Matt's Notes

November 15th 2026

There were a lot of places we could go with this episode, and we did!

I meant to write these notes a week ago. We were set to record, and then Doug got sick— he’s better now— and so, what felt immediate has the patina of the distant past including, but not limited to, as per my handwritten notes circa late October and/or early November:

- James Brown: *The Payback* (1973)
- The Replacements burning their per diem cash, circa 1980's
- Intermittent fasting and autophagy
- Diogenes of Sinope, "the dog" philosopher and the Oracle of Delphi
- The Messthetics and James Brandon Lewis: *Deface the Currency* (2026): recent explosive Jazz saxophone and DC post-hardcore LP riffing on Digoenes
- The "blue wave" in the recent American mid-term election and how I lost 10$ in a coffee shop bet on the numbers ultimately elected to the US senate and congress— I bet on further expansion of the Republican MAGA franchise

Hey, you gotta, gotta payback (the big payback)
Revenge
I'm mad (the big payback)
Got to get back
I need some get back!
Payback, payback (the big payback)
There it is
Payback
Revenge
I'm mad

You get down with my girlfriend, huh, that ain't right
Woo (talkin')
Hollerin', cussin', you want to fight
Payback is a thing you gotta see, hell
Never do any damn thing to me



You sold me out for chicken change (yes, you did)
Told me, yeah, they, they had it all arranged
You had me down and that's a fact
Now you, punk, you gotta get ready
For the big payback (the big payback)
That's where I land, Lord, for the big payback
(the big payback)

I can do wheelin', I can do dealin' (yes, we can)
But I don't do no damn squealin'
I can dig rappin', I'm ready, I can dig scrappin'
But I can't dig that backstabbin' (oh no)

Now brother getting ready, that's a fact
Get ready you, mother, for the big payback, hey
(the big payback)
Let me hit 'em, hit 'em, Fred, hit 'em
Hey, hey, hey
Lord, Lord

Autophagy: Activated by Intermittent Fasting

Triggered by 12-16+ hours of fasting

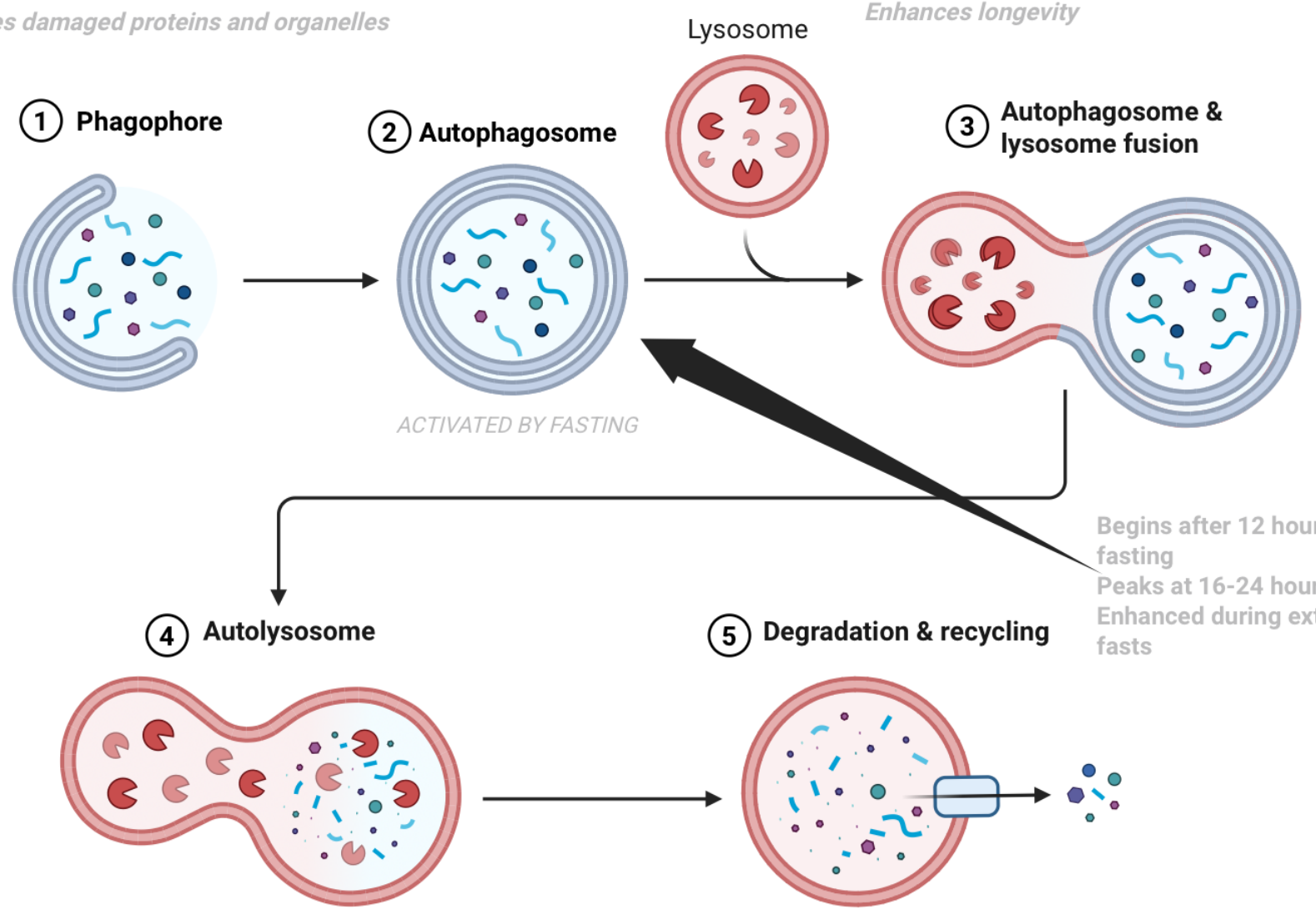
Natural cellular quality control

Removes damaged proteins and organelles

Slows aging process & prevents disease

Improves cellular function

Enhances longevity



This natural process is suppressed by constant eating and activated by intermittent fasting - giving your cells time to clean house and regenerate.

You took my money, you got my honey
Don't want me to see what you doing to me
I could get back
I gotta deal with you
Gotta deal with you
Gotta deal with you, uh
Gotta deal with you
Hey, let me tell ya
Get down with my woman, that ain't right
You hollerin' and cussin', you want to fight
Looky, here
Don't do me no darn favor
I don't know karate, but I know ka-razor (yes, we do)

Huh, hey
Get ready, that's a fact, yeah
Get ready you, mother, for the big payback (the big payback)
Hey, I'm a man, I'm a man
I'm a son of a man, but don't they tell ya that Pappa can
Get ready for the big payback, hey (the big payback)
Hit 'em again



Ooh
Lord, Lord
Yeah, hey, get ready
I need it, I need a hit again
Same one
Same one
Same one
Hit me back
Ooh
Lord
The big payback
Sold me out for chicken change
You said my woman had it all arranged
Tried to make a deal, but she wanted to squeal
But I had my boys on her heels
Saw when she comin', told a lie
You broke down like you wanted to die

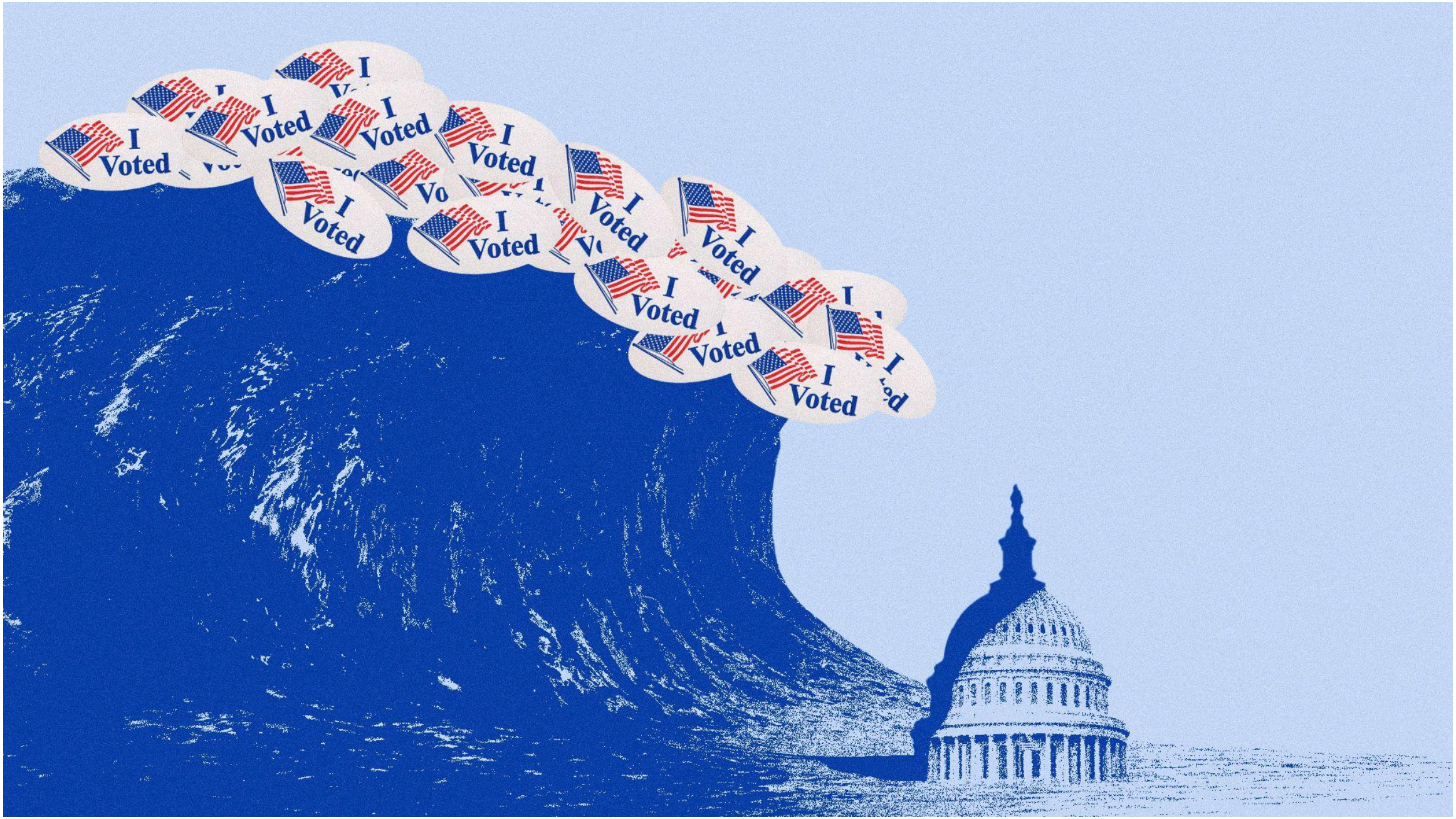
THE MESSTHETICS AND JAMES BRANDON LEWIS

impulse!



DEFACE THE CURRENCY

I don't care what she does
She gon' be doin' just like she was
Take those kids and raise them up
Show 'em how to drink out the righteous cup, uh
Take her, take that woman, it's one place she found
Just run that mother out of town
Make her get up, make her get up, get out
Make her get up, make her get up, get out
I'm mad, I want revenge, I want revenge, my (the big payback)
My patience ends, I want revenge
My patience ends, I want revenge
I want revenge, I want revenge (the big payback)
Can I get some hits? I need those hits
I need those hits, hit me


I Voted

Ooh
Lord, I need those hits
Carry on, carry on
Pray for a melody (the big payback)
Woo (hey, the big payback)
Alright
Da-di-da-da, da-di-da-da, da-di-da-da
The big payback


US MIDTERMS 2026
Senate election results as of 11.20am, November 4
Democrat flipped
Democrat
No election
Republican
Republican leads
Business Post
Americans deliver major blow to Trump as blue wave sweeps country

- Turnstile at the DC monument for a free “free Palestine (Gaza), Sudan, and Lebanon” concert which raised over $250,000 and had over 60,000 attendees
- St. Stephen in Charlotte County, New Brunswick (population 4,510), which shares a border with Calais, Maine, USA (population 3,079).
- Margaret Atwood’s Massey Lecture and subsequent book and film *Payback: Debt and the Shadow Side of Wealth* (2008)--- I watched the film on a Qatar Airways flight (probably) back to Canada after my first year of teaching at the College of North Atlantic-Qatar which remains my most successful teaching experience by any metric
- Promissory notes as a means of tracking debt


TURNSTILE ANNOUNCE
FREE BENEFIT SHOW AT THE
WASHINGTON MONUMENT


10% OFF
INTERIOR
DETAILS
INSIDE









IOU

[ˈī-ˈō-ˈyü]

A written acknowledgement of debt that one party owes another.

Investopedia

- Judas betraying Jesus for thirty pieces of silver
- The global Microsoft outage (November 12-14, 2026) which affected approximately 430,000,000 people

… On the whole, any of these bullets could be in and of themselves significant rabbit holes. On this particular Sunday afternoon, my greatest desire is to nap, have dinner, read, and go to bed, after sending this episode— including these notes!— to Doug for review and approval. As such, I am much indebted to any and everyone who has expressed any interest in this EnT endeavor over the years. It means the world to us!



MICROSOFT OUTAGE:
Where Disruptions Were Reported



Affected countries

Source:
Downdetector

THE WORLD IN MAPS

THE REPLACEMENTS

PLEASED TO MEET ME

