

Episode 11 - Breaking Soil Show Notes

REMEMBER TO CTRL + SHIFT + V TO PASTE CONTENT IN HERE TO PRESERVE THE FORMAT.
OR RIGHT CLICK AND SELECT "PASTE WITHOUT FORMATTING"

BANNED WORDS AND PHRASES!!!

- So
- Um, uh, hmm
- Wow
- In my opinion
- And uh
- Interesting, That's interesting, it's going to be interesting
- Ya know, you know
- Did you hear about...
- A lot is happening

INTRO

- **SHOVELS:** It's October 15th , episode 11. This is a Father and Son Podcast where we attempt to dig into the **News, Pop Culture and Sports**. We're not going to go into great detail and we have no idea what we're talking about. This is our weekly excuse to hang out and just BS.
- [PICK response] If you're already a listener of the show we want to thank you for your support. If you're not a regular listener our podcast can be found on Spotify, Apple Podcasts, iHeartRadio, Amazon Music and you can always plug the RSS feed into any podcast app. We'd love to hear from you! We can be contacted on Twitter/X, our account is @BreakingSoil or drop us an email our address is bs@breakingsoil.com.
- **Crack the top**

SHOVEL STORIES

- **Getting ready for winter.** We had snow in the mountains this week. Even though I'm retired, time seems so fleeting. To-do lists are long now. Don't know how I did everything when I was employed. Looking forward to the quietness of winter. Sleep better at night. Holidays bring families together and people seem nicer this time of year. Oh and food tastes better this time of year too. Must be the body needing more calories to produce heat.

The year is coming to a close. Seeing the Northern Light on Thursday night was spectacular.

PICK STORIES

- **It's getting cold. Had to wear gloves and a hat this week. This is the worst time of year in New Hampshire. Yeah yeah we get leaves that change color and that is very pretty but it comes at the cost of cold weather. I'd rather deal with the heat than the cold any day of the week.**

NEWS Freedom of speech lives here on this podcast. Your voice matters!

GLOBAL

SHOVEL STORIES

Just imagine taking a red and white pill on an empty stomach. You just have completed a full cardio work according to researchers in Denmark. They developed a new drug that mimics the effects of a strenuous exercise without moving a muscle.

Talking about a lazy workout, if this works, this LaKe drug will be worth billions of dollars in the pharmaceutical industry..

They developed a new drug that mimics the effects and benefits of strenuous exercise without moving a muscle.

The study, published in the Journal of Agricultural and Food Chemistry, maintains that the drug produces the same health benefits as running a long distance at a fast clip.

Currently called LaKe, the drug has been shown in lab rats to flush toxins and strengthen the heart

Pill that gives you the same benefits of exercising out of Denmark.

"We've developed a molecule that can mimic the body's natural metabolic response to strenuous exercise and fasting," Dr. Thomas Poulsen, a chemist at Aarhus University who led the research, said.

In lab rats it has shown signs of flushing toxins and strengthening their hearts.

Gives you the same exercise as if you ran a 10K.

<https://nypost.com/2024/10/08/lifestyle/new-exercise-pill-mimics-the-effects-of-running-a-marathon-without-effort/>

<https://www.ndtv.com/science/researchers-develop-exercise-pill-that-mimics-health-benefits-of-running-marathon-without-effort-6762039#:~:text=As%20of%20now%2C%20the%20pill,per%20the%20New%20York%20Post.>

PICK STORIES

- **[CLIP] Latest in Israel**
 - **[CLIP] Israel hit UN peacekeeping forces**
 - **[CLIP] Israel arrest US journalist, charged with “aiding the enemy during wartime”**
 - **“beaten, blindfolded, and taken to an Israeli military base.”**
 - **Works for the Grayzone a US news outlet.**
 - **drove to Tel Aviv and tracked down where an Iranian missile struck “less than 1,000 feet” (300 meters) from the headquarters of Mossad, the Israeli intelligence agency, located in a residential district.**
 - **I suspect this is what got him locked up.**
 - **<https://www.rt.com/news/605542-israel-arrests-american-journalist/>**
- **[:~:text=As%20of%20now%2C%20the%20pill,per%20the%20New%20York%20Post.](https://www.ndtv.com/science/researchers-develop-exercise-pill-that-mimics-health-benefits-of-running-marathon-without-effort-6762039#:~:text=As%20of%20now%2C%20the%20pill,per%20the%20New%20York%20Post.)**
- **Palestinian girls boxing club**
 - **Abu Ghazi land camp in Khan Younis is host to a palestinian girls boxing club. With only a pillow and a rug they practice with Osama Ayoub teaching them.**
 - **I watched the video of them boxing and it’s no joke they are practicing and training just like any boxer would.**
 - **Current numbers**
 - **41,455 Palestinians dead, including 16,500 children with over 10,000 more missing.**
 - **Over 1.9 million Palestinians have been displaced**

- <https://unicornriot.ninja/2024/palestinian-girls-boxing-club-continues-amid-genocide/>
- **Palestinian second round of Polio vaccines**
 - The WHO is negotiating with Israel for ceasefires in hopes of launching another vaccination push on October 14.
 - The first round vaccinated 560k children under 10yo.
 - The Polio vaccine requires two doses.
 - <https://unicornriot.ninja/2024/amid-ongoing-bombardment-gaza-strives-for-second-round-of-polio-vaccination/>
- **Parts of a body were found on Mount Everest belong to famous climbers. They would have been the first people ever to climb Mt Everest but they never came back down.**
 - Briton Andrew Irvine and George Mallory.
 - Apparently george mallory was brought on the trip because he could fix anything. And they suspected they would have to fix the oxygen tanks as they summited.
 - They found a boot with a foot and sock in it with Irvines name stitched in the sock.
 - It seems they were descending when they died.
 - <https://www.cbsnews.com/news/mount-everest-human-remains-andrew-irvine-vanished-1924/>
- **A South African policewoman appeared in court Friday on allegations of murdering six people for insurance payouts worth at least 10 million rand (\$570,000) in killings that started in 2019.**
 - <https://www.cbsnews.com/news/policewoman-rachel-kutumela-accused-murders-south-africa/>

US

SHOVEL STORIES

- **[CLIPS] Hurricane Milton**
 - Hurricane Milton leaves 3 million without power in Florida after carving a path of deadly destruction overnight. Tampa (Gulf side to Fort Pierce East side of Florida)
 - Current as of 7am Thursday
 - Hurricane Milton made landfall near Siesta Key, Florida, Wednesday night as a Category 3 storm. It has since weakened to a Category 1.
 - Milton moved across the Florida peninsula and was mostly over the Atlantic Ocean early Thursday.

- Maps show Milton could still flood parts of Florida's Gulf Coast with storm surge as high as 3 to 5 feet.
- More than 3.2 million customers were without power in Florida early Thursday, according to utility tracker PowerOutage.us.
-
-
- 126 Tornado Warnings. 37 confirmed , Winds over 110 mph, 972 MB pressure
-
- <https://www.foxweather.com/watch/play-76d61dd16001598>
 - Time Stamp: .50 - 3:00 devastation from tornadoes reported by a Sheriff during the storm.
- <https://www.cbsnews.com/live-updates/hurricane-milton-2024/>
 - Time Stamp look at it alot of content you choose between both
- PICK HURRICANE COMMENTS AND LINKS
 - DeSantis is doing a good job so far
 - Activated national guard over 6k service members responding to support hurricane
 - [CLIP] He prestaged 50k linemen throughout florida who are ready to get to work restoring down cables and power.
 - <https://www.facebook.com/ABCNews/videos/florida-gov-ron-desantis-provides-update-on-response-to-hurricane-milton-as-roug/986600549888343/>
 - Roof torn off of Tampa Bay Rays stadium. Just shredded.
 - Tay Tay donated 5M to hurricane relief
- ONE LIFE AT A TIME: Homelessness in California
 - Half of homelessness Americans live in Los Angeles, California. Close to me because I have a family member in that environment. Also it's personal because it's close to us.
 - <https://www.cbsnews.com/news/how-los-angeles-is-addressing-homelessness-after-supreme-court-ruled-cities-can-ban-camping/>

PICK STORIES

- **Election woes...waiting on “October Surprise”.**
 - **What is an october surprise – an unexpected political event or revelation in the month before a presidential election, especially one that seems intended to influence the outcome.**
 - **Kamala**
 - **Kamala drinks a beer on Stephon Colbert’s late night talk show. It was miller high life**
 - **She gets in the crosshairs of governor desantis.**
 - **She uses her hands to block her lips with a live mic on a conference call. She was trying to notify her staff in the room she was on a live stream.**
 - **CBS’ 60 minutes edits kamala to make her seem more competent at least according to trump. Her answer was the combination of the two responses below.**
 - **“Well, Bill, the work that we have done has resulted in a number of movements in that region by Israel that were very much prompted by or a result of many things, including our advocacy for what needs to happen in the region,” the vice president said in response, on the “Face the Nation” clip.**
 -
 - **On “60 Minutes,” after Whitaker said the same thing, Harris answered: “We’re not going to stop pursuing what is necessary for the United States to be clear about where we stand on the need for this war to end.”**
 - **Kamala goes on Call Her Daddy podcast and howard stern.**
 - **Call her daddy is a very provocative sex podcast.**
 - **Trump**
 - **In bob woodward’s new book War, trump gives putin covid 19 tests when the test were scarce in 2020.**
 - **“I don’t want you to tell anybody because people will get mad at you, not me,” Putin told him, according to the book.**
 - **Who is bob woodward. Famous watergate reporter. He worked for the washington post at that time.**
 - **Supposedly trump has had 7 different conversations with putin since leaving office.**
 - **Trump Bibles made in china**
 - **Melania’s book disagreeing with Trump on abortion.**

- “A woman’s fundamental right of individual liberty, to her own life, grants her the authority to terminate her pregnancy if she wishes.”
- Oklahoma based company called BrucePac recalls 10M lbs of meat products over Listeria contamination.
 - <https://www.foxbusiness.com/lifestyle/9-9-million-pounds-ready-to-eat-meat-poultry-recalled-over-listeria-concerns>
- [CLIP] Boar’s Head closes Virginia liver meat processing plant after deadly listeria outbreak.
 - 9 people died and dozens other got very sick from listeria of liversworth product.
 - Apparently the conditions in the plant were horrific. They tested the age of different substances found in the equipment and on the walls and found the age of some of the samples to be decades old.
 - Definitely a short opportunity for this company.
 - https://www.google.com/search?q=boar%27s+head+listeria&ca_esv=eab902f88a49963b&rlz=1C1JSBI_enUS1064US1064&tbm=vid&sxsrf=ADLYWILwzasTlr23d0C9EyaWxcHqmRzlaw:1728846161547&source=Inms&fbs=AEQNm0Aa4sjWe7Rqy32pFwRj0UkWtG_mNb-HwafvV8cKK_h1a-aRpNV3VwRSMnTlqlbZe2012EDuBvZ8Lg7NCOhIBcSVTjwwhJBkFepcxF5QJOYr1jYepQu2EXhEFbxVPQ4BasHULfY2xDosMbb1RF4YK-CaweB2UOEoVOMwNgurh7XMMmT4o7EGIFULQTaBBksm0IYwL_fu6zbnbjjaToSlaH5r4T0demw&sa=X&ved=2ahUKEwj27tHqhYyJAxWIFIkFHV2uJ6EQ0pQJegQIBhAL&biw=709&bih=664&dpr=1.35#fpstate=ive&id=cid:b8f31a62,vid:cNYrqgZ9DJQ,st:0
- [CLIP] Ghost guns
 - There are kits that you can buy that provide all the parts to make a gun with instructions on how to build it. The only thing you have to do is drill holes in certain places. These guns have no serial numbers and have no requirement for background checks.
 - Biden changed all that with his 2022 Ghost Gun regulation. The Supreme Court upheld the regulation until further scrutiny and discussion could be had on the case. That case is reaching its conclusion and the Supreme Court appears to be in favor of holding up the regulation.
 - <https://www.nbcnews.com/now/video/supreme-court-may-allow-biden-regulation-on-ghost-guns-to-continue-221244485851>
- [CLIP] Election day terrorist plot foiled

- ISIS related. 27yo Nasir Ahmad Tawhedi. Bought a rifle and ammunition from an undercover law enforcement officer
- <https://www.cnn.com/2024/10/08/politics/isis-terrorism-arrest-oklahoma-election-day/index.html>
- Robert F. Kennedy's wife Ethel Kennedy dies RFK Jr's mom at 96. Suffered a stroke.
 - Husband shot right after California primary where he won and seemed to be headed to Democratic presidential nominee. She was 40 when this happened and never remarried.
 - Rumor is that she had a period where she suffered from alcoholism
 - Had a lot of tragedy in her life. Her parents died in a plane crash.
- [CLIP] Tesla unveils its Cybercab and Robovan. The Cybercab is a self-driving car with no steering wheel and no pedals. The Robovan is a funny looking vehicle that can seat 20 people. They're supposed to be coming out in a couple of years.
- Boeing is firing 17k after strike continues
- Tik Tok sued by 13 states and DC for harming younger users
 -

POP CULTURE

SHOVEL STORIES

Big Brother is getting close to finish with 4 contestants left:

Chelsey, Cam, McKenzie and Rubbina

This last competition for the Power of Veto is the most important comp of the season. The winner has the sole vote to bring 3 to finale night on October 13th on Sunday from 9-11 p.m. ET/PT on CBS

WINNER: Not a surprise Chelsey 750K & McKenzie 75K

America's Favorite - Tucker 50K

PICK STORIES

- [CLIP] Flower Piano at the San Francisco Botanical Gardens.
 - Mauro Fortissimo originally started with one piano by the ocean. It became very popular. He then later put 12 pianos by the ocean and it became phenomena. That's when the botanical gardens in San Francisco reach out to him about doing the same thing for them.
 - <https://www.pbs.org/video/soaring-notes-1728432125/>
- Han Kang wins Nobel Prize in Literature for her 2007 book *The Vegetarian*. First translated in English in 2015.

- It depicts the violent consequences for a woman who refuses to submit to the norms of food intake.
- [CLIP] Nobel peace prize given to atomic bomb survivors
- [CLIP] Nobel prize in physics was awarded to Geoffrey Hinton and John Hopfield for their work on artificial intelligence.
 - John Hopfield, often considered by many as the “godfather” of AI, was honored for building “an associative memory that can store and reconstruct images and other types of patterns in data”, while Hinton invented a method that can “independently discover properties in data”, an important feature of the large artificial neural networks in use today. The modeled AI neural networks after how the brain works.
- Breakdancing headspins could cause “cone-head”
 - 5 times a week for 19 years. Some guy in Denmark in his 30s had to have surgery to remove the bump on his head that formed.
 - <https://www.theguardian.com/society/2024/oct/10/breakdancers-told-too-many-headspins-could-give-them-a-cone-head>
- What I’m watching
 - Agatha All Along – a disney show about witches. It is part of the Marvel universe and is sequel of sorts to WandaVision another show about a witches. In my opinion it’s not one of Disney’s better shows but it’s Marvel and I have a hard time not watching it since I watch every comic book related show or movie.
- [CLIP] Steven Seagal says he’s ready to die for Russia.
 - He wrote a letter to putin saying he’s ready to die for Putin.
 - Granted citizenship to Russia in 2016.
 - He was appointed as a special representative for US-Russian humanitarian ties.
 - This information disclosed in a new documentary called “in the name of justice”
 - He was teaching martial arts in the middle east when the conflict between Ukraine and Russia started. That’s when he wrote this letter to putin.
 - <https://www.newsweek.com/steven-seagal-vladimir-putin-russia-letter-1967638>
- Trump movie called “The Apprentice” comes out and he and his campaign not fans of it.
- Games
 - Games coming out
 - Black Ops 6 - October 25, 2024 (PS5, PS4, XSX|S, XBO, PC)

- Dragon Age: The Veilguard - October 31, 2024 (PS5, XSX|S, PC)
- Super Mario Party Jamboree - October 17, 2024 (Switch)
- Current rankings
 - 1 ROBLOX Roblox
 - 2 Minecraft Mojang Studios
 - 3 Fortnite Epic Games
 - I know it's been out for awhile but i'm just now getting a chance to play it. It's fun.
 - 4 The Sims 4 Electronic Arts
 - 5 Counter-Strike 2 & GO Valve
 - 6 Call of Duty: Modern Warfare II/III/Warzone 2.0
Activision Publishing
 - 7 League of Legends Riot Games
 - Have played but have spent more time playing Dota 2 which is similar but put out by steam.
 - 8 Valorant Riot Games
 - 9 Grand Theft Auto V Rockstar Games
 - 10 Rocket League Psyonix
 - 11 Overwatch 1 & 2 Blizzard Entertainment
 - Played the first one and have spent many hours enjoying it.
 - 12 Diablo IV Blizzard Entertainment
 - 13 World of Warcraft Blizzard Entertainment
 - My ex-wife and i were dating and played this game together.
 - 14 Apex Legends Electronic Arts
 - 15 Tom Clancy's Rainbow Six: Siege Ubisoft
 - 16 EA Sports FC 24 Electronic Arts
 - 17 Cyberpunk 2077 CD PROJEKT RED
 - I really wanna play this. It looks like a lot of fun.
 - 18 Black Myth: Wukong Game Science
 - 19 Escape From Tarkov Battlestate Games
 - 20 Genshin Impact Cognosphere
 -

RANDOM ACTS OF KINDNESS

SHOVEL STORIES

- Gowns for stillborn babies made from wedding dresses (Out of sorrow a gift was born)

- (source where story was discovered)
<https://www.instagram.com/p/BaYNT4hjuk7/?taken-by=cherishedgownsuk>
- The charity Cherished Gowns UK gives the families of babies that are miscarried, stillborn or pass away shortly after birth handmade clothes for the baby to be dressed in for their funeral. The families are given a gown made of a repurposed wedding dress, booties, a hat, a cloth nappy and a blanket in which to clothe their child. The charity was created when the founder made a gown for a local bereaved mother from her own wedding dress, and they now provide the clothes made by volunteers to hospitals all over the UK, free of charge to any family who is in need.
 - Statistics from UK 2014 - 3,564 babies were born sleeping or passed away shortly after birth. That's over 7 thousands grieving parents not including other family members.
 - They stock every UK Hospital with these gowns free of charge
 - They over 1800 volunteers knitting, crocheting and sewing outfits”
 - Gown, hat, booties, hat and blanket.
- <https://www.facebook.com/cherishedgowns/videos/cherished-gowns-uk/1609729345958899/>
Time Stamp: :36 - 1:25
- [CLIP] PICK'S RANDOM ACT OF KINDNESS DEXTER THE DOG
 - https://www.google.com/search?q=kindness&sca_esv=b7b30f80893bb085&rlz=1C1JSBI_enUS1064US1064&tbm=vid&sxsrf=ADLYWIKHgr2aWur1mpVRFI0wUrUXurCLbA:1728867981587&ei=jW4MZ4PFI-GI5NoPnMyl2Qo&start=10&sa=N&ved=2ahUKewjDv5-P14yJAxXhElkFHRwmlqsQ8tMDeqQIGBAE&biw=709&bih=664&dpr=1.35#fpstate=ive&vld=cid:d108c153,vid:ZINV1Q7KrG8,st:0

WHERE CAN I HELP? It only takes one drop of water to start filling a cup.

SHOVEL STORIES

- **HOMELESSNESS IN BIG CITIES. WHO IS HELPING THEM?**
YOU CAN
WHAT DOES IT MEAN TO BE HOMELESS?

Homelessness is a condition where someone lacks a fixed, regular, and adequate nighttime residence. It can also include living in a place that is not intended for human habitation, or in a temporary shelter.

- If you don't have a lot of money, you can still help the homeless by volunteering your time at local shelters, donating gently used clothing and toiletries, organizing food drives, advocating for policy changes, or simply offering a kind word and a listening ear to people experiencing homelessness.
- **Here are a few ways to help without a lot of money:**
- **Volunteer at a shelter:**
 - Offer to help with meal preparation, serving food, sorting donations, assisting with administrative tasks, or even just spending time talking with people staying at the shelter.
- **Donate needed items:**
 - Collect gently used clothing (especially socks and underwear), toiletries (toothpaste, soap, shampoo), hygiene products, blankets, and hats to donate to shelters.
- **Organize a food drive:**
 - Reach out to your community, workplace, or friends to collect non-perishable food items to donate to shelters or food banks.
- **Share your skills:**
 - If you have a skill like cooking, sewing, or hairdressing, offer to teach a class at a shelter or provide services to those experiencing homelessness.
- **Advocate for change:**
 - Contact your local representatives to support policies aimed at preventing and addressing homelessness.
- **Spread awareness:**
 - Educate others about the issues surrounding homelessness and encourage them to get involved.
- **Offer basic necessities:**
 - If you see someone in need on the street, consider offering a bottle of water, a granola bar, or a warm meal.
- **Be respectful and listen:**
 - Sometimes the most important thing you can offer is a kind word and a listening ear to someone experiencing homelessness.
- **Be a good neighbor:**
 - Cities to research

- **New York City**
- <https://www.coalitionforthehomeless.org/facts-about-homelessness>
- **Shelters in New York City, New York**
- [https://www.google.com/search?sca_esv=341fc45e8ec89d31&tbs=lf:1,lf_ui:2&tbm=lcl&sxsrf=ADLYWILm6vv-FDitZ744g73T6Ef7OOv4Aw:1728819147812&q=homeless+shelters+in+nyc&rflfq=1&num=10&sa=X&ved=2ahUKEwj4vb6ZoYuJAxWVkykEHfGTAH0QjGp6BAgwEAE&biw=1912&bih=954&dpr=1#rfl=hd:;si:;mv:\[\[40.82758018950187,-73.90683971653831\],\[40.61705805927225,-74.41913158526744](https://www.google.com/search?sca_esv=341fc45e8ec89d31&tbs=lf:1,lf_ui:2&tbm=lcl&sxsrf=ADLYWILm6vv-FDitZ744g73T6Ef7OOv4Aw:1728819147812&q=homeless+shelters+in+nyc&rflfq=1&num=10&sa=X&ved=2ahUKEwj4vb6ZoYuJAxWVkykEHfGTAH0QjGp6BAgwEAE&biw=1912&bih=954&dpr=1#rfl=hd:;si:;mv:[[40.82758018950187,-73.90683971653831],[40.61705805927225,-74.41913158526744)
- - shelters
- **Los Angeles**
 - shelters
- **Chicago**
 - shelters
- **Houston**
 - shelters
- **New Orleans**
 - Shelters
- **Omaha**
 - shelters
 -
- **Tampa bay**
 - Shelters
- **[CLIP] Sudan is facing famine and disease (That's a good story and if we can help by getting the word out to one listener we've helped!)**
- **Who is a refugee?**
 - **A refugee is someone who has been forced to flee his or her country because of persecution, war or violence. A refugee has a well-founded fear of persecution for reasons of race, religion, nationality, political opinion or membership in a particular social group. Most likely, they cannot return home or are afraid to do so. War and ethnic, tribal and religious violence are leading causes of refugees fleeing their countries.**
- - **73 percent of all refugees and other people in need of international protection come from just five countries: Afghanistan, Syria, Venezuela, Ukraine and Sudan.**



- 70% of healthcare facilities are inoperable and closed
- 8M-10M people are displaced
- The conflict is between the Sudanese Armed Forces and the Rapid Support Forces. It began in the capital Khartoum and has spread from there to other cities like Darfur. The conflict started in April 15th, 2023 and continues on today.
- Sudan is now the place in the world with the highest number of internally displaced persons (IDPs).
- Monthly donation
 - https://give.unrefugees.org/230424emer_sdnmain_p_3000/?SF_onetime=7011K000002OOTfQAO&SF_monthly=7011K000002OOTkQAO&gad=1&gclid=CjwKCAjwzJmlBhBBEiwAEJyLu9usy7KY1DcTfY9GhxJJtulcG_aQFLDvdYAUPyasNLU5HhU9Pq3DEBoCAa8QAvD_BwE&gclsrc=aw.ds&gl=1*1fhffq*_gcl_au*MTk5MjEwMjk1Ni4xNzI4OTlwMDcw*_ga*MjA2NjUzMzk4Mi4xNzI4OTlwMDcw*_ga_P9YZZV758Y*MTcyODkyMDA3MC4xLjAuMTcyODkyMDA3MC42MC4wLjA.*_rup_ga*MjA2NjUzMzk4Mi4xNzI4OTlwMDcw*_rup_ga_EVDQTJ4LMY*MTcyODkyMDA3NC4xLjAuMTcyODkyMDA3NC42MC4wLjA.&amt=30
- One-time donation
 - https://give.unrefugees.org/230424emer_sdnmain_d_3000/?SF_onetime=7011K000002OOTfQAO&SF_monthly=7011K000002OOTkQAO&gad=1&gclid=CjwKCAjwzJmlBhBBEiwAEJyLu9usy7KY1DcTfY9GhxJJtulcG_aQFLDvdYAUPyasNLU5HhU9Pq3DEBoCAa8QAvD_BwE&gclsrc=aw.ds&gl=1*1fhffq*_gcl_au*MTk5MjEwMjk1Ni4xNzI4OTlwMDcw*_ga*MjA2NjUzMzk4Mi4xNzI4OTlwMDcw*_ga_P9YZZV758Y*MTcyODkyMDA3MC4xLjAuMTcyODkyMDA3MC42MC4wLjA.*_rup_ga*MjA2NjUzMzk4Mi4xNzI4OTlwMDcw*_rup_ga_EVDQTJ4LMY*MTcyODkyMDA3NC4xLjAuMTcyODkyMDA3NC42MC4wLjA.&amt=60

PICK STORIES

- 1st story goes here

PLAY A GAME

GAME DESCRIPTION: Madlib Game

THIS WEEK IN HISTORY

SHOVEL STORIES

- 1945 Oct 8 - 14 - Desmond Doss (Medal of Honor) heroically saves men in Hacksaw Ridge , in Okinawa Japan
<https://www.historynet.com/today-in-history/>

PICK STORIES

- 1845 Oct 10th US Naval Academy established
- 2009 Oct 9th Barack obama wins nobel peace price
- [CLIP] 1871 Oct 08 The great chicago fire breaks out
 - The legend says that a cow tipped over a lantern
 - https://www.google.com/search?sca_esv=2dac060d692f34ee&rlz=1C1JSBI_enUS1064US1064&sxsrf=ADLYWIIKuL-2VnyiNtAvp0Ho3_j7LOa8pg:1728742044917&q=1871+chicago+fire&tbm=vid&source=Inms&fbs=AEQNm0Aa4sjWe7Rqy32pFwRj0UkWd8nbOJfsBGGB5IQQO6L3J_86uWOeqwdnV0yaSF-x2jo6Ttnu6iRjigGjARfLoInBV_uBwXaSMCKI167_DKp1B8e0FNEgQtVmV7wSLJlxM3AksKFHv1TTpSaRxIGbhKxfiU7w2CSilMIYbqam-xkmYeruhFX889FKLNg38vgP9kBANAgfXLCkUZ1erwVfbGECqmg3xQ&sa=X&ved=2ahUKEwji_v7gYmJAxXVFIkFHUFzNnUQ0pQJegQIEBAB&biw=709&bih=664&dpr=1.35#fpstate=ive&vld=cid:b47e0c5c,vid:Xmqyo_elv5o,st:0
- 1913 Oct 07 Ford's first moving assembly line
-

BY THE NUMBERS

PICK STORIES

- [CLIPS] Weekly summary of what's happening
- [CLIP] TD Bank pays 3 billion in penalties as part of a settlement because they did a bad job monitoring money laundering going through their bank done by the drug cartels
 - <https://www.wsj.com/finance/regulation/td-bank-faces-3-billion-in-penalties-and-growth-restrictions-in-u-s-settlement-3e09a705>
- Trump will make car interest payments tax deductible
- Blackrock assets are now at 11.5T
- BNY assets reach 50T (beat q3 earnings estimate)
 - What is BNY...Bank of New York Mellon
 - Asset Management

- Custody and securities services
 - Government finance services
 - Pension plan management
 - Wealth management
 - Corporate treasury business
 - Derivatives and other trading
 - Leasing activities
 - Corporate and bank owned life insurance
 - Business exits
 - Renewable energy investment
- Banks beat profit estimates
 - JPMorgan Chase, Wells Fargo (predicted shrink but higher than expected)
- We are in “earnings season”
- China economic issues
 - “big banks” cutting mortgage rates Oct 25th
 - Increasing debt to revive economy
 - Allowing local governments to use bonds to buy unsold homes
- Commodities / Futures
 - <https://tradingeconomics.com/commodities>
 - Energy
 - Oil and gas up with the exception of propane and natural gas down pretty big.
 - Metals
 - Mostly unchanged this week. Steel and gold lead the way slightly up. Steel up big for the month almost 10%
 - Agriculture
 - Cocoa up big, almost 10% at 9.93%. The next biggest gainer is wool at around 3%. Sugar and rubber are the biggest losers this week.
 - Livestock
 - Salmon almost up 9% for the week but still down almost 2% for the month.
- Crypto Currencies
 - Bitcoin, litecoin and etherium all up.
 - <https://tradingeconomics.com/crypto>

SPORTS

SHOVEL STORIES



PICK STORIES

- **MISC**

- Wimbledon gets rid of line judges in place of an AI system
 - They normally would have hired 300 line judges to call shots in or out. Instead they will rely on technology to determine these calls going forward.
- Rafael Nadal retires at age 38
 - He finishes with 22 major trophies giving him a career grand slam.
 - 14 french opens
 - 4 us open
 - 2 wimbledon
 - 2 australian

- **EPL**

- (7) Newcastle v (6) Brighton Oct 19 10am 3-3-1
- (9) Tottenham v (12) West Ham Oct 19 7:30am 3-1-3

- **NCAA**

- **MUST Games to watch**
 - (1) Texas v (18) Oklahoma Oct 12 3:30pm 34-3
 - Red River Rivalry
 - Named after the river that separates Texas and Oklahoma. The rivalry goes back to 1900s.
 - Texas started slow with more penalty yards than offensive yards in the first quarter. Their first series started with a sack and interception.
 - The only time Texas was losing was after the first quarter came to close with a 42 yd field goal from Oklahoma. That ended up being Oklahoma's only points for the game.
 - Big win for Texas they do their job and expect them to remain at number 1.
 - Quinn Ewers returned from injury taking back the qb primary job from Arch Manning.
 - First time Texas is 6-0 since 2009.
 - They face Georgia next week.
 - (9) Ole Miss v (13) LSU Oct 12 7:30pm 26-29
 - Game started out with Ole Miss leading 10-0
 - Game went into overtime.
 - Ole Miss is 1-8 against ranked opponents on the road.

- Ole miss hits a long overtime field goal to take the lead in OT. Tennessee then takes possession of the ball in overtime and marches all the way down the field and gets a rushing td to win the game.
 - (2) Ohio St. v (3) Oregon 32-31
 - Game ends with ohio st holding the ball. Their qb, Will Howard had one time out with less than 10 seconds on the clock. They were around the 30 yrd line. He couldnt find anybody to pass to so he takes off running. He realizes the clock is running out and decides to slide but it was too late the clock ran out. They did have a timeout. If he had slid sooner or thrown the ball away they would've had an opportunity to win the game with a field goal.
 - For the most part this was a back and forth game until the end with both teams trading blows.
- For fun
 - (18) KS St v Colorado Oct 12 10:15pm 31-28
 - Colorado loses here in more ways than one. Travis Hunter, their Heisman candidate two-way player gets injured in the 2nd quarter.
 - Colorado only had to stop KS st to win.
 - They did have an opportunity to win it at the end of the game. On fourth down they only need 4-5 yds but decides to go long. Sanders decides to throw a long ball instead of just trying to get the first down. The ball was not a good ball and it went sailing out of bounds. The receiver would've likely received a pass interference call had it been a catchable ball.
 - (4) Penn St v USC 33-30
 - Game went into overtime
 - Penn st was losing 20-6 at halftime
 - Tyler warren was the biggest star of the game leading the Nittany Lions with 17 catches for 224 yds.He tied the record for the most catches by a tight end in a single game in all of college football, ever. He also played the center position for points in the game because their center was injured.
 - Penn st likely to remain at 4 or possibly go up slightly after the ohio st loss.

- Seems like no matter what they always find a way to win. They lose their running back they just plug in Kareem Hunt who apparently nobody else wanted. They picked him up after nobody signed him in the offseason. Spent a few seasons in Cleveland. Same with Shu Shu Smith Schuster. He was released by the patriots and resigned by the chiefs.
- Scores of games Week 6
 - Thursday Night football 49ers (3-3) v seahawks (3-3) – 36-24 sf wins
 - **My TE Kittle gave me 20 points**
 - **Jordan Mason RB was injured and out for a while CMC making his return?**
 - **Mason sprained AC joint**
 - Fred Warren is an animal gotta be one of the best linebackers in the game.
 - Sunday games
 - Jaguars (1-5) v Bears (4-2) 16-35
 - Caleb Williams looks like the number 1 pick for a reason.
 - Throws for 4 TDs and over 200 yds
 - Ran 4 times for 56yds
 - Is trevor lawrences' job in jeopardy? He didnt have necessarily the worst game with 2TD throws, 1 int 23/35.
 - Cole kmet had a monster game with 2 tds and took over long snap duties after scott daly go injured early in the game.
 - Browns (1-4) v Eagles (2-2) 16-20
 - AJ Brown is back and scores. The eagles look like a different team with him in the game.
 - This was a back and forth game.
 - The browns were down a td 13-20 3rd and 3 false start. Then 4th down and 8 and they go false start again. Making it a field goal situation instead.
 - Ford gets injured in this game
 - Miles Garrett had an amazing blocked field goal returned for a touchdown here. He didnt score but it but made an amazing block jumping over the front line.

- **Commandersv (4-1) v Ravens (3-2) 23-30**
 - **Game of the week based on records and players.**
 - **Mclaren grabs two tds from jayden**
 - **This was a fun game to watch both Jayden Daniels and Lamar Jackson are fun players to watch.**
 - **How valuable is derek henry at the end of games? He's just unstoppable.**
- **Texans (5-1) v Patriots (1-4) 41-21**
 - **Mixon back from injury**
 - **2 tds**
 - **Stefon diggs had one too**
 - **Drake May's first start in the NFL.**
 - **I dont believe they should've started him. Their ole' line is weak and creates a high risk of sack and injury to their rookie qb and the future of the patriots.**
 - **Had 3 TD throws**
 - **Houston never really looked challenged in this game.**
 - **Houston's only loss is against the undefeated vikings.**
- **Bucanneers (4-2) v Saints (2-4) 51-27**
 - **This started out as a track meet and shoot out.**
 - **Godwin had two tds and totalled 125 yds**
 - **Baker continued to look reborn**
 - **Throws for 4 tds but also threw 3 ints**
 - **Had 325 yds**
 - **Bucs had over 200yds closer to 300yds. The carries were equally distributed amongs Sean Tucker and Bucky Irving with Tucker out producing irving with 136yds Bucky's 81.**
 - **Spencer Rattler had to start because Derek Carr had an injury. Spencer was the saints 5th round draft pick this year.**
 - **Olave gets hurt**
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- **Colts (3-3) v Titans (1-4) 20-17**
 - **Flacco throws his first interception in this game**

- Been playing so good what do they do when Richardson is healthy.
 - Flacco can still play. He had some really good throws in this game.
 - Pollard had a good game here 17 for 93 and td
 - Levis i dont think is the titan's future. He's got legs but he seems to have trouble throwing. Only had 95yds passing in this game.
- **Cardinals (2-4) v Packers (4-2) 13-34**
 - Jordan love looked amazing even with a fairly hefty brace on his left knee.
 - Arizona was turnover plagued the entire game giving up several fumbles (3).
 - Packers number one turnover team in nfl. Multiple turnovers in every game this year.
 - Packers basically swallowed the cardinals whole.
 - They look like a scary team with jordan in the game.
- **Chargers (3-2) v Broncos (3-3) 23-16**
 - Harborough had to leave the game early on due to sickness but it did not matter. The chargers came to play.
 - Herbert spread the ball around quite abit. He's definitely seeing the field better than most qbs.
 - JK Dobbins is one of the better running backs in the league that is for certain. He's consistent and valuable in fantasy because he's not sharing the load with anybody.
 - They gave him 25 carries this game for 96 and td.
 - Cortland sutton had one of the most impressive one handed catches you'll ever see in football barely getting his knee down for the touchdown.
 - Broncos 2nd worst team on 3rd down only converting on 24% of them.
 - Pretty clean game from both QBs only one INT by nix but it was on a tipped ball early on in the game.

- I think denver's defense is pretty good. I know they're 3-3 but they're better than i though they'd be with nix as qb.
 - He can really scramble and run and he has to do it quite a bit. I think that offensive line needs work.
 - Led the broncos in rushing with 61yds on 6 carries
 - His first td throw was to franklin who was a former teammate at oregon.
- Broncos end up having to do an onside kick for a chance at winning Chargers were in control of the game from beginning to end pretty much.
- Steelers (4-2) v Raiders (2-4) 32-13
 - Started off being a very close game especially in the first half.
 - Najee Harris was very impressive in this game
 - He had a nice superman diving td.
 - 14 for 106 and a td
 - Fields had two nice runs for two touchdowns. On where he barely caught the edge of the defense. The second fields td looked like a designed qb run.
 - I really believe this team would be better with russell wilson as their qb
 - The one thing fields brings to the table is his legs. He is very dangerous if you give him room.
 - Pickens is really their only threat at wr. Makes it easy to identify where the ball is going.
 - Steelers defense is really good. Top 5 in NFL easily.
 - The raiders bench Gardner minshu in favor of o'connell
 - I think i'd rather have gardner based on what i saw in this game.
 - Overall conclusion is the raiders need a qb among other things.

- Didn't seem to have an immediate connection with Brock Bowers their star tight end
 - **Davonte Adams id traded to NY Jets reuniting him with Aaron Rodgers**
- **Falcons (4-2) v Panthers (1-5) 38-20**
 - Started off like it was going to be a game but Kirk Cousins played extremely well
 - Threw for 225 1td.
 - Bijan Robinson had 2tds and Tyler Allgeier had 1. They had over 200 yds rushing.
 - Chuba Hubbard had an ok game averaging 5 yds a carry for 92 total.
- **[CLIP] Lions (4-1) v Cowboys (3-3)**
 - Most embarrassing game of the year for any team. The lions did whatever they wanted against the cowboys. They were clowning them. They tried getting touchdowns for their linemen.
 - They had a flea flicker play where 4 different lions players touched the ball before LaPorta the tight end scores the touchdown.
 - Goff 18-25 315yds 3td
 - Dak 17-33 178 2 ints
 - Montgomery has 12 for 80yds and 2tds
 - Cowboys can't run and they only have one receiver to throw to. Dowdle only had 25 yds this game.
 - Aiden Hutchinson gets injured in this game, a huge huge loss for the lions going forward.
 - Cowboys looked like one of the worst teams in the league and it is very unlikely they will make the playoffs.
- **Bengals (1-4) v Giants (2-3) 17-7**
 - Very defense heavy game
 - Neither qb threw a td pass and the leading rusher for both squads was the qb.
 - Joe had a rushing td along with teammate running back Chase Brown. Who received more of the work load with 10 carries than Zack Moss.

- Devin Singletary was out for the giants with a groin injury. So Tyron Tracy took over as the primary back on sunday night.
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- Monday Night Game Bills (3-2) v Jets (2-3)
- **WEEK 6 - FANTASY FOOTBALL POINTS LEADERS BY POSITION:**
 - **QB- Caleb Williams (Chicago) 28.6**
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 - **RB- Sean Tucker (Tampa Bay) 34.2**
 - **WR- Chris Godwin (Tampa Bay) 35.5**
 - **TE- Cole Kmet (Chicago) 24**
 - **K- Jake Bates (Detroit) 17**
 - **DEF- Detroit 18**
- Week 7 pick 'ems (**Teams on Bye this week are: Dallas and CHicago**)
 - Broncos(pick,shovel) (3-3) v Saints (2-4) Thu Oct 17 8:15pm
 - Patriots(shovel) (1-5) v Jaguars(pick) (1-5) Sun Oct 20 9:30am
 - Lions(pick, shovel) (4-1) v Vikings (5-0) Sun Oct 20 1pm
 - Game of the week alert
 - Titans (1-4) v Bills(pick, shovel) (3-2) Sun Oct 20 1pm
 - Dolphins (2-3) v Colts(pick,shovel) (3-3) Sun Oct 20 1pm
 - Seahawks (3-3) v Falcons(pick, shovel) (4-2) Sun Oct 20 1pm
 - Texans(pick, shovel) (5-1) v Packers (4-2) Sun Oct 20 1pm
 - Game of the week alert
 - Bengals(pick, shovel) (2-4) v Browns (1-5) Sun Oct 20 1pm
 - Eagles(pick) (3-2) v Giants(shovel) (2-4) Sun Oct 20 1pm
 - Raiders(shovel) (2-4) v Rams(pick) (1-4) Sun Oct 20 4:05pm
 - Panthers (1-5) v Commanders(pick, shovel) (4-2) Sun Oct 20 4:05pm
 - Chiefs (5-0) v 49ers(pick, shovel) (3-3) Sun Oct 20 4:24pm
 - Game of the week alert
 - Jets(pick, shovel) (2-3) v Steelers (4-2) Sun Oct 20 8:20pm
 - Ravens(pick, shovel) (4-2) v Buccaneers (4-2) Mon Oct 21 8:15pm
 - Game of the week alert
 - Chargers() (3-2) v Cardinals(pick and shovel) (2-4) Mon Oct 21 9pm

- **NHL**
 - Bruins go 2-1 losing to Panthers pretty big with Joonas Korpisalo in net 6-4 on opening night. Score doesn't do justice to how badly they got beat that night. They beat the Canadiens with Swayman in net 6-4. Good thing they re-signed Swayman 8yr deal 66M. Still 4 goals is too many. In their 3rd game they win an overtime win 2-1 against the kings at home. David Pastrnak aka Pasta scores 3 minutes into overtime to give them their 2nd win. This gives Pasta with 3G and 1A for the season so far. Off to a pretty good start.
 - **OTHER NHL NEWS**
 - Sharks first round pick Celebrini week to week with injury coming in season opener. He is only 18 yo what did they expect. It is being described as a “lower body” injury.
 - Panthers Barkov out 2-3 weeks for again a “lower body” injury. Looked like a right leg injury as he couldn't skate on it going to bench playing against the Senators in a 3-1 loss.
- **MLB**
 - **American League**
 - (6) Detroit Tigers v (2) Cleveland Guardians 2-3
 - GUARDIANS ADVANCE ALCS
 - (5) KC Royals v (1) Yankees 1-3
 - YANKEES ADVANCE ALCS
 - ALCS
 - (2) CG v (1) NYY Oct 14 7:38pm
 - (2) CG v (1) NYY Oct 15 7:38pm
 - **National League**
 - (6) NY Mets v (2) Phillies 3-1
 - METS ADVANCE NLCS
 - (4) San Diego Padres v (1) LA Dodgers 2-3
 - Teoscar Hernández and Enrique Hernandez both hit home runs to win the series.
 - DODGERS ADVANCE NLS
 - NLCS
 - (6) NYM v (1) LAD Oct 13 8:15pm
 - (6) NYM v (1) LAD Oct 14 4:08pm

SUGGESTED SHOW TITLES



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