

Trends Like These 217: Mueller Report Released, Star Wars: Episode IX, PlayStation 5 News, Bad Diet Worse Than Smoking?, Notre Dame Fire, \$2000 Folding Phones Already Breaking, Writer's Guild vs. Talent Agents, Bernie's Tax Returns, Cernovich's Bad Fashion Advice

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Travis: This week: Cernovich fashion advice, Bernie taxes surprise, and Leia on screen? Everyone cries.

Courtney: I'm Courtney Enlow.

Brent: I'm Brent Black.

Travis: I'm Travis McElroy.

Courtney: And I still quote Napoleon Dynamite. "Tina!"

Brent: With 'Trends Like These.'

[theme music plays]

Travis: Hello, Brent and Courtney.

Brent: Hello, Travis, and hello, Courtney.

Courtney: Hello, Brent, and hello, Travis.

Travis: And hello America. And beyond, I assume. Not just North America. Maybe we got folks over across the pond, as they say, listening. Ay wot?

Brent: Don't forget Chile. Shout out to our listeners in Chile. You guys are great.

Travis: We have listeners in Chile?

Brent: I have just decided we do. Honestly, if you listen to us in Chile, please reach out. We want to know you're there. If you're Douglas from the Max Fun Drive, that's a two for. That's a double.

Travis: Yeah. Courtney, where do you think people are listening?

Courtney: Well, you know, I don't want to be so earth-centric. So, hello to all of our listeners across the galaxy. And beyond. I don't want to be galaxy-centric.

Travis: Throughout the universe. And the multi-verse. Thank you for... Man, our audience is huge.

Brent: Yes.

Courtney: Hello to our listeners who are just pure vapor. Who do not exist in this dimension.

Brent: Beings of pure energy, thanks for listening with whatever you have. Appreciate that.

Courtney: Hello to our ghost listeners.

Travis: Yes, hello to our ghost listeners.

Courtney: Can't leave out those ghosts.

Travis: 5:30 PM, Eastern Time, April 18th, 2019. Another episode has brought the three of us together. The only force on earth that can bring the three of us together, another episode of Trends Like These, where we will discuss the trending news and try to make it clear. I don't know, we don't normally do an explanation of what the show is at the beginning, but who knows. Maybe this is your first time listening, and you don't know what we do, and we take the trending news, and we go beyond the headlines, and we give you the straight dope, as they say.

Courtney: There's no hope with dope. I learned that from Saved by the Bell.

Travis: That is true. But first, the thing that we, honest to god, do do every week... Doo-doo. We talk about what we're drinking. I am having a sparkly water that is peach pear flavored.

Courtney: I am having a glass of a rosé.

Brent: I am having an orange-essenced Perrier in a tiny can, as well as a glass of pure water on the side.

Travis: I'm also very excited. This evening, I will be going with my friend Tybee, who is in town.

Courtney: [gasps] Tybee's in town?

Travis: We are going to... Yeah! We're going to a karaoke club, like one of those places where you rent rooms—

Courtney: Yesss.

Travis: To like, karaoke in. we're going with some friends. I've never done it before, and I'm very excited.

Courtney: It is very fun, and very good, and the best thing you can do.

Travis: I've done karaoke before, but never in a private room. I should clarify.

Courtney: Yeah. The Korean karaoke with the rooms is the best thing in the world.

Brent: Well, see, I like both very differently. And probably equally. But like, there's something about doing a song nobody thought you would do for a bunch of strangers that's really fun. 'Fuck Her Gently' by Tenacious D, Little Mermaid comes to mind, the Michael Bubl  Spiderman. But there is something awesome about you and your friends or family just like, the communal nature of like, we're gonna goof around with each other, but also

kind of perform for each other and sing along. It is pretty great. So I hope you enjoy.

Travis: Yeah, we'll see. We'll see how it goes.

Courtney: There is one of those... I mean, I'm sure there's several, now. But there's one in Chicago that my friends and I would go to, and they had an array of snacks. And by that, I mean, you could get a plate of bacon. And that's it. That was the snack you could get.

Travis: Huh.

Courtney: Yeah. You could get Sapporo, and you could get a plate of bacon. And I was like, you know what? You've got my interest right here.

Travis: Okay, now reel me in.

[theme music plays]

Travis: Hey, Courtney, who's your favorite pop artist? Or, let's just say, musician working these days.

Courtney: Why, mine would be beyond-say-the-headlines.

Travis: Yeah! I'm so glad you picked up where I was going.

Courtney: Homecoming out now, yeah, yeah, yeah.

Travis: Nice. That was a good alley-oop we just did. I'm very proud of us.

Courtney: Our team. You and me.

Brent: And since we decided to explain the show, if you are a first time listener, in Chile, or, you know, Jupiter, wherever. This is Beyond the Headline, the segment where we take headlines and trending news, and I mean, it's pretty self-explanatory. We try to tell you more about them. Without lying to you, basically.

Courtney: But sometimes... sometimes, we do lie.

Travis: But usually on accident.

Courtney: Yeah, totally on accident. We don't mean it. Or we're just dicks. Sometimes it's a little bit of both.

Brent: We gotta mix it up. We gotta stay unpredictable. Sometimes, full of lies. That's not really true. But it's fun to imagine.

Courtney: We're like piñatas, and you hit us with a stick, and all the lies fall out.

Brent: [laughing] Tasty licorice lies.

Courtney: Lies and bees. That's what's inside of me.

Brent: Oh god, no. Let's not go back there.

Courtney: That's last week's episode. So last Friday, at Star Wars Celebration in Chicago, we finally got the first teaser trailer and title of Star Wars Episode IX, the final film in the saga as we know it, will be The Rise of Skywalker. And the trailer features Rey doing some fucking Jedi jumpy shit.

Travis: Aw, hell yeah it does.

Courtney: And there's a Mark Hamill voice over, and Oscar Isaac in an infinity scarf. Ma-fucking-Palpatine is there. And of course, Carrie Fisher. Which, I would now like to approximate the sound I made upon seeing her. [unholy yell] That was pretty much the sound that I made. Also, the music in the trailer is Leia's theme, so I was basically just a sobbing disaster the whole time.

Travis: Side note, if you haven't seen it, somebody took that trailer and replaced the music with the song, 'What's Up Danger.'

Courtney: 'What's Up Danger,' yeah. So good.

Travis: And as like, it's timed, obviously, that when Rey is jumping over the ship, it's like, "What's up danger..." It's so cool.

Courtney: Episode IX, Rise of the Spiderverse. Like, I would see the shit out of that.

Travis: Yes. So incredible.

Courtney: So, there are those concerned that the title means that JJ Abrams is retconning Ryan Johnson's Last Jedi reveal that Rey's parents are nobodies, and will instead present her as another Skywalker. But I don't think that's the case. I feel like Skywalker is now going to be more of a title. Like at the end of Buffy, when all potential Slayers become Slayers. Everyone with that force magic is a Skywalker now.

Brent: Hmm.

Travis: See, I took it as, Rise of Skywalker was about, you know, whiny kid. What's his name?

Courtney: Kylo?

Travis: Yes, Kylo Ren. That it's gonna be about him, the last Skywalker.

Brent: Hmm, maybe.

Travis: But then again, I guess he's also a Solo, isn't he?

Courtney: He is.

Travis: Hmm.

Brent: I mean, and also, we're probably gonna get Luke as a force ghost, and I mean, I don't know if he's gonna like, ascend anywhere. But I think it's in Bill and Ted's Bogus Journey action. Oh, I went to hell, but I gotta trick the grim reaper with the force. As you guys know, I have not watched the trailer, 'cause it's a movie I want to see. I only watch trailers of movies I

don't think I'm gonna care about. So, I'm kind of like, wanting to, if possible, be, we'll say, as surprised as one can be when it comes out.

Courtney: So did I mess you up by saying the part about the Ma-fucking-Palpatine?

Brent: No, no, no. No, I mean, look, here's the thing. I couldn't escape, on social media, the fact that Palpatine is in it. That's fine. It's just like, when I see the trailer—

Travis: Or, that Palpatine is referenced in it. You know what I mean?

Brent: Oh, I see.

Courtney: He's in it. 'Cause he was, when the trailer premiered at Star Wars Celebration, when the lights came up, he was there.

Travis: What?

Courtney: That actor, yeah.

Travis: Oh, okay.

Courtney: I'm blanking on his name. Not actual Palpatine, from the documentaries. The Star Wars documentaries.

Brent: I forget.

Travis: Gotcha. I also will say, there is a shot in trailer where it's like, you know, it's Oscar Isaac, and Finn, and Rey, and BB-8 is there, and like, just seeing everybody together, I was like, oh, yes, I find that I feel similarly to the way I do when I see like, Luke, and Leia, and Chewbacca, and Han all together. And I'm like, that's the team, and that's the team. And it makes you really happy to see both teams together. You know what I mean? It's nice to see, like, and this is where the Avengers all come together and kick some ass.

Brent: Right.

Courtney: There's something about like, every time there's a new Star Wars trailer, I am immediately a child again.

Travis: Yes. Yes.

Courtney: Like, watching the trailer for this, and then, I did the same thing with Last Jedi. And I just, I literally become just this wide-eyed, overjoyed kid. And it's like, this franchise means so much to me. And I'm so glad that they got Carrie in there, because she's my favorite human to ever have humaned, and I miss her very much.

Travis: So, next story. Sony is finally talking about the console they've been working on for the last four years. The successor to the PS4 will be called... The PlayStation 5. Probably.

Brent: Whaaat?

Travis: Probably. Sony hasn't confirmed that, but come on. That's what it's gonna be. Like maybe, I don't know, PlayStation Ultra. PlayStation...

Brent: What if it was like the PlayStation V, just to make it like, Roman this time?

Travis: Huh. Well....

Courtney: PlayStation: Endgame.

Travis: Aw, holy shit, that'd be great. PlayStation: Rise of Skywalker.

Brent: Do you remember, Travis? Real quick. I think when PS2 or 3 came out, there was a commercial where they advertised like, far into the future, a PlayStation 9 that just goes directly into your brain. And it feels like that kind of, you know, obviously, they can change their business plan over 20 years, but I feel like they've got a good thing going. Xbox kind of tripped with the idea of going from 360 to One. The Wii kind of stumbled, going from Wii to Wii U, because people thought the Wii U was just an add-on.

I think like, if it ain't broke, you know, keep going.

Travis: Yeah, that's what I'm saying. PlayStation 5, I know exactly where it falls in the timeline. You know what I mean?

Brent: Yep.

Travis: I'm getting behind it. So, um, this whole new console, not just an upgraded version like Brent said. Whole new console. They've released the dev kits to developers, so they can start working on games for when the system comes out, which is so huge and important. 'Cause that's a thing. A lot of video game systems have stumbled, or in some cases, completely failed, because they released the system without any games to kind of go along with it. And it's like, this is really cool. I can't wait 'til there's actually things to do with it. But, don't start drooling yet, because the system isn't gonna come out in 2019, according to an exclusive interview with Wired.

So, what can we expect from this next gen console? Well, it has an advanced CPU and graphics processor, which will obviously improve, you know, make better looking games. But, we can also expect storage to increase, and processor speeds to get faster, and it may even allow for ray tracing. This, from Wired. The GPU, a custom variant of Radeon's Navi family... Might be 'Na-vee', but it's hard for me to see that word and not think, 'Nah-vee'... will support ray tracing, a technique that models the travel of light to simulate complex interactions in 3D environments. Ray tracing's immediate benefits are largely visual, because it mimics the way light bounces from object to object in a scene, reflective surfaces, and refractions through glass or liquid can be rendered much more accurately, even in real time, leading to heightened realism.

Now, the console also promises more advanced and immersive sound capabilities. They also are including a solid state hard drive, or SSD, that should greatly improve loading time on even the largest games on the market, for example... and this kind of blew my mind. They test it in the Wired interview. They do some fast travel sequence from the 2018 Spiderman game on PS4, and the sequence, the fast travel takes 15 seconds. And the exact same fast travel sequence on the new console took 0.8 seconds. So...

Brent: Dang.

Travis: Yeah. And I'm like, 15 seconds doesn't sound like a lot, but 0.8 seconds definitely doesn't sound like a lot.

Brent: Well, I mean, with 15 seconds, especially... I don't know about you, but like, it was harder for me as a kid. Like, you know, you're impatient, in a way as a kid. And 15 seconds, when you're in the middle of playing something, and you're excited to get to the next part, that's forever. As opposed to 0.8...

Travis: Well, yeah, especially if you have like, a pace going, like, in Assassin's Creed: Odyssey, it's a thing that, a lot is like, I just want to get to... okay. Yes, I'm warping, and now I'm gonna sit here for, you know, a minute, while I wait for it to load. And it's like, yeah, it just takes away from the experience.

The SSE will also increase the speed in which environments can be rendered, which means the speed of which characters can move through those environments can increase, which is also very exciting. And that's about it. So, mostly, that interview was focused on hardware. They talk about what the new parts of the machine can do, but not so much about like, peripherals, and added on services, and they don't have any games to discuss. And in fact, I was surprised to learn that this year's E3, Sony is actually not doing its key note speech, which they have done for as many E3s as I can remember. They're skipping it, probably because a lot of their stuff is so early in development that it would just be a lot of like, this will be coming. And they don't really have a lot of new stuff to show or announce.

But, I'm sure as the console gets closer and closer to release, we'll hear more and more about it.

Courtney: On Monday, the 850-year-old gothic cathedral, Notre-Dame, caught fire. The fire was extremely difficult to put out, due to the wooden roof beams, which are really, really high and hard to access. It took hours, and 400 firefighters to stop the blaze. It appeared as though the entire structure might be unsalvageable, but luckily, much of the frame did remain

intact, or at least, able to be repaired, and many pieces of art and holy objects were able to be removed.

It's estimated it could take 10 to 15 years to repair the cathedral; though, Macron would like it done in 5. And over \$700 million has been raised to cover the cost of repairs. Donald Trump chimed in with some helpful tips. He tweeted, "Perhaps flying water tankers could be used to put it out. Must act quickly!" Which is a fucking hilarious mess of an idea. And Francis, civil security agency, responded, with about as much diplomacy as possible, stating, "All means are being used, except for water-bombing aircrafts, which, if used, could lead to the collapse of the entire structure of the cathedral." Because, you know, duh-doy.

Travis: Yeah. Yeah. I'm pretty sure you only use those in like, forest fires.

Courtney: Yes. You use those when, A... like, I mean, everything about it is just, this is just one of the clearest indications that this man has a bad brain.

Brent: Yeah, it reminds me of like, on Facebook—

Courtney: Because water weighs things.

Brent: Do you do that thing on Facebook where you ask for a recommendation, or you ask for advice, and some friend of yours who doesn't know, starts off by saying, "I don't know, but..." And then they give you a completely unrelated, stupid suggestion, proving that they don't know. Obviously, this is much higher stakes, but, pet peeve of mine, and our president does it. Cool.

Travis: It's kind of like he just said, like, "You know, if it was me, I'd put it out."

Brent: Right? Oh, man. Holy shit, Donald, you genius.

Courtney: What if we just blew really hard, all of us? Like it's a birthday candle.

Travis: I just don't understand why they haven't... why haven't they tried to stop the fire?

Brent: Yeah.

Courtney: God. Have we tried a very big fire extinguisher? Just real big.

Travis: Try asking the fire to go out.

Courtney: Hey fire, look over there. And then, that's when you push it down.

Travis: Mm-hmm.

Courtney: Now, as with everything, there are, I don't know, things surrounding this story. Caveats, I guess. That by morning, the near loss of this historical and architectural landmark, it doesn't mean that the Catholic church is good, nor do the horrible acts of the Catholic church lessen the value of this building. Because that's just fuckin' what Twitter is, guys. It's that. And I said it on Twitter. I grew up Catholic, and I'm now agnostic or atheist. But the beauty of churches and their architecture was always the one thing that mattered to me and meant something. And this is kind of the most famous example of that.

Now, also, the other issue is, this story took social media by storm for days. Meanwhile, at the exact same time, Jerusalem's Al-Aqsa Mosque, Islam's third holiest site, was also burning, and received far less attention. The good news for Al-Aqsa is that there were no injuries, and there appears to have been no damage.

And finally, I don't quite know how to explain my feelings about the \$700 million being raised to repair Notre Dame, because god, that money could help a lot of people.

Travis: Yep.

Brent: Yep.

Travis: You know, Teresa and I had this conversation about it, right? Of like, it is like when, how everybody will talk about, and feel strong feelings about—and not that there's anything wrong with this— but feel strong feelings about like, you know, a 90-year-old famous person who passes away. But then, meanwhile, there's like, countless young people dying because of violence all over the country and the world, and it doesn't get the same amount of attention.

Brent: Yeah.

Travis: It's just like, I don't know how many other buildings burned on the same day, but I know there were also like... I don't know if it was the same day, or just in kind of a similar time span, but three different churches, you know, predominantly black churches, were burned by white supremacists here in America. And it wasn't getting the same kind of coverage. And it's just like, it sucks, but it also... It's something of like, as soon as you see everybody rallying around something, you want to be a part of the thing, so you jump in and comment on it, and I don't know.

Brent: I think it's also just a matter of like, if most of the media that we receive, in the west, certainly, in North America, is corporate owned, they know that readers... I'm not saying this is good, it's just a fact. That readers are not as familiar with any mosque, on average. But certainly, a cathedral that's been in classic stories, and a Disney movie, and it's just sort of iconic, and a tourist location, is going to trend in a different way. And it is sad that that is basically, you know, it's all about selling the toothpaste during the commercial, or selling the banner ad on the website. I think that's why we didn't hear about the other stuff, because more people would click on this.

Courtney: Yeah, and it also comes from, also a place of like, you know, Eurocentricism, where Paris means a lot to a lot of people. And people have been there. That was a very, a lot of my friends were posting pictures like, you know, this was so beautiful, and I can't believe it's gonna be gone. Because at the time, obviously, we thought this thing was gonna be gone. And I see a lot of people who get annoyed when people do that. And I've never understood that. Let people be sad about the thing that made them happy.

Brent: Sure.

Travis: I agree.

Brent: Well, it's hard, especially if you live there. Like, imagine just losing this landmark in the skyline. That's traumatic, even if it's—

Courtney: 850 years. Like, we, as Americans, cannot conceive of such a length of time.

Travis: That's way older than I am.

Courtney: That is at least ten years older than I am.

Travis: Yeah, I know, right? So, I wanted to discuss this next story, because you may have noticed that something is going on between the Writers Guild of America, AKA, the WGA, and the Association of Talent Agents, the ATA. And if you're like me, we see a lot of these kind of labor disputes, you know, union disputes, and it's really easy to think you know what's going on. So I wanted to do a little bit of research on it to break it down, what the current situation is, how it can impact kind of the entertainment world at large.

So, we've talked a couple times before about the WGA. Most notably, one of the things that you may remember the WGA for is the strike from 2007 that led to a lot of short seasons of television. So, a decades-long contract between the WGA and the ATA has ended, and things have gotten really tense. See, the boom of streaming, and the other non-traditional media outlets, have led to a boom in available work. However, due to a lot of factors, including shorter seasons and issue with residuals, it hasn't led to an increase in pay for writers. In fact, according to the WGA, the median weekly pay for writers dropped from 2014 to 2016, by 23%.

Brent: Oof.

Travis: Yeah, which... Oof. So, the issue between WGA and the ATA stems from the fact that, while writers depend on their agents to negotiate favorable deals for them, a lot of agencies have become partially owned by

private equity firms. So, the WGA says that this has changed the profit motives for agencies.

Now, they say, agencies are more focused on owning pieces of big media properties, and having strong relationships with the studios that make them. The agencies are so eager to get projects made, that they will often undercut the worth of the writer to move the process forward. Additionally, and in many ways, more concretely, is the issue of packaging fees.

So, packaging basically breaks down to this: An agency represents a writer, a show runner, and an actor. The writer writes a great script, so the agency gets the show runner and the lead actor on board. Then, they bring that whole package to a studio, and the show is more or less ready to roll if the studio buys it. Right? So, as a reward for having so much done, the agency gets a fee of something in the range of like, \$30,000 to \$100,000. And this has become so common, that 87% of all TV shows that aired from 2016 to 2017 were package deals.

The issue with this is threefold. First, that fee comes out of the show's production budget. So packaging fees can lob upwards of \$100,000 off the money you need to make the show. Secondly, and more importantly, there are many cases of an agency collecting packaging fees, not because they work to put the show together, but simply because they represent multiple people working on the show.

And finally, the fees go directly to the agency. So, writers, directors, show runners, actors, whoever else, they never see a dime of that packaging fee. So once again, it's another reason why agencies would be inclined to get a production deal done without negotiating in good faith for their clients. However, it is incredibly important to note that the packaging fee model has, in a lot of scenarios, replaced the commission model. Like I said, 87%, 2016 to 2017.

So, that means that if an agency is making money from the packaging fee, they don't take commission on that. So the ATA argues that the packaging model helps combat the fact that writer pay hasn't increased in the streaming age, because if they get a packaging fee, the writer doesn't need

to pay them commission. The ATA claims that packaging fees saved writers from paying \$49 million in commission fees last year.

Now, the WGA counters that it's impossible to say that the package model is better, because there isn't really a lot of data to compare it to. The commission model hasn't been a focus, but maybe if it was, it would be better. It's really hard to say without saying, you know, unless it was like, 50/50, and you could compare the two. But when 87% versus 23%, it's kind of hard to compare.

So, the ATA has refused to agree to the new proposed rules from the WGA, and the WGA has, in turn, instructed their members to fire their agents. Now, as far as I can tell, they are. You may have seen many WGA members posting about their agency firing on Twitter, and there has been a grass roots sort of thing set up where writers and show runners are helping each other get work. But, we'll soon be headed into Hollywood's staffing season, so time will tell how long they are able to make this kind of grass roots thing work. And you know what, maybe the WGA and the ATA will be able to come to an agreement, and sign a new code of conduct with each other, and hopefully, we'll be able to sort this whole thing out.

Brent: Alright, well, another week, another study with a juicy headline. This time, the headline was, "Study Finds, Bad Diets Kill More Around the World Than Smoking." This recently study published in the medical journal, Lancet, was funded by the Bill & Melinda Gates foundation. They studied 195 countries around the world, and within a 95% level of certainty, they found that millions and millions and millions of deaths, as well as the shortening of life expectancies, were caused by high intake of sodium, low intake of whole grains, and low intake of fruits, as well as other causes. Part of why the certainty level is only 95% is because the dietary data were from mixed sources, and they weren't available for all countries.

The conclusion of the study's abstract is that there is a need for improving diet across the world, and the foundation believes its findings will be a basis for evidence-based dietary interventions to improve annual human health statistics. So, we've determined that the funding organization doesn't seem to have a dog in the fight of food production. Like for instance, this would

feel different if it were funded by Whole Foods or something. But it seems like a pretty legit study to me, and I'll take the 95% certainty level.

What are the details, though? What are the suggestions for human beings to live longer? According to 27 years of data, their findings indicate that you should have two to three fruits a day, excluding pickled fruits or juice. They recommend a range of around three quarters of a pound of vegetables, a quarter to a half cup of legumes, and this next one was surprising. They recommend around 125 grams of whole grains, which would be four or five cups of whole grain Cheerios, for instance. We'll come back to that.

Right around two cups of milk, regardless of the fat percentage, or other sources of calcium, and that's one of the reasons diets low in milk can shorten someone's potential lifespan in many countries, is because they don't all have sources like supplements, you know, easily findable, consumable yogurt, stuff like that.

Now, this is interesting. They recommend a maximum of 27 grams of red meat per day. That's about a tenth of your average rib eye steak. Like, I've seen documentaries that say meat's bad for you, but like, damn. 27 grams. That is like a large fish stick.

Travis: Yeah. But I will say, right, if you're thinking of this in terms of an average, you could have like, one medium sized rib eye steak a week, and be okay, then.

Brent: Sure. Sure. And yeah, we'll definitely talk about mitigating factors, certainly. Apparently, though, processed meat is even worse, with a recommend max of four grams a day. That's about the weight of two sugar cubes. If it were Spam, that's like a tablespoon of Spam. Other foods they recommend to include in your diet include, omega-6 fatty acids, which you get from vegetable oils. They say, preferably, no trans fats ever, maximum of five grams of salt per day. Which, again, that's about two sugar cubes, but sodium is really well hidden in a lot of food. If you go to Applebee's, and get the pretzel appetizer with cheese dip, that's 4.4 grams right there for an appetizer. Full rack of ribs at Chili's, over five grams of sodium just in that one entrée.

So, people living that kind of life on the reg, according to this study, are actively shortening their lives. And so like, a lot of this stuff is not groundbreaking. We've heard processed meat and red meat aren't good for you. We've heard you shouldn't have too much sodium. Eat fruits and veggies, and whole grains, if you're gonna do breads and stuff. Of course, this doesn't take into account whether someone lives an active, or a sedentary lifestyle, which we know makes a huge difference to health outcomes. What's different about this study is its comprehensiveness.

Now, on whole grains, I try to do bread only as a treat, rather than a staple. So I don't end up getting a lot of whole grains. Like, obviously, there are other ways to get it, like brown rice, barley, oatmeal, popcorn. And the benefits of whole grains include fiber, B vitamins, and other minerals. So they can be found in other foods, particularly veggies. So if you're like me, and you don't eat a lot of grains, period, it's not like you're automatically looking at a shorter life. You just have to be cognizant of where you're getting your fiber and vitamins. And that goes for all this stuff. It's not about the fact that you must have milk. It's more about, are you getting enough calcium? If you're not, you're shortening your life.

As for the comparison to smoking, I'm not entirely shocked. I mean, I think food has more systemic effects on the body than smoking, and so often, when I see the obituaries of people, particularly like celebrities who die young, often, they have a bad diet and they smoke. Assuming it's not like, hard drugs and smoking. I don't think the idea is that you can smoke all you want as long as you eat a couple of oranges, but it is an interesting statistical comparison.

Travis: Yeah, what I found really interesting was like, when I saw the headline, I misunderstood it as like, bad diets like fad diets, you know, like...

Brent: Ah, right.

Travis: And I was like, "Wait, what? Dieting kills more people than smoking?" And that was not what it is.

Brent: No. And that's part of what we do on this show is, headlines sometimes are misleading, even if it's in a subtle way. And that's not always

the fault of a writer. Sometimes editors just go, "Well, they'll click on it more if we imply this thing."

Travis: I will say, though, the red meat thing isn't really that surprising. That is something that I've been working on, actively. 'Cause, if it were up to me, I would eat a hamburger every day, or a steak every day, or whatever.

Brent: Of course. Yeah.

Travis: But what I've been doing a lot more lately is, doing like, you know, veggie or vegan meat substitute options.

Brent: Sure.

Travis: If you're looking for a hamburger patty, the Impossible Burger is good. But I've been buying this brand, Qorn, Q-O-R-N, and they have hamburger patties that I really enjoy. And they also have a really great meatless chicken patty that I think is really good. And plus, sometimes, I just really enjoy a black bean burger, you know what I mean?

Courtney: Oh, I'm a big fan of a black bean burger. I'll get the Boca ones, the spicy black bean burger, and I'll just like, crumble it up and put it over a salad. It's delicious.

Brent: Yeah.

Travis: Also, I've been into fish a lot lately. Doing fish. They're great. Fish. Love it.

Brent: My deal... So, as listeners who have been with us for a while know, I have multiple times done the whole 30 diet. And while I'm not endorsing it, blah blah blah, it left me with an appreciation for eggs as a staple. And part of that is because, I don't like—

Travis: I like how you just said eggs. I don't know why, but it hit me in like a fun, "Eggs!"

Brent: Eggs! But like, here's the thing. For me, it's hard to just straight up eat vegetables. You don't want to drown all your vegetables in things that make them taste a lot better, because then, you're kind of unhealthily eating vegetables. But like, carrot sticks, you know, it just gets old. So what I do is, I make a lot of frittatas. Which, for those who don't know, is like a pan-sized omelet you can cut into slices, and then just nuke a slice whenever you want. But I hide a bunch of vegetables in there. olives, broccoli, sweet potatoes, whatever. Just to make it where it doesn't feel like I'm eating a bunch of vegetables. It feels like I'm having a fancy omelet. That's what I do.

[theme music plays]

Brent: This week, Trends Like These is supported by Care Of. Now, we were just talking about vitamins. It's not always easy to know how to get vitamins and other important things like minerals, fatty acids, all kinds of stuff, into your diet. And you hear all kinds of different things from different sources. TV doctors telling you different things. It's hard to know.

But, Care Of is a monthly subscription vitamin service, and you can give yourself an extra boost this season. Whether you're looking for more energy, better sleep, you want to maintain stress, or something else to help you feel your healthiest.

Now, I got a chance to become a member of the service, and I found that it was really fun to take their online quiz, because you know, again, if I go to a drug store, and I'm trying to find things for certain symptoms, or certain things about myself, I would like to help or make better, you don't always know which one is good and which one is BS. But, Care Of, you take an online quiz, it takes about five minutes. You tell them the kind of things you're wanting to help in your life that can be helped by vitamins, supplements, minerals, et cetera. And Care Of will deliver daily vitamin and supplement packs, customized to your recommendations, so you just set it and forget it.

There's vegan and vegetarian supplement options available. It's a really cool service. So, what I would say is, go find out how fun and easy the quiz is, and how convenient it is. And if you go in with a specific health goal, then

you'll find almost definitely, something that can help you. That being said, for 50% off of your first Care Of order, go to TakeCareOf.com. That's T-A-K-E-C-A-R-E-O-F.com, and enter TRENDS50.

[theme music plays]

Courtney: Oh, shit, guys. You know what?

Travis: What?

Courtney: I dropped all these politics. Will you help me round them up?

Travis: Oh, no.

Courtney: Oh, man, they're everywhere. Oh, no.

Travis: Oh no, one of the politics. It rolled under the refrigerator.

Courtney: None of them are housetrained. Oh, god.

Brent: Courtney, you committed so much to that, I honestly thought that you were gonna have to like, go and come back or something. I was like, oh no, what is it?

Courtney: Oh no, she dropped the politics. Fuck.

Brent: Well played. Very well played. So yeah, y'all ready for some politics?

Travis: Yeah, tell me about politics.

Brent: Okay. So, recently, Bernie Sanders vowed to release ten years of tax returns. And like I said in previous shows, the longer he waited, the more suspicious it looked. But, this week, he frickin' finally released them, and I kind of feel like they're pretty boring. Or at least, as boring as it gets for a 77 year old man who's been in congress for almost three decades.

Now, to be real with you, one embarrassing fact was that he and his wife jointly gave only about 19 grand to charity last year, out of a collective,

about a half a million dollars of income. That's just over 3%. You would think mister spread the wealth around and his wife would've spread the wealth around a little bit more, but...

Courtney: That is, in fairness, 19 times more than Beto did.

Brent: Yeah, Beto. Woof. That was a bad look.

Courtney: Oh, boy. Has anyone ever just sent themselves down the toilet more?

Brent: For sure. Now, the big headlines coming out of this, though, that actually trended, were that Bernie is a millionaire, because his personal assets are estimated to be worth around \$2.5 million dollars. And thus, he is part of the 1% he rails against. But like, look. Senators get a salary of \$147,000 a year. Plus, the guy wrote a popular book after leading a popular presidential campaign. If you're 77, you make that kind of money, you're doing that kind of work, and your total assets are less than a million, you're either bad with money, or you live more modestly than literally any other member of the senate.

By contrast, last year, Kamala Harris made over two million. And she's against wealth inequality, but there's no mainstream media outrage. Elizabeth Warren made more last year than Bernie and his wife combined. She's against wealth inequality. Again, no outrage. And there shouldn't be, for any of these people, or for Bernie, because this is... it's kind of a bullshit smear. Like, the guy is the front runner, despite the media trying to shovel coal into the Buttigieg furnace. And side note, I've seen people talking about, why is Brent so anti-Buttigieg in the Facebook group? I'm not. I'm not at all. If he gets the nomination, I will walk through a blizzard to vote for the guy. He seems real cool. I just feel a creepy sense that suddenly, every mainstream outlet's in love with him, kind of all of a sudden. But I'll put that away for the moment.

I'm just saying, as far as the Bernie story, it seems like the same thing is happening. The corporate owned media, and DNC adjacent forces, just want to make sure he doesn't get the nomination. So, takeaways? The fact that he's a millionaire, in context, is not something to smear him over. That's all

they got from ten years of taxes. So as far as whether he'll get the nomination, or whether he'll be ultimately unable to do that, we will see.

Courtney: Did y'all know that there are women running for president?

Travis: What?

Courtney: You don't hear anything about all that.

Brent: Wait, wait, wait, what? What?

Courtney: I, frankly, didn't know that a woman was allowed to run for president in this country without her husband's express approval.

Brent: I've never heard of that.

Courtney: No. I've just been hearing about the boys.

Travis: Like they're running for first lady?

Courtney: You know what, that's probably it. That's probably why the media's not reporting on them.

Travis: Because they want their husbands to be president.

Courtney: Yeah.

Travis: Yeah.

Brent: I'm with you on that, Courtney. I feel like Tulsi Gabbard has a lot more to offer than I think she's ever getting credit for. And Elizabeth Warren, like I said, she feels like she's falling through the cracks, and I think it's because people that like Bernie tend to be purists. And if Elizabeth Warren is just slightly Bernie-lite, than I think, for a lot of people, she's not pure enough for the Bernie people, and she's not, like, sort of corporate-friendly, and frankly, vague enough for the people that are more of like a Buttigieg, Kamala, Cory Booker...

Travis: Not only that, but Warren also started off on a fairly bad foot, just briefly before announcing...

Courtney: Yeah, what she should've done was not.

Travis: Right.

Courtney: Any of all that.

Travis: But instead, addressed the like, DNA test stuff, and then started her campaign.

Courtney: Mm-hmm.

Travis: It wasn't a great start.

Brent: But I think the smart people don't hold that against her. Like I assume, because—

Travis: I think so, too, but—

Brent: Because my family was from Norway, part of them came over from Norway, I just assumed I was like, half or a quarter Norwegian. Always assumed that. Went to Norway, and told people that, and they said, "Oh, you kind of look like you might be Norwegian." And then I did 23 And Me, and Scandinavian was like, I don't know, I think it was like 3%. And the rest was like, British-Irish, or rather, British-Scotch-Irish, or something like that.

And it's like, you know, if you're told by your elders that you have a certain genetic makeup, and you grow up at a time when DNA is barely being discovered, I just think most people can forgive, even though it was cringey.

Travis: Yeah, but I think what you're always dealing with in any campaign scenario is like, yes, the smart people. But then also, there will be plenty of people who won't, who, even though they know it's nothing, won't talk about someone, or talk about something, because they're afraid of what the not-smart people will say.

Brent: Yeah. I never know whether I'm overestimating or underestimating the American public on that score.

Courtney: I mean, this is not me trying to start a fight by any stretch of the imagination. Not all Bernie fans. But I think that, there is a contingent for whom... It's not that she's not, you know, Bernie enough. I think it's that she's, you know, like, lady?

Brent: Well, here's the thing. That's totally true. I don't think there's any statistical... I don't think that that's more true with Bernie supporters that think that it's a problem.

Courtney: There never will be. There never will be, because they don't... the same people who, during the 2016 election were saying, "I'd vote for a woman, just not this one." I would vote for Elizabeth Warren. Suddenly, I think they were all snapped by Thanos, frankly.

Brent: I mean, I... Look, the thing is that, sometimes, we've tied ourselves up in knots, because I am an exception to the rule, as someone who has literally donated to Warren. But you're right, there are sexist Bernie supporters. There are sexist independents, and there are just a certain contingent of people that abstractly believe they want to vote for a woman, and then, magically don't. It's kind of like that meme of like, I can't quite put my finger on it, but... Like with Captain Marvel. There is a swath of people that are like that, which totally sucks.

And I will say—

Courtney: It's a big swath. It's a big, big swath.

Brent: You're right. But the thing is that like, you know, one person that I really wish was getting more attention is Tulsi Gabbard, and I think it's, in large part, the same problem. She doesn't have name recognition, and she's a woman.

Courtney: I mean, she has a history of saying some shitty things about trans people. So like, I'm good with her, frankly, not getting attention.

Brent: Well, she came around. She's come around on some stuff. I'm not an apologist for Tulsi. She has some cringey stuff in her background. But I think that—

Courtney: But I mean like, there's plenty. Like, Kirsten Gillibrand, coming out against Franken really fucked her over. And that's bullshit. No one is talking about her.

Brent: Yeah. I don't think that's the reason. I think that she's also kind of... She hasn't had any spicy takes that set her apart. I think she's kind of boring.

Courtney: I think that is also a big reason, though. People are really holding that against her.

Brent: Maybe.

Courtney: So, a heavily, *heavily* redacted version of Mueller report has been, at long last, released just today. It is 448 pages long. I have not read it, because it just came out today, and I have a job. But there are people who are reading the report, and they've been sharing some crucial takeaways.

There are ten episodes that Mueller and co. have investigated for obstruction of justice, including Trump telling James Comey to fire Michael Flynn, Trump then firing Comey, Trump's efforts to get rid of Mueller, and just general rush and investigation fuckery.

The piece of the report that was most widely disseminated, so far... I mean, again, this thing has been out for what, seven hours? But it's this one. Quote, "When Sessions told the President that a special counsel had been appointed, the President slumped back in his chair, and said, "Oh my god, this is terrible. This is the end of my presidency. I'm fucked." The President became angry, and lambasted the attorney general for his decision to recuse from the investigation, stating, "How could you let this happen, Jeff?" The President said the position of attorney general was his most important appointment, and that Sessions had let him down, contrasting him to Eric

Holder, and Robert Kennedy. Sessions recalled that the President said to him, "You were supposed to protect me," or words to that affect."

So...

Brent: I mean, you don't say that.

Courtney: He also said, "This is the worst thing that ever happened to me."

Brent: Yeah. You don't say that if you're fully innocent.

Courtney: I mean, that sounds like something an innocent person says. I don't know.

Brent: [laughing]

Courtney: One of my favorite bits is, with regard to Donald Trump Jr. The report said that they elected not to try to get a conviction on him, because they determined, the government would not be likely to obtain and sustain a conviction for two other reasons. First, the office did not obtain admissible evidence, likely to meet the government's burden to prove beyond a reasonable doubt that these individuals acted willfully, i.e., with general knowledge of the illegality of their own conduct. What that says is, Donald Trump Jr. is very stupid.

Brent: Yeah. As his father has been quoted saying.

Courtney: He's too dumb to do a crime, because he doesn't know he's doing a crime. Which, honest, I feel like that's how all of these people are getting away with everything. where it's like, we can't prove that they are doing a crime, because they are all so very dumb.

Travis: I didn't know that that was a way to get out of having done a crime. What? That's illegal? Oh no.

Brent: If you tell... well, I think that it's the nature of some of these crimes.

Courtney: I didn't know this was cocaine, I thought it was funny snow.

Brent: When I first heard that, I kind of thought, well, that's like telling a cop, oh, I didn't know that I couldn't go a hundred miles an hour through a school zone. But I think some of these charges are really hard to prove, because you have to prove like, both corrupt intent, and prior knowledge that they're breaking the law. And it's not like things like murder. But it's fucked, because clearly, he did bad things. But I also, like you said, totally believe he might not have known exactly the implications of what he was doing legally.

Courtney: I think Trump did. I just don't think they can prove it, because he's a fucking disaster. In news that will shock no one, Sarah Huckabee Sanders is a big liar.

Brent: [gasp]

Courtney: Sanders told reporters that the President, the department of justice, and bipartisan members of congress had lost confidence in Comey. And most importantly, the rank and file of the FBI had lost confidence in their director. When a reporter indicated that the vast majority of FBI agents supported Comey, Sanders said, "Look, we've heard from countless members of the FBI that say very different things." Following the press conference, Sanders spoke to the President, who told her that she did a good job, and did not point out any inaccuracies in her comments. Sanders told this office that her reference to hearing from countless members of the FBI was a, quote, "slip of the tongue." She also recalled her statement in a separate press interview that rank and file FBI agents had lost confidence in Comey, was a comment she made in the heat of the moment that was not founded on anything.

Travis: Cool.

Courtney: That is very many words to say, she fuckin' lied.

Travis: Wow.

Courtney: They're just making shit up.

Brent: It's not like her job is head of communications for the most powerful office in the land. Oh, but uh, in the heat of the moment, I pulled a fact out of my ass. Okay. Cool.

Travis: Not only a fact out of your ass, but like, implicated the people who worked for Comey, as in like, yeah, they didn't like him. Like, whoa. Like... you can't say that. 'Cause that's real people.

Brent: Comey's like, "Vera said that?"

Courtney: Finally, this one's just my favorite. The President asked McGahn in a meeting why he had told the special counsel's office investigators that the President had told him to have the special counsel removed. McGahn responded that he had to, and his conversations with the president were not protected by attorney client privilege. The President then asked, "What about these notes? Why do you take notes? Lawyers don't take notes. I've never had a lawyer who takes notes." McGahn responded that he keeps notes because he is, quote, "a real lawyer," and explained that notes create a record and are not a bad thing. The President said, "I've had a lot of great lawyers, like Roy Cohn. He did not take notes."

Brent: [sigh] If anyone wants to see the irony of that, just Google Roy Cohn. We don't have to go into it.

Courtney: The fuck are you doing, writing shit down?

Travis: Also, there's no way that's true. Even the shittiest lawyer probably wrote something down. Like, if I had a lawyer try to do what waiters do, where they're like, "I'll just remember it." Like, write it down. Please. That was a very complicated order. Please write it down.

Brent: I have had meetings with my lawyer where we're both on our laptops, and I'm taking notes of what he's saying, and he's taking notes of what I'm saying. That's just really dumb shit on the part of Trump. If he believes it, that shows you what kind of kangaroo court fixer lawyers he's worked with, and if not, well, then, just fuck him.

One thing I wanted to point out that got lost in a lot of the reporting is, first off, Barr said a million misleading things in the press conference. We don't need to go over all of them. I feel like some of them will come to light when he testifies before congress. And Mueller may do that as well in the coming weeks or months. But, when Barr initially released that summary, he made it sound like Mueller left the decision of Trump's guilt on the obstruction charge to the department of justice. Of which Barr is the head, and remember, Barr was appointed by Trump. So basically, Barr suggested that Mueller left the choice about Trump's guilt to the guy Trump picked because of his anti-Mueller stance.

Mueller's team knows that the general legal consensus is that you can't indict a sitting president. So they actually recommended the decision about obstruction go to congress. So, hopefully, congress will pipe up and show that that's bullshit, because... I mean, we all know that Barr is a Trump lackey. He auditioned for the role, talking against Mueller. Trump picked him because of that. But, if congress pipes up like they're not gonna impeach, and the reasons, you know the reasons, blah blah blah. But it would be nice if they at least pointed out like, "Hey, um, you fucking lied off the bat there, Mr. Barr."

Travis: I am so excited to talk about this first tidbit. Listen, we're gonna tidbit. This is tidbits. We're tidbitting.

Courtney: We are tidding, and we are bidding.

Travis: Y'all. Okay. Okay. So, Mike Cernovich is a piece of shit. He regularly dishes out propaganda and conspiracy theories, and really anti-feminist bullshit.

Courtney: He's the pizzagate guy. He gave us the pizzagate.

Travis: Yes. So, on Tuesday, he also started handing out incredibly bad fashion advice to the men. He started the thread by saying, and this is all the Tweet said, "I will start posting outfits for men to wear." Period, the end. He then posted some of the most basic dude looks I have ever seen, while claiming that they were incredibly fashion forward. Y'all, not only that, they also were tinged with that like, you know, 1980s, 1990s, 2000 to present, I

guess, form of like, misogyny of like, women look at shoes. Like, wanna get the ladies? A cool sweater.

There was one thing he said that I'm paraphrasing, but he basically said, "Women always look at your shoes first." And like, maybe there are some women who look at shoes first, but I would say—

Courtney: Hi, woman here. No.

Travis: Yeah, right? Like, most human beings, probably most people look at faces first. Where eyes are, right? And then kind of scroll down, if they're trying to get... I think that if your shoes are the first thing a woman sees that are interesting, you've done a bad. You've done it all bad. It's so bad. But my favorite one, my favorite look, he posted with the caption, "I always stand out." And a picture, which I would now like Courtney to describe.

Courtney: Oh, I'm so glad you asked. This ensemble, this standout, unique creation of a look, L-E-W-K, involves a plaid flannel shirt, jeans, and shoes. AKA, just general human clothes. Literally, all three of us, and presumably most of you, wear some iteration of this outfit most of the time. But to put this outfit on and think, "I am fucking interesting. Look at this plaid." Tells me a very specific story.

Brent: [laughing] I'm glad you made that distinction, Courtney, because uh, except for the shoes, I might wear that. Anyway, go on.

Courtney: No, like, I wear that all fucking fall. That's just clothes. That's just what people wear.

Travis: It is the most normal outfit. It's what like a Sim is wearing when you create the character. This is what your basic Mii in a Nintendo Mii is wearing, like, is jeans and a shirt.

Brent: Yeah. But I interrupted you, Courtney. You were talking about somebody that thinks they look interesting in that.

Courtney: I was gonna tell you a little story about what this look says to me. This look says to me, "My favorite song is those Brad Paisley Nationwide

commercials." This look says, "I yell the N-word really loudly when singing along with Jay Z songs." This look says, "I owned so many shark tooth and puka shell necklaces, and I still have them, because they are going to come back, I know it." This look says, "I still quote Napoleon Dynamite." This look says, "Some of my best friends are black. Well, one is. We're not really friends, so much as we go to the same bank. But he's my boy." This look says, "I regularly say "no homo" unironically, and I am also very seriously, I cannot emphasize this enough, not a homo." This look says, "I fell down in an Aeropostle and this is what was on me when I got back up."

This look says, "I was handed the uniform of white male in a paper towel commercial at Douche Ellis Island, and now here I am." This look says, "I yell at baristas." This look says, "Every one of my friends is either named Brock or Jayden with a Y." This look says, "I have been kicked out of three separate Cardinals games for being belligerent to the Cubs fans in front of me." And finally, he does not even stand out against his hideous Bed Bath & Beyond close out mirror. This mirror is the ugliest fucking thing I've ever seen.

Travis: It really is.

Courtney: Apart from his soul.

Travis: Oh, got him.

Courtney: Got him good. He tweeted something that I tweeted once. That I twote. Because he wanted to like, send all of his people against me. And all of a sudden, all these Nazis are yelling at me, and I was like, "What the fuck did I do?" And someone said like, "Oh no, pizzagate's on you." And I was like, "God damn it." And I just shut the whole thing down. It's a bad thing when you get the Cernovich.

Brent: Sounds like a thing you catch. Like, "Yeah, I spent a couple weeks in Singapore. It was fun. I got the Cernovich. Couple of antibiotics."

Courtney: I am so itchy. My pH is off, because I got the Cernovich.

Travis: The Cern-of-itch.

Brent: [laughing] Alright, now, for a quick twofer tidbit, where I'm gonna update you on two stories we've covered before. First, the Anne Becky and Felicity Huffman college admissions bribery scandal. Felicity Huffman, as well as 12 other parents involved, agreed to plead guilty to the charges of conspiracy to commit fraud, and prosecutors are recommending four to ten months of jail time. However, Anne Becky and her husband pleaded not guilty, and planned to fight it. So now, she's been hit with additional charges of fraud and money laundering, and they have no way to go back and take a plea deal. It's a weird time in history, folks. But despite the fact that I had a crush on Anne Becky growing up, I think she and the rest of these fools should get what's coming to them for perpetuating a society of haves and have nots.

Now, the second update is a happier one, and a quick one, too. Alex Trebek, who announced a cancer diagnosis in the past months, made a public statement that he's "feeling good," despite the disease. He's hosted 50 episodes since his initial announcement, and while he says he'll be focusing on his health during the summer, he and his staff are already working on the next season of the show. So, good luck Mr. Trebek.

Travis: So, the Samsung Galaxy Fold is pretty much what it sounds like. It's a phone, folded in half, that, when unfolded, is closer to the size of a tablet. Cool, I guess. But also, a little unneeded, especially considering its current \$1,980 price tag. And I say that 'cause I have a phone, and I have a tablet, and that's fine. That doesn't bother me that I have the two different devices. But that is not the story.

Multiple reviewers are reporting that the phone has become damaged, or is outright broken, only after a day or two of normal use. Reviewers have also commented on screen flickering, and issues with the crease where the phone folds, impacting the visibility of the screen. And that's not all – apparently, the phone comes with a protective screen, but it looks like something you're supposed to peel off, which has led to damage caused by peeling it off for some reviewers, resulting in Samsung having to like, make a statement like, "Hey, please don't peel that off."

So, maybe Samsung can get all these issues resolved. But for almost two thousand dollars, if I were you, I'd wait to purchase one until like, they're made public, and you hear a lot of feedback from people who have used them successfully.

Brent: Yeah. I mean, we've seen this kind of story before. Like I think one of the iPhones, I forget if it was like the 4, maybe. They were saying, if you're holding it with a human hand without a case on it, it got worse, you know, worse reception. Which turned out to be a very overblown thing, and I seem to recall, wasn't it like, certain phone bending, or oh, people are sitting on them, and they're breaking.

Travis: Yeah.

Brent: A lot of times, it's the kind of thing where it's a juicy headline, but it's rare, and it's, you know, from people that are improperly using phones. That being said, you know, many materials on this earth, if they bend, and you bend them, open and closed, many times, they will simply break. Like, if you can bend a thick metal rod over and over, eventually, it'll break. The idea of a folding... it's a cool idea, but I don't know. There's something very intuitive about the idea that like, oh, yeah, you fold it open and closed over and over again, and it's a delicate piece of technology. It broke? Get out of town.

But that being said, who knows. It might be really overblown. I guess we'll see.

Courtney: So real talk, while you guys were talking about PlayStation, I was just playing around on my phone, and I came across this story that made me very happy. A man named Miguel, also known as the Lisbon Patient, is the oldest documented person living with HIV in the world, and he just turned 100.

Brent: Aw, that's great.

Courtney: He was diagnosed at 84 with no knowledge of how long he's had the virus. His viral load is undetectable, he's in great health, and he lives at home and cares for himself. From a hospital in Portugal, he told Canada's

CTV news, "I feel happy. I've spend these years without hardship, and without troubles." And this story was shared by a friend of mine, who is HIV positive, and it just... I think it gives people hope that this thing that used to be a death sentence isn't. You can live to a hundred. That just made me happy.

Allie: Hi, it's Allie Kokesh, one of the cast members of Mission to Zyxx, a new addition to the Max Fun network. We're blown away by the welcome we've received from the Max Fun listeners, telling us you've discovered the show, and are binging it hard, supporting us during the drive, and just being rad humans all around. Mission to Zyxx is an improvised, obsessively sound designed, sci-fi comedy epic, following a group of ambassadors as they explore the ass-end of space. I play Darr, the 12-foot-tall, omnisexual security officer, with furry scales, chest talons, and a series of flaps and shoots that are for... well, you know what, you'll figure it out.

We'd be delighted if you would join our crew aboard the aging sentient starship, the Bargarian Jade, as we travel the Zyxx quadrant, meeting all sorts of weird aliens played by brilliant guest comedians. That's Mission to Zyxx, Z-Y-X-X.

Janet: Hey, it's Janet Varney of the JV Club podcast, and I am so excited to be joining Maximum Fun. If you're not yet familiar with the JV Club, it's a podcast with me and some of my favorite women, and, in the summer, men, as we explore the highs and lows of our terrible teenage years into what I like to call our adult-lescence. For example, hear Emily Huller describe her time on the national circuit for the debate team. Or how Travis McElroy took over his drama class, and gave his fellow students notes. Yeah, that went over great. Or let Busy Phillips tell you how she met Sharon Stone at an Arizona toy fair.

You can join me and all my once awkward, sometimes still awkward friends, every Thursday by subscribing to the JV Club on MaximumFun.org.

Brent: Now it's time for our Wi-Five of the week. Each week, we scour the internet for examples of folks doing good things and being good people, and we choose one or more to whom we'd like to give an internet high-five, or Wi-Five. [slapping sound]

This week's Wi-Five goes out to doctors at Saint Jude, and the University of California SFBC hospital. So, do you remember the movie Bubble Boy with Jake Gyllenhaal? The idea was that he had a disease which forced him to live in a plastic bubble, because he couldn't be exposed to the outside world. Well, cringey as that movie may be in the rear view, it is based on actual health conditions. One such condition is called x-linked severe combined immunodeficiency, often shortened to SCIDX1. Basically, it's a genetic defect that leaves children, usually boys, without an immune system, and you know that's gotta be hard for a parent who just wants to do right by their child and give them a good life, but also make sure they get to have a life at all.

So, doctors at the two medical centers I mentioned say they have cured ten infants of the disease, by relying on, quote, "trickery used by HIV to infect people," according to the CDC. The technique replaces a defective gene that needs to build cells, which destroy invading germs. Earlier versions of the treatment had a risk of triggering leukemia, but the doctors have worked around that by implanting what they call 'insulators' around the replaced gene, preventing the treatment from accidentally activating adjacent genes and causing cancer.

Three months after the treatment, functional immune cells appeared in almost every single child involved in the treatment. The word 'cure' may be slightly premature, because the children haven't had much time to try out their new immune systems. There's not a whole lot of information on the long-term effects. But, Saint Jude president Dr. James Downing said, quote, "We're comfortable at this time stating this is a cure." So, it's a significant step forward in the development of gene therapy and treating severe immune deficiencies, and that's pretty cool.

So, to doctors at Saint Jude and the University of California SFBC hospital, Wi-Five.

[theme music plays]

Travis: Alright, folks, that's gonna do it for us. Thank you so much for joining us for another amazing episode. I don't know why I've just decided

that our episode was amazing, but you know what? I feel like it was. Go check out all the other—

Courtney: I feel like it was really good. We did a good job.

Travis: I thought so.

Brent: Can we just real quick, talk about Courtney, you and I had a talk about Bernie and gender in politics, and it went great.

Courtney: In fairness, that's only because we had a fight offline.

Brent: We did, but look, we're trying to get better, 'cause we're gonna have to get through this campaign.

Courtney: We have no choice but to survive this.

Brent: And I love you, and we're gonna try to figure out how to do it without triggering each other, and I think we're getting better.

Courtney: And we ended this argument, as we do all our arguments with, "I love you."

Travis: Yes.

Courtney: Like the siblings we are.

Travis: The more that we can model the behavior of like, this is how to actually discuss these things without, you know, murdering each other, it's not a bad circumstance.

Anyways, enough about you two. Back to me! So, the McElroys are going on tour, for mostly My Brother, My Brother, and Me, and the Adventure Zone; though, I'm sure there will be some Shmanners there, and Sawbones, and maybe even a Wonderful or two. If you go to McElroy.family, and click on tours, you can see them all there. The first tour set coming up, we're coming to Cleveland on May 15th, and Cincinnati on May 16th. My home city. I need you all to show up and sell that bad boy out. You can get those tickets, like I

said, at McElroy.family. And all our tours are up there, and the tickets are on sale now. We're going, basically, somewhere once a month, from now until November. So, go! Fly, you fools!

Courtney: You can read my stuff at SYFY Fangrrls, and you can listen to me on my other podcast, Strong Female Characters. That's part of SYFY Fangrrls. Also, for my Chicago friends, I am going to be the very special, very, very, very special guest at the Jordan, Jesse, Go live show in Chicago, on June 13th, at Sleeping Village.

Travis: [gasps] That's awesome.

Courtney: So, you should like, get tickets to that. Come see me talk.

Brent: Cool. Well, I have two things. My comedy party game, Use Your Words, that I'm very proud of, it's been out for two years. It is discounted on the Nintendo Switch right now. If you already have a copy on Steam, the nice thing about the Switch is, you can play it at home, and then you can take it to a friend's house. If they have a Switch dock, you slide it right in, they don't have to buy it, you can start playing. It's only \$12.74 on the Nintendo Switch eShop.

Also, as many of you know, I've been writing a Star Trek parody musical for a while. Currently, the working title is "Kahn! The Musical", and we're doing a big, exciting reading, a developmental reading of the show in New York city, on Monday, April 29th. Now, if you would like to go, there are very limited seats. But if you can make it to New York, and you'd like to go, what you're gonna wanna do is go to Twitter, follow @uastpm. That's my semi-secret Twitter account for this project. And my DMs are open there. if you want to come to the show, DM me, and ill try to make sure there's a seat for you, because I would love to have some Trekkie Trends Like These listeners there to see what you think.

So, if you want to come, again, twitter.com/uastpm and send me a DM.

Travis: Alright, well, I think that's gonna do it. Oh, also, you can Tweet us @trendslikethese. Please do. And I think that's gonna do it for us. Courtney, am I forgetting anything?

Courtney: Yeah, did y'all know any women are running for president?

Travis: What?

Courtney: The fuck?

Brent: I didn't know it was allowed.

Courtney: It's not.

Travis: We'll be back in a couple days.

Courtney: Byeeee.

Brent: See you next time.

[theme music plays]

Courtney: The fancy omelet man.

Brent: That's me, Fancy Omelet Man. The worst X-Men there is.

[chord]

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