

# AT Banter Podcast Episode 255 - We've Got Some Good News

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## SUMMARY KEYWORDS

tuna, subway, people, good news, pecans, bluefin tuna, cholesterol, polio, poachers, talking, year, mrna, cancer, josh, days, tuna sandwiches, dave grohl, world, happened, lawsuit

## SPEAKERS

Rob Mineault, Steve Barclay, Ryan Fleury

- 
-  **R** Rob Mineault 00:45  
Hey, and welcome to another episode of AT Banter.
  -  **S** Steve Barclay 00:52  
Today's banter banter has been brought to you by sign language.
  -  **R** Rob Mineault 00:55  
Hey, my name is Rob Mineault. Oh, joining me today Mr. Ryan Fleury.
  -  **R** Ryan Fleury 01:00  
Hello.
  -  **R** Rob Mineault 01:01  
And Mr. Steve Barclay.

- S** Steve Barclay 01:04  
How do you do!
- R** Rob Mineault 01:06  
How's the week been?
- S** Steve Barclay 01:08  
A little fragmented, but otherwise, okay.
- R** Rob Mineault 01:11  
Wrong. You're supposed to say it's been good. So that that's a perfect segue into what we're doing today.
- S** Steve Barclay 01:18  
Oh, so is that what I'm supposed to do.
- R** Rob Mineault 01:20  
Naw, forget it. You missed rehearsal.
- R** Ryan Fleury 01:24  
Well, we know segways aren't your strong point anyway, right. So you say,
- R** Rob Mineault 01:27  
Well, listen, I'm gonna go to segueway class. Well, hey, okay. I have to tell you guys, I'm excited about today's show. I've been looking forward to this all week, because I feel like after the summer we just had, we need this show more than ever. Ryan. Tell the fine, folks what we're doing today.
- R** Ryan Fleury 01:49  
Today's show is all about good news.

**R** Rob Mineault 01:53  
Absolutely. No, moderately good news. No, but certainly no bad news. No questionable news. It's all going to be good news.

**S** Steve Barclay 02:04  
Yeah, that's the plan.

**R** Rob Mineault 02:06  
Yeah. I love this plan. I love it. Because we've we're coming out. Every every morning I wake up, and you know, used to be every morning I'd wake up and see what Trump would had done that day. And now it's just like, what is what's everybody else doing to us? It's either nature or it's always something. Something's always going on. But today, this is your little bubble of optimism. It's going to be all good news. Fuzzies, there's going to be warm and fuzzies up the wazoo.

**S** Steve Barclay 02:39  
Yep. So put on your PJs and cozy down for some good times.

**R** Rob Mineault 02:50  
Anyways. All right. Well, do we should we? Should we describe how this thing works? I think everybody knows we just we've picked a bunch of good news articles. Steve, do you have a good news aggregator that you prefer? Or have you just been like, out there hunting?

**S** Steve Barclay 03:08  
I've been doing a little bit of hunting. But I mean, I definitely have a deep appreciation for the good news network.org. The vast majority of the good news stuff that I get I get from those guys. But they're not the only one. As a matter of fact, I'm going to lead in with a article from the Huffington Post, which is titled "18 Actually good things that happened in 2020".

**R** Rob Mineault 03:33  
This is going to be interesting. Okay, this is I have not I have not heard of this. So I'm ready. Let's go already.

- S** Steve Barclay 03:34  
So right off the top. They mentioned that Bong Joon-ho made history is the first Korean to win the Best Director Oscar for his film Parasite. That was history making right there.
- R** Rob Mineault 03:53  
Hmm. And did you see that movie?
- S** Steve Barclay 03:55  
I did see that movie. Yeah, it was pretty entertaining.
- R** Rob Mineault 04:00  
Yeah, I've heard a lot about it. I have not seen it yet. Is it actually about a parasite? Is it like what's the what's the premise of it?
- S** Steve Barclay 04:08  
It's about a parasite on society.
- R** Rob Mineault 04:10  
Okay, interesting. All right. All right. Yeah, I'll have to check that out. Okay. Anyway, sorry. Go on. Already. What else did they say?
- S** Steve Barclay 04:19  
Finland. The news in February, Finland's new government announced that they are giving the same parental leave to all parents. So you'll be able to have up to 14 months of leave when you have a newborn, which works out to 164 days per parent if you split it. Yeah, it's interesting, huh? It was also interesting, as they mentioned that Sweden provides 480 days.
- R** Rob Mineault 04:54  
480 What is that a year and a half?

S Steve Barclay 04:57  
Yeah, year and a half.

R Rob Mineault 04:58  
Wow. Yeah. Crazy. All right. Yeah. So you know, when you when you hear, you know, people talking about, you know, the leave that we've got here, which is, you know, considerably less than you hear people talking about leave in the US, which is non-existent. Yeah, these Scandinavian countries are just all over it. What is the leave here?

S Steve Barclay 05:19  
15 weeks

R Rob Mineault 05:21  
What? 15 weeks? That's it?

S Steve Barclay 05:24  
Yep.

R Rob Mineault 05:25  
Oof. Get that kid out and get back to work, man. That's brutal. Wow. Okay, well, good for you for the Scandinavian countries.

S Steve Barclay 05:34  
Good on them for recognizing that a child's most important years of the formative years. And that's to have a parent out there.

R Rob Mineault 05:40  
That's right. That's why they're all smarter than us.

S Steve Barclay 05:42  
Yep. So another thing that happened, Congo, discharged its last Ebola patient. There are

no more Ebola patients being treated in Congo.

**R** Rob Mineault 05:55  
Really?

**S** Steve Barclay 05:56  
Yeah, they had the second deadliest outbreak in the history of the disease. And they managed to beat it back. And yeah, as of March, they got rid of it.

**R** Rob Mineault 06:06  
That should have gotten more press. I mean, COVID has been hogging all the headlines. But that's that's a pretty big deal. Like if it wasn't for COVID. I feel like that would have been a big headline.

**S** Steve Barclay 06:16  
Yeah, probably right. I remember when people were talking about the Ebola outbreak, and they were absolutely outraged that Obama had allowed somebody to be flown to Atlanta to be treated. It was an American, I believe, who was over there, you know, helping fight the outbreak and they got infected. Obama brought them back to American, it was going to infect all of American everybody was going to die. And it was all going to be Obama's fault. And that person got better.

**R** Rob Mineault 06:50  
Well, I mean, I remember Ebola for a while it was it was kind of a scary thing. Like we didn't really know how it could how easily it could be transmittable and yeah, it was pretty deadly. So it was it was a little bit of scary. It was scary for a little bit. But okay, so great. No more Good. Good. Good on you Congo.

**S** Steve Barclay 07:07  
So in South Africa, they were trying to protect rhinos from poachers. So they trained a whole bunch of dogs, including beagles, and bloodhounds, amongst other breeds, and they train them from birth to track down poachers. And as a result, they have managed to save 45 rhinos in South Africa from poachers.



Rob Mineault 07:31

Wait, so I need clarification on this. So do they. So the beagles attack the poachers? Is that is that what happens? Or what do you mean they hunt them down?



Steve Barclay 07:41

Well, they're they're trained to protect animals from poachers. So I'm not exactly sure how that works if they just run around and bark at the the poachers or what but I guess they bring a lot of attention to the poachers and poachers run away. Maybe I don't know. I guess maybe they because I guess poachers have to be out there. And they have to be like camping and stuff. Because they're hunting. So maybe that's it they they're able to track down the camps and camps get busted. But yeah, that's awesome. Getting good use out of the Beagle. What else we got here? Well, people around the world rose up to protest police violence and racial injustice in the wake of George Floyd's death, of course. But it didn't just happen in America broke out globally, more than 60 countries supported the Black Lives Matter movement, and it got a lot of a lot of traction. There were protests in Paris, South Korea, UK, Turkey, New Zealand. And of course, the US all over. Yeah.



Rob Mineault 08:44

Yeah, it's funny. It seems like a lot longer. That I know happened. But yeah, it's all in 2020. Wow.



Steve Barclay 08:51

Well, you want to hear you want to hear one that's really surprised me because I thought it had happened a long time ago to Crayola unveiled new inclusive skin tone colors. So instead of having one pink one named skin tone, they now have over 40 skin tones.



Rob Mineault 09:12

Really? Wow. 40?



Steve Barclay 09:18

They call it colors of the world.



Rob Mineault 09:20

Oh, that's cool.

**S** Steve Barclay 09:21  
The colors of world pack.

**R** Rob Mineault 09:23  
How do they taste though? That's the important thing.

**S** Steve Barclay 09:26  
I expect they're just the same. I never noticed a difference in the color. Like if you close your eyes, the green ones taste just like the orange ones. Well, that'll be next. You know, they really need to make them flavored.

**R** Ryan Fleury 09:39  
Do you remember scented markers? Oh, yeah, it smelled a grape or cherry or whatever

**R** Rob Mineault 09:45  
I wonder what happened to those? Wonder if those are just a flash in the pan. Okay, what's next? Well, you can tell this as an American focused publication because they are very excited about the fact that the Supreme Court rejected the Trump's administration effort to end DACA. So you know what DACA is, right? Yeah, right, that that's the Dreamers thing. Exactly, Deferred Action for Childhood Arrivals, they are often referred to as dreamers. They're children that were born to illegal immigrants while living in the United States, and technically, they should qualify for American citizenship. And there was a path to that through DACA. But Trump tried to end it. And the Supreme Court went. It was arbitrary and a capricious violation of the law. Capricious, that's one of the nicer words to describe it.

**S** Steve Barclay 10:51  
Yeah. Supreme Courts also, last year ruled that LGBTQ employees are protected by civil rights, employment statutes, six to three ruling. And employers can no longer just fire somebody for being homosexual or transgender. Period. Not allowed.



Rob Mineault 11:14

Wait, that just happened in 2020? Really? 2020? Yeah, yeah. But it ruled that the Civil Rights Act of 1964 protected, the



Ryan Fleury 11:22

interesting thing I find out of that is there were three people who disagreed, making that change. It's like, come on, you guys. It's 2020.



Steve Barclay 11:31

Yeah. But you know, some judges are very, very concerned about being activist judges, and is, you know, overstepping and not interpreting the laws, but rather, you know, influencing the loss. So, you know, there's, there's always, there's always balance to be found. Upside of COVID. Thanks to all the state homeowners orders, animal shelters have never been more empty. A lot of people a lot of people have adopted cats and dogs. But they do say that shelter counts are down 24% compared to last year. So that's, that's a lot.



Rob Mineault 12:06

That is that's good news.



Steve Barclay 12:08

In August, the World Health Organization announced that Africa is now free from wild poliovirus, there's no more polio in Africa. It has been defeated. So we wiped out polio in North America back in what the 50s or 50s, I think, right. 50s 60s. Yeah. And we're back there. It's been floating around Africa that entire time, and they finally managed to get the vaccination rates up high enough that it is now gone. And that just leads to countries in the world where there is still polio, living out in the wild. And that's no Afghanistan and Pakistan. So if we can get them up to speed on polio vaccine, we'll be able to say that polio has been eradicated from world.



Rob Mineault 12:58

Wow. So first of all, I did I had no idea. I thought polio had been like, I had no idea there was still around in other countries. I that's Wow. Yeah. Wow. Man, that's crazy. So But somehow, I think that we're going to have our hands full trying to get people in Afghanistan vaccinated.

- S** Steve Barclay 13:18  
Let's see here. Scotland, Scotland became the first country in the world to make period products free. So tampons, pads, they're free for everybody who needs them? Really? Wow. Yeah. It just makes sense. Right? Like, why why would that not make sense? You know, half the population needs these things. And you know, they should be readily available. Yeah. I don't know why that would be. Why Scotland would be one the only country that ever done this. And I hope it sparks debate in other countries because makes sense to me. Yeah, I wonder. I'm just curious. I'll have to actually check next time in London Drugs, but I don't really know how expensive all those products are. Yeah, I am not really sure either, not buying them a lot myself. But But yeah.
- R** Rob Mineault 14:12  
And for for people who were, you know, below the poverty line, it's probably unlikely that they would rather not have to deal with
- S** Steve Barclay 14:23  
Totally. COVID was good for another thing, like, record dropping global carbon emissions. Yeah, carbon carbon emissions dropped by about 2.4 billion tonnes this year. 2.4 billion tonnes. Now what do you think that is as a percentage drop from 2019
- R** Rob Mineault 14:46  
10?20?
- S** Steve Barclay 14:53  
You're closer the first time. It is 7%.
- R** Rob Mineault 14:56  
Wow. 7% is ... man. See, we need to go on. lockdown again. Cuz just for that, like, forget COVID We just need y'all need to stay home and watch Netflix so that we can fix the planet. Wow. But that's crazy.
- S** Steve Barclay 15:11  
Yeah. And they are still having the problems that we are right now that's managed.

Imagine if we hadn't. Yep. And in the States, there was a benefit from having Trump as president. The 2020 election saw the most voter participation in 120 years, two thirds of the eligible population voted

**R** Rob Mineault 15:33  
That's because of all the dead people that voted Steve.

**S** Steve Barclay 15:36  
That's right. It's just the machines being controlled through the internet by the Russians.

**R** Rob Mineault 15:42  
Hugo Chavez and his shadow cabal. Yeah, that turned out for the election. No, that's, that is excellent. I hope that that we hopefully our election is like that this year, or this month.

**S** Steve Barclay 15:59  
Yeah, hopefully we get a good a good turnout, because yeah, it's coming. Fast. We probably got 12 days left. Yeah. So yeah. Do what else is in here? Oh, yeah. great year for space exploration. NASA launched a rover to Mars landed and a spacecraft on an asteroid. Space Shuttle was retired a SpaceX rocket sent American astronauts to the International Space Station. And but China landed a rover on Mars. Didn't India Land Rover somewhere too?

**R** Rob Mineault 16:36  
Really?

**S** Steve Barclay 16:37  
Yeah, I think so.

**R** Rob Mineault 16:39  
I don't know. I just the whole space thing doesn't excite me as he used to. Because I don't know. I just feel like that money should be we should be fixing things down here before we land stuff. Because didn't we? Ryan, we talked about this a couple a couple weeks on the show. About the International Space Station. Now it's being retired. Right?

R

**Ryan Fleury** 17:00

Yeah. Because it's crumbling, it's falling apart. And it's gonna cost way too much to repair it. And so they're either talking about building a new one, or I don't know if the Chinese have a station up there as well right now. So I don't know, if they're just gonna join forces. I'm not sure where they're at or what they're doing.

S

**Steve Barclay** 17:19

But I see. Take them all glue them all together like Lego. That's right. Yeah, I don't know. I just don't know what the international space station where the goddess as a species like theater. This is the thing. We don't necessarily know what came of all the research there because we're not paying attention to most of the time. All we all we know is that some guy was up there singing Major Tom, right. But there are experiments going on up there every single day, all the time. And we don't we don't know what the practical results of those are. But there Yeah, there certainly are some we just don't know. Yeah, I hope so. Well, that's cool. And that's not even did what about what about what's his face? And what's his face? What about Bezos? And was I didn't was that in 2020 years? 20 years this year? That was that was this year? Yeah. Okay. Yeah, that's but that's okay. I wouldn't count those bozos going up. There is anything anyways, in December, hundreds of religious leaders called for a ban on conversion therapy, religious leaders, which is awesome, because it's religious leaders that have been part of the problem for a long time. But they included Archbishop Desmond Tutu, Rabbi Mel Gottlieb with the president of the academy for Jewish religion, California, and Reverend Michael May Matthews, president of the alliance of Baptists and they stated that we recognize that certain religious teachings have throughout the ages been misused to cause deep pain and offense to those who are lesbian, gay, bisexual, transgender, queer, and intersex commission said in a statement, this must change that. That's very encouraging. Well, good, good. It's about time. Yeah. Yeah. And of course, thanks to COVID the biggest vaccination campaign in history started in November, and continues to this day. Yes, it does. Continue for quite a while. So that was that was a Huffington Post. A lot. A lot of good news right there. True. But there was one that I heard about while I was out fishing with my buddies, because one of my buddies is named Josh. So this guy named Josh noticed that when he was signing up for stuff online, his name was always taken. Always take it easy me thought, you know what? Too many people named Josh. So we decided to send out a Facebook message. Talking about a Josh Swain fight to dozens of other people named Josh. It was a joke when he started it, but then it went viral. So they picked a location. And they decided that they were going to battle it out to the last Josh using poodle Newell's for And as it turns out, a four year old Josh Vinson Jr. Got a plastic trophy

and a Burger King crown which fell over his eyes as soon as he put it on apparently. And he was declared the victor. He's the He is the only Josh there can be only one I actually remember this story I remember reading it when it when it happened. And he just funny thing about this is actually happened during the they actually had this gathering, I think during the run in the middle of COVID. So it wasn't too long ago, and you know, in the middle of a pandemic, but there were masks and stuff. It was all safe. But yeah, it was it was a pretty, it's one of those situations where it's like, it feels good to have the internet. Like it's just one of those things that couldn't have ever happened. Pre Internet, and it was just kind of a fun and thing of people coming together. And it was cute. And yeah, I yeah, it was a good, that's a good story. I like that. The other great thing about that event was they used it as a food drive. They got people to bring food in and they donated all the food to the food bank of Lincoln. I didn't hear that.

R

Rob Mineault 21:06

Yeah. And it's hilarious. Yeah, cuz I think originally it started because this Josh Swain Yeah, he first he challenged all the other Josh swains it was gonna be just like a Josh Swain duel. But then they opened it up to like all Joshs were eligible to come and join. I'll try to I'll try to find a link to that actually, included in the show notes because people should should watch. Check it out, it is cute is a warm and fuzzy moment in 2020.

S

Steve Barclay 21:47

Going going over to the good news network here, new new cancer treatments may be on the horizon thanks to success in mRNA vaccine trial. So basically, as you as you might know, the mRNA vaccines basically work by tricking your body into thinking, you know, hey, here's this foreign body in here that we need to deal with. So in the case of COVID, they focus on this particular spike protein that the COVID virus uses to get into the cells. And by training the body to recognize this spike protein. Anytime that spike protein shows up, you know, for example, on a virus, your body just goes to town and beats the hell out of it. Well, they've basically done the exact same thing for specific aggressive cancers. And what they do is they take they take some samples, they use that sample to make basically a custom mRNA vaccine for that specific cancer in your body. And they give you the vaccine and boom. So this this woman, Molly Cassidy, she was diagnosed with head and neck cancer. She went through surgery, she went through chemotherapy. But 10 days after finishing her chemo, they found another bump on her collarbone, the virus was was back already. Later, they found it as spread from from her year all the way to her lungs. And they basically told her well, you know, you might want to you might want to get your affairs in order. So she was told that she was eligible to join this clinical trial that was at the University of Arizona, and she received nine vaccine doses paired with an immunotherapy

drug. And by 27 weeks, she had no cancer was gone. Wait, so she received nine vaccine and like we talked like the COVID vaccine, or we just are like, no, we're talking about an mRNA vaccine tailored for cancer. Wow. Yeah. So it's, I mean, this is this is this is massive, right? This is a cancer that would not have been considered survivable, even a year ago. And now, they're that this could be the way of the future tailored mRNA vaccines for specific cancers. So the the, again, this is based on a specific protein that's in those cancer cells. So they put that protein into the mRNA vaccine, boom, your body attacks it and doesn't attack other cells and just goes after the cancer cells. So they're currently doing phase one clinical trials for metastatic melanoma, GI tract cancer, colorectal cancer, pancreatic and ovarian cancer and non small cell lung cancer. You know, I think back to my neighbor, my hendi, who passed away a few years ago of pancreatic cancer. This might have saved his life.



Ryan Fleury 25:11

Yeah. Well, and this is pretty close to being approved. I think they said within the next five years, it could be available to everyone. Yeah,



Rob Mineault 25:21

yeah. So yeah, if it's in phase one trials right now, you know, it's probably a few years out yet, but yeah, yeah, it could be. Could be available. Wow. That would be the universe at work. If you know, because of COVID we developed this technology that ends up curing cancer



Ryan Fleury 25:41

Sure we will cure cancer and still die of COVID



Rob Mineault 25:45

Or a heat wave or earthquake, asteroid will hit us...



Steve Barclay 25:54

This is a good news show, stay positive! But you know what, you know what, when all of that else is going on? We'll still be able to eat tuna. You know why? No, because after decades the fishing quotas for tuna species are considered recovered.

**R** Rob Mineault 26:05  
No way.

**S** Steve Barclay 26:16  
Yeah.

**R** Ryan Fleury 26:19  
talking about so you get a tuna casserole and you get a tuna can you get a tuna casserole.

**S** Steve Barclay 26:25  
Okay, so at Atlantic bluefin tuna has been moved from endangered to least concern. Southern bluefin tuna has been moved from critically endangered to endangered albacore tuna have both been at AU and yellowfin tuna have both been moved from near threatened to least concern. And Albacore. That's what we fish for off of our coast here. And then Pacific bluefin tuna improved from vulnerable to near threatened. So all of these are on the road to improvement as opposed to dying off. Because I remember it wasn't that long ago, that people were saying that Atlantic Bluth bluefin tuna is going to be extinct. You know, those are, if you ever watched the show wicked tuna. That's what they're fishing for is the Atlantic bluefin tuna big, big Pacific bluefin tuna. There's sometimes some of the guys who fish for the Albacore off our coast occasionally hook one. And that's how you lose all your gear. Because they're they're big. They just strip your line. You know you've got one because you just don't have anything on your reel anymore. What So does it say anything? Like how do we do this? Did we just did just people clued in and just left left them alone and fishing quarters. They said you can only catch X amount of this fish period, then there's been enough compliance to that that that they're starting to come back.

**R** Rob Mineault 28:06  
Well, excellent. See, there you go. People if you just listen to quotas, leave stuff alone, it'll come back just got to stop interfering and poaching stuff. Yeah, there was.

**S** Steve Barclay 28:20  
When was this posted? This was posted in September, September 5. And as they were

posting that states and others were gathering at the IUCN world conservation Congress and Marseille, France to work towards binding targets that will increase and maintain biodiversity across the planet.

R

Rob Mineault 28:42

Nice I'm glad people are glad there's somebody working on this stuff. We can feel better. Yeah, that's good news. Yeah, I think it's for good news for all you subway people that enjoy tuna. Tuna subs. Oh wait, I guess that's not real tuna

S

Steve Barclay 29:02

Really?

R

Rob Mineault 29:03

I thought I heard that that wasn't suddenly in hot water not long ago because they actually did like DNA testing of their tuna sandwiches and it turned out that there was no tuna in there. I hadn't heard that. Yeah, Google do me a favor just humor me Google subway and tuna and another lawsuit.

S

Steve Barclay 29:22

Oh yeah, it comes right up a tuna scandal in some ways tuna is not tuna but a mixture of various concoctions Oh, interesting. Though it's a lawsuit. Yeah. People are angry about their to the way this is. Let's see. Where's this from this from the Washington Post Washington Post says subway describes as tuna sandwiches freshly baked bread layered with flaked tuna blended with creamy Mayo, then talk with your choice of crisp fresh veggies. It's a description designed to activate salivary glands and separate you from your money. It's also fiction lawsuit filed in the US District Court for Northern District of California complaint alleges the ingredients billed as tuna for the chain sandwiches and wraps contain absolutely no tuna. So we says the claims are without merit the tuna sold with the chain as wildcard, which is how the vast majority of tunas harvested only a tiny percentage of Bluefin and yellowfin tuna is farmed. The star ingredient according to the lawsuit is made from anything but tuna based on independent lab tests of multiple samples taken from several locations California the tune is a mixture of various concoctions that do not constitute tuna, yet have been blended together by defendants to imitate the appearance of the tuna. They declined to say exactly what ingredients lab tests revealed. We found that the ingredients were not tuna and not fish the attorney said in an email Oh, okay, that's not good. Interesting. It's not even the right species. Like Yeah,

then that's a problem. Wow.

R

Rob Mineault 31:03

But yeah, it's crazy, right? Like, but hey, it looks like maybe we have all of this. Maybe we have somebody to thank for all of this. Maybe they're the reason why the tuner coming back is because they were like, you know what? Let's just put fake let's just for cat food in here. No one will ever know the difference and we say some tunas.

S

Steve Barclay 31:26

According to Subway, Tuna is one of our most popular sandwiches our restaurants receive pure tuna, mix it with mayonnaise and serve it on fresh made sandwich to our guests. And then later said we spokesman Maggie truax issued a statement that read these baseless accusations threatened to damage our franchisees small business owners who work tirelessly to uphold the high standards that subway sets for all its products, including its tuna. Given the facts, the lawsuit constitutes a reckless and improper attack on subways brand and goodwill and on the livelihood of its California franchisees. Indeed, there is no basis in law or fact for the plaintiffs claims, which are frivolous and are being pursued without adequate investigation. Right. But it sounds like, you know, that's a frustrating thing about lawsuits. Like basically like, I don't know, how do you hide behind that? Like they went they got a bunch of tuna subs from your from your store? did some tests on it? And there's no tuna in it? And how can you contest that to be like, Nah, ah, is so as crazy. Yeah. They just reminded me to of the issue that they ran into in Ireland because their bread doesn't meet the definition of bread in Ireland. It's got too much sugar in it, I believe.

R

Rob Mineault 32:43

Oh, wow. Damn, and I had subway for lunch today. Well, you know what is yummy? It was probably great. I love subway. Yeah, I listen. I don't care what they say. I'll still order the tuna because I believe it is tuna. I yeah. And I don't even like tuna. So it doesn't affect me at all. So I don't even have a dog in this fight. But, but I'm like, Listen, I'm happy. It's I think it's good news all around. subway is still delicious. And the tuna are coming back. So both qualify for good news as far as I'm concerned. What's next?

S

Steve Barclay 33:17

Okay, have you heard about Dave Grohl from the Foo Fighters getting into a online drum battle with an 11 year old girl?

R Ryan Fleury 33:27  
Yeah, I actually watched this a few days ago. Oh, did you? I did. Yeah. Have you?

S Steve Barclay 33:32  
Have you heard the the song that he wrote for?

R Ryan Fleury 33:34  
I did? Yeah. I listen to that today.

S Steve Barclay 33:41  
But yeah, 11 year old girl started calling hime out. And next thing you know, Dave girls firing back at her online.

R Ryan Fleury 33:48  
She's firing back at him. And we had a good little back and forth. I guess the must have gone back and forth a number of time. back two or three times. And he actually called her up on stage. And she came out on stage and actually played to everlong which is a song by Foo Fighters and rocked it like an amazing 11 year old drummer. Yeah, yeah. She's incredible.

R Rob Mineault 34:09  
And then he gathered his daughters together as backup singers. And he wrote a song for us. Which was really cool. Yeah, Dave Grohl is such a great guy. And he's such a talented musician. And he's Yeah, he's amazing. Just comes off as Super nice and anything that he does, right? Yeah, he really does. Yeah, you know, you sort of expected you know, one of these days, it'll come out that he's secretly kicking puppies in a back room or something. I don't think so. I guess he seems awful nice. Like he's probably the nicest rock star that there's that I can remember.

S Steve Barclay 34:36  
Yeah, indeed. All right, what else we got here. Another one from the Good News Network. The cure for osteo arthritis could be no further than the end of your nose. Yeah. So it turns out, as we develop, you know, from from a fetus, and we develop all that cartilage, the

cartilage in our nose has adaptive capacity, or plasticity. And the cartilage that grows in our knees loses this. And of course can get worn out over time. And same for our hips. And you know, any other place that we've we've got, you know, the potential to get arthritis, but our noses will heal. So what they found is they can take these cells out of your nose, grow them in a lab, create a cartilage layer, and then implanted and Bob's your uncle. No more osteoarthritis way. Yeah, that's pretty cool, too.

R

Rob Mineault 34:36

Is that so is osteoarthritis. Pretty much the same as a job? That's just like arthritis. Is that just the same thing? Well, it's, you know, there's, I believe, I believe it specifically refers to arthritis in your knees, but okay. I could be wrong on that. But yeah, it. It's basically when the cartilage layer wears down and you start grating bone on bone. It sounds terrible. Yeah, that doesn't sound like a lot of fun. Huh? That's good. Excellent. I'm all for that. Wait. So if you were does your nose grow back? Like, wait, what does that mean? Like? So wait, so the cartilage in your nose grows back? I imagine. I mean, they've only got to take enough of it so that they can culture it right? Right? Yeah. Oh, even if it didn't I don't think they'd have to take a great deal of of the self to do it. But I could be wrong. I don't know. Yeah, maybe your your knees are great. But your nose falls apart? I don't know. Don't you ever feel like that sometimes? Are you just like, I really don't even know how my body works. even know what's possible? Yeah, we're an ownership of this amazing thing. It's amazing piece of natural technology, our bodies and we don't even really know how it works or how Yeah, just we know nothing. Yeah, well, you know what they say you know, rtfm but nobody. Right? We lost the manual. It's like the Greatest American Hero. This one I was really pleased to come across because my doctor is been raking me over the coals for my cholesterol levels. Yeah, I've got high cholesterol. But I've got a mix of the good cholesterol and bad cholesterol, both of which are high. So there's different schools of thought some some schools of thought say hey, you know, as long as the ratio is good, that's all fine. Others think, no, if you've got bad cholesterol, you still want to get the bad cholesterol down. And that's that's the camp that my doctor is in. So I've been looking around at different things that will help reduce cholesterol and the only the only thing that I've seen that's been clinically proven to reduce cholesterol is whey powder. Whey powder has been shown to to help reduce cholesterol. But there is now a study out from the University of Georgia. And they have found that pecans can dramatically reduce cholesterol. So they saw an average drop. So they had three different groups. They had a control group, they had a group that they fed 68 grams, or about 470 calories of pecans a day to the regular diet. A second group substituted pecans for a similar amount of calories and then there was the control group that didn't have any any pecans and after eight weeks, the groups that had The pecans had lowered their LDL cholesterol on average 5% which is that's significant over the course of eight weeks. Two months, two

months worth of pecans and you're down by 5%.

**R** Ryan Fleury 40:16  
So would pecan pie count?

**S** Steve Barclay 40:18  
so yes, it would. So guess what? Yes, it's on my desk now. A big bag of pecans.

**R** Ryan Fleury 40:25  
Yes. But are they salted?

**S** Steve Barclay 40:30  
I was very tempted to get salted. You know, you can also get ones that are done in brown sugar, those also also tempting, but yeah, I think I think pecan pie. I think that's got to be part of my diet from now on. Yep.

**R** Rob Mineault 40:44  
Wow. That's amazing. Yeah, we are really starting to, we're starting to figure out some of these diseases. Some of these problems... like we've cholesterol cholesterol cholesterol, that's all I've ever heard my whole life, cholesterol ...

**R** Ryan Fleury 40:59  
relied on the medical experts for so many years. Right. But naturopaths coding for years the healing remedies of food, natural foods.

**S** Steve Barclay 41:13  
Well, yeah, pick on tumeric now, right every everything's got tumeric in it now because natural anti inflammatory really

**R** Rob Mineault 41:23  
How are dill pickle Doritos? There's a lot of there's a lot of therapeutic value in the big bag

of those intense dill pickle Dorito chips and you know, we feel better. Okay. So, last year 32 year old Dasha Kelly. She was a car dealer in Vegas. And she lost her job. Because of you know, COVID she was she was facing eviction. She couldn't bear up. She'd sold everything that she could she could sell. She She apparently as of Tuesday, was down to a couch. It was one of the last last pieces of furniture that she owned. She started on Monday, last Monday night. She started a GoFundMe campaign hoping to raise \$2,000 to cover the background shield. Guess how much money she's got now. \$40,000?

**S** Steve Barclay 42:38  
\$200,000

**R** Ryan Fleury 42:40  
Hello!

**S** Steve Barclay 42:41  
Strangers ponied up \$200,000 for this poor woman. Wow. I don't know how that happened if it went viral, or what? What happened? Apparently cnn got hold of it and they were they were on site to tell her how much money that she'd raised. Yeah. So it just goes to show you if you run into trouble, GoFundMe. Yeah.

**R** Rob Mineault 43:06  
Yeah. I mean, that story, like I'm conflicted about that story. Like, because on the one hand, like on the one hand, yeah, it's incredible news is great news. And it's a feel good story. But at the same time, it's like, but it's it. But isn't that like a symptom of a systemic problem that we have in our society where people, some people are just like living on that poverty line... isn't isn't a better solution to actually try to figure out how to make life better for everybody. As opposed to if you're happen to be lucky enough to go viral with your GoFundMe and get lots of money. It's great for her but I don't know how many other people are in similar situations. No. I'm sorry. I'm sorry to be a buzzkill.

**S** Steve Barclay 43:49  
But yeah, you're you're you're just not accepting that. This is good news, man. Oh, I know. I know. It is good news. It's great news for Holly. Great. Excellent. You're buying beer! Sorry, sorry, Dasha. But 200 grand. That's life changing.

R Ryan Fleury 44:06  
That is life changing. Yeah.

S Steve Barclay 44:08  
That's in Vegas? That's like, go get yourself a house lady.

R Rob Mineault 44:12  
Just don't take it to the casino.

S Steve Barclay 44:15  
Well, I don't think that's an issue. She's a dealer. Yeah, true. Inside knowledge. All right, last one. Another one from the Good News Network. A young Irishman may have taken a nice step towards solving our little microplastic problem. So you know, we've got microplastics all over the planet now right? Down into smaller and smaller particles. Those particles have been found everywhere, like everywhere, even down the bottom of the Marianas Trench. They're now finding micro microplastics. And, you know, it gets it gets washed off our clothes, it'd be it's you know, it comes from you know packaging that's broken down over time it's just it's huge problem. Animals take it in we take it in we we actually a startling amount of plastic mentioned in this article here. Somewhere I read an article that mentioned how much plastic the average person eats every every year without recognizing it. surprise you. What he did is he mixed magnet magnetized iron oxide and vegetable oil. And he created what is essentially a liquid magnet. So the I guess the oil binds with the plastic and the iron oxide makes it removable with a magnet. So you basically turn it around, suck your microplastics out.

R Rob Mineault 46:01  
How would they how would they use this stuff? Like what could you?

S Steve Barclay 46:06  
Well, the article I read wasn't real clear on it. It didn't it didn't say how they were going to use it. But basically, I guess you circulate water through this fluid and the plastics get picked up by the oil and then you remove the oil or the ferrofluid the oil iron mixture with a magnet. That's cool. That's very cool. microplastics Well done. Show. Yeah. And that's on Ireland. That's like a kid in Ireland came up with this? Well, good on ya, laddie.

R Rob Mineault 46:39  
Yeah, indeed. Yeah, well, hopefully they can apply it to the like, some way because I feel like that's a real big problem with the ocean. Because that's where it is getting into our food supply through the ocean, right like because it's all

R Ryan Fleury 46:52  
Yeah, yeah. it gets into the ocean and then it's all over.

S Steve Barclay 46:56  
Yeah, but yeah, they've they've apparently they are adapting it for or they're trying to adapt it for home use so that it would be on the outflow of a house. Yeah. water treatment plants. Yeah. And also boats.

R Rob Mineault 47:10  
Well, good. I because I do I one of my new year's resolutions was to reduce the amount of microplastic that I eat on a daily basis. Yeah, there goes a pop tarts. Wait, there's no microplastics in all the packaging. So okay, so to sum up so far. Okay, so in the good new show we have so potentially cure for cancer. Ebola cured polio cured except for Afghanistan and Pakistan. Dave Grohl is pretty cool. And we've got we're getting this microplastic thing under control and pecans are good for cholesterol.

R Ryan Fleury 47:59  
And subway tuna is tuned according to subway.

S Steve Barclay 48:03  
And it also we're gonna get a lot more tuna because tuna species are recovering.

R Rob Mineault 48:07  
I'm gonna side on the on the side of science with this whole subway versus the scientists dilemma.

S Steve Barclay 48:13

I don't believe it's subway versus the scientists. It's that that's what they're claiming. But I think I find it very difficult to believe that subway would defend themselves against this by saying that it is tuna. If it is not, because that would just come back to bite them straight in the ass. I bet it actually is. Whatever testing these guys did was just hack testing.

R

Ryan Fleury 48:33

Right? And really, in order to call something let's say tuna doesn't only have to meet a minimum spec right? So 2% of it is actual tuners so they can call it tuna. Does it have to be 100% tuna to be called tuna?

R

Rob Mineault 48:45

No, I didn't know they only the only thing that they I know they referred to it as flaky. Fresh and flajy tuna. So maybe that? I don't know. We'll have to keep an eye on the story. And we will update everybody on the next good news show already. But that's that's that is some good news. 2020 wasn't as big of a CF as we maybe thought it was some good stuff coming out of there. Just have to know where to look for it.

S

Steve Barclay 49:14

So here's here's an update. Here's an update on the tuna fiasco. The New York Times tested more than 60 inches worth of subway tuna sandwiches from California locations. And they found no evidence of tuna DNA. So that see, that tends to

R

Rob Mineault 49:35

Yeah, that I tend to believe that and honestly like let's go with this is good news. Because the tuna are coming back. Like let's leave them alone for a little while. Nobody even noticed .. if the New York Times hadn't done that everyone would still be enjoying their "tuna" subs. And they don't even have any tuna in it anyways, and so I feel like that's fine. I feel like it's fine. I feel like we should just let it lie, let Subway keep doing what they're doing. Let's keep let the tuna come back.

R

Ryan Fleury 50:04

No, we need to know what that tuna is made up of!

- S** Steve Barclay 50:08  
As long as it's not microplastic Okay, so the lab spokesman added there's two conclusions. One, it's so heavily processed that whatever we could pull out, we couldn't make an identification or we got some there's just nothing in there that's tuna. When tuna is cooked, its DNA becomes denatured, meaning that test results could be inaccurate And, inside addition, similarly commissioned a lab study in February using tuna for three subway stores in Queens, New York, their results concluded that the chain does use real tuna.
- R** Ryan Fleury 50:43  
What?
- R** Rob Mineault 50:45  
This is getting muddy, now the jury's out. I don't know. But maybe we should conduct our own study about maybe pizza subs. I think subs
- S** Steve Barclay 50:57  
Oh, get the tuna.
- R** Rob Mineault 50:59  
All right. Yeah, fair enough. We'll do more research,
- S** Steve Barclay 51:02  
or the subway club that they no longer make, which makes me so angry. Eating nothing but subway for a week, which we've done before. But anyway, but you know, it's funny. We're talking about subway and just I know right, we have to wrap up because we're running out of time but but I did read just read an article about there's some Tik Tok videos of subway workers going around where they're they were showing sort of what goes on behind the scenes at Subway and it showed that all the vegetables are actually really are fresh. Like it was a viral video that was actually positive about subway and the poor, the veggies prep was all like chopping fresh vegetables. And it's all good stuff.
- R** Ryan Fleury 51:45

I have one more good news story that's AT related. Before we go, Vispero, the company that owns Freedom Scientific, Enhanced Vision and everybody else. They have Jaws for Windows for kiosks. And they have now come into an agreement with McDonald's in the US. So the self serve kiosks you'll be able to walk up to plug in your headset and have JAWS start talking to you so you'll be able to independently order your meal.

**S** Steve Barclay 52:15  
Oh, that is excellent.

**R** Rob Mineault 52:16  
That is excellent. It's about goddamn time, talking kiosks. Finally. Well, and you know, what they need to do is they need to set those up too for things like the self serve checkouts at grocery stores. Yeah, all the kiosk things. Yeah, they all need to be to have that ability for sure. So hopefully that's the first step in that.

**R** Ryan Fleury 52:35  
That was a good one. Yeah, it's been around for a couple years now. I know it's in, I think some hotels and maybe some airports already. Excellent.

**R** Rob Mineault 52:43  
Good job. McDonald's once again, driving the football forwards! We've got spicy nuggets. Now. I know people were disappointed that they weren't the MC pizzas. But you know what? We got talking kiosks. So it ain't so bad.

**R** Ryan Fleury 52:59  
All right.

**R** Rob Mineault 53:00  
Well, is that it?

**S** Steve Barclay 53:02  
That's it.

R Rob Mineault 53:03  
That's all the good news for one that we can handle for one day. I can't make no more positive. Next week, it'll be back to normal. But for now, enjoy your warm and fuzzies. If you've got high cholesterol, go out there and get some pecans. And I don't know whether to go to Subway or not and you may or may not get to know on your sub. We don't know. We haven't figured that out. But we'll keep you posted. Hey, Ryan,

R Ryan Fleury 53:36  
Rob.

R Rob Mineault 53:37  
Where can people find us? They can find us at [atbanter.com](http://atbanter.com). They can also drop us an email if they so desire at [cowbell@banter.com](mailto:cowbell@banter.com)

S Steve Barclay 53:50  
And if they're so inclined and want to jump down that rabbit hole they can join us on social media at Facebook, Twitter or Instagram.

R Rob Mineault 53:59  
Hey, maybe we should use the AT Banter Twitter account to like tag the official subway account and just ask them .. just be like straight up ... "Is there tuna in your subs?" Or just start a hashtag.

S Steve Barclay 54:20  
Maybe #MoTuna.

R Rob Mineault 54:27  
Alright fellows. Well, that was This is fun. I enjoyed it. I feel much better about the state of the world. As we enter into our evening, we'll do it again. In six months or so when we need it once again when the world's on fire. So in six months, we'll do it again. Because everything will be awesome. And yeah. Until then, thanks everyone for listening. Thank you gentlemen for joining me and making me feel much better and we will see everybody next week.



Ryan Fleury 55:13

Bye.