

Episode 4 - Breaking Soil Show Notes

NEWS

- On a phone call Wang Yi, a Chinese foreign minister, spoke with Iranian acting foreign minister. Iran's foreign minister said Iran has the right to defend its "sovereignty, security and national dignity"
- Tim walz stolen valor. He used the words "weapons of war" describing what should be banned. He implied the weapons he used in war should be outlawed.
- **US News**
 - [fires near san bernardino ca video - Google Search](#)
- Over 400,00 acres burned in California - 4th it is the largest wildfire
-

BY THE NUMBERS

- Weekly update on economy.
 - <https://www2.deloitte.com/us/en/insights/economy/global-economic-outlook/weekly-update.html>
- <https://www.troweprice.com/personal-investing/resources/insights/global-markets-weekly-update.html>
- US Debt
 - 35 trillion
 - Growth rate of 1 trillion every 100 days.
 - Growth rate of 2.8% last quarter. Increase from 1.4% from quarter 1 of 2024
- (FROM LAST WEEK) World finance market temperature
 - Europe banks see biggest weekly selloff since march 2023
 - STOXX index (.SX7P)
 - Global central banks are cutting interest rates
 - Bank of England cut rates on thursday
 - Federal Reserve is expected to cut rates next month
 - Swiss Bank UBS (UBSG.S) not a part of the banking index fell 6.55
 - Sell off of equity
 - Global growth is slowing causing rate cuts to increase but are not helping lenders
 - European banks have lost 100 billion in market value in just a week

- What does that mean for what you're supposed to do with money if you have some?
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- **Crypto Currency**
 - <https://coinmarketcap.com/>
- **Commodities**
 - <https://markets.businessinsider.com/commodities>
 - Platinum
 - Gold
 - Silver
 - Copper
 - Uranium
 - Oil
 - Ethanol
 - Coal
 - Wheat
 - Corn
 - Coffee
 - Cotton
 - Lumber
 - Milk (calculated per CWT.sh / Calculated per Hundredweight OR value based on weight per hundred pounds)
 - Live cattle
 - Vs feeder cattle
 - Rice
 - Soybean
 - surgar

PLAY A GAME

- Pet Store Problem –

POP CULTURE

- Adele is getting married...again
 - Who is the guy? Rich Paul
 - Who is he? Lebron James' agent for Clutch Sports
- "The book of elsewhere" by keanu reeves

- [Income-Centric Animated Comedies : universal basic guys \(trendhunter.com\)](http://trendhunter.com)
- a

SPORTS

AFC EAST

- **Buffalo Bills**
 - 1. Josh Allen Mitchell Trubisky Shane Buechele -
 - James Cook Ray Davis Ty Johnson Q Darrynton Evans
 - Khalil Shakir Mack Hollins Q Chase Claypool Q Tyrell Shavers
 - Keon Coleman Marquez Valdes-Scantling Justin Shorter Q Bryan Thompson
 - Curtis Samuel KJ Hamler Andy Isabella Xavier Johnson
 - Dalton Kincaid Dawson Knox Quintin Morris Tre' McKitty
- **Miami Dolphins**
 - 11 Tua Tagovailoa Mike White Skylar Thompson -
 - Raheem Mostert De'Von Achane Jaylen Wright Jeff Wilson Jr.
 - Tyreek Hill Braxton Berrios Q Willie Snead IV Braylon Sanders
 - Jaylen Waddle Q River Cracraft Anthony Schwartz Kyric McGowan
 - Odell Beckham Jr. O Malik Washington Erik Ezukanma Mike Harley Jr.
 - Jonnu Smith Durham Smythe Julian Hill Jody Fortson Jr.
- **New England Patriots**
 - Jacoby Brissett Drake Maye Bailey Zappe Joe Milton III
 - Rhamondre Stevenson Antonio Gibson Kevin Harris JaMyca Hasty
 - Kendrick Bourne O K.J. Osborn Kayshon Boutte David Wallis
 - DeMario Douglas Q Javon Baker Jalen Reagor JaQuae Jackson
 - Ja'Lynn Polk Tyquan Thornton Kawaan Baker -
 - Hunter Henry Austin Hooper Mitchell Wilcox Jaheim Bell
- **New York Jets**
 - Aaron Rodgers Tyrod Taylor Jordan Travis O Andrew Peasley
 - Breece Hall Braelon Allen Isaiah Davis Israel Abanikanda
 - Garrett Wilson Allen Lazard Malik Taylor Isaiah Winstead
 - Mike Williams Q Malachi Corley Jason Brownlee Tyler Harrell

- Xavier Gipson Irvin Charles Lance McCutcheon
 Brandon Smith
- Tyler Conklin Jeremy Ruckert Zack Kuntz Kenny Yeboah

AFC NORTH

- **Baltimore Ravens**

- 4. Lamar Jackson Josh Johnson Devin Leary Emory Jones
- Derrick Henry Justice Hill Keaton Mitchell O Rasheen Ali
- Zay Flowers Devontez Walker Deonte Harty Malik Cunningham
- Rashod Bateman Q Tylan Wallace Keith Kirkwood Isaiah Washington
- Nelson Agholor Russell Gage Sean Ryan Dayton Wade
- Mark Andrews Isaiah Likely Charlie Kolar Scotty Washington

- **Cincinnati Bengals**

- 25 Joe Burrow 27 Jake Browning Logan Woodside Rocky Lombardi
- Zack Moss Q Chase Brown Trayveon Williams Chris Evans
- Ja'Marr Chase Jermaine Burton Kendrick Pryor -
- Tee Higgins Trenton Irwin Kwamie Lassiter II Cole Burgess
- Andrei Iosivas Charlie Jones Q Hakeem Butler -
- Mike Gesicki Q Drew Sample Tanner Hudson Erick All Jr.

- **Cleveland Browns**

- Deshaun Watson Jameis Winston Tyler Huntley Dorian Thompson-Robinson
- PICK Chubb O Jerome Ford Pierre Strong Jr. D'Onta Foreman
- Amari Cooper Cedric Tillman Jaelon Darden Matt Landers
- Jerry Jeudy Q David Bell Q Michael Woods II Ahmarean Brown
- Elijah Moore Jamari Thrash James Proche II -
- David Njoku Jordan Akins Zaire Mitchell-Paden Treyton Welch

- **Pittsburgh Steelers**

- 14 Russell Wilson 18 Justin Fields Kyle Allen John Rhys Plumlee
- Najee Harris Jaylen Warren Cordarrelle Patterson La'Mical Perine
- George Pickens Roman Wilson Q Scotty Miller Duece Watts
- Van Jefferson Quez Watkins Jacob Copeland Tarik Black
- Calvin Austin III Dez Fitzpatrick Jaray Jenkins -

- Pat Freiermuth Darnell Washington Connor Heyward
MyCole Pruitt

AFC SOUTH

- **Houston Texans**

- 9 C.J. Stroud Davis Mills Case Keenum Tim Boyle
- Joe Mixon Q Dameon Pierce Dare Ogunbowale J.J. Taylor
- Stefon Diggs Robert Woods Ben Skowronek Johnny Johnson III
- Nico Collins Noah Brown Q Xavier Hutchinson Quintez Cephus
- Tank Dell John Metchie III Steven Sims-
- Dalton Schultz Brevin Jordan Q Cade Stover Teagan Quitoriano Q

- **Indianapolis Colts**

- Anthony Richardson Joe Flacco Sam Ehlinger Kedon Slovis
- Jonathan Taylor Trey Sermon Q Tyler Goodson Evan Hull
- Michael Pittman Jr. Alec Pierce Juwann Winfree Tyrie Cleveland
- Josh Downs Q Ashton Dulin Q D.J. Montgomery Laquon Treadwell
- Adonai Mitchell Anthony Gould Ethan Fernea Derek Slywka
- Kylan Granson Mo Alie-Cox Jelani Woods Drew Ogletree

- **Jacksonville Jaguars**

- Trevor Lawrence Mac Jones C.J. Beathard -
- Travis Etienne Jr. Tank Bigsby D'Ernest Johnson Keilan Robinson Q
- Christian Kirk Parker Washington Tim Jones Joshua Cephus
- Gabe Davis Devin Duvernay Seth Williams Austin Trammell
- Brian Thomas Jr. Elijah Cooks Brevin Easton Denzel Mims
- Evan Engram Luke Farrell Brenton Strange Josiah Deguara

- **Tennessee Titans**

- Will Levis Mason Rudolph Malik Willis -
- Tony Pollard Tyjae Spears Hassan Haskins Julius Chestnut
- Calvin Ridley Treyton Burks Jha'Quan Jackson Kearis Jackson
- DeAndre Hopkins Q PICK Westbrook-Ikhine Colton Dowell O Tre'Shaun Harrison Q
- Tyler Boyd Kyle Philips Mason Kinsey Sam Schnee

- Chigoziem Okonkwo Josh Whyte PICK Vannett Thomas Odukoya

AFC WEST

- Denver Broncos
 - Bo Nix Jarrett Stidham 30 Zach Wilson -
 - Javonte Williams Samaje Perine Jaleel McLaughlin Audric Estime
 - Courtland Sutton Troy Franklin Brandon Johnson David Sills V
 - Marvin Mims Jr. Tim Patrick Devaughn Vele Jalen Virgil
 - Josh Reynolds Lil'Jordan Humphrey Phillip Dorsett Michael Bandy
 - Adam Trautman Greg Dulcich Lucas Krull Q Nate Adkins
- Kansas City Chiefs
 - 8 Patrick Mahomes Carson Wentz Chris Oladokun Ian Book
 - Isiah Pacheco Clyde Edwards-Helaire Deneric Prince Keaontay Ingram
 - Rashee Rice Justin Watson Justyn Ross Cornell Powell
 - Marquise Brown Q Sky Moore Mecole Hardman Montrell Washington
 - Xavier Worthy Kadarius Toney Q Nikko Remigio Phillip Brooks
 - Travis Kelce Noah Gray Jared Wiley Irv Smith Jr.
- Las Vegas Raiders
 - 21 Gardner Minshew 29 Aidan O'Connell Anthony Brown Jr. Carter Bradley
 - Zamir White Alexander Mattison Ameer Abdullah Dylan Laube
 - Davante Adams Jalen Guyton DJ Turner Tulu Griffin
 - Jakobi Meyers Kristian Wilkerson Jeff Foreman Q Alex Bachman
 - Tre Tucker Keelan Doss Tyreik McAllister Ramel Keyton
 - Brock Bowers Michael Mayer Harrison Bryant Zach Gentry
- Las Angeles Chargers
 - 17 Justin Herbert Q Easton Stick Max Duggan Casey Bauman
 - Gus Edwards J.K. Dobbins Kimani Vidall Saiah Spiller
 - Joshua Palmer Quentin Johnston Simi Fehoko Jaelen Gill
 - Ladd McConkey Q Derius Davis Jaylen Johnson Leon Johnson III

- DJ Chark Jr. Brenden Rice Cornelius Johnson Praise
Olatoke
- Will Dissly Hayden Hurst Donald Parham Jr. Stone Smartt

WHO WILL WIN DIVISION?

- NFC EAST - Philadelphia
- NFC NORTH - Detroit
- NFC SOUTH - Tampa Bay
- NFC WEST - San Francisco

WHO WILL WIN WILDCARDS?

- WILDCARD 1 - Dallas (SHOVEL), green bay
- WILDCARD 2 - Rams
- WILDCARD 3 - chicago

**WHO WILL WIN NFC CHAMPIONSHIP GAME? San fran vs detroit = detroit
San fran vs Rams = san fran**

WHO WILL WIN DIVISION?

- AFC EAST - miami
- AFC NORTH - baltimore
- AFC SOUTH - houson
- AFC WEST - kansas city

WHO WILL WIN WILDCARDS?

- WILDCARD 1 - Bengals
- WILDCARD 2 - Bills
- WILDCARD 3 - Browns(PICK), Jags (SHOVEL)

**WHO WILL WIN AFC CHAMPIONSHIP GAME? Houston and kansas city
(SHOVEL)= KC**

Houston vs Baltimore (PICK) =

Baltimore

Superbowl (PICK)= San Fran

Superbowl (SHOVEL)=KC

RESEARCH LINKS –

- <https://fantasy.nfl.com/research/scoringleaders?position=1#researchScoringLeaders=researchScoringLeaders%2C%2Fresearch%2Fscoringleaders%253Fposition%253D1%2526sort%253Dpts%2526statCate>

[gory%253Dstats%2526statSeason%253D2023%2526statType%253Ds
easonStats%2Creplace](#)

- <https://www.espn.com/nfl/stats>
- <https://football.fantasysports.yahoo.com/f1/injuries>
- [NFL Standings - 2023 Regular Season Division Standings - ESPN](#)
- <https://www.fantasypros.com/nfl/depth-charts.php>

MISC BAG

- RYE, NH/Portsmouth, NH –
<https://apnews.com/article/whale-breach-boat-capsize-new-hampshire-efe8cbfae49b93f6325c4331db8999ae>
- The State of Mental Health in America | Mental Health America (mhanational.org)
-

Random Acts of Kindness

- [Most Incredible Acts of Kindness Ever Caught On Camera ! \(youtube.com\)](#)
 - 2:28 Time it starts
-

This Week In History

- [Richard Nixon's resignation speech - Wikipedia](#)

EDITING NOTES:

01:16:09 – bathroom break

During sports – SHOVEL says name