Tom’s Tidbits
Democracy’s dead, so what’s the cure?

Our Feature Articles

**Thom Hartmann has left the building**
But he was in Portland Friday. Here’s our report…

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Our first Referral Reward quarterly spotlight!

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**News To Make You Furious**
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Greetings!

A recent study documented the obvious... our government doesn’t give a damn about the wishes of the American people. Martin Gilens of Princeton and Benjamin Page of Northwestern studied more than 1800 policy initiatives from 1981 to 2002, and found that the American government responded almost exclusively to the wishes of moneyed elites regardless of the will of the majority of voters. The standout finding to me was this: On rare questions where as much as 80% of the population favored a particular policy, it was instituted only 43% of the time...

It’s unrealistic to expect government to do the people’s will all (or maybe even most) of the time. In the US we intentionally short-circuit direct democracy by electing representatives, the theory being that they can form opinions on the merits of issues, thwarting mob rule. We elect them with the EXPECTATION that they won’t jump every time the populace grumbles! But we also expect that if they aren’t pandering to the whims of citizens, they aren’t pandering to the whims of someone else instead.

Government of every form has always catered to the powerful. After all, power is the ability to shape our world, and as social beings, humans shape our world through our governments. But once upon a time, there was a much narrower spread between powerful and powerless. Once, the rich used the same schools, roads, police, and parks as everyone else. Our interests were, broadly, the same. Politicians couldn’t risk serving a small elite without losing votes from the broad population. However, a gigantic chasm has developed between the wealth of the top 1% and everyone else, and our interests have diverged as well. The elite no longer have a stake in the society of the commoners. Private roads, schools, police, gated communities, and concierge medical care all say society can go to hell and they’ll be fine. If money calls the tune instead of votes, then there’s no reason politicians should, or even CAN ignore the whims of their funders to benefit the needs of their voters.

If an invading power inflicted ceremonial voting while the new ruler’s puppets wielded actual power, we’d never stand for it. But Gilens and Page have done just that. They told us loud and clear that the coup instituted by the rich, the corporations, and the corrupt has worked, and our votes no longer matter. But what’s the answer? Quitting isn’t an option, except for people content to live on scraps from our overlords. Armed revolt is unthinkable, and would be useless anyway. Even non-violent warfare of strikes, boycotts, and protests will not bring our government back. No, the only way to fix our system is to fix what broke it. The government doesn’t respond to the rich because they have better arguments, talk louder, or are more organized. It caters to them BECAUSE THEY ARE RICH! The ONLY way to restore our democracy is to get money out of politics! Politicians must craft policies to capture the greatest number of VOTES, not the greatest number of DOLLARS!

Don’t despair... TAKE ACTION!

Take Care and Make a Great Day!
What NOW?!! Toons

Our monthly check-in with Keith Tucker

RAISE THE MINIMUM WAGE TO $10.10

NO ONE WHO WORKS FULL TIME SHOULD LIVE IN POVERTY!

WHY NOT?!

IT'S GOOD FOR PROFITS!

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WWW.WHATNOWTOONS.COM
Thom Hartmann has left the building

But he was in Portland Friday. Here’s our report…

It’s always good to see a hometown boy made good, and that’s just what we saw on May 2 when Thom Hartmann returned to Portland for an evening at First Unitarian Church. Thom is touring in support of his twenty-sixth book, “The Crash of 2016: The Plot To Destroy America- And What We Can Do To Stop It”. Despite the bleak title Thom sees a silver lining to the cloud, an opportunity to create new political, economic, and social systems that benefit the majority of Americans instead of just the “economic royalists”. Along with three local panelists, the discussion made for quite an interesting evening. But the opportunities offered by the other people and groups that came to the event were almost as interesting in themselves...

The First Unitarian Church of Portland has a 130-year history of active participation in a spectrum of community issues. Thom’s appearance was part of their Sewell Lecture Series in their Social Justice program. According to the First Unitarian website, “... We understand that social justice ministries... emerge when a congregation responds to an injustice experienced by people who know and care deeply about one another. We believe that if we are to change the world, we must be willing to commit ourselves to something far more revolutionary than the changing of laws and policies: we need to embrace—and surrender to--Love.” This event was just the latest example of putting these values into action.

Before Thom’s actual speech there was an opportunity for socializing as he signed copies of his book amidst tables set up by supportive community groups. We were fortunate not only to be located next to Thom, but also to be with so many active, engaged groups. For instance, our next-booth neighbor was Tryon Farm, an organic farm next to Tryon Creek State Park, that works to educate people on sustainable options for urban living. Some of the other groups promoting sustainability were Our Table Cooperative, Friends of Family Farmers, and Transition PDX, but sustainability was hardly the only issue represented. Sierra Club and Greenpeace were there for the environment, Health Care For All Oregon was there for healthcare and Right 2 Dream was there for the homeless, and there were many more. Fighting within the system to avoid Thom’s predicted crash were groups like Move To Amend, Working Families Party, and Alliance for Democracy; thinking ahead to the new socio-political systems we’ll need if the crash does come were Copiosis and Yes Magazine. Looking around, you could also see Veterans for Peace, Oregon Fair Trade, and Community Rights PDX. KBOO radio and XRAY.FM were also there, two radio stations getting the word out to the people. And there were many more, all groups and people who decided that their influence mattered, and that they would not sit idly by while society goes to hell.

When Thom took the stage, he opened with comments about the current state of affairs in the US and the world at large. He explained much of the legal “thinking” that led to our current state of corporate personhood, and then went on to describe the problems with our current income inequality, banking instability, and environmental degradation. Thom described how all these forces are coming together to force the US and the world into a major crash, but he also said that this was the only way we could actually break the old, restrictive structures currently holding back progress. Amy Pearl, an innovator in community business and economics, Nicholas Caleb, attorney and activist, and Sami Alloy, legislative and policy director of Oregon Working Families, then joined Thom to discuss what the new possibilities might be.
There were too many specifics from their discussion to talk about, but there is one general idea that seemed to thread through all their comments: corporations are not people, money is not speech, and our society will never heal until we get money out of politics. And that won’t happen unless the people decide it’s going to happen. In light of the recent Gilens and Page study (please check out Tom’s Tidbits this month if you haven’t heard about it) that’s a pretty depressing thought. Nevertheless, in a democracy it falls to the people to fix things. Thom, and many of the people and groups at the event, were eager backers of a simple 28th Amendment to the Constitution declaring that “Corporations are not people and money is not speech!” Click any of the links below to get connected to this movement if you’re ready to take part. In closing, we’ll borrow Thom’s words from the closing of his show...

"Activism begins with you, democracy begins with you. Get out there, get active! Tag, you’re it!"
Latest Climate Change reports say the Earth is still burning
Here’s the info you need to understand why…

Three reports on climate change, the AAAS’s “What We Know”, the IPCC’s “Fifth Assessment Report” (AR5), and the “National Climate Assessment” (NCA) were recently released. The AAAS is a summary of the current science, AR5 is a global report, and NCA focuses on the effects in the US. Not surprisingly, all reports reached the same conclusions… climate change is real, it’s accelerating, and it will affect every person on the planet. But on the bright side, they also said there is still time to blunt the worst effects. You may not want to quit your job to go learn all the science necessary to understand these reports, but you probably also realize how important this issue is. This month we’ll give you links to all the reports (and some analysis for each), but more importantly, we’ll give you links to resources to help you understand climate change without hype or bias and make informed choices in your own life…

The “What We Know” report differed from the other two, as it was a review of current science and not projections of the science’s conclusions. Widely praised for its content, the report was widely panned for a flat, scientific, unemotional presentation. The people who had issues with “What We Know” would likely have problems with the other two reports as well, the “Fifth Assessment Report” (AR5) from the Intergovernmental Panel on Climate Change (IPCC) and the “National Climate Assessment” (NCA) from the US Global Change Research Program. AR5 treats the issue from a global perspective, while the NCA focuses on the effects in the US. Neither focused on flashy graphics or infotainment. However, all three reports made the same point… while some effects of climate change are well-understood and others are more speculative, the effects will be pervasive. Here are links to each of the three reports, and a few other articles about each one…

AAAS “What We Know; The Reality, Risks, and Response to Climate Change”
- Suzanne Goldenberg, The Guardian, Climate change- World at risk of irreversible changes, scientists warn
- Phil Plait, Bad Astronomy, AAAS "What We Know" About Global Warming Campaign
- MIT Knight Science Journalism, Fed up with climate crackpots and contrarians, AAAS slams down on the table "What We Know " report

IPCC “5th Assessment Report”
- Damian Carrington, The Guardian, IPCC climate change report: averting catastrophe is eminently affordable
- Liverman and Glasmeier, The Atlantic, What Are the Economic Consequences of Climate Change?

US Global Change Research Program “National Climate Assessment”
- Chris Mooney, Moyers & Company, Seven Scary Facts About Global Warming Is Scorching the United States
- Suzanne Goldenberg, The Guardian, Climate change is clear and present danger, says landmark US report
- Phil Plait, Bad Astronomy, The Heat Is On: In the U.S., Climate Change Is Here and Now and the Future
- Office of the President, ”FACT SHEET: What Climate Change Means for Regions across America and Major Sectors of the Economy”

So those are the three latest reports on Climate Change. If you’re anything like us, you’ll probably still have problems understanding them. When a Climate Change Denier brings up a critique of something in one of
the studies, how do any of us know if they have a point? We’re very proud of this article we did in 2011 in support of 350.org’s Moving Planet event. You’ll find three websites dedicated to Climate Change science and the debunking of spurious arguments. As much as possible, we tried to find sites that were reality-based, balanced and fair, and we think we did a pretty good job. Now please dig in to the nitty gritty and enjoy this blast from the past...

**Science and History of Climate Change- Learn the science without the hype from either side**

*Posted on September 2, 2011 by tomdwyer*

Is climate change real? Despite what FOX tells us, it seems so. “[The] conclusions have been reviewed and endorsed by the national science academies of every major nation from the United States to China, along with leading scientific societies and virtually every organization that could speak for a scientific consensus.” That’s a strong statement, but climate change deniers will tell you that consensus isn’t proof. Sadly, they’re right.

Science never proves anything; it only offers better theories of how things work and what we can expect. Climate change deals with complex, interrelated systems humans are only beginning to understand. While there may be genuine grounds for disagreement, unavoidable scientific doubt has been distorted into proof that the whole idea is wrong. But it’s not just the right-wing crazies that are guilty of hyperbole. Greenies have seized on the worst case climate scenarios to tell us that global warming inevitably leads to a runaway greenhouse effect that will destroy all life on earth.

So do you understand climate change yourself, or do you just take someone else’s word that it’s real? Do you know enough to explain climate change to your uncle who knows nothing about science, but believes Sean Hannity does? If a denier has doubts, where could he find unbiased information on the issue? If you don’t want to spend twelve more years in school learning everything you need to know to make a real evaluation, then *Your Car Matters* is here to help. This month, we want to tell you about three places you can go for the most unbiased information we could find.

**The Discovery of Global Warming**
The Discovery of Global Warming, (by Spencer Weart; sponsored by the American Institute of Physics and the Center for History of Physics), is our most highly recommended place to start. Weart has a book version of the project as well, but that’s just a fairly linear story of the history of global warming science. His website is much, much more. The Discovery of Global Warming is an exhaustively researched, incredibly detailed, hyperlinked and cross-referenced guide to the history and science of climate change. The site weaves together more than 30 parallel (and updated) essays, based on over 2400 sources. You can start anywhere, and follow the site down any path that catches your eye. You may choose to start with the History of Climate Change text version or maybe the Timeline, but the hyperlinks in each will take you to definitions, supporting documents, charts, and other explanations you’ll need to understand the issue. The full site is available as a free download (6Mb) for review at your leisure or distribution to that cranky uncle.

**RealClimate.org**
One of the links on Discovery of Global Warming takes you to RealClimate.org, “...a commentary site on climate science by working climate scientists for the interested public and journalists.” RealClimate is an excellent source for readers of all levels. It breaks information down into four categories...“For complete beginners”, “Those with some knowledge”, “Informed, but in need of more detail”, and “Informed, but seeking serious discussion of common contrarian talking points”. Some of the sources they cite are NASA, the National Academy of Science, Pew Center, and the IPCC.
**Climate Change- A Guide To The Perplexed**  
Our final recommendation is from New Scientist, and their special project called “Climate Change- A Guide To The Perplexed”. They start with an article on how one assesses scientific evidence, and then tackle some of the all-time favorite arguments made by climate change deniers “Antarctic cooling disproves global warming”, “Warming on Mars and Pluto proves global warming is caused by solar activity”, “Global warming stopped in 1988”, and many more.

Unless someone has spent their entire life studying climate change, there’s no way they can understand the issue. Even those few people who are experts truly only understand their small slice of the pie, and they rely on other experts on other slices for their understanding. We all have to take someone’s word for things we don’t understand. But no one should trust blindly, and it may be worse to trust lazily. These are some good ways to get educated on what may be (depending on who you trust) one of the most important issues ever to face our planet.

**Secret Climate Change Extra!**  
Buried in the [Humor section of our website](http://www.newscientist.com) (what, you didn’t know we had one?) is a video called “How it all Ends”, in which the idea of risk analysis as it applies to climate change is explained by a geeky science teacher in a strange hat. Sometimes simple is better, though, as he gets across how to plan for a very large, but very uncertain, threat. Great fodder for dinner table conversation, or for seventh grade science classes.
Meet the folks at Artichoke Music

Our first Referral Reward quarterly spotlight!

We’re in week 17 of our Referral Reward program, and we’re amazed at the way our clients have responded. **49 new people have become new clients, and the donations to deserving non-profits now total over $1,650!** It’s easy for you to take part too, and give a boost to the groups you care about. All you have to do is refer a new client to our shop! For every new client who comes in and tells us you sent them, we’ll donate 20% (up to $50) of the qualifying purchases from their first invoice to the non-profit group of your choice. There’s more… each quarter we’ll choose one group to get an additional $200, and at the end of the year pick one group for a final $500 award to their cause! Naturally there are a few restrictions, but you can read all those at our Referral Reward Webpage.

Here are the groups our clients have chosen to support in April...

- Habitat for Humanity
- GROW Healthy Kids and Communities
- Family Dogs New Life Shelter
- PetPartners.org
- Eugene Waldorf School
- OSPIRG
- FirstBook.org
- Audobon Society
- Artichoke Community Music
- ACLU of Oregon
- App Camp for Girls
- Underdog Railroad Rescue
- Portland Rescue Mission

Since May marks the end of the first quarter of the program, it’s time to choose the first quarterly group for special recognition. One client was head-and-shoulders above the competition, so our quarterly bonus goes to the group she chose. Kimberly D., a client for many years, referred THREE NEW CLIENTS to us since February! That means we made three donations to the group SHE cares about, Artichoke Music. Never heard of them? Here’s a little about Artichoke Music in their own words...

**Artichoke Music**

Artichoke Music is a 40-year-old nonprofit music community center. We develop and support musicians, attract and educate audiences, and create a connected community of acoustic music lovers of all ages and backgrounds. Artichoke Music is an integral part of the creative community of musicians in Portland, Oregon and in the Pacific Northwest.

**Artichoke Music develops and supports musicians**

In an era where people too often allow the “experts” do it for them, we offer a friendly, encouraging place where people of all ages and backgrounds can discover, learn and play music themselves. Whether you’ve just picked up your first guitar, or you’ve been...
playing for years and want to write music, or you’re ready to learn how to make your living through the business of music, you’ll feel welcomed and supported at Artichoke.

Artichoke provides education through our music school and through outreach to under-served communities. We serve all ages but most of our students are adults. We believe that everyone who wants to make music should have the tools, training and encouragement to do so.

Artichoke’s music school offers group classes and workshops as well as individual instruction. Musicians of all levels will find opportunities to play with others in supportive jams and song circles. The stage at Artichoke Café, our intimate listening room, is a great place to grow as a musician.

Artichoke’s outreach programs address the needs of typically under-served communities by bringing teachers and performers to them. You’ll find our teachers at senior centers, schools, and hospitals offering performances and workshops.

Artichoke Music attracts and educates audiences

The music business is as difficult as any other artistic pursuit, and Artichoke promotes Oregon’s professional musicians by growing the audience for acoustic music. Acoustic music has deep roots in our culture, from traditional folk music to blues, jazz, bluegrass, country, and contemporary folk.

Artichoke offers a venue for all of these genres and works to help audiences understand and appreciate the character of each. We produce shows that attract the best local and touring musicians to Cafe Artichoke where they perform in solo shows or “open mic” evenings at Cafe Artichoke. Artichoke produces compilation CDs to promote local talent, especially songwriters.

Artichoke Music creates a connected community of music lovers

All of Artichoke's programs and activities are built around and focused on community-building. Artichoke Music connects performers with audiences, teachers with students, learners with mentors, and players with other players.

Artichoke’s learning community supports all levels of musicians as they grow and evolve in their craft and art. Whether in musicianship, stagecraft, recording, or the business of music – Artichoke has people to learn from, people to play with, and people to mentor or teach. Many of the people who join this community are not musicians themselves but love music. Our appreciative audience is integral to a healthy music community. Artichoke is made up of people who love music and want to hear it.

Artichoke brings people together and gives them opportunities to play and share with each other through a variety of programs and activities. This is a place where everyone belongs. We are dedicated to the inclusion of diverse cultures in the students we teach, the communities we serve, the artists we present and the audiences we attract. Artichoke is a welcoming community and gathering place where people can engage in the universal benefits of music regardless of their age, race, color, gender, religion, sexual orientation or gender identity.
Chicken with Sour Cream and Paprika

Ingredients:
- Extra-virgin olive oil
- 8 bone-in, skin-on chicken thighs (abt 2 lbs)
- Kosher salt
- 1 medium-size yellow onion, finely chopped
- 2 serrano chiles, stemmed, seeded and thinly sliced
- 2 garlic cloves, minced
- ½ tsp. sweet paprika
- Pinch of ground red pepper
- 1 cup chicken stock
- 1/3 cup sour cream
- 2 tbsp chopped fresh flat-leaf parsley

Preparation:
- Heat olive oil 1/8 in deep in a large, heavy skillet over medium-high heat until oil is shimmering. Sprinkle chicken generously with salt; arrange, skin side down, in hot oil, allowing space among all pieces. Reduce heat to medium. Cook chicken about 20 to 25 minutes or until dark golden brown, turning after 15 minutes. Transfer chicken to a plate.
- Cook onion, chiles, garlic and ¼ tsp. salt in pan drippings about 3 to 4 minutes, stirring often, until tender. Stir in paprika and red pepper; cook 1 minute. Add chicken stock and bring mixture to a boil; return chicken pieces and any collected juices to skillet. Reduce heat and simmer, partially covered, 20 minutes until chicken is done. Transfer chicken to serving dish.
- Reduce heat to low; whisk sour cream into pan drippings and cook until sauce is warm. Do not boil. Spoon sauce around chicken pieces; sprinkle with parsley. Serve immediately.
FREE Carwash Season is back!

You’ve waited since last fall for this... May in Portland doesn’t just mean the beautiful weather is beginning, it also means 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 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!

Referral Reward Spotlight

We’re in week 17 of our Referral Reward program, and we’re amazed at the way our clients have responded. 49 new people have become new clients, and the donations to deserving non-profits now total over $1,650! It’s easy for you to take part too, and give a boost to the groups you care about. All you have to do is refer a new client to our shop! For every new client who comes in and tells us you sent them, we’ll donate 20% (up to $50) of the qualifying purchases from their first invoice to the non-profit group of your choice. There’s more... each quarter we’ll choose one group to get an additional $200, and at the end of the year pick one group for a final $500 award to their cause! Naturally there are a few restrictions, but you can read all those at our Referral Reward Webpage.

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- FirstBook.org
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- Artichoke Community Music
- ACLU of Oregon
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The GM Ignition Recall
You’ve probably heard about GM’s recall of 2.6 million small cars because of faulty ignition switches. These switches could shut off the engine while driving, and are considered responsible for at least 13 death and 31 crashes. While vehicle recalls are common, this one made the news because GM apparently knew about the problem for at least a decade before the recall. Repairs are underway now, so if you own a 2005-7 Chevrolet Cobalt or Pontiac G5, 2003-7 Saturn Ion, 2006-7 Chevrolet HHR, 2005-6 Pontiac Pursuit sold in Canada, 2006-7 Pontiac Solstice, or 2007 Saturn Sky then you should give your dealer a call. If you’d like to know more, then this article at Cars.com has articles about many of the major milestones in the ignition recall saga. And now, on to the rest of the vehicles recalled this past month...

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.

May 2: 24,889 Honda Odyssey vehicles from 2014, Recalled for the passenger-side side curtain air bag which may not deploy.
May 2: 2,827 Ohlins Racing AB steering damper kits, sold for aftermarket equipment for certain motorcycles such as Yamaha R1 and Ducati Monster 1000, Recalled an incorrectly machined bracket that may crack.
May 2: 2,083 Ducati Panigale and Panigale S motorcycles from 2012-2013, Recalled for the left handlebar switch which may not get power, causing the horn, instrument panel display, high beam, and right turn signals to not function.
May 2: 872 Polaris motorcycles from 2014, including Boardwalk and High Ball models, Recalled for the crankcase which may have been manufactured incorrectly and could cause the engine to seize.
May 2: 623 Villa passenger and driver seats, used in 2013-2014 Fleetwood motorhomes, Recalled for the seat belt which may be incorrect and may fray.
May 1: 50,571 Cadillac SRX vehicles from 2013, Recalled for a lag in acceleration that may increase the risk of a crash.
May 1: 19,000 Mazda Mazda6 vehicles from 2014, Recalled for the gas tank which can be overfilled, increasing the risk of a fire.
May 1: 51 GM vehicles from 2015, including GMC Sierra and Chevrolet Silverado models, Recalled for a potential diesel fuel leak.
April 29: 252,867 Mercedes-Benz vehicles from 2008-2011, including C300 and C350 models, Recalled for a poor electrical ground connection that may result in dimmed or failed tail lights.
April 29: 156,137 BMW vehicles from 2010-2012, including 128i and X3 models, Recalled for potential engine stalling.
April 28: 125 Dodge Ram 1500 4x4 vehicles from 2014, Recalled for the transmission case which may have been improperly machined, causing vehicle rollaway.
April 25: 9,102 Harley-Davidson FXSB and FXSBSE motorcycles from 2013-2014, Recalled for the fuel level sensor which may read inaccurately, which may cause the motorcycle to run out of fuel unexpectedly.
April 25: 5,238 Land Rover Range Rover vehicles from 2014, Recalled for turn signal indicators which do not conform to Federal Safety Standards and could increase the risk of a crash.
April 25: 1,589 Jaguar XF vehicles from 2013-2014, Recalled for the Charge Air Cooler hose which may detach, causing the engine to stall.
April 25: 69 Mercedes-Benz vehicles from 2014, Recalled for the foldable second row seat bottom that may not fold down low enough to allow proper use of child seat anchors.
April 25: Certain Crossroads RV recreational trailers from 2015, Recalled for spring hangers that may fracture, resulting in loss of control of the trailer.
April 24: 5,744 Muncie PTO Assembly Pressure Switches, used in Ford F-350, F-450, and F-550 models from 2009-2014, Recalled for potentially leaking oil and resulting in an increased risk of fire.

EXTRA TIP:
Heavy keychains can damage your ignition switch, no matter who manufactured it. Please take a few minutes to clear out any old, unused keys from your ring. This simple trick can save you money and problems down the road.
April 24: 758 Airtex aftermarket replacement fuel pumps for Honda Odysseys from 2005-2010, Recalled for the fuel pump strainer which may begin to deteriorate, leaking fuel and increasing the risk of a fire.

April 23: 356 Ricon S and K Series wheelchair lifts, Recalled for a potential short circuit that could result in a fire.

April 23: 297 Jaguar vehicles from 2013-2014, including XJ and XK models, Recalled for potential loss of vehicle stability and directional control.

April 23: 32 Keystone RV recreational trailers from 2014, Recalled for the spring hanger which may fracture, resulting in a loss of control of the trailer.

April 23: Certain Land Rover Range Rover Evoque vehicles from 2014, Recalled for bolts on the right hand rear suspension link arm that may have been damaged during production, resulting in a loss of control.

April 21: 3,065 Nissan Pathfinder vehicles from 2013, Recalled for possible leaking of transmission fluid.

April 18: 109,000 Mazda Tribute vehicles from 2001-2004, Recalled for potential corrosion of the lower control arm, causing significant loss of steering.

April 18: 94 Forest River Crusader fifth wheel trailers from 2014, Recalled for potential tire failure.

April 18: 28 Triple E motorhomes from 2014, Recalled for lower wattage light bulbs that may decrease visibility, increasing the risk of a crash.

April 17: 26,452 Volkswagen vehicles from 2014, including the Beetle and Jetta models, Recalled for the alternator belt which may slip, causing engine stall.

April 17: 1,957 Keystone RVs from 2013-2014, including Montana and Big Sky models, Recalled for microwaves that may start on their own, increasing the risk of a fire.

April 17: 181 Crossroads RV Redwood trailers from 2014, Recalled for microwaves that may start on their own, increasing the risk of a fire.

April 15: 16,655 Baby Trend TrendZ Fastback 3-in-1 car seats from 2011-2012, Recalled for the harness buckle which may become stuck, causing difficulty removing the child and increasing the risk of injury in the event of an emergency.

April 14: 348,950 Ford Escape vehicles from 2001-2004, Recalled for potential corrosion of the lower control arm that may result in a significant loss of control.

April 14: 46,757 Toyota Highlander vehicles from 2013, Recalled for the second row left hand seat which may not lock into place, increasing the risk of injury in a crash.

April 14: 43,135 Ford vehicles from 2013-2014, including Ford Fusion and Lincoln MKZ models, Recalled for seat backs that may become loose or lean back while driving, increasing the risk of injury in a crash.

April 10: 2,191,014 GM vehicles from 2005-2011, including Chevrolet HHR and Pontiac G5 vehicles, Recalled for keys that can be removed from the ignition when the ignition is not in the “Off” position.

April 10: 1,291,449 Toyota vehicles from 2006-2010, including Highlander and Corolla models, Recalled for driver air bags that may be deactivated and thus fail to deploy when needed.

April 10: 472,388 Toyota vehicles from 2006-2010, including Toyota Yaris and Scion xD models, Recalled for seats that may not lock in position.

April 10: 468 Infiniti QX80 vehicles from 2014, Recalled for an incorrect label which could result in the vehicle being overloaded.

April 10: 241 Thor Motor Coach recreational vehicles from 2013-2014, Recalled for microwaves that may start on their own, increasing the risk of a fire.

April 9 150,201 Volkswagen Passat vehicles from 2012-2013, Recalled for the low beam headlight bulb which may come loose, reducing visibility.

April 8: 198 Winnebago motorhomes from 2014-2015, Recalled for accelerators that may get stuck in wide open throttle position, causing uncontrolled acceleration.

April 8: Certain Land Rover XF and XJ vehicles from 2013, Recalled for missing certification labels regarding weight, which could result in overloading of the vehicle.

April 7: 1,368,649 Evenflo car seats, including Maestro and Snugli All-in-One models, Recalled for the harness buckle which may become stuck, causing difficulty removing the child and increasing the risk of injury in the event of an emergency.

April 7: 708 Keystone RV trailers and fifth wheels from 2014, Recalled for inner wheel bearings that may become overheated and cause the wheel to seize or separate from the vehicle.

April 7: 94 Zero motorcycles from 2014, including Zero DS and Zero SR models, Recalled for a possible manufacturing defect that may cause the rear wheel to lock up.

April 4: 42,000 Mazda Mazda6 vehicles from 2010-2012, Recalled for potential fire risk.

April 4: Certain Gates Corp. Tru-Flow Water Pumps, serving as after-market replacements for various VW vehicles from 1999-2013, Recalled for possible failing of the timing belt, resulting in a shutdown of the engine.

April 2: 644,354 Chrysler vehicles from 2011-2014, including Jeep Grand Cherokee and Dodge Durango models, Recalled for brake boosters that may allow water to get inside and limit the braking ability.
Healthy living is different depending on how you look at it. There’s the ‘small picture’ stuff that happens to us all as individuals, and then there’s the ‘big picture’ stuff that happens to us as a society. Here are two videos that look at both ends of the spectrum...

**Watch What Happens Inside Your Body: Processed Foods vs. Whole Foods**
by Kimberly Johnson

We all know we should avoid processed foods. They often provide little or no nutrition and they can pack on the pounds. Here is a video of what happens as the body attempts to digest processed foods illustrates that our digestive systems do not properly break them down.

The experiment looks at two people eating two similar meals: one contained processed foods (Gatorade, Top Ramen, and Gummi Bears) and the other of homemade versions (hibiscus drink, homemade broth with noodles and gummi bears made of juice).

Strefani Bardin’s TEDx Manhattan 2011 video gives us an inside look (literally) at how the body reacts to the different foods with a M2A camera. The way the body processed and reacted to the foods are drastically different. Bardin pointed out that Top Ramen is mean to survive Armageddon and homemade noodles are “meant to be eaten.” The experiment is a fascinating glimpse in to the human body and provides us with more proof that processed foods are not healthy!

**A look at the Oregon Healthcare Website from John Oliver**
by John Oliver

To be an Oregonian is to be proud. We’re proud of our environment, our politics, our music, our fashion, and everything else that goes into being an Oregoninan. Until recently. The flaming crash of the Cover Oregon website has given us all a black eye, which might be treatable if we had a functioning healthcare system. The State wisely quit throwing money down that particular rathole and switched to the federal HealthCare.gov site, but not before John Oliver took a swipe at us in his new show. It’s actually a pretty funny swipe, though, and well worth watching. The fake commercial based on the Cover Oregon spots is especially funny, but watch the language!
Traffic on the Sellwood Bridge usually runs pretty smoothly despite the construction, but next week will be a little different. The bridge will be closed from Tuesday evening, May 13, until Friday evening, May 16 so a contractor can install pre-cast concrete girders for the eastside approach to the bridge. This is a brief hiccup in an otherwise smooth project, but it may not even be all that bad. Both of the last closures ended days ahead of schedule, so we have high hopes for this one. In any event, we want to do everything we can to make it easy for you to use our service, so we work especially hard when the bridge construction is especially difficult. We hope you take advantage of our...

**Bridge Closure Offer- THIS WEEK ONLY!**

*If you schedule your vehicle for work during the week of May 12 thru May 16 we’ll take 20% OFF YOUR LABOR CHARGES!*

This discount doesn’t apply to oil changes or other services under $100, but if you have a big repair like a timing belt, heater core, or brake job this may be the ideal time to do it.

*Maximum discount is $200. YOU MUST MENTION YOU WANT THIS DISCOUNT WHEN YOU SCHEDULE SERVICE, and THIS OFFER CANNOT BE COMBINED WITH OTHER DISCOUNTS.*

We’ve said it before, but it’s worth noting again... the most amazing thing about this entire project is that they are able to build an entirely new bridge while the traffic continues to flow! Just look at what’s going on this week, while the bridge is still open!

- **Lane Striping:** The contractor re-striped crosswalks and lane markings at the west end of the bridge at Hwy. 43 last week to improve their visibility.
- **Retaining Walls (west side of Hwy. 43):** South of the bridge, work continues on the concrete fascia of the retaining walls, as well as construction of drainage for a stream that will be piped through the wall. More ground anchors will be installed this week.
- **North of the bridge, another row of soil nails is being installed, which requires two lanes to be closed from 9 a.m. to 4 p.m., for safety. Shotcrete will be applied to the wall face this week.**
- **New Bridge and Interchange:** This week forms and rebar will be installed for the beam seats on the top of the abutment. The project will widen the waiting area for pedestrians and bicycles next to the abutment at the Highway 43 crosswalk.
- **At Bent 2, between the abutment and the river, falsework is being erected for the cross beam.**
- **At Bent 3 near the river bank, the contractor has stripped forms from the angel wings that will support the steel arch spans. This week forms and rebar are being installed for the two columns that will stand on the footing. This concrete pour was rescheduled for next week.**
- **Reinforced Slope on Trolley Line:** Soil excavation, grading and reinforcing are being installed on the slope that will support the trolley and trail corridor north of the bridge.
- **SW Miles Place:** The Portland Water Bureau plans to begin field work to install a new water line on SW Miles Place this week, as part of street improvements that will include a section of the regional trail between Willamette Park and the bridge.
- Concrete was poured last week for the beam seats on the east approach columns, which will support the pre-cast horizontal girders that will be installed May 13 – 16. Forms have been stripped from the Bent 6 cross beam.

- New Bridge: As leaks are eliminated in the two box caissons that have been lowered into the river, work is shifting to the foundation columns inside. Crews are chipping concrete from the tops of the columns to create strong joints for the next concrete pour.

- At Bent 4 on the west side of the channel, crews are sealing the box casing and installing rings around the foundation shafts to seal out the water. Several shafts still need to be poured with concrete to the level of the box. The caissons will support the steel arch river spans and bridge columns above.

- Bee Rescue: Our project is often visited by reporters from the Sellwood Bee newspaper. Last week the work zone had a visit from a swarm of 5,000 honeybees that decided to rest on a metal stretcher mounted to the west work bridge over the river (see photos). A beekeeper was called to corral the bees so they could be taken to a new home. No one was stung during the visit.

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).
In the Afterword to his masterpiece “Zen and the Art of Motorcycle Maintenance”, Robert Pirsig introduces us to a Swedish word, kulturbärer, meaning a “culture-bearing” book...

“A culture-bearing book, like a mule, bears the culture on its back... Culture-bearing books challenge cultural value assumptions and often do so at a time when the culture is changing in favor of their challenge. The books are not necessarily of high quality. Uncle Tom’s Cabin was no literary masterpiece but it was a culture-bearing book. It came at a time when the entire culture was about to reject slavery. People seized upon it as a portrayal of their own new values and it became an overwhelming success.”

Thomas Piketty’s “Capital in the Twenty-First Century” may be one of these kulturbärers. It describes and questions the current state of global capitalism just as our country is wrestling with spiraling wealth inequality. A 700-page analysis of economics might not be an obvious bestseller but “Capital” topped Amazon, is already in its 4th printing, and is expected to sell about 200,000 copies in just a few months. An even better indicator of its impact might the bug-eyed fury it instilled in the pundit class, where it has been castigated in every possible forum. Here’s more about Picketty’s book (just click the cover to go to the Powell’s website for it) along with a few links to some of the discussion about it...

**Capital in the Twenty-First Century**
by Thomas Piketty

What are the grand dynamics that drive the accumulation and distribution of capital? Questions about the long-term evolution of inequality, the concentration of wealth, and the prospects for economic growth lie at the heart of political economy. But satisfactory answers have been hard to find for lack of adequate data and clear guiding theories. In Capital in the Twenty-First Century, Thomas Piketty analyzes a unique collection of data from twenty countries, ranging as far back as the eighteenth century, to uncover key economic and social patterns. His findings will transform debate and set the agenda for the next generation of thought about wealth and inequality.

Piketty shows that modern economic growth and the diffusion of knowledge have allowed us to avoid inequalities on the apocalyptic scale predicted by Karl Marx. But we have not modified the deep structures of capital and inequality as much as we thought in the optimistic decades following World War II. The main driver of inequality — the tendency of returns on capital to exceed the rate of economic growth — today threatens to generate extreme inequalities that stir discontent and undermine democratic values. But economic trends are not acts of God. Political action has curbed dangerous inequalities in the past, Piketty says, and may do so again.

A work of extraordinary ambition, originality, and rigor, Capital in the Twenty-First Century reorients our understanding of economic history and confronts us with sobering lessons for today.

James Pethokoukis, National Review, “The New Marxism, Part Two”
Lynn Parramore, Alternet, “Why Economist Thomas Piketty Has Scared the Pants Off the American Right”
Rob Wile, Business Insider, “Here Are The Two Most Serious Criticisms Of Piketty”
Thom Hartmann, “Conservatives are scared straight by a Frenchman”
Mother’s day is next Sunday, the day we set aside to honor Mom for all the work she does the other 364 days. Not a bad bargain! But are YOU a Mom? Although ‘having children’ is a strong indicator, it doesn’t really hurt to be sure. Here are 24 sure-fire signs you’re a Mom… if any two of them describe you, then the ‘having children’ test isn’t really necessary...

24 Clear Signs You’re A Mom
Co-authored by Mark Simmons, posted at WeMothers.com

1. Instead of running from projectile vomit, you run towards it.
2. You do more in seven minutes than most people do all day.
3. Happy hour has become the 60 minutes between your kids going to bed and you going to bed.
4. A night of drinking requires more recovery time than minor surgery.
5. A glass of wine counts as a serving of fruit.
6. You have mini-therapy sessions all day long with anyone who will listen.
7. Going to the grocery store by yourself is a vacation.
8. You can experience heaven and hell at the same time.
9. You think of physical pain on three levels: pain, excruciating pain and stepping on a Lego.
10. You have the ability to hear a sneeze through closed doors in the middle of the night, while your SO snores next to you.
11. You'd rather have a 103 degree fever than watch one of your kids suffer with it.
12. You'd rather go to sleep than have sex.
13. A 15-minute shower with the door locked feels like a day at the spa.
14. Peeing with an audience is part of the daily routine.
15. You use baby wipes to clean up random spills and the dash of your car.
16. You lock yourself in the bathroom and pretend to have diarrhea just to get a break.
17. You love Moms' Night Out and Date Night with the Hubs.
18. You have a secret chocolate stash because frankly, you're sick of sharing.
19. You've been washing the same load of laundry for 3 days because you forgot to dry it.
20. You realize you've been watching Nick Jr. alone, even though your kids have been in bed for over 30 minutes.
21. You can cook dinner, breastfeed, talk on the phone and yell at the kids, all without breaking stride or missing any of the TV show you are watching.
22. You get more excited about the Mini Boden Catalogue than J Crew's.
23. You decide to stick with your car for the next decade because a) you can't afford to switch and b) you haven't found a car wash that knows how to get all the milk stains and glitter removed.
24. By the end of the day, brushing your teeth feels like a huge accomplishment.
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!

Stop Pretending... Learn about Net Neutrality

Comcast, Verizon, the FCC, and other players are fighting to determine the fundamental future architecture of the Internet. It sure sounds important, but we at Your Car Matters have a confession to make... we haven’t written much about it because we really don’t understand it. However, we ran across this little video that actually made it (reasonably) clear, and it also has a string of links to let you go even deeper. Now, we feel better that we don’t have to pretend anymore but we feel worse about the future of the Net. Is that a win?

Try the Earth quiz. We failed.

It’s said that we know more about outer space than we know about our own planet. That certainly proved true for us when we tried this quiz! We’re usually pretty proud when we do these little quizzes, but not this time. We tried it on two of our official Your Car Matters Guinea Pigs, but they each only got 5 questions right out of 15 possible. Subjects cover plants, animals, geography, and geology. It’s a great, if humbling, way to brush up on a little Earth science. Hope you do better than we did!

Vermont takes the lead against Corporate Personhood

In this month’s article on Thom Hartmann we told you about the movement for a 28th Constitutional Amendment declaring that “Corporations are not people, and money is not speech.” On May 2, Bernie Sanders’ Vermont became the first state to officially call for such an Amendment. It takes 34 states to propose a Constitutional Amendment and 38 states to ratify, so it’s a long road ahead. But as the saying goes, “The journey of a thousand miles begins with a single step.” Congratulations to Vermont, and there are links in our Hartmann story about how you can get involved.

The Universe fits in a box now

The scientific method is to theorize, hypothesize, experiment, test, and then refine the theory. The more accurately your hypothesis reflects reality, the more likely your hypothesis is to be right. But how do scientists test theories about the Universe? They do simulations and then compare the results to the observable Universe. The latest simulation models a cube of the Universe 350 million light years across, starting 12 million after the Big Bang and continuing to today. And it matches what scientists see. A stunning look at the very cutting edge of science!
“News To Make You Furious” started in 2010 with the 20th anniversary of Exxon’s desecration of Prince William Sound and their flamboyantly negligent treatment of the Valdez spill and cleanup. But even as we were facepalming over that barbarity, something even worse was developing in the Gulf of Mexico.

Just as a warmup, the exploding BP Macondo well killed 11 people before it dumping 210 million gallons of oil into the Gulf over 87 days. It became the worst accidental marine spill in the history of the oil industry. While politicians failed to learn the lessons the Valdez offered for preventing such spills, environmental remediation, or holding offending companies accountable, BP had certainly paid attention. They studied Exxon’s playbook and employed every lesson for lying, obfuscating, blame avoidance, and spin control. Now, four years later, their strategy seems to have paid off as they were awarded $41 million in new Gulf drilling leases in March. Here are a few articles describing the state of the Gulf they’ll be returning to. We can’t speak for BP, but we doubt any of these links will make BP as Furious as they made us…

Furious Flashback
For a soul-crushing and infuriating trip down memory lane, here are the stories we did during the BP crisis...

- **BP spill ALMOST returns to the news**
- **The BP Armageddon Anniversary: Current Status of the Spill**
- **BP Gusher Stopped** - (Radio Spot)
- **BP learned from the Valdez. Did we?**
- **BP Gusher Stopped - Math Professor Version** - (Radio Spot)
- **The BP Spill may have stopped, but it isn’t over...**
- **The BP Atrocity** - (Tom’s Tidbits)

**Scientist Takes a Closer Look At The Deep-Sea Impacts of BP Gulf Oil Spill** - Alexis Baldera, Ocean Conservancy

**BP: Four Years On And No Restoration In Sight** - Dahr Jamail on Truthout

**Claims, Oil, and resentments linger 4 years after BP oil spill** - Jemima Kelly on State Farm’s Insurance Journal

**How A Gulf Settlement That BP Once Hailed Became Its Target** - Campbell Robertson and John Schwartz in NY Times

**How Does the BP Oil Spill Impact Wildlife and Habitat?** - National Wildlife Federation

**2010 Gulf Oil Spill “Not Over”, Dolphins and Turtles Dying In Record Numbers** - National Geographic

**The Untold Story of the BP Gulf Disaster** - (Video) - Greg Palast interviewed by Thom Hartmann

**Exclusive Investigation Uncovers How BP Uses Bribes To Do Business** - Greg Palast interview on Real News

**BP: Four Years of Dirty Tricks** - Ring Of Fire Radio

**Never Forget The Tragic Lessons Of BPs Oil Spill** - Pensacola News Journal

**BP_Won’t_Pay_For_Gulf_Oil_Spill** - (Radio Spot)

**Deepwater_Horizon_Accident_And_Response** and **Gulf_of_Mexico**

**Restoration** - both from the BP Website

**The Gulf Oil Spill** - Ocean Portal

**The BP Spill** - Multifaceted coverage by The Guardian

**Gulf Oil Spill** - Articles collected by Mother Nature Network

**BP Gulf Oil Spill** - Articles collected on Huffington Post

**Gulf Coast Oil Disaster** - Articles collected by CBS News

**BP Digs In As Last Leg Of Gulf Oil Spill Trial Approaches** - Collin Eaton, on FuelFix