



## **Tom's Tidbits**

Trans-Pacific Tidbits

## **Our Feature Articles**

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### **Welcoming New Clients**

You can't build lasting relationships on crumbling foundations.



### **Charity Begins At Home**

But wise giving begins with research



### **Congratulations, Anne!**

A Longtime Client passes amazing mileage milestone

## **Our Monthly Columns**

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### **"What NOW?!!" Toons**

Keith Tucker's Toon-of-the-Month

### **Drew's Kitchen**

Lemon Butter Dill Tilapia

### **Shop Talk**

FREE Carwash Season and 2015's Referral Reward First Quarterly winner!

### **Health Notes-**

How to recharge your gut

### **Sellwood Bridge Update**

When will the Bridge be finished?

### **Book Spotlight**

"A Fighting Chance" by Elizabeth Warren

### **Humorousness**

White House Correspondents' Dinner

### **Popcorn Shorts**

Cool and important stuff that's too short for a big article

- Science Geekery gets very real
- Blatant lies about traffic laws
- Bernie Sanders enters the Presidential race
- Best Oregon Waterfalls

### **News To Make You Furious**

Nothing makes us Furious. And we think you'll agree.



# Tom's Tidbits

## Trans-Pacific Tidbits



Greetings!

Here's a rule that's served me well over the years... whenever someone tries to rush me into signing something, I don't sign. Even if it seems like a great deal I do not, on principle, sign anything in a hurry. Being told to sign quickly without any real details is even worse; it leaps beyond common sense into the realm of insult. No one rushes you to sign anything because they're in a hurry to make your life better; they do it because they know if you have time to consider carefully you wouldn't sign at all. It's a very old sales trick, and apparently it's fine for the folks pushing the Trans-Pacific Partnership (TPP). If I knew nothing else about the deal (and I don't; no one does because it's still secret) this one fact alone would be enough to know it's a dangerously bad deal for everyone involved...

Most people [still don't know about the TPP](#) because our [mainstream media has been almost completely silent](#) on it, but very briefly... The TPP would join 12 Pacific-rim nations in a trade agreement that would govern 40% of the global gross domestic product. The deal has been negotiated in secret over a period of years, and it's still secret... the only things we know about it so far have come from [WikiLeaks](#).

Of course, we do know who's lining up to sell the TPP. On the Right, [Mitch McConnell](#) and [John Boehner](#) are on board as is the rest of the [Republican leadership](#), along with [ALEC](#), the [Chamber of Commerce](#), and [hundreds of corporate behemoths](#) including Monsanto, Exxon, ADM, Boeing, Phillip Morris, Citigroup, Conoco, Kraft, Microsoft, Wal-Mart, Pfizer, and Nike. On the Left, [President Obama](#) seems almost proud to lead the [Corporatist](#) wing of the Democratic party down the TPP path and [Hillary](#) seems content to quietly follow. Even within our own Oregon Congressional delegation, [Senator Ron Wyden](#) and [Representative Earl Blumenauer](#) were instrumental in moving the Fast Track authority out of committee and on to the Senate.

You know [who's NOT supporting TPP](#)? The groups in "[Progressive Coalition for American Jobs](#)", an Orwellian sock-puppet website. There are no groups listed on the site, and their "[Get the Facts](#)" link was still dead at last check. [People that actually exist and oppose TPP](#) include just about every [labor](#), [environmental](#), or [civil liberties](#) group on the planet. Two individuals of note fighting TPP include [Senator Elizabeth Warren](#) and newly announced Presidential candidate [Senator Bernie Sanders](#).

The TPP is being pushed by the corporate lobbyists and shills that wrote it, but that doesn't prove it's bad. What little we know of the [content so far does](#). Only [5 of the agreements 29 provisions have anything to do with what is traditionally known as "trade" at all](#), but TPP would mean drastic changes in labor laws, human rights, environmental standards, financial regulation, internet freedom, food safety, and more. There's far too much to go into in this column, but Elizabeth Warren described one of the most egregious points we know about so far in a recent [Washington Post Op-Ed](#)...

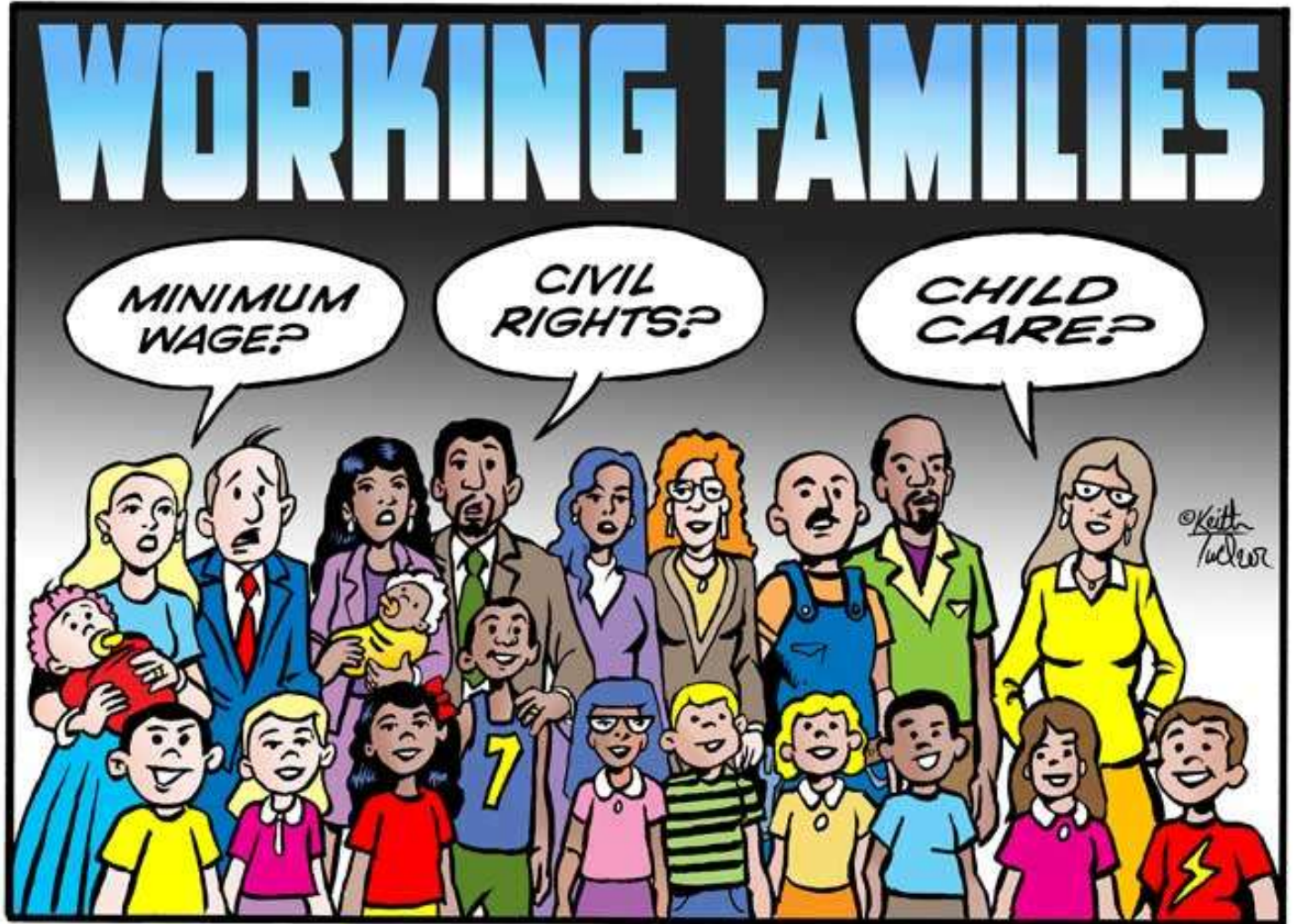
"The Investor-State Dispute Settlement (ISDS) would allow foreign companies to challenge U.S. laws — and potentially to pick up huge payouts from taxpayers — without ever stepping foot in a U.S. court. Here's how it would work. Imagine that the United States bans a toxic chemical that is often added to gasoline because of its health and environmental consequences. If a foreign company that makes the toxic chemical opposes the law, it would normally have to challenge it in a U.S. court. But with ISDS, the company could skip the U.S. courts and go before an international panel of arbitrators. If the company won, the ruling couldn't be challenged in U.S. courts, and the arbitration panel could require American taxpayers to cough up millions — and even billions — of dollars in damages."

Free trade is one thing, but NAFTA and CAFTA style agreements aren't free trade. They're dangerous power grabs by corporations that will affect, eventually, every phase of our lives. Looking for reasons behind the immolation of Baltimore? Look no further than the destruction of the middle class. And if you're looking for the reasons behind that, look no further than these cynical and poisonous trade deals. Please, educate yourself and your friends about the TPP, [let your Congressional Representatives know how you feel](#), and take a stand for the type of world YOU want to create.

Take Care and Make a Great Day!

# What NOW?!! Toons

Keith Tucker's Toon for May 2015



**"WHAT NOW?!!!"**

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WWW.WHATNOWTOONS.COM



# Welcoming New Clients

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You can't build lasting relationships on crumbling foundations



Would you get upset at Ruth's Chris if you couldn't order a Hamburger? Would you be angry if a pediatrician wouldn't make an appointment for Grandma? Why not? Because you understand that both of these businesses have chosen a business model. It's not that there's anything wrong with Hamburgers or Grandmas, it's just that those businesses chose to provide other services. For our shop, nothing causes more angst and confusion than our policy of declining to start new service relationships with people with older, often challenged vehicles. Sadly some of our existing clients think (incorrectly) that we won't continue to work on their vehicles as they age past maturity. Here's why we decline new service relationships with people with potentially used-up vehicles, why WE DO CONTINUE TO SUPPORT AGING VEHICLES FOR EXISTING CLIENTS, and why we think this policy is in YOUR interest as well as ours...

## Long-term relationships are our goal

"Auto repair" covers everything from the cars people most commonly drive to antique specialty cars, exotic speed beasts, or heavy diesel trucks. No one company can do it all, so the choice of services is one of the first decisions any auto repair company must make. We chose to provide ongoing maintenance and repair services to people with major-manufacturer vehicles to help them get the most from their automotive investment. Tom refers to this as "delivering impeccable service for average people's average cars". This initial choice had implications for the facilities, equipment, software, employees, training, and process we currently use to deliver that service.

As important as those things are, a feature that sets us apart from so many other shops is that we have built our business around developing and maintaining full-service long-term, trusting relationships. We consider people who use our services to be clients, not customers. "Customers" are buyers who want specific goods or services based primarily on convenience or price with less emphasis on value or long-term outcome. There's certainly nothing wrong with customers, but "client" implies all those things and more... a long-term arrangement in which professionals work to provide ongoing services and advice. Client relationships depend on mutual respect, communication, and trust, none of which exist on a person's first visit to any shop. Nor should they... why should you trust anyone the first time you meet them?

## It's hard to develop new relationships with owners of challenged vehicles.

We encourage new clients to have our Comprehensive Inspection (or Inspection For Repair; IFR), an in-depth vehicle evaluation. The IFR gives us the full-view baseline condition required to develop a sensible plan of action and a list of specific needs prioritized by safety, breakdown-prevention, and maintenance. For well-seasoned vehicles not receiving ongoing maintenance, this list is likely to be long and it can be difficult to decide which repairs, if any, should get priority. We don't like to be put in the position of providing triage; we are not psychic and we can't guarantee patch jobs. Aside from any issues of service neglect, time takes its toll as well; sensitive electronics age, wire harnesses and connectors corrode, seals dry and harden, gaskets fail, moisture intrudes, rubber decays, and plastic gets brittle. At the same time these deferred maintenance costs are raising, the resale value of the vehicle is falling. At some point the cost of catching up backlogged service to ensure continued safe operation exceeds the value of a vehicle. We call vehicles in this situation "economically totaled".

Consider the new prospective client with a challenged vehicle, standing at our counter as we present them a list of issues and estimates for repair. With older, often neglected vehicles, just the top-priority tasks can economically total the vehicle! We prefer people not play catch-up in some cases when vehicles have reached the tipping point of the return on repair investment. Just drawing straws and fixing a few things rarely ends well. A new client may be

understandably hesitant, but if our existing clients ever reach this point they trust our judgment if we encourage them to move on to a different vehicle.

### **Trust works both ways.**

People often fail to take responsibility for their aging vehicles needs and conditions, and new clients can be more likely to attribute failures to a shop when they have little track record together. No one likes to pay repair bills and no likes paying for multiple repairs, but if a person brings in a vehicle for a repair and another system fails either immediately or days after, it is not always the technicians' fault! We have numerous examples of people expecting us to pay for failures or repairs or their vehicles just because we touched it last... "You worked on my car last week and now the driver's window does not work! Your mechanic must have slammed the door!" Possible, but it's more likely the client's 178,000-mile, 14-year-old vehicle needed a window motor! Nevertheless, we would now be expected to fix it for free. Certainly there are cases in which a shop could be responsible for problems associated with a specific repair, and any honest shop will step up and take responsibility and make it right. However, there should be trust and equity in the resolution. Not only does a vehicle owner need to trust the service provider, the provider needs to trust the owner.

These types of responsibility issues don't usually occur on newer vehicles and we can talk comfortably about unexpected problems with our existing clients. Generally after a few visits clients realize we are looking out for them and their best long-term outcomes; but on a first visit? It is much easier to blame a shop than pay for unexpected repairs. In short, it's too damn difficult to start a new, trusting service relationship based on a vehicle that's falling apart.

### **Keep the client, lose the vehicle.**

We absolutely care about our clients, so we understand that it's not always possible to buy a new vehicle just because your existing one starts to fail. Clients appreciate being told when it's time to move on if a vehicle has reached a point that it has lost its value a needs major work. We feel it is our responsibility to offer the information and not just keep taking the money for more repairs that don't make sense. We often hear clients say "I can't afford a new car!", but our answer to that is "you can't afford this one!" Pouring money into a used-up vehicle never ends well and can keep you from affording a newer one that reliably meets your needs. When people who are not existing clients call us with challenged vehicles and no option but to patching things together, we try to refer them to honest, competent shops that will take on the challenge.

### **We continue to support older vehicles for EXISTING clients!**

While systematic, scheduled maintenance can extend your vehicle's lifetime for many years, eventually entropy will make it too expensive to make the vehicle safe and reliable. If that's true, then why do we continue working on older vehicles for our existing clients? Because keeping up on vehicle maintenance is what puts off the day your vehicle gets retired. Many of our longtime clients have vehicles with high mileage or are much older than 15 years, but we've been maintaining them for many years. We've addressed problems as they happened, keeping minor issues from becoming major ones. We know the vehicle, and we know the client. When problems do inevitably arise, we know the condition of the vehicle and the client's goals so we know if it makes sense to do the repair. And most importantly, when the vehicle does reach the point of unviability, our clients will trust our motives when we recommend they move on. In short, we work on existing clients' older vehicles because we built a relationship that allows it. These clients know us, we know them, and we know they will take responsibility for their vehicles.

Because most people are rightly suspicious when they try a new shop, we do everything we can to earn their trust and provide peace of mind service. However, years of experience has shown us how difficult it is to build new trusting relationships centered on older, often challenged, vehicles. Our business is not designed to just to fix stuff when it breaks and send you on your way, even though we do that part very well. We're here to be your driving resource, your automotive concierge, building a relationship you can rely on for many years to come. Our new client policy might feel unfair or inconvenient sometimes, but we think it's the best way for us to ensure we will be here for all of our established clients in the future.

# Charity Begins At Home

## But Wise Giving Begins With Research



We proudly announced [2015's First Quarterly Award winner from our Referral Reward Program](#) this month, a group which coincidentally has ties to the recent devastating earthquake in Nepal. It brought to mind a story we did couple years ago that's painfully relevant once again, a story about the effectiveness of charitable giving and how to avoid getting conned. And ironically, it started with an email that was sort of a scam in itself...

Originally posted on [May 8, 2013](#) by [tomdwyer](#)

We received a fascinating email a couple weeks ago. You may think people working for charities are underpaid martyrs working selflessly for the causes they believe in, but "Think Before You Donate" tells a different story. It describes five "bad" national charities and the salaries of their CEOs, which range from \$375,000 to \$2.3 million annually. It then describes ten "good" national charities and the amount of donations that go to support their programs. This is typically the kind of story we are all over... corruption, abuse, cynicism, all wrapped up in a tidy little package. But things flowing through the InterTubes aren't always what they seem, and a little investigation led to a slightly different story...

### THINK BEFORE YOU DONATE

SOMETHING TO THINK ABOUT BEFORE YOU MAKE CONTRIBUTIONS

<p><b>The American Red Cross</b> President and CEO Marsha J. Evans' salary for the year was \$651,957 plus expenses</p>	<p><b>MARCH OF DIMES</b> It is called the March of Dimes because only a dime for every 1 dollar is given to the needy.</p>	<p><b>The United Way</b> President Brian Gallagher receives a \$375,000 base salary along with numerous expense benefits.</p>	<p><b>UNICEF</b> CEO Caryl M. Stern receives \$1,200,000 per year (100k per month) plus all expenses including a ROLLS ROYCE. <b>Less than 5 cents of your donated dollar goes to the cause.</b></p>	<p><b>GOODWILL</b> CEO and owner Mark Curran profits \$2.3 million a year. Goodwill is a very catchy name for his business. You donate to his business and then he sells the items for PROFIT. He pays nothing for his products and pays his workers minimum wage! Nice Guy. <b>\$0.00 goes to help anyone! Stop giving to this man.</b></p>
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Instead, give it to ANY OF THE FOLLOWING GO "GREEN" AND PUT YOUR MONEY WHERE IT WILL DO SOME GOOD

<p><b>The Salvation Army</b> Commissioner, Todd Bassett receives a small salary of only \$13,000 per year (plus housing) for managing this \$2 billion dollar organization. <b>96 percent of donated dollars go to the cause.</b></p>	<p><b>The American Legion</b> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p><b>The Veterans of Foreign Wars</b> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p><b>The Disabled American Veterans</b> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p><b>The Military Order of Purple Hearts</b> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>
<p><b>The Vietnam Veterans Association</b> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p><b>Make a Wish</b> For children's last wishes. 100% goes to funding trips or special wishes for a dying child.</p>	<p><b>St. Jude Research Hospital</b> 100% goes towards funding and helping Children with Cancer who have no insurance and cannot afford to pay.</p>	<p><b>Ronald McDonald Houses</b> All monies go to running the houses for parents who have critical Children in the hospital. 100% goes to housing, and feeding the families.</p>	<p><b>Lions Club International</b> 100% OF DONATIONS GO TO HELP THE BLIND, BUY HEARING AIDS, SUPPORT MEDICAL MISSIONS AROUND THE WORLD. THEIR LATEST UNDERTAKING IS MEASLES VACCINATIONS (ONLY \$1.00 PER SHOT).</p>

As it turns out, "Think Before You Donate" has been making the rounds of the Net for several years. It is popular enough that it was [examined by Snopes.com](#), the internet debunking site, as well as several [other sources](#). All the details are there if you want them, but here are the high points...

- The overall evaluation was that the info was "mostly outdated and inaccurate"

- The errors didn't seem designed to falsely make a case one way or another. Here's a few to give you an idea...
  - UNICEF's CEO's yearly compensation was \$472,891, not \$1,200,000. UNICEF's efficiency is 91%, not the 14% cited in the email. (More on efficiency ratings below)
  - Red Cross' CEO compensation was \$1,037,000, not the reported \$561,000.
  - United Way's CEO is compensated at \$717,076, not \$375,000.
  - The National Commander of the American legion receives around \$50,000, considerably more than the \$0 reported.
  - The Disabled American Veterans' CEO received \$323,252, again more than \$0

They listed many more inconsistencies along those lines, but the gist of the email was to encourage people to support charities that put donations toward their basic cause and not to lavish compensation. So how do you tell if the charity you want to support is spending your money responsibly? Snopes went on to tell us about charitable efficiency ratings, which is the percentage of donations used to support program activities rather than organizational overhead. There are several groups that make it their business to evaluate charitable efficiency...

- [Charity Navigator](#) may be the most prominent rating agency, evaluating efficiency, transparency, and accountability. Their website includes advisory lists, top-10 lists related to charitable giving, and many tips for wise charitable giving.
- [GuideStar](#) rates and analyzes many aspects of non-profits, including their efficiency.
- Forbes Magazine has a [report on the 200 Largest U.S. Charities](#), including efficiency ratings.
- The Better Business Bureau has a [Wise Giving Alliance](#) concentrating on charity ratings. You can also check out many charities on their [basic website](#).
- The IRS also has a [list of approved charities](#).

And of course, there is someone out there watching the watchers. If you want to know about the methodologies and effectiveness of the charitable ratings agencies themselves, click [here](#) or [here](#).

The takeaway from all these rating agencies is that you should try to give to the groups that stretch your money the farthest, and these agencies can give you some guidance about which ones they are. But we have a little more to add. Instead of giving to big charitable groups, we recommend finding the small non-profit groups active in your community. We try to seek some out in our annual [Charitable Giving Calendar](#) and Willamette Week has their annual [Give Guide](#) issue, but your friends and family may be even better sources. Most of these small groups are too small to be rated by the charity watchdogs but you'll have a good chance at seeing how the group works up-close, and won't need to rely on a third party evaluation. Also, most community groups operate on a shoestring budget with many of their personnel working free or cheap, so they may appreciate your donation more than the big guys.

The absolute best way to ensure your donation is used to its fullest potential is to donate your time, not your money, to causes you believe in. Many groups actually need people more than cash, and if you work with a group you not only help them then, but you become an ambassador for the group in the larger community. And in the end, this is the only way to be absolutely assured that 100% of your donation actually gets to the cause!

# **Congratulations To Anne!**

## Longtime Client Passes An Amazing Mileage Milestone



One of our longtime clients, Anne W., dropped in to see us a couple weeks ago. The reason? Her Toyota truck had just turned over an amazing 333,333 miles, and did it right in front of our shop! She bought the truck at 16,000 miles and we've been servicing it for the remaining 317,333 miles. Anne said, "Thanks so much for the great service and care you've been providing for so many years." Our pleasure, Anne, and congratulations! We look forward to 444,444 with you!





# **Drew's Kitchen**

## Lemon Butter Dill Tilapia



Last month Drew gave you an excellent burger recipe, so this month's a little different. When your neighbors are slaving away over hot grills to ingest red meat that will clog their arteries and kill them, you can laugh while you cook inside and eat healthy fish that only take 6 minutes...

### **Lemon Butter Dill Tilapia**

#### **Ingredients:**

- 1 tbsp butter
- ¼ cup flour
- ½ cup Golden Dipt Lemon Butter Dill Sauce
- 1 lb tilapia fillets

#### **Preparation:**

- Melt butter in large nonstick skillet on medium-high heat. Dip fish into flour; shake off excess
- Cook 6 minutes or until golden brown and until fish flakes easily with a fork, turning once.
- Remove to serving plate; keep warm. Reduce heat to low.
- Stir sauce into skillet. Cook and stir until heated through. Pour over fish.
- Prep time 5 min, Cook time 6 min, serves 4.

The McCormick's Lemon Butter Dill Sauce is available at just about any grocery store.

# Shop Talk

## FREE Carwash Season and 2015's First Quarterly Referral Reward Winner



### FREE Car Wash Season is back!



You've waited since fall for this... May in Portland doesn't just mean the beginning of beautiful weather, it's also the beginning of Free Car Wash Season at Tom Dwyer Automotive! The summer heat will soon turn our parking lot into a dust factory, so we offer free car washes to make up for it. Free Carwash Season runs from May 15 until September 15. Sorry, but we only give out coupons for services exceeding \$100 and not for oil changes or other minor services. So why don't we just wash your car here? It's one of the most common questions we get, so we'll let Tom himself tell you why...

"Because we're so close to the river, we (and the city) closely monitor our discharges. If we washed more than 7 cars a week we'd have to install capture systems for every drop or risk damaging the environment. We offer free coupons for WashMan because they've already made the investment to do the cleaning right without environmental damage. Even just vacuuming cars presents problems. Although we used to vacuum, we stopped out of respect for our client's privacy. You wouldn't believe the things people leave in their cars, from fragile breakables to money to weapons. There are also liability and damage issues that outweigh the benefits of a clean carpet."

So that's the story. You can forget about washing your car for the summer, but only if you stop by to take advantage of our yearly blowout... FREE CARWASH SEASON!

### Looking for our special discount offers?

We publish our special offers or discounts in this Shop Talk column, but you don't have to wait for our newsletter. We created a page on our website with all our current offers in one spot so you'll always know where to find them, and we'll update the page whenever the offers change. [Bookmark this page now](#), and you'll always be a click away from savings! In the meantime, here's one discount we have right now...

[Click here for all our current discount offers!](#)

## **Have your A/C repaired and we'll waive the A/C diagnostic charges!**

You shouldn't wait for summer to get your vehicle in shape! If you're experiencing any issues with your vehicle's air conditioning then bring it in NOW for diagnosis. Have the repair done and we'll WAIVE the diagnostic charges (up to \$100).

**Schedule your vehicle for service before June 8, 2015**

Maximum discount \$100. Not combinable with other offers.

**YOU MUST MENTION THIS OFFER WHEN YOU SCHEDULE YOUR VEHICLE FOR SERVICE!**

## **Referral Reward Program- 2015's First Quarterly Award!**

Year two of our [Referral Reward](#) program is off to a great start. As a quick reminder, Referral Reward is our way to say thanks for the generous referrals our clients give to their families, friends, and co-workers. Every time a new client gives your name as a referral source, we make a donation in your name to the non-profit group or charity of your choice. It's a win-win for everyone involved, and so far in 2015 we've made donations to 37 groups for a total of just under \$1,100. Here are the groups our clients chose in April...



[Mercy Corps](#)  
[The Breast Cancer Society](#)  
[Make a Wish](#)  
[Northwest Pilot Project](#)

[Red Cross](#)  
[Oregon Cultural Trust](#)  
[Medical Teams International](#)  
[Oregon Food Bank 2](#)

[Protect Our Winters](#)  
[Planned Parenthood](#)

Not only did each of these groups receive a donation, each became eligible for quarterly and yearly awards as well. Coincidentally, May is when we give our first quarterly award of the year so without further ado we'd like to announce **the winner of 2015's first quarterly award, and winner of \$200 is...**

## **Medical Teams International**



We tend to prefer smaller, local charities for our quarterly and yearly awards, but with the devastating earthquake in Nepal still unfolding groups like [Medical Teams International](#) need every dime of help they can get. And the group does have an Oregon connection...

not only is it currently based in Tigard, OR, but it was founded in 1979 by Ron Post, an Oregon businessman with no medical background. Inspired by refugees fleeing the Khmer Rouge into Thailand, Ron put together 2 dozen medical volunteers to bring supplies and medical care. Less than a month later, he and his volunteers were doing the same in Cambodia's killing fields, and they've never looked back. Today MTI is active in over 30 countries including the US, and has programs in disaster response, mobile dentistry, community health, emergency medical services, medical supply distribution, and medical services and training. And we bet they can still use YOUR help! Please contact MTI at 14150 SW Milton Court, Tigard, OR, 97224, call them at 503-624-1000 or 800-959-4325, or go by their website at [www.MedicalTeams.org](http://www.MedicalTeams.org) for detailed information on all their programs.

### **Your reviews and referrals matter**

We are constantly grateful for the supportive and loyal clients we have developed over the years. Your comments and appreciation keep us on the right road to providing the superior automotive service you deserve. Your reviews and referrals are not only the highest compliments we can receive, but they're the lifeblood of our new business. If you like what you've found at Tom Dwyer Automotive Services, please tell a friend or take a minute to write a review on [Yelp](#), [Angieslist](#), [Google](#), or the review site of your choice. Thank you!



### **Latest Automotive Recalls**

Automobiles are just like any other product; occasional flaws in manufacture or design can cause problems once they leave the factory. When an issue is identified the manufacturers and government work hard to bring the vehicles back in for refit or repair, but not all recalls make the front pages. The National Highway Traffic Safety Administration maintains a constantly updated list of recalls from every manufacturer. The last month's recalls are below, but clicking the button at right will take you to the full list at the NHTSA website.



# Health Notes

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## How to recharge your gut



By Sarah Heidler

Probiotics seem to be all the rage. In 2001, the World Health Organization defined of probiotics as "live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host". Food companies are now putting them in everything from granola bars to juice and claiming wonderful health benefits ranging from maintaining psychological wellbeing to treating the common cold and everything in between. There are not always the peer reviewed rigorous studies to substantiate these claims, but that does not mitigate the fact that we need the micro-organisms that live in us, especially in our gut. Without them or with an insufficient amount of them, we become sick. My Aunt Lillian use to be one of those sick people.

Milk kefir is a great way to put these probiotics back where they belong. Three years ago I posted on my Facebook page that I had to split my SCOBY (Symbiotic Colony of Bacteria and Yeast) that I had been making milk kefir with and wanted to know if anybody wanted any. My Aunt Lillian took me up on the offer, received her SCOBY in the mail, did a little research about how to treat it and was off making her own kefir in no time flat.

A long time sufferer from IBS and diverticulitis, my Aunt Lillian realized results in a very short period of time. She use to suffer from abdominal pain and bowel irregularities that could be so severe that it interfered with life, prevented her from going places and caused her much embarrassment. Since she started eating her kefir, she hasn't struggled with either of her conditions. She no longer has pain in her gut and she can always make it to the bathroom in time.

I started making milk kefir because it's very easy and inexpensive. I only had to purchase one starter (the SCOBY) that continues to grow, I don't have to cook anything or keep it at a particular temperature. I basically add the SCOBY to milk and let it sit on the counter. That's the scary part for many people because we are taught that leaving food out of the refrigerator is a health hazard. But, refrigeration slows fermentation. Additionally, kefir has more probiotics than yogurt. Kefir has 10-20 different bacteria and yeasts and about 40 billion organisms per half cup, where as a typical yogurt will have 6 different bacteria with just 60 million organisms per half cup. (These statistics are for commercially produced products. Home made products typically have more.)

Milk kefir isn't the only way to add a little needed life back into our food. Other fermented foods can deliver probiotics to your gut naturally, including miso, sauerkraut, yogurt, kombucha, kimchi and even pickles (the old fashioned deli kind that are fermented).

Here are more resources if you'd like to dig deeper...

[Cultures for Health](#) sells SCOBYs for milk kefir and other fermentation products

[Sandor Katz](#) is the guru of fermentation. Check out his web site or pick up one of his books.

We have the movie "[Mircrowarriors](#)" available in our free lending library in the Tom Dwyer lobby.



# Sellwood Bridge Update

When will the Bridge be finished?



The Sellwood Bridge Construction has been a fascinating project to watch from our front-row seat, but we're like everyone else... the only real question we have on it is WHEN WILL IT END? While no one can give an exact date, traffic is expected to be flowing on the NEW bridge in January 2016 and the last guy with a hardhat will be leaving by Thanksgiving. Of course, the reason no one can be exact on the date is that like any construction project, the bridge rebuild works on completed tasks and not calendar milestones. This [article from the Oregonian will tell you the County's to-do list before the Bridge is ready for use.](#)



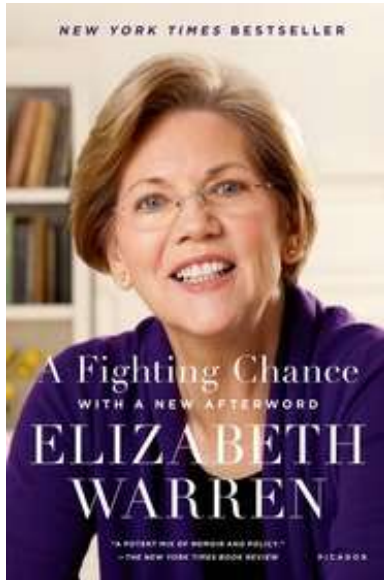
There may be a long way to go to the finish line, but the design of the new Sellwood Bridge is beginning to come into focus. The steel arches are up now, and [this article from the Sellwood Bee will give you a little more detail](#) on them.

As always, Multnomah County maintains the definitive website on everything related to the Sellwood Bridge Replacement project, [www.sellwoodbridge.org](http://www.sellwoodbridge.org). Construction and closure alerts, archived information, and other resources are all available 24/7 for your convenience. If you're looking for something that's not on the website, you can contact Mike Pullen (mike.j.pullen@multco.us, 503-209-4111) or visit [www.sellwoodbridge.org](http://www.sellwoodbridge.org).

# Book Spotlight

## “A Fighting Chance” by Elizabeth Warren

We had quite a bit of material on the TPP this month, so in our Book Spotlight we’re focusing on one of the major players in the TPP fight...



## [“A Fighting Chance” by Elizabeth Warren](#)

*(From the publisher)* An unlikely political star tells the inspiring story of the two-decade journey that taught her how Washington really works--and really doesn't

As a child in small-town Oklahoma, Elizabeth Warren yearned to go to college and then become an elementary school teacher--an ambitious goal, given her family's modest means. Early marriage and motherhood seemed to put even that dream out of reach, but fifteen years later she was a distinguished law professor with a deep understanding of why people go bankrupt. Then came the phone call that changed her life: could she come to Washington DC to help advise Congress on rewriting the bankruptcy laws?

Thus began an impolite education into the bare-knuckled, often dysfunctional ways of Washington. She fought for better bankruptcy laws for ten years and lost. She tried to hold the federal government accountable during the financial crisis but became a target of the big banks. She came up with the idea for a new agency designed to protect consumers from predatory bankers and was denied the opportunity to run it. Finally, at age 62, she decided to run for elective office and won the most competitive--and watched--Senate race in the country.

In this passionate, funny, rabble-rousing book, Warren shows why she has chosen to fight tooth and nail for the middle class--and why she has become a hero to all those who believe that America's government can and must do better for working families.

# Humorousness

## The White House Correspondents' Dinner



"We laugh that we may not cry", and every year the White House Correspondents' dinner reminds us of the wisdom of that phrase. This annual display of media/political reciprocal brownnosing is an embarrassing indictment of the idea that the "Fourth Estate" has any remaining oversight role, but you know what? It can also be very, very funny. So don't cry, laugh at these jokes from 2015's Nerd Prom...

If you're a complete geek, you can [watch the full festivities here](#). If not, we've picked a couple of the high points of our own. Let's open with several jokes from SNL's [Cecily Strong, host of the evening](#)...



[Talking about telling politicians what to do:]  
"That'd be like you guys telling me what to do with my body. I mean, could you imagine!"

"[About Hillary running:] I think she feels the same way Meryl Streep feels when she's asked to audition for something. 'I mean, are you kidding me, really?'"

"Fox News has been losing a lot of viewers lately ... may they rest in peace."

"Repeat after me, journalists. I solemnly swear to not talk about Hillary's appearance, because that is not journalism. Also, Cecily Strong looks great tonight."

"USA Today is here, but only because they were slipped under the hotel door."

[To Michelle Obama:] "You take care of that garden while you can, because you know in 18 months Bill is turning that into an above-ground pool."

"What can I say about Brian Williams? Nothing, because I work for NBC."

"I see so many Washington 10s, so like, New York 4s. Indiana 30s?"

[On Obama aging:] "Your hair is so white now it can talk back to the police! We'll high-five about that later."

"Who should I even vote for other than Hillary? I mean, who's more knowledgeable about foreign policy than Marco Rubio? (Hillary.) ... Who's more knowledgeable about the economy than Hillary? (Bill.)"

[How Obama is like Madonna:] "You've both given this country so much, but in, like, a year and half, you gotta stop."



Of course, the main event of the night is the opportunity to see the President, whoever it is, let his hair down a little. Barack Obama did not disappoint. Here are some of his best one-liners, and a [link to the video of Obama and his 'Anger Translator'](#) that still has the Internet laughing...

### McCain and Biden

Obama couldn't deliver jokes at the White House

Correspondents' Dinner without discussing one of the stories that has most dogged that group of reporters: the Secret Service. Obama said the agency, which has fumbled time and again in the last year, has come up with a "fool proof way to keep people off my lawn." The answer came in the form of a Photoshopped picture: Sen. John McCain with a broom. And to keep the nagging drones away? Vice President Joe Biden with a baseball bat.

Noting that he was feeling "more loose and relaxed than ever" in the fourth quarter of his presidency, Obama drew back to a too-close-for-comfort moment involving Vice President Joe Biden and Defense Secretary Ash Carter's wife. "Those Joe Biden shoulder massages, they're like magic," Obama joked. "You should try one. Oh you have?"

Obama tried to soften the blow by pointing out how much he loves Biden. "I love that man," Obama said. "We've gotten so close that some places in Indiana won't serve us pizza any more," a reference to Indiana's recent religious freedom law that angered LGBT rights activists.

### **Hillary Clinton's financial woes**

Obama's Clinton joke was almost like a return to Clinton's comments that she and President Bill Clinton were "dead broke" when they left the White House... "For example I have one friend, just a few weeks ago she was making millions of dollars a year. And she 's now living out of a van in Iowa," Obama said in a reference to Clinton's listening tour in the days and weeks following her campaign announcement.

### **Knocking the 2016ers**

Obama knocked Ted Cruz as a narcissist after the Texas Republican senator recently compared himself to Galileo for fighting back against climate change: "Galileo believed the world revolved around the sun. Ted Cruz believes the Earth revolves around Ted Cruz," Obama joked.

And Rick Santorum should stop talking about how he wouldn't attend a gay marriage, Obama said -- because there's no way gays and lesbians would even consider inviting him to a same-sex wedding.

And for Donald Trump, who is eying a presidential run for the umpteenth time? "Donald Trump is here. Still," Obama joked. "Anyway."

"Apparently they really want to see a pot smoking socialist in the White House," Obama said of Sen. Bernie Sanders, who considers himself a socialist. "We could get a third Obama term after all."

And on former Maryland Gov. Martin O'Malley, Obama pulled from Clinton's recent trip to a Chipotle, where she appeared to try and pass through incognito. "Not to be outdone, Martin O'Malley kicked things off by going completely unrecognized at a Martin O'Malley campaign event," Obama quipped.

### **Obamacare**

The 2014 midterms were still on Obama's mind as he touted the benefits of his signature health care law, that helps American get affordable health insurance even if they don't have a job. "Today thanks to Obamacare, you no longer have to worry about losing your insurance if you lose your job. You're welcome Senate Democrats," Obama said.

### **Dick Cheney**

Obama swung back at Vice President Dick Cheney, who recently called Obama "the worst President of my lifetime." "Dick Cheney said I was the worst president of his lifetime, which is interesting because I think Dick Cheney is the worst president of my lifetime," Obama joked of the former vice president, who was considered very influential in the Bush White House.



# Popcorn Shorts

Cool stuff that's too small for a big article



Just like it says, Popcorn Shorts is about the kind of things we think are really interesting, but don't really need a large article to explain them. From the sublime to the ridiculous, check in here for crunchy bits of info you'll love to munch. By the way, much (but not all) of our delicious Popcorn comes from articles we've posted on [our Facebook page](#). If you're on Facebook, please stop by and "Like" us and we'll keep a fairly-constant-but-not-frequent-enough-to-be-annoying stream of these coming to your virtual door!



## Science Geekery Gets Very Real



All spacecraft must carry reaction mass (propellant) with them. According to Issac Newton they have to, because in a vacuum there's nothing for a propellers or jets to function. But [NASA has been testing a new electrically powered concept engine](#) that develops thrust solely from electricity, requiring no propellant at all. It shouldn't work, but tests are showing that it does, and guess what else? An unexpected side effect is a "warp field" that lets light move faster than Einstein said it should. It's a long way from the *Enterprise*, but as Spock would say, it's... fascinating.

## Blatant Lies About Traffic Laws



Imagine you're driving a truck, pulling a trailer with your friends sitting in it. You're barefoot, wearing headphones, and steering with a "suicide knob". You make a U-turn and the police officer following you pulls you over. Can you be ticketed for any of this? If you're black and driving in most major cities, the answer might tragically be yes, but none of these things are actually illegal. No one actually reads the traffic laws, we pick it up from friends, family, movies, or news. As it turns out, that may not be the best place for legal advice, as [this article from Jalopnik](#) proves...

## Bernie Sanders Enters The Race



If you don't know Bernie Sanders, you're about to. This month, the socialist (that's right, a REAL socialist) Senator from Vermont entered the race for the Democratic nomination for President. Bernie, a weekly guest on the Thom Hartmann program, is a plainspoken, insightful, and down-to-earth advocate for the middle class and against the top 1%. On the first day of his campaign he raised \$1.5 million, with an average of \$43.54 each. Bernie may not have a chance to beat Hilary, but he's going to be (and already has been) a huge factor in the race. Stay tuned!

## Best Oregon Waterfalls



Looks like the beautiful weather may be here to stay, so it's time to get out and enjoy our Oregon paradise. Few things offer such great opportunities for hot-weather fun as our gorgeous Oregon waterfalls, so please let us suggest several of the best waterfalls across Oregon. Click here for waterfalls in the [Columbia River Gorge](#), here for the [Gorge to North Umpqua](#), here for the [Coast Range](#), here for the [Umpqua and Rogue](#) rivers, and here for [7 waterfalls in the Eugene, Cascades, and Coast](#). Great weekend road trip idea? Waterfall tour. Get started!

# News To Make You Furious

Nothing makes us Furious. And we think you'll agree.



Most Americans have barely heard of the Trans-Pacific Partnership (TPP), the gargantuan trade deal involving 12 Pacific-Rim nations and 40% of the world's GDP. That's no accident... the treaty was negotiated in secret and the quislings in the Fourth Estate have given it almost no coverage. The little we know about the deal so far comes from WikiLeaks, and it isn't pretty.

Commonly called "NAFTA on steroids", the TPP is being pushed by Corporations and Corporatists of every stripe and opposed by virtually every labor, environmental, and civil liberties group in existence. The 24 of its 29 sections that don't deal with trade cover labor laws, human rights, environmental standards, financial regulation, internet freedom, food safety, and much, much more. The TPP is an abomination that could keep this Furious column stocked for years to come, but even in this

target-rich environment of disgust, there's one thing that seemed to stand out to us. We, and our representatives, know nothing about this massive societal restructuring first-hand. Absolutely nothing. And that makes us absolutely Furious...

As you listen to the debates over the next few weeks and months, pay attention to one major point... **no one, NO ONE knows what they're talking about!** As we said, the TPP has been negotiated in secret and that secrecy is still in place. According to the USTR (US Trade Representative), "...the draft text of the TPP, circulated among TPP negotiating parties is [classified per Executive Order 13,526](#)", an order relating primarily to national security information.

If you want to *hear* the details of the TPP, [your only option](#) is to be at a classified briefing for Congressional members, and you can't bring your staff or cellphone. If you actually want to *read* the text, it's even worse. For some inexplicable reason, the TPP text lives in the basement (yes, the actual damn basement) of the Capitol Visitor Center. You must be a member of a relevant Congressional committee to see it (classified and secret clearances don't count), and although you can't have your staff present you will be accompanied by an escort who will watch over you while you read. You will be handed the dense chunks of legalese one section at a time. You still can't have cellphones, and you will be forced to hand over any notes you make before leaving. And again, because the deal is classified, you'll *prohibited by law* from discussing the details of what you've read.

This is apparently [fits in well with President Obama's](#) idea of the most transparent administration in US history. "[Every single one of the critics who I hear saying, 'this is a secret deal,' or send out emails to their fundraising base saying they're working to prevent this secret deal, can walk over today and read the text of the agreement. There's nothing secret about it.](#)"

Elizabeth Warren, one of the many critics Obama was backhandedly referring to in that quote, has a [different view of informed consent...](#)

“As a result of your administration’s decision, it is currently illegal for the press, experts, advocates, or the general public to review the text of this agreement. And while you noted that members of Congress may “walk over...and read the text of the agreement”—as we have done—you neglected to mention that we are prohibited by law from discussing the specifics of that text in public.

While experts, the public, and the press are not allowed to review the latest draft of the TPP, executives of the country’s biggest corporations and their lobbyists already have had significant opportunities not only to read it, but to shape its terms. **The Administration’s 28 trade advisory committees on different aspects of the TPP have a combined 566 members, and 480 of those members, or 85%, are senior corporate executives or industry lobbyists. Many of the advisory committees—including those on chemicals and pharmaceuticals, textiles and clothing, and services and finance—are made up entirely of industry representatives.**

The American people should be allowed to weigh in on the facts of the TPP before Members of Congress are asked to voluntarily reduce our ability to amend, shape, or block any trade deal.”

So that’s it. Nothing. When it comes to the TPP we know absolutely nothing. Nothing, diddly, scratch, zero, zilch, zip, nada. Doesn’t matter; our putative representatives are being strong-armed to pass it sight unseen. And that makes us Furious.

Despite the pressure from the puppet masters behind our politicians, neither Fast Track nor the TPP it would enable are done deals. There is [backlash among the Democrats](#) on the whole mess, and some critical votes may be wavering. Please contact your representatives ([Ron Wyden](#) is particularly pivotal) and make YOUR opinion known! Your voice could make a difference. If you’re in Oregon, [we have contact information for all our Federal and State representatives here](#). Outside of Oregon you’re on your own, but [this link](#) is a good place to start. Don’t let your representatives hear “nothing” from you!

If direct contact isn’t for you, here’s a petition you may want to sign... "[We demand the immediate release of the full text of the latest draft of the Trans-Pacific Partnership \(TPP\) to members of Congress, their staff, and the American public, before Congress votes to Fast Track the TPP.](#)”

Finally, if your fury has driven you to learn more, here are several sources for information on the TPP, the secrecy surrounding it, Fast Track authority, and more. Dive in!

[StopFastTrack.com](#) is an excellent site with links to the hundreds of organizations opposing Fast Track. If Facebook is more your speed, then check out [ExposeTheTPP](#).

[The Trans-Pacific Partnership clause everyone should oppose](#), Elizabeth Warren in the Washington Post, Feb 2015

[‘Incomprehensible’ Secrecy: U.S. Senator Bernie Sanders Demands Release of Corporate-Friendly Trans Pacific Partnership Trade Agreement Text](#), Global Research, Jan 2015

[Oregon: Wyden Trying to Pull a Fast One on Fast Track](#), AFL-CIO NOW, May 2015

[Two Senate Dems Challenge Obama: Release the TPP Text](#), George Zornick in The Nation, Apr 2015

[How TPP Increases Corporate Power vs. Government — And Us](#), Dave Johnson on Common Dreams, Apr 2015

[Obama's Pacific Trade Deal Is No Deal At All](#), David Brodwin in US News and World Report, Apr 2013