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News To Make You Furious

OCCUPY WALL STREET spreads to Portland

Money Saving Programs See our website for complete details
Carbon Neutral Program Offset your vehicle's carbon emissions and save 10% off labor cost!
Labor Lock Program Pay today's prices for the rest of your life!
Planned Maintenance Package Get up to a 60% discount by buying your basic yearly maintenance services in advance!
First-Time Clients ONLY! Save \$75 to \$100 on our most thorough inspection!

Moneysaving Programs

To stretch your hard-earned dollars their farthest



Tom's Tidbits **Going Postal**

Greetings!

I conducted a personal survey of friends and family, asking "what do you think about the current situation with the post office?" Not one of the people I asked had any clue about the real story. Most came up with media-driven ideas about email, private competition, or inefficiency causing the post office to "go broke".

In 2006, [HR 6407](#) was passed by an ideological lame duck congress, effectively condemning the postal service to death. Among other things HR 6407, the "postal accountability and enhancement act", **made the postal service PRE-FUND their healthcare benefits 75 years in advance**, guaranteeing benefits for workers not even born yet. This funding requirement is **a mandate faced by no other public agency or private business**, but to add insult to injury the law required the expense be **covered in a ten year period!** This unfairly added over 5.5 billion dollars to the expenses on their books each year. **Just removing this bizarre burden from their accounting would accurately reflect their \$611 million profit over the last four fiscal years!**

The post office was called for in the Constitution and has operated with great success for over 236 years. It draws no federal money and is totally self-funded. If you removed the insane mandate they operate at a great profit and are one of the most efficient organizations ever. Everyone complains about going to the post office but nobody complains about the service performed by the carriers.

The assault on the post office is not just an assault on America's largest remaining union, the [APWU](#), but an assault on everyone. The loss of the post office would devastate large and small businesses, rural communities, and the elderly among many others. Even FedEx and UPS use the US Postal Service to reach outlying, non-profitable areas. Privatization of the postal service would never fill these gaps. Mail sent through the US Post Office also carries legal protections not available in private companies, and would be a further attack on voting security and democracy. Do you want your ballot delivered by a biased corporation, without federal penalties for mishandling it? Think about direct mail, franking privileges, book rates, rural connection and much more. Bottom line- Do you really think UPS or FedEx will deliver your letters across the country for 44 cents, with the same benefits?

There are two competing bills to rescue the Post Office from its current unnecessary dilemma. [HR 1351](#), sponsored by Democrat [Stephen Lynch](#), would simply allow the USPS to apply billions of dollars in pension overpayments to the healthcare prepayment mandate. The bill currently has the support of the APWU and over 200 co-sponsors but is being held in committee while the chairman, Republican [Darrell Issa](#), pushes [HR 2309](#). Issa's bill would establish a "solvency authority" with the power to unilaterally cut wages, abolish benefits, and end protection against layoffs. It would also implement \$1 billion worth of Post Office closures in the first year, and another \$1 billion in the second year.

One bill would fix the problem; one would push privatization and union busting. Sound familiar yet? Conservative's favorite themes. Don't let the post office be dismantled and privatized, learn the facts and educate EVERYONE you know. Congress created this false problem, and they can fix it!

Make a great day,



"What NOW?!" Toons

You can't see this one anywhere but here



"WHAT NOW?!"

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Meet Brad Witt

Regular guy runs for Oregon District 1



David Wu and his tiger suit are gone from Congress, and the people of Oregon's Congressional District #1 are left to find a replacement. On November 8, Democrats Suzanne Bonamici, Brad Avakian, and Brad Witt will be fighting it out in a special primary before the general election on January 31, 2012. (Ron Cornilles doesn't face a primary challenge, so he'll be the Republican candidate for the seat). We took a few minutes to talk with Brad Witt after a candidates forum in Beaverton...

Brad was born in rural Barre, Massachusetts, where he learned the values of hard work and dedication that led to his Eagle rank in Boy Scouts. He worked in sawmills to pay his way through the University of Massachusetts Amherst and complete his teaching credentials. His first posting was teaching a year of high school economics in a class on the verge of failing, but by the end of the year Brad made sure that each one had passed. He returned to school and graduated with a bachelor's degree in history with a minor in economics, then moved to Eugene, Oregon and enrolled in the University of Oregon's Labor and Industrial Relations program. He again worked his way through school in sawmills and construction sites, this time to a Master's degree in Labor and Industrial Relations. Brad's next move was to Clatskanie, Oregon where he settled on a farm to raise his family and enjoy music, hiking, mountain biking, and hunting.

From 1993 to 2005 Brad served as the elected Secretary-Treasurer for the Oregon AFL-CIO. In 2005 he was appointed to the Oregon House District 31, covering the lower Columbia River and Multnomah Channel, a position he has been returned to three times. These were busy years for Brad, as he worked to expand health insurance for Oregon's kids, increased access to low-income housing, provided care for homeless veterans, protected our environment and coastline, and much more.

Now Brad is running for Congress because (*from his website*) "... he believes Americans and the citizens of Oregon's First Congressional District are ready to break through the barriers that divide us. Brad is dedicated to finding commonsense solutions to the challenges that face not just Oregon but the nation. He believes everyone should be treated fairly, and that representation should not be available only to those who can afford to buy the best lobbyists". Impressive resume and impressive rhetoric, but does it stand up? Here's what we got from our conversation with Brad Witt...

Your opponents seem to have a money advantage in this primary. What role does money play in politics?

Money definitely has a role in getting your message out, and a bigger campaign chest means a larger role. The Republican Party is better situated for money, and one of my Democratic opponents is better funded. That will play a role, but I don't think it has to be the deciding factor.

The political process seems to corrupt just about everyone who enters it. How would you avoid this problem in office?

Avoiding corruption requires a respect for the office, and respect for the people I'm representing. I would avoid any action that brings disrespect to the office, my family, and the people who elected me. Many politicians get into office and their moral compass can get off-track. The low opinion the public holds of the

current Congress means future Representatives will have to deal with that and rebuild trust. A real leader in politics is a person their constituents can be proud of.

What would be your three biggest priorities in Congress?

First, our country needs a massive investment in infrastructure, to rebuild as well as to create jobs. Not just roads and bridges, either, but energy systems, transportation, communication, and modernization of public buildings.

Second, I would work to rebuild a sustainable social safety net, especially Social Security and Medicare.

Third, it's time to end the wars in Afghanistan and Iraq.

Strong goals, but they've been on the table for a while. What would you do differently than other Representatives to accomplish those goals?

My background as a negotiator leads me to look for the commonality between people. I am absolutely convinced that everyone has an interest in getting out of the doldrums we're in, and that commonality can bring them together to solve their problems. Every individual is motivated by something different, whether it's keeping their personal job or protecting their business. These are two sides of same coin; workers and business owner have a mutual interest in making sure the economy is rejuvenated. Rebuilding our infrastructure appeals to this commonality; roads, bridges, air and sea ports are the ways that business owners conduct their business, and they mean jobs to many others. Finding the commonality motivates people to address the issues you think are important.

How do you balance the needs of the environment and business?

My state legislative district closely tracks the Columbia River, so it's frequently called the "River District". Fully one third of the money in the Oregon economy, directly or indirectly, comes from the Columbia River. Taking care of the river takes care of us, and when we don't care for it we lose opportunity and options. The same is true for all our environmental resources.

That's how I would balance business and the environment in general. Any business use of an environmental resource should add value for EVERYONE: environment, society, business, and others. The idea of sustainability enables each of us to promote our own interests, not at the expense of anyone else's, but for us all to grow mutually.

Green jobs are an ideal example of a sustainable, win/win opportunity for us all. There are strong jobs to be had in Oregon and across the country environmental enhancement and restoration. We can fix the environmental problems we've lived with for decades, and then we can continue moving forward in a green and sustainable way. This is the type of environmental/business/social partnership that adds value across the spectrum.

Sustainability means thinking for the long term, and that also applies to the middle-class lifestyle we all take for granted. Good living means not only for this generation, but for the next. Only by sustaining each other's interests do any of us advance our own.

There's been some criticism of your position on the Liquefied Natural Gas (LNG) terminal on the Lower Columbia River. Could you respond to that specifically?

On the LNG facility, the proposal I voted for was one out of six that were proposed; I opposed the other five, each for a different reason. Each had some benefits, but weren't beneficial across the board. One was just a land-grab. One might have been good for jobs but hurt the environment, another might be good for the companies involved but bad for the community. I voted for the one because it had payback for all. LNG would have dropped carbon output 30-40%, in line with our regional environmental goals. It would have

enhanced salmon habitat. It would have been the largest project ever constructed on the Columbia River, generating about \$8 million per year in local economies hit by hard by the collapse of the timber industry. These would have been premium jobs, about 450 jobs in construction alone. When the LNG project died, we lost all those opportunities.

...and that's about as far as we got before Brad had to move on to another event. The Democratic primary is on November 8, and ballots for the all-mail special election will go out beginning October 21. The winner of the primary will advance to next year's special general election on January 31 against Rob Cornilles, who doesn't face a primary challenge from the Republican Party. All the candidates, [Brad Witt](#), [Suzanne Bonamici](#), [Brad Avakian](#), and [Rob Cornilles](#) have their own websites where you can get their details straight from their mouths. We encourage you to take the time to study their positions and philosophies, and then cast educated votes in November and again in January. One of these people will be our Congressional Representative, and we all deserve the best representation we can get.



Looking Closer at LEAP **More detail on a vital program in Portland**

"Your Car Matters" tries to give you useful and entertaining information, but we don't always succeed. Last month we had an article in our "Popcorn Shorts" section about the [LEAP \(Local Energy Assurance Plan\)](#), a Portland plan for energy security in the event of a major disaster in the city. Our lead for the story focused on one small and quirky part of the plan but didn't give you an accurate idea of what the overall plan was about. Our reporter was appropriately asked to revise and clarify the information about the Portland LEAP. Sometimes government works well, and LEAP is a prime example of people quietly making things better for when we need it most. This month, we decided to take a deeper and more accurate look at this important preparation for the future...

Energy, be it electricity, petroleum, or natural gas, is fundamentally important to making our city run. Without energy, most of the things we take for granted become almost impossible. In the event of a disaster like an earthquake or civil unrest, the flow of energy can be almost completely cut off, and these are exactly the situations when we need it most. To strengthen our community before, during, and after an energy disruption or emergency, the [Portland Office of Emergency Management \(POEM\)](#) is taking the lead in preparing a community-wide energy emergency plan; this plan is the [Portland Local Energy Assurance Plan \(LEAP\)](#).

Disruptions to our energy sources can occur at a small scale or a large scale. Most people have had a local power outage in their neighborhood, and know the impact of that situation. Large-scale disasters would likely result in extended power outages and a lack of petroleum. The Portland LEAP clarifies roles, responsibilities and response actions for emergency response organizations, energy providers and energy distributors during an energy disruption or emergency of any kind.

As described by the Portland LEAP webpage, "Energy Assurance" is confidence that energy will be available when needed. To better prepare for an energy emergency, the community, energy providers and distributors, and emergency response organizations must be involved in emergency planning efforts. To facilitate that involvement, the Portland LEAP will engage people and link existing information into an operational energy assurance plan. The plan will be accessible to all, and function as a tool that can be updated as new information is obtained.

Emergency management is not just about response: it is also about sharing the responsibility for preparing for an emergency. The more people who are involved with the creation of the LEAP, the more it will reflect the needs and priorities of the city. The Portland LEAP will be developed through a series of committee meetings, engaging a wide spectrum of community members. The committees include:

- [Steering Committee](#)-
The Steering Committee members will provide expertise in energy, environmental protection, sustainability, regulatory compliance, businesses and community livability. They will advocate for the Portland Local Energy Assurance Plan (LEAP) and provide guidance. They will help create and foster relationships between committee members, City staff, citizens, response agencies, local

energy providers and others. This committee includes representatives from the City of Portland, energy providers and distributors, two universities, and a State of Oregon agency.

- [Neighborhoods and Small Businesses Committee](#)-
The Neighborhoods and Small Businesses Committee provides perspective on neighborhood well-being, community engagement and livability, and small businesses. This committee includes a cross section of local small businesses, non-profits, schools, agencies, and Portland neighborhood associations representing local residents.
- [Environment, Economy and Alternative Energy Committee](#)-
Provides perspective on environmental, economic, and alternative energy matters. This committee includes representatives from the City of Portland, energy providers, health organizations, environmental organizations and financial institutions.
- [Industry, Response Agencies and Utilities Committee](#)-
This committee includes a large group of industry, response agency (City of Portland and other agencies), health, telecommunications, and utility organizations.

All this just gives you a taste of the importance, complexity, and scope of Portland's LEAP. There's several ways you can go deeper. LEAP has a [Frequently Asked Questions](#) sheet to answer more detailed questions, and you can sign up to receive emails and other notifications about Portland LEAP by contacting Project Assistant Penny Bowman at 503-823-9799 or penny.bowman@portlandoregon.gov. If you want to get involved further, then Project Manager Tricia Sears can help. She can be reached by phone at 503-823-2360 and email at tricia.sears@portlandoregon.gov.



Shop Talk

Surprising features of our website

It's not news to tell you we have a website; you're probably reading this article on our website right now. But look around a little and you may find that our website is a little different from most other company's. We've worked hard to make it a resource you can use in every phase of your driving life, but you can't use the features if you don't know what they are. Here, at a glance, is a tour of the most important things you'll find on TomDwyer.com...

Our [Homepage](#) is where everything begins. It's the basic introduction to our company for people who are just learning about us, with links to some of our most frequently used features. If you aren't on our newsletter mailing list for some reason, you'll find the most current issue posted at the bottom of the homepage. The navigation tabs across the top of the page will take you to these sections:

[About Us](#)
[MoneySaving Programs](#)
[Our Reviews](#)

[Services](#)
[Contact Us](#)
[Client Resources](#)

[Features](#)
[Politics](#)
[KPOJ](#)

[About Us](#) is for people curious about our shop and our capabilities.

- [Service for every part of your vehicle](#) explains the advantages of increasingly rare full-service shops and high-volume specialty shops.
- We're proud of the people who work here, and [Meet Our Team](#) lets you get to know them. Find out about the qualifications of the people who'll be caring for your vehicle.
- We can't allow clients back into the shop, but [Shop Tour](#) is the next best thing. You may recognize some of the features of our Lobby, but the behind-the-scenes look in the shop will show you the technology we use and the steps we take to make sure your vehicle is cared for in the best possible way.
- We've developed a series of [Flyers](#) to help you get the most from our service, and you can download PDF copies here. There's information on [Our Company](#), our [Environmental Commitment](#), the [Courtesy Shuttle](#), our [Business Fleet](#) program, why our [Minor Interval Service](#) is different than an ordinary oil change, our [Carbon Neutral Program](#), In-Shop [Rental Cars](#), and how we use your [Electronic Information](#).

[Money-Saving Programs](#)- We have four programs that are intended to not only save you money, but to keep you on the road to good vehicular maintenance. Learn all about our [First Time Client](#) offer, our [Carbon Neutral Program](#), our [Labor Lock](#) program, and our [Planned Maintenance](#) program.

[Our Reviews](#)- We're very proud of the business we built, so maybe our opinions are a little skewed. The opinions from our reviews aren't. We have three different ways for you to get the straight dope on our shop...

- [Meet Our Clients](#) let's you choose from 22 videos (23 if you include [Thom Hartman](#)) of our clients explaining why they use our service. These aren't highly edited fluff pieces either; they're three-to-seven minute interviews that lay out the whole story.
- You'll find us on almost any website that lists reviews. [Online Reviews](#) gives you quick links to our reviews on [Angie's List](#), [Yelp](#), [BBB](#), [Car Talk](#), and many more.

- Our final reviews again come from our clients. After each service, during our post-service checkout process, we leave a [Post-Service Feedback Card](#) in each front seat. We've collected over 11,000 cards and tabulated the results for you here, with a list of what we're doing right and the things we could do to improve.

[Services](#)- This is our longest section, and one of the most important. It includes:

- Why we only work on [1997 and newer vehicles](#).
- The specific [car lines we work on](#).
- What specific [services we offer](#).
- All about our [Business Fleet](#) program.
- Our [Inspection Process](#), including a list of what's checked in each of our four levels of inspection.
- All the details of our [24/24 Warranty](#), the best in the business.
- Our [Payment and Credit terms](#) to make your services easier to afford.
- What to expect from our [Pre-Purchase Inspections](#).
- How our [Factory Warranty Concierge](#) service keeps you covered during a New Car Warranty period.
- Some recommendations if you need [Towing Services](#), and finally.
- Scheduling and map information for our [Courtesy Shuttle](#) service.
- Reservation information for [In-Shop Car Rentals](#).
- Information on [Gift Certificates](#), so you can give the gift of automotive confidence.
- How to use our [After Hours Drop Box](#) to securely leave your car with us overnight.
- Details of our [Carbon Neutral Program](#), to offset your carbon footprint and save money, too.

[Contact Us](#)- Has everything you need to get hold of us 24/7, including these special features...

- What to do in [emergency or after-hours situations](#), including a link to our [Drop Off Box](#).
- [Request an appointment](#) puts you first in line for service. We'll still need to call you to confirm, but this will give you priority in scheduling.
- [Ask Tom A Question](#) is our direct email link to the Man himself.
- [Get an Estimate](#) is your first stop for pricing. We won't be able to give you a direct estimate by email, but we'll have all the information for one of our salaried Service Advisors to call and talk with you about your issues.
- If you want to join the Tom Dwyer team, then [Career Opportunities](#) is for you.

[Client Resources](#)- This is where we keep all the tools and information you'll need to get the most from your vehicular life. Whether it's information on your drive around town, tips on how to sell your car, or stories on the behind-the-scenes world of the auto industry, your road to driving confidence starts here. You'll find...

- [Bus planning](#) tools from TriMet.
- Our [Information Archive](#) is our largest section, and it's packed with information you won't get anywhere else. It starts with articles answering our most frequently asked questions like "[Why do we charge for diagnostic time?](#)", "[What should I look for in complete estimates?](#)", "[What's wrong with a 'Free' check-engine light check?](#)" and many more. You'll also find a [complete archive of our shop newsletter](#), "Your Car Matters", with articles on everything from humor to cars to politics.
- [Buying a Car](#) brings together websites you'll need when you're thinking about a new ride.
- [Traffic Cams](#) has the ODOT traffic cams so you can have real-time city traffic information.
- [TripChek](#) brings you travel information for the entire state of Oregon.
- When it's time to part with your automotive buddy, [Vehicle Donation Programs](#) may help.
- If your car is in tip-top shape, our [Used Car Trading Post](#) may help you sell it.

[Features](#)- This is our catch-all category for the things that just didn't fit anywhere else

- We are the only auto repair shop in the country with our own political cartoonist. Check out Keith Tucker's [What Now Toons](#) here, updated weekly.
- We try to be a good corporate neighbor, and [Community Outreach](#) tells you about some of the organizations we work with, and who could use your help.
- [Tom Dwyer on Video](#) brings you our forays into the world of video.

- Our [Humor](#) section starts with Doonesbury, and goes on from there.
- Every month you'll find our most [Current Newsletter](#) posted here (not just on our homepage)
- Keep up on one of our most popular shop features, our [Book and Sticker Library](#), here.

[Politics](#)- Most companies don't have a Politics section, but we're not most companies. If you want to get involved in the political process, this is a good place to start.

- [Contact Your Representatives](#) puts your Federal and State representative's contact numbers at your fingertips. Call often!
- Calling your Rep is good, but getting involved means more. [Get Connected](#) puts you in touch with many groups trying to affect our political process.
- [Active Petitions](#) lists petitions on a variety of issues. Get involved with just a mouse click!
- Involvement is important, but educated involvement is even more important. Our list of [Political and News Sites](#) will give you news and opinions from across the political spectrum.
- [Tom's RSS News Feed](#) gives you a look at what Tom looks at, and gives you a way to get all the information on the Web served up for your convenience.
- There are some great videos, articles, and just plain weirdness in the political world that is well worth the effort to see. [Political Issues](#) brings you a few of our favorites.
- Some people have expressed great ideas with such simplicity and power that everything after has become a footnote. Click on [Great Political Speeches](#) to hear what politics is supposed to sound like.

[KPOJ](#)- We support Progressive Radio, and Progressive Radio supports us. Our KPOJ section brings together all of our radio material under one roof...

- Our [5 Newest KPOJ Spots](#) puts our newest material at the top of the heap. Hear it here before you hear it on the air!
- [On Air Mentions](#) is an audio scrapbook of Dwyer stories that have made it onto the radio.
- A lot of our radio spots direct you to our website for more information on the group or issue Tom talks about. We put [Links From Our KPOJ Commercials](#) all in one place, so if you ever hear anything in our spots that your curious about you'll know where to come.
- If you're a fan from way back or new to our unique advertising style, [Our KPOJ Ad Archive](#) is where you'll find the most complete collection of our radio endeavors. Audio, text, and even video!
- One of our clients, Hans Michael, has quietly been making [Videos of Our Radio Spots](#). See them all here!

And that's it! 64 pages, 511 posts, and over 1,000 audios, videos, and images, all to make your experience at our shop and on the road the best it can be. Please, stop by, look around, and then tell your friends about TomDwyer.com!



Health Notes-

The shocking truth about "fresh-squeezed" orange juice

(Reprinted from Mercola.com, August, 2011)

If you buy orange juice at the store, you may lean towards the kind that advertises itself as "100 percent juice" and "not made from concentrate". But have you ever wondered why every glass of it tastes exactly the same? That's because the flavor of store-bought orange juice has more to do with chemistry than nature.

For industrially-produced orange juice, after the oranges are squeezed, the juice is stored in giant holding tanks and the oxygen is removed from them, which allows the liquid to keep for up to a year without spoiling. It also makes the juice completely flavorless. So the industry uses "flavor packs" to re-flavor the juice.

"Juice companies therefore hire flavor and fragrance companies ... to engineer flavor packs to add back to the juice to make it taste fresh. Flavor packs aren't listed as an ingredient on the label because technically they are derived from orange essence and oil. Yet those in the industry will tell you that the flavor packs, whether made for reconstituted or pasteurized orange juice, resemble nothing found in nature."

It may come as a surprise to learn that what you find in a carton of 100% pure, not from concentrate orange juice is nothing like what you'd get if you squeezed an orange into a glass in your own kitchen. Instead, many popular orange juice brands use a chemical process to create juice that tastes and smells like oranges!

Alissa Hamilton J.D, PhD, a Food and Society Policy Fellow with the Institute for Agriculture and Trade Policy (IATP), explains the ins and outs of mass-produced juice in her book, [Squeezed: What You Don't Know About Orange Juice](#). It's a potent reminder of just how important it is to really understand how your food is manufactured and processed because the label tells neither the whole story nor the whole truth...

If you think about it, if the orange juice was *really* freshly squeezed and packaged as is, the flavor would vary from batch to batch, because not every orange tastes exactly the same. Some are sweeter; others more sour. Also, each juice brand has a particular flavor that is uniquely 'theirs,' and the reason for this may throw you for a loop.

'Not from Concentrate' Doesn't Mean Less Processed

Generally speaking, whenever you buy a beverage that consistently tastes the same, you can be sure it's made using a patented recipe. And that recipe includes added flavors that may or may not fit the definition of natural.

[In a previous article, Alissa Hamilton explains](#) how your orange juice is really made:

"The technology of choice at the moment is aseptic storage, which involves stripping the juice of oxygen, a process known as "deaeration," so it doesn't oxidize in the million gallon tanks in which it can be kept for upwards of a year. When the juice is stripped of oxygen it is also stripped of flavor-providing chemicals. Juice companies therefore hire flavor and fragrance companies, the same ones that formulate perfumes for Dior and Calvin Klein, to engineer flavor packs to add back to the juice to make it taste fresh."

The reason you don't see any mention on the label about added flavors is because these flavors are derived from orange essences and oils. However, the appearance of being natural doesn't necessarily mean it is. As Hamilton states:

"[T]hose in the industry will tell you that the flavor packs, whether made for reconstituted or pasteurized orange juice, resemble nothing found in nature."

The juice is also typically designed to appeal to the taste preferences of the market, and will therefore contain different flavor packs or chemicals depending on where it will eventually end up. According to Hamilton, the juice created for the North American market tends to contain high amounts of ethyl butyrate, which is one of the most commonly used chemicals in both flavors and fragrances. Aside from being versatile in creating a number of different flavors, including orange, cherry, pineapple, mango, guava, and bubblegum, just to name a few, it's also one of the least expensive.

Other markets, such as the Mexican and Brazilian, tends to contain different chemicals, such as various decanals or terpene compounds.

What's the Answer to Non-Transparency in Food Production?

If this makes you feel a bit dejected, you're probably not alone. However, I hope it will also make you think more about *how* your food is created, and perhaps nudge you into using a bit more discretion and critical thinking before you fall for the next glossy advertisement.

As [Hamilton said in an interview last year](#):

"My intent was not to get people to stop drinking orange juice but [for them] to realize what it is they're drinking. People have a right to know how industrialized the process has become, so they can make decisions that are consistent with their values. Many who drink orange juice also have concerns about the environment and agriculture, but don't draw a connection. They might envision oranges growing in a Garden-of-Eden-like orchard in Florida, but I think if people took a trip to Bradenton, [the home of Tropicana, a product of PepsiCo] and went to the processing plants, then yeah, they might make different choices."

While it's certainly worth fighting for more transparency in the food industry and more truthful labeling, don't hold your breath. However, there *is* an obvious alternative by which you can circumvent many of these hidden issues, and that is to return to fresh whole organic foods.

When it comes to orange juice, squeezing your own at home would be about the only way to get the real thing. (You know you are buying a heavily processed juice if the "Best Before" date is 60 or more days in the future, because real fresh-squeezed orange juice will only last for a few days.)

All that said, drinking orange juice, whether fresh-squeezed or not, is actually NOT as healthy as it sounds. **Next month, we'll tell you a little bit about the surprising health impacts of fructose in orange juice and other processed foods.**



Drew's Kitchen

Sea Scallops With Sherry and Saffron Couscous

This simple seafood recipe first appeared in the 2001 "Martha Stewart Living", but has been a strong player in Drew's recipe file ever since. Make sure to prepare the scallops and couscous in the same saute pan to share flavors.

Ingredients

1 pound sea scallops (remove muscles)
1½ teaspoons coarse salt
¼ teaspoon freshly ground pepper
3 tablespoons olive oil
¼ cup dry sherry

2½ cups homemade or canned chicken stock
3 tablespoons unsalted butter (small pieces)
Pinch of saffron
1 tablespoon fresh thyme
2 cups couscous

Directions

- Season scallops on both sides with 1 teaspoon salt and pepper.
- Heat 2 tablespoons oil in a saute pan over medium-high heat. Add scallops (work in batches; use remaining oil if necessary, depending on size of pan); cook until golden brown and caramelized, about 1 minute on each side.
- When cooked, pour off any fat remaining in pan. Set aside scallops on a plate covered with foil.
- Return pan to heat. De-glaze pan with sherry, scraping browned bits from bottom of pan with a wooden spoon.
- Simmer until sherry is reduced by two-thirds.
- Add stock, butter, saffron, thyme, and remaining ½ teaspoon salt.
- Bring to a boil; add couscous.
- Cover the pan; remove from heat. Let sit for 5 minutes.
- Uncover; fluff with a fork; adjust seasoning if necessary. Serve with scallops.



Sellwood Bridge Update

Crumbling bridge is focus for MoveOn.org rally

It's been a busy month for the bridge, and there's more on the way. MoveOn.org and Rebuild The Dream were planning a [gathering in support of jobs and investment](#). When they looked around for examples of desperately neglected infrastructure, guess where they decided to go? Make plans to be with them, October 16 at 1pm in [Sellwood Riverfront Park](#), to show your support. (You may even hear a speaker from Tom Dwyer Automotive!)

In other bridge-related news, there HAS been progress...

On September 18, the bridge was closed from 7a to 3p while one crew took concrete samples in preparation for the Shoo-fly bridge move, and another crew optimistically filled potholes.

The Bridge project received an approval Oct 6 from the Multnomah County board that will allow the project to proceed with preliminary in-water work on a detour bridge starting in December.

The problem that won't go away is the remaining \$23 million shortfall after the Clackamas County vote in May. The most likely fix is a grant from the Feds, and county officials are applying now. Sen. Jeff Merkley's office cautioned that Multnomah County wouldn't be guaranteed to get all the money it needs, because the grants are awarded on a competitive basis. However, he thinks the bridge replacement project makes a strong case and he is hopeful that the county will be successful.

And the progress we promised? It's the destruction part of the construction, as the first batch of condos on the Northeast side of the bridge are beginning to come down.

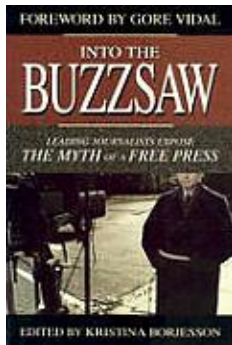




Book Spotlight

"Into the Buzzsaw- Leading Journalists Expose The Myth of a Free Press "

As we're writing this, it is Day 13 of the "[Occupy Wall Street](#)" protest. People who are fed up with the crumbling economy has moved into Zuccotti Park in Manhattan's financial district with plans to stay. Each night sees about 200 people sleeping in the park for the protest, and during the day the crowd swells to a few thousand. If you haven't heard about it, you're not alone- press coverage has been minimal. We're told that there's a "liberal Media", but the evidence shows that the Media isn't Liberal, may not be Conservative, and probably isn't even free...



["Into the Buzzsaw- Leading Journalists Expose The Myth of a Free Press"](#), edited by Kristina Borjesson

Critics described the first edition of this highly acclaimed book as "Fascinating" and "Disturbing," "Uplifting" and "Infuriating"--as well as a "penetrating collection of powerful essays." The book won the National Press Club's Arthur Rowse Award for Press Criticism and was selected by the New York Public Library as one of the most extraordinary titles of 2002. This expanded and updated edition is more timely and relevant than ever. Many of the essays have been updated, revealing shocking new developments. A new chapter on Iraq by investigative reporter Charlotte Dennett presents a riveting angle on the subject that no one in the press has dared to examine--until now. Pulitzer nominee John Kelly writes a troubling update on recent deadly CIA operations carried out as part of the War on Terrorism. Jane Akre's update on the precedent-setting outcome of her legal fight with Fox News over her investigation of Monsanto's bovine growth hormone will unsettle, if not anger, journalists and the general public alike. Kristina Borjesson's new introduction examines how issues of censorship have, since the 9/11 tragedy and Into the Buzzsaw's initial release, become front-page news on an almost daily basis. Indeed, many journalists and increasing numbers of the general public view the control, suppression, manipulation, and distortion of information in news to have reached a crisis level--to the point of posing a significant threat to a free American society. Among the other contributors are: CBS's award-winning investigative producer Helen Malmgren; veteran investigative journalist and author of DuPont: Behind the Nylon Curtain Gerard Colby; veteran print journalist and editor David Hendrix; founder and Director Emeritus of Project Censored Carl Jensen; former DEA agent-turned-journalist and best-selling author Michael Levine; author or editor of seven books, including Rich Media, Poor Democracy, Robert McChesney; award-winning CBS documentary producer Maurice Murad; independent investigative reporter and author of the current best-seller The Best Democracy Money Can Buy Greg Palast; New York Daily News investigative reporter J. Robert Port; Emmy Award-winning producer and author Monika Jensen-Stevenson; Pulitzer Prize-winning reporter Gary Webb; and New York Observer columnist Philip Weiss. "Into the Buzzsaw" is urgent and essential reading for all Americans.

[\(Please click here for an archive of our past spotlighted books\)](#)



Popcorn Shorts

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

Australia's Evil Anti-Dwyer



We hope you know how hard we work for you to enjoy your experience with Tom Dwyer Automotive. If you EVER have a complaint or suggestion, WE WANT TO KNOW. Use the phone, email, snailmail, or the comment cards you get in your front seat after service, just PLEASE TELL US and we'll fix it if we can. But... what does it look like when a company goes to the dark side of customer service? This exchange between a company and customer in Australia gives you a terrifying hint. Here's the [basic story with the email exchange](#), and this is the [appearance of the inept manager on Australian TV](#).

Rainy Day Fun- Popsicle Stick Bombs



There are too many people with too much time on their hands, and too many of them post their doings to the Intertubes. Sometimes, though, it's pretty cool. Next time your kids are looking for something to do on a rainy Portland day, they may want to try building lines of exploding Popsicle Stick Bombs. Here are links to [How to make and link Popsicle bombs](#), and what it looks like when you set off a [5000-stick-long link of bombs](#). When you're ready to move to the pros, check out [How to make a cobra weave](#), and then see a [1000-stick-long cobra chain](#).

Heat your house with a hair dryer



One of the best ways to reduce energy use is conservation. As just one example, about 80% of houses built after 2000 have double or triple-pane energy-efficient windows, up from only 52% of homes built before 1990. But multi-pane windows are just the start. Houses built to the [Passivhaus](#) standard are hyper-insulated houses that can be [heated with a blow dryer](#), and in some cases with just the body heat of the occupants. Here are links to a description of the idea from the [City of Portland's residential green building specialist](#), and an article about a [Portland company that is diving into Passivhaus](#).

Free Fall Research Page



You decide to try skydiving for your birthday, but you get a little too excited and the last thing you see as you leave the plane is your instructor holding your forgotten parachute. Oops! Don't worry, you've been to the [Free Fall Research Page](#), an odd little website that's devoted to people (or other things) that [survive](#) long falls without parachutes. There's stories about falls from planes and buildings, but also answers to questions like should you aim for water, could you survive a parachute drop from outer space, and would a caterpillar survive a one-story fall. Read it before you need it!

Driving Laws by State



Whether you're planning an out-of-state road trip or an out-of-state move, the vehicle laws of the other states probably fall pretty low on your list of priorities. That is, until the flashing blue lights appear in your rearview mirror. Having this [catalog of driving laws from AAA](#) can help you avoid unwanted encounters with the justice system in your new state.



News To Make You Furious

OCCUPY Movement Spreads To Portland

"News to Make You Furious" is usually about the appalling things going on around us that no one pays any attention to; things that should rightly run and scurry for the dark when light is shined on them. However this month's Furious is, in a way, grimly hopeful. If you're Furious, there's finally something to do about it.

On September 17, a growing group of people under the name "[Occupy Wall Street](#)" began occupying Zuccoti Park in New York's Wall Street district. Similar to many of the "Arab Spring" demonstrations, there's no leader and no list of demands. It's a group of people who are angry, and are ready to talk about it. Look beyond the pot-and-patchouli-smelling-but-still-non-violent protestors and you'll see a much broader slice of America that's had enough. We, as Americans, are facing futures with no jobs, no healthcare, no homes, in a security-and-torture state, while the smug thieves who plundered our society tell us it's our fault.

In the (roughly) two weeks since Occupy Wall Street started, the movement has exploded. As of Monday, October 3, "[Occupy](#)" actions have sprung up in [132 US cities](#) and 28 other cities around the world. Of course, Portland is one of those 132 US cities.

The NON-VIOLENT [Occupation of Portland](#) begins Thursday, October 6, at the north end of Tom McCall Waterfront Park. If you're looking for a way to help, there is a [list of needs of the Occupiers](#) but even more than the food, shelter, water, and communication they need people. More specifically, YOU. Please consider coming out for the protest and showing your support, or even planning to stay for a while if you can.

We live in a society that is increasingly non-responsive to the needs of the people, or at least the 99% that don't own Congressmen. It's getting worse, not better, so if we don't make our voices heard NOW they won't be any louder later. This may not be the event that makes the change we need, but it's lining up to be the loudest shout so far. Click any of the banners at right for more information, and please, consider taking part!

Columnist Chris Hedges puts it much better than we could...

"There are no excuses left. Either you join the revolt taking place on Wall Street and in the financial districts of other cities across the country or you stand on the wrong side of history. Either you obstruct, in the only form left to us, which is civil disobedience, the plundering by the criminal class on Wall Street and accelerated destruction of the ecosystem that sustains the human species, or become the passive enabler of a monstrous evil. Either you taste, feel and smell the intoxication of freedom and revolt or sink into the miasma of despair and apathy. Either you are a rebel or a slave..." ([read more](#))

