want to start a countdown clock as a promotional tool.

**Griffin:** Cool.

**Justin:** For your book, okay? Has your son read your book yet? [chuckles]

**Travis:** Dot com.

**Griffin:** He has not. He—

**Justin:** Okay, and so far, one day—how many days have you had it?

**Griffin:** How many days have I had it? About three weeks, my man. He is dedicated.

**Justin:** You're now on day 21 of Griffin's—

**Griffin:** My youngest son read it with me.

**Justin:** Okay!

**Griffin:** My nine-year-old is like—

**Justin:** All right, we're now on day 21 of Griffin's oldest son not reading his book. Griffin, I do want to continue to check in periodically just to see if he has—

**Griffin:** He will get—he will get—eventually, he'll begin to take a curiosity to what his father does. [Bit.ly/griffinstowaway](https://bit.ly/griffinstowaway). You can beat my oldest son at reading the book that I wrote, called *The Stowaway*. And it's a Choose Your Own Adventure book. It's an outer space survival tale, perfect for middle grade readers or anyone who wants to hear a great interactive adventure, hosted by yours truly. It's called *The Stowaway*, and it's \$10. And the first week of book sales are so important, so [bit.ly/griffinstowaway](https://bit.ly/griffinstowaway). Help me out. It's \$10.

**Travis:** Over at [mcelroymerch.com](https://mcelroymerch.com), we got a lot of great merch this month, including "helping is always a free action" T-shirt. They're really cool, I think you're gonna like 'em. And 10% of all merch proceeds this month will be donated to Border Angels. So go check that out, [mcelroymerch.com](https://mcelroymerch.com). We stream! Over on the McElroy Family YouTube.

We got Clubhouse the last Tuesday of each month, and on all the other Tuesdays, we're doing Super McElroy Brother gaming streams, at noon, Eastern Time. And we got solo streams throughout the week. I just started a run of a *Return of the Obra Dinn* on ADHDetective, so make sure you check that out every Wednesday.

**Griffin:** God, what a good game.

**Travis:** I know.

**Griffin:** I'm playing Majora's Mask randomizer, every Friday. It's called Trial by Fiery.

**Justin:** God, what a game!

**Griffin:** God, what a game, indeed.

**Justin:** Just also a game.

**Griffin:** Yeah.

**Justin:** Majora's Mask is a game as well.

**Griffin:** Have you settled on what you're doing next, J Man?

**Justin:** I have been thinking about playing Myst. [chuckles]

**Travis:** Yeah.

**Griffin:** Yeah.

**Travis:** Hell yeah, man.

**Justin:** Yeah, man. I don't think kids today have seen Myst.

**Griffin:** Yeah.

**Justin:** Do you know what I mean?

**Griffin:** No, it's fuckin'—it's a wild one. Do like an old—the old like DVD version of Myst. Do like one of those old wild ones.

**Justin:** Like an old, busted down thing.

**Griffin:** Thanks to Montaigne for the use of our theme song, "My Life Is Better With You." Did I mention that my books out tomorrow, March 10<sup>th</sup>? I don't think I said that part.

**Justin:** Tomorrow as the crow flies.

**Griffin:** Yeah. So, go check that out. And I'm gonna, I guess, I'll throw it—

**Travis:** Throw the book! Throw the book! Throw the book!

**Griffin:** I'll throw the book, but I'm not gonna throw it super—I mean, I do have a lot of copies of it.

**Travis:** Yeah, throw the book!

**Justin:** [chants] Throw the book. Throw...

**Travis:** I can't believe he's gonna throw the book.

**Justin:** Fahrenheit 451—

**Travis:** Yeah, so little respect for the—

**Justin:** Is the temperature at which books throw. [chuckles] Griffin's throwing his own work.

**Griffin:** Three, two, one!

[a loud thud]

**Justin:** That's what Griffin's—that's what Griffin's son does every time he hands him the book. [chuckles]

**Travis:** It was perfect, though. Like it kind of landed flat—

**Griffin:** I broke my Legos!

**Travis:** I we could get a sick screenshot, it would look like the book was just kind of glued to the—

**Justin:** [laughs]

**Griffin:** I broke my goddamn Deku Tree!

**Justin:** [laughs]

**Travis:** Go to the doctor!

**Justin:** I'm Justin McElroy!

**Griffin:** I broke my goddamn Deku Tree! What a good book! It's so solid, it can break a goddamn Deku Tree Lego set.

**Travis:** I'm Travis McElroy!

**Griffin:** I'm Griffin McElroy. Damn this book!

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

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

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