

## Regular Guy Friday ep: 118: Changing the Responses That Make You Sick

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered Head over to Macy's dot com forward slash heal for all your shopping needs Happy shopping friends Ok Listen to a story that was written long ago of the kingdom on the mountain and the valley Fulfill on the mountain was a treasure buried deep beneath the stone and the family people swore they'd have it for their very sure Yeah Hate your neighbor cheat your friend Yeah If you do it in the name of heaven justify it in the end Oh my God Yeah But you know what happens One tin soldier rides away Now What does that mean I don't know I don't even I you know when I was young I was like oh wait you can hate your neighbor Screw your friends Like it was like wow and you get forgiven It's like I told you the Catholic formula Like sit now sorry later Done Happy Friday Everybody to all of our kings queens and just all the Royals in general It's Friday We fooled them again You see I feel like if we were superior queens you you probably are I would I would totally know about the what's going on in coronation and you know all I know is what I've seen on Instagram which is nothing like I know nothing I just know that it was happening So that's about it I'm not educated Natasha in the booth You're from South Africa Um Do you have an allegiance to that queen and that crown or was there anything you'd know that we don't Well no in South Africa it's a very big deal Go watch everything do everything you know being a British colony at some point right And still having relations with them they um the Royals are a big deal So did you get up and watch it early with your son I did not wait So did it happen Yeah it was amazing Yeah it happened And the the only the funny meme that I saw was like if you're a side like believe in yourself if you're a side chick because of um what's her name Natasha Who was the side girl Yeah Yeah exactly So it was like side girls believe in yourself things Magic can't happen True She was the ultimate side Princess Diana Diana So is any

hope for a chain smoking older woman took out you know took out I don't know any greater force than I mean this may force is as great as lady died But I don't know She's pretty much she was amazing Wow What a week for the Royals side boos hashtag sides Is it side side Peace side girl What I want to be political Kelsey I don't want to we don't want to offend the side community I don't need them against me Yeah that's true You don't want that no side I think is great Yeah Good stuff Um Also just a reminder for everyone This is not this is not a heal squad per se This is a regular guy Friday So if you're wondering why we're talking about side boos and the community and shout out and um you know coordination all that stuff You are looking for some self help and healing Uh I don't know if you'll necessarily get it on the Friday show We do we do it a little bit but like but it's more yeah this is more we kick our feet up We have a good time We have some laughs learn maybe a thing or two Yeah but but just so you know filling in for Maria this is the Friday show show So you have to tune out at this point Go into the library Monday through Thursday All the smart stuff is there the healing modalities everything you're gonna need and uh you know for the rest of you we're here we're here and welcome Thank you Kelsey Um Wow Ok so here we are regular guy Friday Uh as we said at the top we fooled him again Made it through another week I don't know how we did it But yeah we here as the kids would say and um as we also say this is uh your day Friday is the day of the people This is your day Saturday is for what it was the formula I thought I thought Saturday was for the lady and Sundays for the Children Saturdays for the kids for the Children and then Sundays for the for the old lady or the old man And then you know Monday through Thursdays everybody for the bosses everybody but Friday That's your day So yeah Fridays for the men as they say in construction and that was you know back of course in the nineties or the early nineties And now it has been updated updated to Fridays for the people I got my first actually contract that said this dear gentle persons Really Yeah ladies and gentlemen gentle persons Well you know what's nice about it too It's like a gentle that's what I'm saying Like she sounds calming and I'm a gentle I want to be a gentle person too I like to think we are or not You think so too Um it's funny you know going back into therapy So I've been transcribing all my old uh therapy notes I take notes and I put them in this I call it my recovery doc that's not like 30 pages But um I'm also transcribing notes from our show And um and as we always say I'm getting the things I'm getting and the messages I probably need to hear at the time I need to hear them Um But you know

meeting with the great Ida Kendall now consistently saw our third session Then she was saying God you know you've grown maty you've gone screamed so much And I'm like um well not from my perspective not so much I said I kind of think that uh the last three years I've not say regress but I've just I kind of just stopped because of everything going on You know life stopped So um COVID stopped everything and then I had brain tumors and I had deaths and you know and now cancer you know I mean there's been so many things in my life and with loved ones and then economic things and all And um and I I said you know I kind of had to put it all aside and just do what I had to do for my family which was these major renovations moving things around shuffling things around And she said no But um you see that's where a lot of the work got done because it is during work like that that you process Now if you're an old Y 50 fan Jack Lord would say it process I believe Captain Kirk probably Uh William Shatner said it that way as well But um she said you know and again it's Ida So you know she's not really concerned with political correction She said mate you know women we quilt and you men you you build like that's what we do but that's what the whole purpose is is you're constructing you know I mean you're uh processing you know so when it's like the project in the basement you're working on or the I don't know the guy's got the the engine he's constantly working on but never runs He's like you you're it's you know your hands are moving but your mind and your body is able to process this So that's what my dad's doing when he redo our deck like 400 times he's processing and that's what we all do And I said because I work for cleaning or organization and cleaning She said yes to a degree But then we went a little deeper and she said in the nineties There was a lady sadly of course like everything whatever would start so good We we're human so we we do well with it We have it up It's like a I it's like all these great things out of a I I'm like but yeah so let me look at my watch Yeah Right on schedule Like we'll f it up Social media Yeah Great Connect us all No no there we go f it up iphone So convenient it up Don't worry Now let me get back to you We'll f it up Um But this lady it was she was studying opioids because at the time they they couldn't get there was something about this they couldn't get the drug to process in the body to take away the pain And one of the breakthrough she had was that every cell in our body is is receiving all kinds of information Um whether it's physical stuff like I'm drinking this coffee this caffeine right now Every single cell is hit by that But also emotionally every single cell in your body is hit emotionally Then what happens is um it breaks down the cell weakens the cell with a lot of this stuff

with the emotion the negative stuff the pain the suffering or or the chemicals the toxins and then this all replicates But it's a weak cell that replicates So it's another weak cell and eventually over time this becomes cancer or illness and things like that But one reason I brought up is she said because that it's it's like anything you go through in life if your cells have to process they're gonna process the stuff So it's either gonna shit that you feed the cells with that processes it or you know or good stuff But she said but if you have the shit she said that's why you have to process it so you can get it out And this is because well because Maria is has been off the school Her dad too of let's say I don't know if someone really let's just say someone does something really wrong it's run away from them and don't think about it anymore And for years um I was on the side of no like there's something that doesn't seem right about that And as time went on I I went over to their side not that I could practice that because I'm not that involved But I went over to their side saying ok I get it just you know take your mind off it and think of good thoughts and why bother But yeah but I just said no you have to process it and Maria hasn't processed it well because it doesn't the body keeps the score right So so all that is right So it's all in there and she's like that's the tumor and that's that's you have to process this stuff So um she was saying I'm coming off in a much better way from three or four years ago I guess it would be from this time of you know you know sleeping on floors and having to go and build and do all this like mindless work But um it probably helped me and I was like it's so interesting I said because now I don't want to do I don't want to do any of that stuff She's like OK because you're done processing it now because you process you want to go do healthy things you want to do things or healthier things for you things you want things that are your dream not necessarily that kind of stuff but that's why they call it occupational therapy Ultimately it's that kind of therapy that kind of work It's because um that work is your therapy But yeah we all need that time to process it and I think that it's it's easier just to run away from it and not think about it Or then of course the other extreme is dwelling on it but there's definitely a healthy balance I've taken that time and what I'll say to Maria is like honey you know the reason you need to own the wrong all the wrongs accurately OK If you did something wrong too you gotta own that as well But you have to start if you start on like really realize the injustice of all of it Um you you're gonna ensure that that's not gonna happen again because you can make not that was a actually wrong but it takes time I think to process it I mean again and I and I told her I said I my regular guy instinct was always

you have to she's you know you have to think about this stuff and process not dwell on it not take revenge But you know Yeah And she said no you are 100% off of money And then I said but Costa she said well Kevin Costa and Maria different He's from another generation He's a male male She said tend to be able to compartmentalize better and she's like and also he's not as complex as Maria True Also Costa is constantly doing like labor That's right You're right You you're right and he's always and you know and that's why he'll he works it out that way Yeah I also think too with like Maria where like I've been through situations like this with previous people I've worked for It's like you're gas lit so much so you don't even understand that you are actually being Yeah And so like right you just think that you're crazy and that that that's what you should tolerate right And so then like you have so there's so many layers to it because you have to get past the oh like you run away from this but it like you know your body is telling you that it's not right But then your mind is like no it's fine because they're telling you it's fine You're being gas light and all and then it all is all of that is right So then there's so many like I still have not processed any of the stuff I've been through either I'm always tapping you on the shoulder and I hate to be like that Now I'm gonna keep going No but no I appreciate it though I appreciate it because I think I think I was right But according to no you're absolutely right So I think yeah like I agree with uh there's so much there's so much complexity to it But you you have to process and you said something interesting about the mind and the body And so going back to our notes you know who is a big proponent by the way So so many of the these people give us advice they say it all in a different way but it's all very similar Dave Kenner was the one who said it He was like do not listen to your brain listen to your body listen to your for me Get out of the court of Yeah he was like you know I I feel things in my knees He said go out to nature and I ask questions I just happened to But he's like but your brain is basing it on other factors but he's like your body will know And so you're right So your mind your mind wants to keep you safe every like we had um Sarah Baldwin on who is the nervous system specialist Your brain all of your body just wants to keep you safe So it will go into places that like oh ok Yeah it compartmentalizes things so that we don't like freak out you know what I mean And so it's like no you have to Yeah because safety is either run away from it or or like the other person on fire Right Right Right And so it's right It's listening to your body and she talks about that too It's like oh are you constantly clenching Are you like hello That's such a sign that something's not OK even if your mind is like no

you're good but your mind is just trying to keep you safe like and by keeping you safe it's shutting down all those thoughts of God crap Maybe I am being abused or maybe I am Yeah Yeah And then so then when you know that it's like ok well uh I'm gonna uh you know when I see signs and other people again we've talked about this the people on the show that are super successful Kelsey what is the one thing I say they all have in common Such a cute awareness So it's that awareness of hey you know what um this situation was messed up this was wrong Maybe this is how I contributed to it to a degree But when it's wrong when you're wrong they're wrong they're wrong or they're upsetting you they're upsetting you And it's like ok now that I'm aware of it and with that that acute awareness that all the successful people on this show have had that regular people like us don't is now they go into a situation and they know immediately like ok um this is not a right situation for me I'm out You are No you're that personality type I've dealt with you before and I'm out and for that reason it's like shark tank I'm out I'm out But you're so right because that's that's you know lessons that we have to learn right Because you get yourself into similar situations if you aren't aware and you just jump and then you're like ok bye push that aside and on to the next So you're not aware then of that crap And it's like it keeps repeating and that's what most of us do It's funny I know Lewis House is coming up Right And um and hearing Lewis at 30 just just the awareness you know about how he felt over certain things And I'm just like I think of myself now he's 40 But but the things he was aware of in his late 20 they talked about um and again it's an awareness I didn't have it was just get up and go get up and go get up and go trip fall stumble in your knees just get up keep going You know my only thing was just keep moving forward but so messy So so messy That's what my mom always says to me too She's like wow Isn't this beautiful Kelsey that you are aware of this at 29 versus 60 Exactly I know I know It's annoying And by the way I'm older than Maria So she was one time she said to me like I want to learn all my lessons on my own This is like 15 years ago and I was like ok I just but I want to offer this to you So you don't have to wait to learn Um Yeah Interesting Mhm Interesting It's funny Um let's take a let's take a break and then we come back um you know Maria's best friend from eighth grade's in town She's also fighting um fighting cancer as well And uh she'll be fine I hope But I'm seeing red flags in the two of them Yeah Oh yeah He was saying that this morning I was like oh I want to know Yeah Well you know we just had my just just had a nice poolside chat with the ladies It's like you I just you know this is just a side I mean sometimes

wishes there was a third person at the pool that would take like a full drink and throw it up my head Why Just to make this guy go away I mean we need some ignorant civilian to be like and then let let all the liquid spray all over my body so I can stand there wet and humiliated Then maybe I'll get no maybe I'll get the picture No I can Rocky Screw you creep Yeah Who are you to be giving advice to anyone Yeah I was just chewing both their ears off But II I had I had to cut you f around What happens You you find out they just 22 of them find out but they're still effing around All right we'll go over that We'll go over Um yeah the theory of Kelsey and I were talking about this too and I'll bring it back to some stories in my life about how you know in in any most situations whether it's relationships or uh work uh business I'm trying to think of partnerships It's it's this is sad but a sad true reality of how you're remembered for the last thing you do Even in sports legacies everything But if you know going in then you can use it to your advantage Ok All that more when we're back Hi friends summer is in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heald More exciting news from Macy's They just launched their all new brand on 34th Now I have another cute brand to choose from When I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the ac but it's light and fresh enough to wear in the heat outside Oh and if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best head over to Macy's dot com forward slash heels qut and start getting ready for the fall season Remember Macy's dot com forward slash heels guys kid you not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me wonderful pistachios is a true nutritional powerhouse A good

source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein and over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt whether you're working at your desk watching TV hitting the gym going for a run or you're just looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of flavor and goodness Visit wonderful pistachios dot com to learn more

So in our ongoing series about obscure female singers I like this so far Shocking Uh I think it's shocking Blue singing the original Venus This look at her you know she at the end of her life admitted that at this point in her life she's like I was just totally dead inside and hollow looks like that's what I mean Right You can see it in her face which is crazy Because then she opens her mouth and it's like holy cow But you know she looks not gray and it's not even like her actual look It's like her eyes She's dead Yes And she says that now he reminds me of when Courtney Kardashian didn't give a shit It's like before she and Travis got together Courtney was just done Oh don't even get me going on Well well I just think dark energy you know who knows who she was partnered with at the time Well I'm saying about our friends shocking blue um and then drugs and alcohol and man I just believe it's real dark energy just gets into you like her I have a good name drop by the way for the show Incredible I know Speaking of incredible female singers I was helping my friend at her event the other week and who was there but just our Queen Miley Cyrus and the story was amazing She was so sweet She just walked up because we were like all welcoming people and she was like hi and I was like hey girl I mean that's really it That's really the story but she was awesome You didn't do Hey Queen No I didn't I said I know next time just to see the response with the piece of she's not gonna remember you anyway So why not Just well next time next time but just a little regular Friday name drop another incredible voice I was going to tell her that um we loved her What's the one the cover of Backyard sessions The cover of that song with uh she did the the cover with Melanie and then she did it with Melanie Backyard session with Melanie for another two days singer Um Yeah Oh look at that 111111 So the other day saw Alyssa and this is the stuff you know I hear in the background but because I am a you know I am certifiable



let's say that much you know and Alyssa is Maria's best friend from eighth grade and you know I'm a yeah I'm a little bit of a yeah we can't say mental patient anymore But um something in there Yeah Well you know but you know I'm a little bit um yeah I'm I have issues so I always hear them talking and I'm just just yeah just the alarm went off and I had to say ok uh time out but you know Alyssa gets a lot of randoms who reach out to her and they seem to think she is lead ambassador to the IR of Maria menu Um and uh yeah and so it's and so somebody from uh decades ago um you know and a lot of them to keep proximity to Maria they they yes And then so this one person was really pressuring Alyssa about you know how come I didn't hear about And by the way for people out there who are sick Uh and again my my heart goes out to all of you dealing with severe and lethal illnesses but you'll be so surprised how people's egos You didn't Oh you didn't tell me about it Yeah we're done Like wait what Ok I'm sorry I was just looking down the barrel of a shotgun facing life and death I'm sorry I wasn't considerate enough to pick the phone up But so Alyssa's getting all this like how come she didn't tell me da da da and you need to you know just da da da da da And so then Alyssa then says to you Maria can you just call her because and then and I just said ok and it wasn't to protect Maria because I know Maria was fine and Maria knows how to handle herself with that stuff Um but I did I said Maria I said do not see why um Melissa sick and uh you know you both have and so what I said I went out there to talk to him I go you know you both in your 40 years effed around and now you found out you wanna worry about everyone else You want to stress about every little thing you wanna you OK great You keep effing around and now you found out you found out what it leads to which is cancer right But then you guys actually get the miracle and the gift that your your conditions unlike too many others is actually treatable So but now here you are still effing around and Alyssa was like yeah Ok No no I won't Uh You're right I like I usually shut off from everybody and I said no no first of all you know uh you don't have to be right I'm not here to be right and wrong and I'm not here to force myself on you I'm I'm trying to help you Um And I I don't want to add to your pressures I said but and it it might not like right now you might have to cut everyone off But even still then that doesn't deal with the fact that this one girl she's like who is randomly found She's like yeah I thought it was AT&T calling me over my phone bill or I wouldn't even answer I go right So it's gonna happen again meaning like someone's going to get through again So no Yeah but see Kelly you're getting stressed too Kind of shook that A random number found

her like that's crazy No no no I'm saying it was the it was the friend reaching out but from an unknown number And so you still and by the way I'm not good at this either So I just don't answer my phone you know I just don't answer it But I said to I said to her listen I said it's not about um you stressing Maria out like you you got stressed and then this narcissist who doesn't really give a shit It's about her calls You stresses you up then you look what you do He's like oh now I'm gonna stress Maria out She's like I feel bad I go no no it's not about that Maria is fine Marie knows how to stop it I said this is about you and I said this is a symptom of something greater It's like so it's that like I have to please these strangers This person doesn't know you doesn't care Um And I I so she's like OK I'm gonna I really want to write this down and I wanna remember me because you're gonna get sick again and I don't care Everyone call me the regular bad guy but you could to me you can drink all the carrot juice you want we can stick funnels in our ass with you know ozone treatment and going through my ear buds like you do it all man circadian rhythms and and uh do it all But guess what if you are emotionally being damaged or not processing your emotions all that traumas all that stuff you're just gonna OK you'll you'll slow the process down but it's gonna get you which is why you know you're like oh my God this person's a health nut and this that and the other thing and then got sick and then the other person was like I don't understand They smoked and drank their whole life and they're 87 years old Well that's why regular guy theory But I'm sorry But it's also not a regular guy theory It's like there's and you've seen and there's so many people who have been on the show who have talked about that So I had to tell Queenie I'm like I'm like honey you know because same with you you know you can do all these health modalities and great I love that you do them and keep doing them But I think that you also are stressing and worrying about a lot of different things and it's just you got to really take a look at it and the two of you that's what you got to work on And Maria's big thing is new patterns new behaviors Great So the new pattern is you know is that is is next time a person like that calls like you know hey I don't yeah well say whatever you want by the way buy b but if it's like if it's business or you don't want to hurt anyone's feelings Fine It's like you know I gotta go sorry I mean listen I told the story I'm I'm only I'm only older That's the only difference I do I make all these mistakes I told the story a few weeks ago where the guy from coffee bean he had a handicap plate and he said hey can you run in and buy me a coffee And I went in I think maybe I did a lonely guy I don't know No I don't know So I went in and I got far is a lonely

guy But I went and I said oh no put your money away I'll get it I'll get it So I go in and get it Right Just but amazing vampire Oh no So he got what do you what do you do What do you do I was like oh I do a lot of everything you know I mean you're in show business I'm like yeah he said yeah you know and I do and and um I like helping people you know I like I had to help good people and I'm like and I know and I'm still with them because like maybe he's thinking like wow this guy did me because it's L A you never know who you're dealing with So maybe he's like I'm someone actually who can help you and you did something nice for me not expecting your chance So I'd like to do something better So you think maybe once in a blue moon and then I hear my mother in the background going you know what Kev no one's like you she's not So anyway so so next thing you know I produced produced predators from fox So he's torn all this big stuff So you know it's the it's the you know and again I'm just going along with it Ok He's like ok so here's I've got this movie thing and ok so it's about and he starts pitching me this movie which by the way if you're really in the business you have to know everyone has ad d you have to have it down in a minute or less That's why they call it elevated pitch going on and on and on And now mind you Maria who's now we can admit it is freshly operated on and I had her waiting to get yeah she and because of the the diabetes she needed food And so so I'm now in that position for this maggot He was taking all my time and my energy and I'm trying to be polite and he's a total vampire just wants to suck all my energy and and I but I'm go here's the thing I'm going along with it guys I'm just like I'm just like all of you If you're in that position I'm like ok Yeah Ok Ok Well listen uh you know you can I'll get you can email me you can find me on Instagram Wait wait wait Ok let me let me get your number and now by the way the car is the driving hamper So you know so it's a hot mess looking for pens It'd be like to to write on like the back of a pizza box I'm like and I'm still going along with this and finally just to get him I gave him my number and then you give him your actual number I did because I was just trying to end it and I was being polite and then um and then I then when I started to process it I'm like wait I I he just stressed me totally out and and poor Maria you know for this guy who's clearly just an opportunist Bye So he called me You answer Yeah No no As an exercise as an exercise again Remember I'm 74 years old So I said to him you know what Bill whatever his name was you know what Bill I said I told you from our first conversation I'm really only I'm only interested in making Christmas movies at this time Yeah But and they just try to keep you talking because the whole goal with those people is

keep you in conversation So you have to know that I said but I wish you all the luck in the world with this project There's really nothing else I can do for you but I'm sure it's gonna be great It was wonderful to have met and to talk to you Thank you And I and that was it never heard from him again Yeah No no no But I was just saying you know it it took even me at my age knowing better because why Alyssa's habit is to try to please the narcissists and the maggots It's my habit We were trained by our parents our families and our sisters and by the way I forgot Oh this is a Libra I am cancer moon rising I'm also a butt sign and a radium sign No no you're actually a Scorpio with a double Aquarius moon I mean I was just hello Scorpion with double aquarium We know what we're like Yeah you guys are visionaries and very but no but I was just gonna say I agree I think that that's something I got Um I was getting really mad the other day I had I would forget what I was even doing I think I just got home and I had like 4000 text messages 20,000 D MS and I was just like oh my God why And I've trained people that I'm gonna always respond and I and I was getting mad at myself because I'm like why are you giving people like this access Kelsey Like stop and I feel badly not replying or I feel badly not giving to this person who needs this And I'm just like I'm getting stressed out and sick over this Like you said Kevin this crap that like it doesn't matter if they get it from you or they don't And it's like the people that are pushing like that you guys they don't care they don't care They could care less If you flip the switch the other way could care less and then you're giving them all your energy But you have to be careful though Kelsey is is getting to the point where you're so sick of it Then you just you just you just you start you cut off the wrong people you know You know and that's what you know that's what I was saying Like no no no no Listen no no It doesn't mean you have to live You know I don't want you to cut it but it is it's it's it's habit of us to respond in this way So even me I responded but you know like I caught myself and I was proud for me That was a big moment to go Hey you know what No I'm out I think that's huge and that's healthy because I actually I had um I think I might have talked about this once but my therapist told me one time she was like ok well you just like not responding to that person is actually you just like trying to divert the problem and like not set boundaries So do exactly what you did Kev Like actually no pick up the phone or respond and set a boundary Like you can't just avoid it You have to sometimes but again it depends on who it is because then there's sometimes where people the boundary is the no response because then they know that you're not always like I can tell with Natasha and I can always tell

with myself Natasha in the booth And you know we're always like I respond very quickly personally because if I don't I'll forget it'll be like that I won't will not remember But unfortunately those few times I forget the other person goes wait you know what's the matter like You know So but you know when anyway that's a whole other thing It's something it's something you figured overnight But I'm just the lesson with Maria and with the list is like stop effing around You got your miracle you got your gift But I remember you know even my dad 30 years ago or 40 years ago we knew this we knew it was the anger We knew enough We were you know my mom and I uh maybe the regular guy intuition powers were coming We were alive then and I didn't realize it but we knew it was anger with him And I remember my mother saying to him when he would still be so angry about things Like she remember saying like Mike you're not gonna get better this way and she was right Um Thank you Thank you Cathy and dear Um But yeah so I just think that uh we have to stop effing around or we're gonna find out and if you're lucky enough to find out and you have hope afterwards then the best way to keep it away is is change some of those pleasing patterns Um and and take ownership of your power back And I just I know and it's hard and the other thing is be open you're gonna make mistakes doing it where you will unfortunately you know probably be reactionary to people that don't deserve it So you're gonna make mistakes but it's ok you know eventually you you find your way but we're just I'm just trying to cut your guys ahead But I know with Alyssa that's the thing And I and I think with me uh the reason I haven't gotten sick the realistic but I have I told you or something but I haven't been on the front lines either I think if Marie and I situation was reverse and I had to go to extra access one of those jobs every day Um and do everything else I do that I would get me but I've been shielded thanks to Maria where I could be my own boss and my own So it's different But um yeah it's funny we had the crew of Access Hollywood over here and um it was like we remember where the bathrooms are like it was so funny to see them all Um And then the host of the show is here Yeah Kid Hoover That's the name drop So yeah So I've known Kid do you know I've known her since she was 2021 We worked on a a series well before you know she was like a P A and I was like an assistant writer when she was 20 or before I heard a couple of years I was like 23 24 As you've known her since 2021 I was like that's not that long Well today in your generation would be like life partners Um that you guys have known each other since your early twenties Yeah we know each other a long time So anyway but it was like it was just you know

walking by here I could just feel and man to just be downloaded on you know all the battles that she has to deal with it all the all the stuff Maria went through and now she's you know going through So I was just it was in one of those things where it's like you know my friend Randall always saying you know Kevin we're not gonna be judged by what we did do in life We're going to be judged by the things we didn't do when we could have You think about it Diet Coke please His husband would have to bring us down Come on with the gold tray with the two Diet Cokes Thank you Michael Thank you But no but he was so I always have that in the back of my head Oh my God I know I can help to her over there and fix all of this and let's face it The world does run better on Right We know this underpower doesn't run go to underpower That's God But the world does So anyway that was but it was interesting to see all those things and I'll tell you she's dealt with that in a very healthy way Um but yeah it seems like she's ready to make an ascension of some kind too Doesn't mean not on that show but in other ways a little inside baseball for everybody here I don't think we need to go any further with it Um but yeah and then you know Kelsey we were talking about I was telling you about finishing strong and and how you know even in sports unfortunately like an athlete who has a terrible last year or is like um or like say Muhammad Ali it's like enough time goes by and you know you remember really the legacy of how great Ali was but it took 20 or 30 years because I I honestly think for 20 years it was all about how bad he got beat up by Holmes at the end of his career and how he was you know a shell of himself But I also think you know when you uh whether you're leaving a relationship or a job or you know there's a way to do it and finish strong and this is leading somewhere at some point in time that Kelsey and I will tell you about But but for now I I was telling Kelsey about when I was back in the car business and I I'm someone who's unfortunately finished very poorly Many situa yes When I was younger though strong strong strong and then finished poorly But I wanna just give you two you know a story a therapist had given me like two decades ago That made a lot of sense Um she was talking about uh an in uh like a son-in-law who was working in a family business and the biological siblings basically didn't really do much He was putting in all the hours he built the business up or whatever and um but was not treated with the respect um financially or emotionally and it just built up in him for 20 years And then finally just one day he snapped I think he might have like you know punched out one of the sons or whatever you know something it it didn't permanently hurt the guy but it was like maybe gave him a bloody nose But

the reason that my therapist had brought up to me she said you know and so all those 20 years of all the sacrifice and the hard work and what he did to make this business amazing in that one moment of punching the guy in the face he erased it all And that's so he lost everything Whereas had he gone in and said listen we have to have talk Here's what I'm doing You know if if he had assertively gone in there and handled himself um or kept a cool head and maybe figured ok maybe there's something I got to go find something else if these people aren't going to see me But by going and doing that erased all the good all the good And so then I thought to myself I'm like ok God I can't I have so many examples of this where I did that I killed myself and then went out like an idiot Um and then I was giving you two examples in the Carney business one company that I worked for that really blood sweat and tears and built this thing up We had started with like two or two or three stands By the time I was done we had like 100 when I came there we had two or three And we really you know I took it as serious as I would take you know as I took my career in Hollywood because I knew I needed that to get me here So I mean like and I you know I should show you some of my books that have my hours You know it was one summer I averaged I think 100 and 11 hours a week I don't even know how we did it and it wasn't even summer It's spring summer and fall And um I just you know when it was sleeping under trucks and you know just you know everything to me was diet Coke and bread That's what I lived on and there were peppers and onions for the sausage stand So sometimes I throw that on the bread No And that was it because you'd be out in the middle of nowhere But I want I wanted to make it in my career in my dream and I knew that um that would be the way And uh I'm very grateful because I learned so much about life and business and myself But I remember being done wrong you know by them and then the the by the one person at the company and then then they did one of my you know special ed students I had them all work for me but you know a lot of the troubled kids would work for us and we were all close and we were family and they did one kid this one kid really wrong didn't pay him for like his last few weeks And then we you know basically just went and you know didn't physically burn them down But in every other way shape or form it was like ok have you guys And um so basically punched them in the nose like same thing and um totally erased the eight years or nine years This and then so many people on that job were my friends and family So that was destroyed you know by by reacting and um and it always it always sat with me My first language was actually Greek and now thanks to Rosetta Stone I'm improving

my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to Rosetta Stone dot com forward slash heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta Stone dot com Forward slash heal squad Yes I'm sure you've heard about probiotics We recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup That's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in our gut And the thing about just thrive probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just thrive probiotic and the just calm what do we get We know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we add the just calm It's helping with our mood Guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life Yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it But then



conversely the next job I did in the Carney business Um this when I was finishing up Maria just got hired at Channel one news and we were moving to L A to start our lives and I had sent her out there and I was sending her cash you know I was working like three jobs to send her money out to buy a car to rent the apartment you know so she could just focus on her work And um when the I think the last week of pay and this is kind of famous in the Carney business they all keep you behind on pay for a few weeks It's the old trick So you have to keep going back to them if you can ever get away from them Um well they used to deal with junkies and usually what happens is when the junkies get paid they get blown out and you don't see them for a week Well they get they're all on drugs and then when there's high wears off when all the money or whatever then they come back Um I after 89 years obviously it wasn't that it wasn't me But what they in this other guy was a few years But yeah that's the old trick as they keep you they they keep um they keep it so they owe you money So you have to keep going back You can never quit And so when it was the last week he was like no I don't I don't owe you any money Like wait what And there was a time where I was bankrupt I really needed it It was a couple of \$1000 you know and still a lot today you know imagine like 30 years ago or whatever it was 20 years ago I don't even know And um this guy's a big guy too He was like 64 and he had like he's the one that I told you I had the giant fist and grabbed me by the throat to scream at me for being depressed And I appreciated him for that I told you that like and I appreciate a lot of things from him a lot I really and I really did like him but probably his wiring It was that same old way of doing business It's like not all anyway I was like come on I said I just and um and even though he's a big guy I always say you know sometimes when it comes to fights it really comes down to who has more to fight for who's really angry who's angrier I think of my brother Mike is like one was one of the toughest guys in our town if not the toughest But when my dad died and you know he'd beat me up my whole life But now I was in my you know early twenties I was a man He was a bigger man My dad died like literally we were right It was I said OK that's it You know you're going outside and you're gonna I'm gonna just beat you Finally you're getting the beaten of your life And he looked at me like wait are you He like looked at me like you know who I am and I'm like let's outside now I said I'm gonna do it here And I wasn't saying at this cal but he knew in his heart he's like wait a second I know he was like I beat this kid up for 20 years I pulverized him He's carrying all of that And if he held anything back the one time we almost fought was when my poor

father who was hooked up to tubes hugged me and he didn't even have the strength to hug me because he was so sick He said please Kev I love you don't do this That was the last time you know he we got we got in a fight and you know he soccer punched me knocked me down But then when I got back up I just I ended up turning around and I I punched out a door so bad that there was nothing left of the door my fists were bleeding and that's all I did to handle it But because my dad I felt bad I said Dad ok I'm right I'll walk out now dad's gone And I've got all this pent up at me And by the way like in a in a apples to apples comparison like was a south paw he was extraordinary strength and he was violent paws and boxing He's a lefty and he also was like he he's he was one of those city street fighters Like they don't have rules So whatever was not nailed down was gonna go over my head No they were just back in Boston back then that people would bite your nose I have friends who have their ear bit My friend Peter is ear bitten off Oh yeah It's a whole different world It was such a different world but he knew him like no oh shit This guy is so wound up like I'm not gonna go here with him No way It was like even when I told this story when Joe had to fight his cousin who was the toughest he was the toughest guy in like Malden and a monster huge But he picked on Joe his whole life and he's just like oh Jesus like I'm mad my wife you know my wife doesn't sleep with me as much anymore Like and this but this guy's carrying 25 years of anger against me And his alcoholic father and oh I don't want to be in front of that So with this moment I was like with this guy I'm like uh I'm just gonna go I'm gonna literally go right through him And I looked and then behind him I could see he owned a liquor store So all the expensive bottles the most expensive bottles of wine And then and I literally looked behind him and I started adding up what they were all worth I was like ok I have to count \$2000 worth because I'm going through him and I'm gonna smash every bottle in this place right behind him And then one second I was like well that's how I've always done things and that's why I ended up in a basement and that's why I ended up bankrupt Not directly why But one of the things like when my life fell apart I remember saying to myself ok I don't know I didn't do wrong to the people that were doing these powerful things to me But what in the big picture were the things I've done wrong and I have to fix them because there's gotta be a reason why I have ended up bottom out And so instead I just extended my hand and I said you know Richard I want to thank you very much for hiring me and giving me a job when no one would and helping me get back on my feet and get back to L A and I I really just wish you well and the look of confusion on this guy's

face uh and you know in a year and a half he was gone that walking down the street heart attack and I'm not saying it was correlated But you know but I'm glad I went out that way and his kids still reach out to me and it's nice you know it it it when I go back down to Fenway Park and I see the workers it's nice where they you know so it was for me to evolve and handle it that way And then I was the guy who came in and even helped their business a ton And so anyway it was just I've been there Uh but I think a lot of times yeah you you you can undermine all the amazing things you did for somebody just in one swoop you know So it's something to think about you know as we were as you move forward and in all of our lives Um it's so funny Side note He pulled the guy same guy pulled the same thing on Joe Uh oh what happened 01 of his work is did and oh no he does He said he doesn't have any money for you And uh and Joe was like well no uh I'm not leaving the store until I get my money and he then he pointed Joe like pointed it to the front door and there was a Cadillac pulled up to the door He goes and no one else is leaving Either team was uh everyone was just ready to go you know they were like you don't mess with the gear So the guy was like oh here's your money you know But we all do things in different ways you know what I mean So for me no but it is a good lesson I think like in any relationship right Like going out go out like that and that's how you remember it because unfortunately all the things you did your legacy ends up wait all being under there for what that guy put in 20 years of work and now gone because most people don't remember that I'm the one who does I always go hey I've had many people I've had many people who work for me sue me Uh you know be toxic destroy the company I mean I've had it all but I always try to remember all the really good things they did to contribute So um and in the long game of it they all come around and realize you know the mistakes they made um for the most part but it's better to But most people don't you only remember by uh by the last thing you did So just something to consider and then Good little Friday lesson and um you know on a lighter note Now this is probably more our gift bonus but we don't have to bring in the bonus coverage Um Ok there's an ice cream company called Good Humor Ok Now good humor makes chocolatey clears Have you ever had them No and Natasha is from South Africa so it probably hasn't had them either So they make chocolatey clear They also make another one called Strawberry Shortcake Uh and then in the you know probably big in the sixties and seventies when not when things weren't readily available the ice cream man you know you would have these ice cream trucks would come

and a little bell would ring of course And so did they have did they have the novelty ice cream or the Oh no novelty Erica And I really liked we had like circus Fun No like Sponge Bob And then my favorite was there was a baseball um with a gum ball in the middle Yes Ok So so yes there was the other one called I think it was they have that too So Natasha you totally lost the good stuff though Once in a while the soft serve person would come to hire that machines Carney Kev is a lot of maintenance every night I mean it's like an hour just to yes every single uh it's a lot and it's more expensive Well no because of the bulk you're better with that price wise but it's more work and you need a you know a a big generator on the back of the truck to yeah Whereas you know the novelty it's you know you even from an employer standpoint you send your person out with their stock you're going out with you know 20 push-up bars 20 What did you say Uh spongebob and each one each So I'm expecting \$40 for the chip which is before my time Um but uh this good humor had the strawberry shortcake chocolately clear and you know they have a choco taco Do you remember those They were Well that's what I'm getting Oh no So there was also something called in the fa the Good humor family You'd have your chocolate declare your strawberry shortcake There was a third one It was probably more appeal to the taste of the adult because it wasn't quite as sweet Toasted almond sounds like something my mom would like but it's fabulous No it's exquisite because when I was a kid I never had it because I was you know I'd go with the strawberry short cake The chocolate was the strawberry shortcake The one with the little things on the outside Yeah So by good which I think is actually I think it's a Boston company I'm not sure I'm confusing it with hood But anyway so toasted almond and every time I would introduce it to people you know they be oh my God This is amazing This yeah it looks very nice Buttery salty like buttery Not as super sweet Yeah but here's the bad news guys you know me just minding my own business doing my thing and sure enough having to go on Wikipedia or whatever Google to search about this Why I don't know And as my mother says you wonder why you're sick but but they discontinued it in May And so so so yes the the total is discontinued But guess what I'm not taking it You gonna find someone on ebay or something No Well they said there was a rush to stores to get them No but there were many people who wrote in and then there were people that were even more insane than me who created a petition and I signed it and I sent them money Like if you send us money you can get the petition out bigger So I just keep shouting out good humor Come on That's funny I mean it was

kind of the same thing when Choco Taco was discontinued a couple months ago I don't know And the millennials were not happy about it Yeah not happy to So this is yes and and not able to make a dent Natasha Can you look it up to Choco Taco Because you would think if anyone could do it it'd be Gen Z millennial because of all the online bombarding and the companies being stupid enough to think that you know everyone who's online who's not working really Not contributing It's like oh no let's let's go by what they say So I wonder Natasha is looking it up Choco Taco What are you finding Natasha There's a lot What exactly would you like What we want to know Were they did Yeah Is there a petition Were they successful Taco or is Choco Taco for It looks like it's dead forever according to on July 25th 2022 Wow Can you type in petition Stop it Don't laugh There might be one This is like when I actually sent that Bachelor petition to all of my email contacts and I was like oh sorry guys but it did make a see I told you how many people could update me and um 1275 people have signed it Reach 1500 Ok Uh Toasted Almond has I think has more people signed up Yeah that's not that many Come on Come on See the thing though about tiktok and millennials is this was like I don't know a thing for two days and then we forgot about it on to the next trend Yeah Yeah it's crazy Anyway what that what that I'm gonna move to my new house And I'm not at that I told you you got to tell mom and dad do not sell the lake house Oh they're not No no they're definitely not That's what they're doing this weekend for mother's day My mom is my mom doesn't like it when we're not there It's not fun for her because my dad just like like I said he does two days Yeah My dad just redo the deck of the boat house like 400 times because he's processing and my mom is sad without us But I love it And I was like you can never get rid of it because it's my happy place It's also where you're going to be living at 60 You see this wonderful world that your generation and the generation above you and the generation above them has so wonderfully created You're going to see that Yeah it'll be people with land and your parents uh houses especially if they're out in the woods or your vacation homes will now be your homes because that's where you'll be I like that because there's no service It's in the middle and it's like yeah there'll be that reason too away from all the radiation But I digress I digress Happy Mom's day at all The mommies Wicked happy Mother's Day Happy Mother's Day What would we be without you guys Natasha Happy Mother's Day Happy Mother's Day doing anything Natasha with your um Thank you It's actually the first Mother's Day that we'll be spending together in a really long time I did get my gift a beautiful beaded

bangle that says on it Mom Oh and a card with lots and lots of lots of parts on it Oh cute Did they still here's my question that do they still make stuff at school Like did he So last year he made me a beautiful piece of art with like made from petals this year just while he was waiting for me to pick him up He made me this lovely beaded bangle cutie b You know what I realized with the previous bangle that he made me is mom upside down as wow Oh That's cute Wow Mom See here's my question and maybe I'm being selfish Shouldn't I get a gift for Mother's Day for making my mom a mom You know what If anyone can make it happen make that case It's the gen Z millennials can kind of make the case but the Jez gets it done They get it done So angry so screwed by life Yes Oh I love this Right You should be So what is it It's it's the celebrated for making Yeah I just like I kind of low key celebrate her when it's my birthday because thanks for giving birth to me and shit you know a little bit but I love that I never heard that perspective It's such a thing but I don't think the millennials can get it done I think you've got to turn it to they'll get it done Oh boy And how offended they will be if it's not received I don't want to be on the other side Just note to genie I'm all in on this What is it like It's my day too Right Because we made them mothers How does that not make sense It makes perfect sense So I would actually like a gift I think it's genius Well Children until that petition happens Natasha Happy Mother's day to you and you only Yes Natasha let's have some a max Let's end this Like queens and that would be king and queen king and queen and a max Nady probably doesn't know That's our theme song Yes that's the regular guy Fred theme song theme song So all the queens all the queens So I was singing earlier You guys and Kevin told me I had to stop because he was trying to think Well excuse me this this when I have to think and then also remember the rule you have to close your eyes point to this guy and and and look as though you're curing cancer If you're gonna sing out loud I need it done in the millennial and Gen Z and Well people that wraps another edition of regular guy Friday Um I think it's gonna be an interesting summer I think so too Summer's coming Hot girl summer hot baby summer summer right Baby supper As you go on your mother's day Yeah I appreciate sense of love and of the mummies to remember why we're here Help each other Learn from mistakes A few laughs Along the way right All right Kelsey if you would Yeah Ok Here I go Bye Fetches I was what I thought was pretty good Yes What happened Like Kelsey you're aging out and you're starting to get like too responsible too Oh stop it back to full on empty shallow narcissism by that Well I can channel it I want to get there I'm

like Benjamin button I'm aggressive Yeah I love that for you By the way Shout up to I didn't know Trump spoke there I didn't know that That crazy Kelsey Europe now like adopted college Yeah I think he did had Trump there the other day Well because remember I said they do the debates there Did they do the CNN thing there the other day I think II I think he was there speaking and the um yeah and all the kids ask him questions and yeah Weird Right But that God who would have thought little a little But yeah they do all the debates there I guess that makes sense Right Because the first primary New Hampshire anyway we digress Everyone enjoys succession this weekend 100% I think Steve the steamer nailed it It's what you say And he's it's the female lady whatever her name is Oh Jerry Jerry's taken over Yeah I mean I think the way that they're writing her in right now like not taking any shit from Roman I I think also storytelling wise it's usually the one us if they if they obey the laws of the laws if they obey the rules of storytelling it's usually anyone who's up right now won't be the one it's gonna be the one you least expect And then if you go by I think the rules of 23 then it becomes more agenda based And you know I think you would it would be a female or a person of color that would run the company I would think unless you never know what the writer the right They want to just say nope I'm throwing because you know a lot of these creators they throw the rule book out and they kind of just do what they want but it usually doesn't end well for them meaning because you know fans get mad because they used to the you know what I mean They're used to the classic type of thing But I I feel like it's I think it's lining up for Jerry I think that's the most accurate I don't know she also makes the most sense as a leader She makes the most sense for sure It's just like to succession post show Hey everybody It's just getting crazier and great every week I'm just like this is unbelievable I mean I think it makes the most sense to be Jerry but I don't know it's I don't know if anyone could do it and throw the rule back out the window it would be these creators right And so because they may want to go the route which is you put in you know um What's that old thing You know there's it's from actually a who song you know you know say hello to the new Boss same as the old boss you know what I mean So they might go with that narrative where it's basically another Logan Logan which is one of the boys Kendall Roman Um You know it's so wild I'm just I think I said this the other day on the chat show it was like I just every episode get more and more upset with Shiv I'm like can she go to therapy It's all three of them though They mess I mean yeah but you know that Kendall and Roman are a mess She I think she has just been getting

more air time and they're like expanding her character Like we're seeing more with her and Tom than we've seen And I'm like God girlfriend What about all the Lucas shit All the like how close what she's doing Like she like such trust issues with her brothers because they're idiots But rightfully so because they were like yeah Yeah Yeah Yeah She on the head they're not treating her like but they're not treating her like an equal partner So she's you know she's wisely saying what can I find with this guy But she's not giving that other guy everything So she's playing the game They're all the seeds of the dad at the end of the day Who's your favorite um favorite favorite character You know like the thing that I like about the show is you don't really like any of them But like I love Kendall I actually love Roman too I like again I don't know if it's because how we are trained as audiences But I feel like through our training we will we most of us will like the Kendall the most because it seems like we're following him It's been from the beginning that driving in the limo that first episode Remember he's all excited They're all back So I feel like you know there's a tendency to him but then it's like Corey Kin is just brilliant So so so yeah Roman is amazing and then Tom is so good Oh my God Greg is a nightmare this season but he's getting worse and worse I know I know I mean the scene where what's her butt car He drops the bag and Greg's just like shitting on her so bad so bad And then trying to create what does he call him The four the three the quad love God But you know there's a spinoff with him and Tom I think there has to be I mean they're so good to get I think there will be a spinoff I just don't know it They they surprised it's ending this soon I don't know why Maybe it's money or maybe the creator was just like nope that's it Five seasons were done I I haven't figured it out yet And on a high maybe I don't know but such a high when nothing's working Oh my God Back the brink struck up How many more episodes do we have Do you know I don't know like four or five anyway we'll keep tuning in Thanks again for tuning in to um the succession after show We'll talk about Ted Lasso next week Kevin I'm behind two But I just watched one last night though No no I have the one for everyone from Hills What do you mean I have the show that everyone from Hill Squad should watch somebody somewhere What's that It's a beautiful show on HBO with the most unlikely two leads who also are creators and writers and it is beautiful Just be patient with it Three episode rules You've watched the first three and and just hang into it Um And and we're in season two now but the season one was beautiful So somebody somewhere that's um and if you haven't watched jury duty get out of here It's good Just again it's fine It's



good James Morrison was just so good Anyways Queens we got to go get  
some work on and our lunch on Happy Friday Bye bye