



# “Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for July and August, 2018



## 2018 DropBox Derby

The Mechanics were there, and we want to tell you all about it



## What does the Willamette Shore Trolley need to be perfect?

There's just one electrifying answer



## The world's biggest spider is coming to OMSI

Tom Dwyer is bringing Arachno Giganticus to OMSI Makers Faire



Let's get ready to RUMBLE!



You'll never thread a needle the same way again



REAL techno music



Inside Trump's secret war on Weed

## Our Monthly Columns

**Tom's Tidbits-** John McCain's final act of service

**What NOW?!! Toons** Toon for July and August

**Drew's Kitchen-** Back-to-school Sausage-Tater Crescent Pizza

**Shop Talk-** Now WE CAN DO YOUR DEQ TESTING!

**Health Notes-** Why are we overweight? It's not willpower...

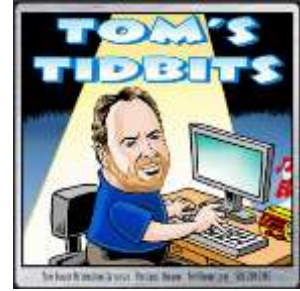
**Book Spotlight-** Two reviews from client Jill A., PLUS a little something extra

**Humorousness-** YELP attacked by weaponized humor

**News To Make You Furious-** Pentagon Audit... good news or bad news?

# Tom's Tidbits

## John McCain's final act of service



Greetings,

John McCain, United States Senator from Arizona since 1987, has died. McCain was loved and respected by his friends, and if not loved, at least grudgingly respected by his enemies. I'm not going to add more adulation or snipe at differences, but I will say John McCain was something all-too-rare today: a statesman that vigorously and respectfully advocated for the values he believed in. We won't see his like again, and I'll miss him. But McCain may have performed one last service in his death by giving our President one more platform to needlessly embarrass himself, and this time in a way that even his most deluded supporters may have a hard time shrugging off...

"Don't speak ill of the dead" is more than just sage advice, it almost has the force of a superstition. Respect for the dead, in various guises, *especially* for those we know, is fundamentally human. We learn in childhood that smearing the memory of the dead only hurts the living. Even if Grandma was a bigot, if Uncle Jared was rumored to be a little "weird", if Aunt Agatha drank away her days or cousin Fred died in prison, we still don't dwell on those very real shortcomings at their funerals. It's not that we ignore them but we try to find good points to remember instead. We don't do it for the sake of the dead but for the sake of the living. No matter how abhorrent the dead person was, those they left behind are hurting and need comfort. We do it because one day we'll be the subject of discussion ourselves, and we care what our own families will think about what will be said.

America has one president, but many other societies let one person handle the day-to-day business of governing while another represents the country in state dinners and baby kissing. Ceremonial duties can sound less important than governmental duties but they aren't. Humans like their individuality but in times of trauma we tend to look to leaders to unite, comfort, or inspire us. Think Obama after Sandy Hook, Bush after 9/11, Reagan after Challenger, FDR after Pearl Harbor. Obama rightly described a President as America's "mourner in chief", and there are examples of presidents both rising to that standard and falling desperately short. Trump's proven himself abjectly incompetent on the governmental side of things, but John McCain's death presented another opportunity to succeed on the ceremonial side.

Of course, he failed miserably. Donald Trump's response to John McCain's death has mystified and infuriated both supporters and detractors for very different and very good reasons. Perhaps Never-Trumpers didn't expect any earnest human emotion or politeness, but even they expected insipid good wishes and were taken aback by the pettiness of Trump's response. The Always-Trumpers probably didn't expect soaring rhetoric either, but like the rest of America they're feeling an almost personal loss and deserve some small acknowledgement of that loss from their leader. It hasn't come. When the President lies about complex issues of law, politics, or government, well who's to say he's wrong? Most people don't have the backgrounds to make truly informed evaluations on those subjects. Trump can bash Mueller, Comey, and the rest fairly easily because America doesn't know them well enough to know if he's lying. But John McCain is different. McCain's been an American institution for decades, and rightly or wrongly we all feel we know him. When Trump slights him of the respect he's so richly earned, we all know better. Even if the Always-Trumpers don't explicitly put it into those words themselves, the reality will tickle in the back of their minds... Trump is not like us somehow. Disrespecting McCain is hardly Trump's worst sin, but it might be the one that sticks.

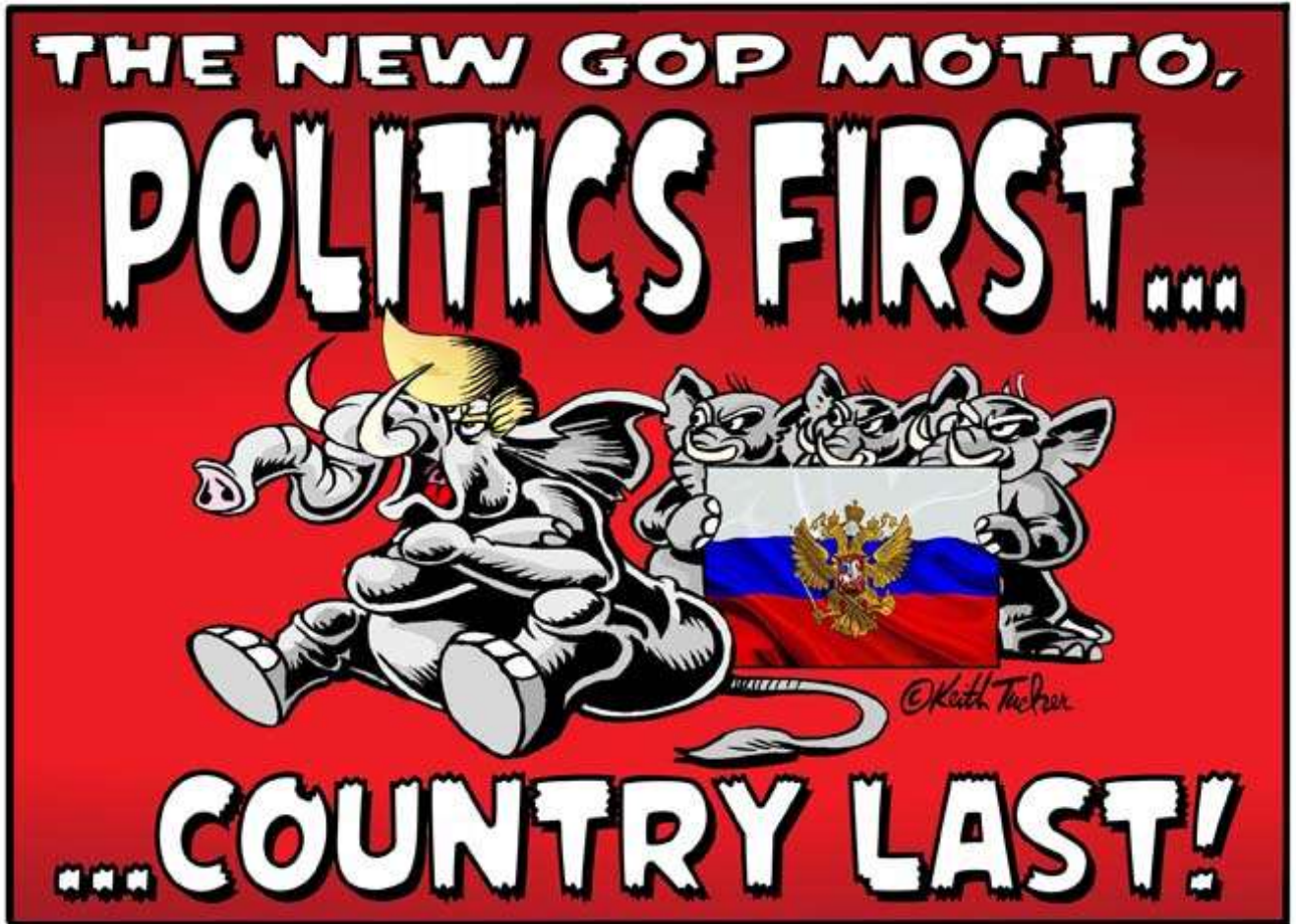
John McCain is now being accorded the respect he's earned throughout his life. He didn't have to be perfect to deserve that respect, and none of us do. No one is a hypocrite for praising a flawed human being; in fact, he's being praised for persevering and rising above his flaws. But one day Donald Trump will pass and "don't speak ill of the dead" will be tested. Perhaps the Mourner-in-Chief at the time will choose to unify us all in a National Moment of Silence. Trump supporters will be able to tearfully ignore all the horrific abuses of The Don as they struggle to dwell on imagined successes. The rest of us can stand beside them, offer comfort, and take refuge in more sage advice... "if you can't say anything nice, don't say anything at all."

Make a great day,

A handwritten signature "Tom" in blue ink.

# What NOW?!! Toons

Keith Tucker's What NOW?!! Toon for July and August



**"WHAT NOW?!!"**

© KEITH TUCKER  
WWW.WHATNOWTOONS.COM



## SPECIAL NEWS FOR KEITH TUCKER FANS!

Do you have a deep-seated desire to hang out with an award-winning cartoonist in a relaxed Portland environment? [Then you'll be as excited as Keith that his new AirB&B rental is on-line.](#) Take advantage of the warmth and hospitality of Keith and Suzanne, the close-to-Portland-but-not-too-close location, the gorgeous gardens, and (if you're lucky) a tour of Keith's studio and memorabilia museum. And all with the AirB&B price and convenience. Book your stay today, and tell Keith and Suzanne we sent you!

# Referral Reward Program

Our latest quarterly award winner is...



## How our Referral Reward Program works

Our Referral Reward Program is how we say “thank you” to the clients who recommend our shop to their family and friends. When a new client comes in and gives your name as a Referral Source we’ll make a donation to the non-profit group of your choice, and all selections are eligible for Quarterly and Yearly awards as well. It couldn’t be easier!

**We’ve made 13 donations for \$403 since our last count; a total of 519 donations totaling \$22,798 since the program began!**

## Here’s who our clients chose to help in July and August...

[Parkinson’s Resources of Oregon](#) by Ken H.

[Hosea Youth Services](#) by Zane B.

[Mercy Corps](#) by Judith F.

[Oregon Food Bank](#) by Jennifer B, Eva G, Charles A

[Oregon Humane Society](#) by Peggy D

[Sisters of the Road Café](#) by Mary B.

[Women’s Crisis Support Team](#) by Brian W.

[Johnson Creek Watershed Council](#) by Heather B.

[Clackamas Rotary Club Foundation](#) by Conrad J.

[Multnomah County Animal Services](#) by Sarah W.

## Announcing our next Quarterly Award Winner!

Voting’s been going on recently between 28 groups for our \$200 Quarterly Award. The tallies are in, and we’re pleased to announce our winner...

## [Multnomah County CASA!](#)

*from the CASA website:* “When a child who has been abused or neglected is going through the trauma of removal and involvement in a juvenile dependency case, a CASA advocate will be there to guide them through safely, quickly, and effectively.



CASA advocates are granted tremendous authority by the court, and are able to do what it takes to see that a child is not ignored, their best interests and critical needs are addressed, and that the presiding judge is able to understand the true facts of a child’s condition in an over-burdened child welfare system.

CASAs are in a unique position to work in the system without being of the system. Throughout the process, CASAs have permission to visit the children regularly, talk to a child’s parents, teachers, caseworkers, doctors and therapists in order to hear all perspectives and give an unbiased portrayal of the case to the judge. CASA advocates help kids through the system safely, quickly, and more effectively.”

In an overburdened and underfunded child welfare system, CASA is a critical resource Oregon’s most vulnerable kids rely on for the safety, security, and care they deserve. [We’re very proud to donate and hope you’ll join us.](#) Congratulations to Multnomah County CASA, and thanks for all the work you do!

# Current Special Offers

Take advantage of these special Dwyer offers!



Joining the Tom Dwyer Carbon Neutral Program (CNP) can be a great step and we're making it easier than ever to join and benefit...

**You can enjoy CNP Membership for just \$25**

with \$250 minimum purchase (for most vehicles)

---OR---

**Get a FREE CNP Membership**

with \$500 minimum purchase (for most vehicles)

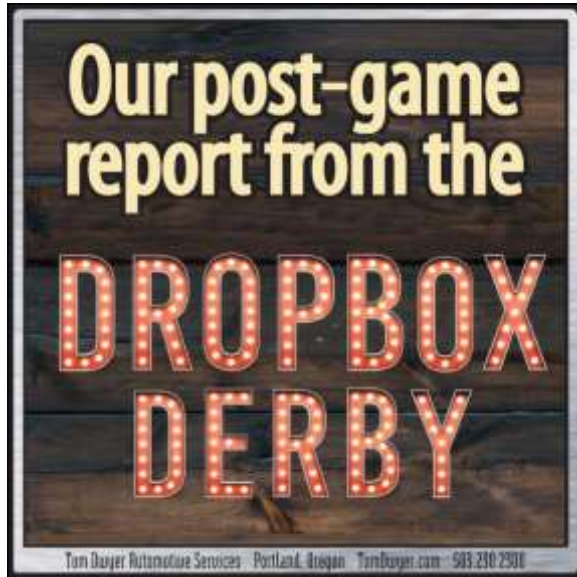


Our company's commitment to the environment led us to partner with [Bonneville Environmental Foundation](#) to create our Carbon Neutral Program in 2007. Client members offset the carbon production of their vehicles for one year AND save 10% on Labor Charges here at the shop! It's a win for you AND our environment and it's been very successful... since we instituted the program our members have prevented over **1.9 MILLION POUNDS** of carbon from being dumped into our air!

*Offer expires 10/21/18*

# Lovett Deconstruction's 2018 Dropbox Derby

The Mechanics were there, and we want to tell you all about it.



As a company we try very hard to not just be IN our community but a PART of it. This usually takes the form of working with community organizations like [350.org](http://350.org) or [Health Care for All Oregon](http://Health Care for All Oregon), or taking part in neighborhood events like the [Sellwood Concerts](#) or the [Moreland Farmers Market](#). Recently though, we've found ourselves engaging our neighbors in a very unique way we'd like to let you know about. Here's our report back from the recent [DropBox Derby](#), where we showed off woodworking skills not normally needed at an auto shop.

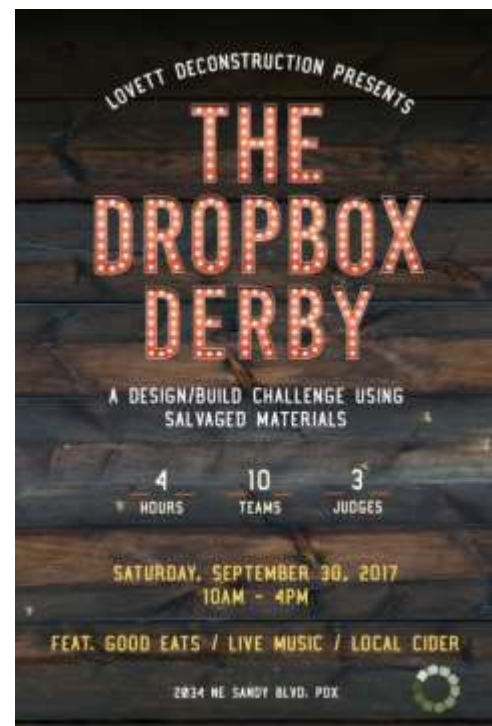
Labor Day brought [Lovett Deconstruction's DropBox Derby](#), a design/build competition where teams of carpenters, builders, and woodworkers

gathered under I-5 near OMSI to test their skills.

Lovett Deconstruction is a leader in the field of deconstruction; taking apart buildings piece-by-piece and recycling the materials for use. The owner, Der Lovett, created the Dropbox Derby (a 'dropbox' is the big dumpster in front of construction sites where all the building trash goes) as a way to raise awareness of deconstruction, celebrate creativity and woodcraft, and help a deserving group in the process. He also wanted to start an event that would eventually be on the "Portland Roster" of must-do events like Naked Bike Ride or Hood To Coast. This was just the second year for the event and judging by the growth, energy, and attention the Derby got he's well on his way toward his goal.

Der has been one of our [Business Fleet](#) clients for years so we were there in support with our event booth and 'Magical Buttonizer' for the kids, but we also went a little further. Woodworking may not be the strong suit for auto mechanics but we're very good with our hands and many of our guys are builders in their own lives. We decided to field a team for the competition and The Mechanics (Jon Feldhausen, Matt McKenzie, Bill Cheek, and Charles Letherwood) were born.

Each Derby team received an identical stack of deconstruction site materials and had 4 hours to build...



what? Well, we didn't really know until the day before the competition because the theme was kept secret. But Derby Day dawned and at 10am all the teams started building their interpretation of "A Seat At The Table". 4 slightly harried hours later, everyone was done. Designs ranged from spectacular chairs of all kinds to abstract sculptures, 2-d murals, and great designs that had nothing to do with the theme but were designed to raise money at the Silent Auction.

How did it turn out? Well, the DropBox Derby did great! 27 teams competed and thousands enjoyed a Labor Day of music, food, and fun. [Oregon Tradeswomen](#), the group benefitting from the Derby, did great too by raising over \$4000. And The Mechanics did pretty well too, especially for our first time out. We finished our build, had all the fingers we started with, and had a great time. We didn't win (darn it!) but our design DID sell at the Silent Auction and raised a little more money for the cause. No, The Mechanics didn't win, but we'll be back next year, and a warning to the other folks... we'll be hungry.



The competition area under I-5, just before the start of the Derby



The Mechanics- (from left, Bill Cheek, Charles Letherwood, Matt McKenzie, Jon Feldhausen) and the materials they had to work with.



Folks gathering to enjoy the music



Kids work on their buttons at the Tom Dwyer tent

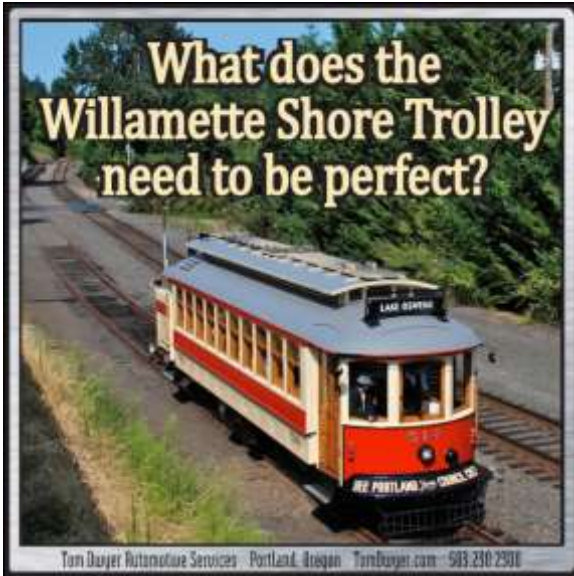


Our final design, in-use by the people who bought it at the Silent Auction. We thought of the table as a conversation, and built three stools of different designs emblematic of the different people who take part in it. The table was built without legs (intentionally, not because we ran out of time!) to indicate that a conversation doesn't happen unless it's supported by the people in it. EVERYONE has to have a 'seat at the table' or it doesn't work. The purchasers were a family from Salem (sorry we didn't get their names!) who had brought their son up to show him the excitement of building. We hope it was a worthwhile day!



# What does the Willamette Shore Trolley need to be perfect?

There's just one electrifying answer...



While it's a familiar sight to Lake Oswegians, many Portlanders may not know about the Willamette Shore Trolley. It's an electric streetcar running along the Willamette River between Portland and L.O. since 1990. The historic-replica Trolley offers passenger excursions on the 5.5-mile Jefferson Street Branch Line. The thing is, the rails used to be owned by the Southern Pacific Railroad and were for regular trains and didn't have the electricity the Trolley needs. When the Trolley started interim runs in 1987 volunteers built a diesel generator to be towed behind the Trolley to supply electric power... not a historically accurate solution, but adequate 30 years ago. Now concerns about fossil fuels, new battery technology, and the charming smell of diesel wafting through the Trolley are prompting a re-think. Here's one of our clients, Gerald Fox, to explain what the Trolley's future could be, and how you can help make it happen...

## **A Little History**

The rail line between Portland and Lake Oswego has a long and interesting history. Originally constructed in 1887 as a narrow gauge link into the Willamette Valley, it was re-gauged, extended, then electrified and eventually abandoned by Southern Pacific. In 1987, a consortium of local governments, led by Metro, purchased the line intact to preserve the right-of-way for future public use. To retain the property easements, and to prevent the abandoned railway becoming an overgrown nuisance, an interim rail use was needed. So the Oregon Electric Railway Historical Society (OERHS), a volunteer run organization, contracted with the City of Lake Oswego to run a trolley between Portland and Lake Oswego, largely funded by fares. To enable an electric trolley to operate on a non-electrified track, OERHS built a diesel-powered generator that is mounted on a rail cart towed by the trolley. This somewhat cumbersome arrangement was "State of the Art" back in 1987. OERHS still operates the line, now known as the Willamette Shore Trolley, using two trolleys (#513 and 514) which are owned by Vintage Trolley Inc. (VTI), a volunteer run non-profit entity.

## **Changing Times**

Despite the engine noise, and the diesel fumes that sometimes waft through the trolley, the generator cart has served adequately for some 30 years. But times are changing. Concern over climate change and the need to reduce fossil fuels has become a priority. And recent advances in battery technology and power electronics now offer a superior technology that is quiet, fume-free, and can recharge overnight from renewable power. Accordingly, after an industry search, VTI engaged EVDrive, a small Hillsboro Company specializing in custom electric vehicles, to design and install a battery propulsion system on Vintage Trolley # 514. Many of the components will be sourced locally, and installed by EVDrive and trolley staff working together at the Lake Oswego car barn. The work will take several months, and is ready to start as soon as funding is in place.

## The Technology

The two replica trolleys used on the Willamette Shore were built in 1992 to traditional trolley designs dating from the early 1900s. They ran for several years on the MAX and Streetcar tracks in downtown Portland before coming to the Willamette Shore, where they were modified to take power from a generator cart. The traditional trolley propulsion system relies on a series of resistors to control the speed of the DC motors, which wastes a significant amount of energy.

This is a big problem if the energy comes from a battery. So VTI will replace the obsolete motors and control system with new AC motors and the latest power electronics, thus matching a new, efficient propulsion system with a smaller, appropriately sized battery. It will also allow the trolley to recover energy otherwise lost during braking. With this arrangement the trolley will be able to run a full schedule, recharging overnight in the car barn using off-peak power from renewable sources.

## Why do it?

- The generator cart has always been the weak link in the Willamette Shore Trolley operation, but until recently was the best way to run an electric trolley on non-electrified track.
- Recent advantages in battery technology can now provide a silent fume-free power source contained within the trolley vehicle, and thus eliminate use of diesel fuel.
- Silent, fume-free battery propulsion will enhance passengers' "authentic trolley experience", and reduce the noise and exhaust that irritates lineside residents.
- It is supportive of regional and national policies to reduce fossil fuel use, and curb greenhouse gas emissions, and a significant prototype for further electric vehicle applications.
- Overnight charging allows use of off-peak power from renewable energy sources.
- The trolley offers an ideal and relatively inexpensive testbed demonstrating how battery technology can replace fossil fuels in a variety of customized applications from railcars to garbage trucks to construction equipment. And as a small and informal organization, the Trolley offers the opportunity to share this experience with local schools and colleges.
- It will enhance safety by reducing derailment risk, eliminating fuel handling and the need for the person driving the trolley to get down on the track to attend to the generator.
- It will reduce trolley "fuel" costs, and greatly simplify maintenance procedures.
- It is compatible with the eventual extension of trolley service into Portland.

## Budget and Schedule

Installing a battery on Trolley 514 is a joint project by VTI staff, volunteers, and a specialist contractor, EVDrive. Design work is complete, and the project is poised to start as soon as funds become available. The Project is budgeted at \$232,000, including work by VTI, VTI's Contractor, and an allowance for contingencies. The project will take approximately 5 months.

## Funding

The Willamette Shore Trolley operation is funded by the Consortium that owns the line, and by the fares collected from passengers. There is no dedicated funding source for capital improvements such as this project. VTI therefore needs to raise funds from a variety of governmental and private sponsors. Almost \$100,000 has been raised so far. VTI is a non-profit, 501 (c) 3 entity, and contributions are tax deductible to the extent provided by law. Donors will receive written acknowledgment, and be recognized on permanent ceiling plaquards inside the car. Checks may be made out to Vintage Trolley Inc.- Battery Fund, 1140 SW 11th Av., Portland 97205

Contact Gerald Fox at 503-636-9861 or [gdfx@Q.com](mailto:gdfx@Q.com) for further details.

# The world's biggest spider is coming to Portland

Tom Dwyer is bringing Arachno Giganticus to Makers Faire at OMSI



Time's ticking down for one of the strangest events we've ever been involved in... on Friday we'll be preparing to welcome Arachno Giganticus, a 10-foot-tall spider, to Portland Mini Maker Faire at Oregon Museum of Science and Industry (OMSI). Tom was understandably a little nervous about being responsible for a gigantic venomous spider tromping through crowds of children, but the breeder says the spider's very well trained, that the "Boise Incident" was just a lot of hype and Fake News, and that no Arachno Giganticus has eaten a person in months. Sounds good, what could possibly go wrong? Maybe we should tell you a little more about it...

## The Maker Movement

The Maker Movement is, very quietly, creeping across the country. It started roughly in 2005 with the founding

of Make Magazine, a publication dedicated to the artisans, artists, crafters, and just plain curious people who like to spend their time creating new and novel things that don't fit neatly into other categories. Makers cover robotics, 3D printing, sculpting, electronics, science, metalwork, woodwork, sewing, arts and crafts... it would almost be easier to find something that DOESN'T fit under the Maker Umbrella! But what do you do when you spend your nights in a garage tinkering? How do you share your pride and joy with the world? The Makers Faire is the place, and the first one was held in San Mateo County in 2006. It was an immediate hit and cities began clamoring for their own way to take part, so "Mini Makers Faires", held in coordination with the main Makers Faire organizers, were spawned. Now the event has spread across the country and around the world, with Makers Faires in Europe, Asia, South America, and Africa. Portland has had its [own Mini Maker Faire since 2011](#) and they're expecting this year's event to attract hundreds of exhibitors and thousands of people to [OMSI](#).

## Tom Dwyer gets involved

How did Tom Dwyer Automotive get involved with a giant spider at a geek builder convention? Through one of our employees. Charles Letherwood is our outreach coordinator, the guy who does everything at our shop that has nothing to do with cars. He's been a designer and builder for many years on projects from medical products to kid's museums to stage sets. A couple years ago Charles started working on an idea for a giant spider costume because, as he says, "who hasn't wanted to wreak havoc as a ten foot tall spider?" The spider made some head-turning appearances around Portland ([including Sellwood's Monster March](#)) until last year until it made its first appearance to an unsuspecting general public in [Bella Organic's Haunted Corn Maze](#) on Sauvie's Island. When Makers Faire put out a call for exhibitors, Charles was there and Arachno Giganticus was added to the list. Our shop got involved because Tom is a great supporter of his employees' lives outside the shop... from our recent Dropbox Derby team to to our [Competitive Dart Team](#) to [James Magmer's trashfishing sculpture](#), we can usually count on Tom to get behind us.

## A little bit about the big spider

[Arachno Giganticus](#) (or Boris, as he's affectionately called) is a live 10-foot-tall spider. OK, "live" is fortunately a bit of an overstatement here, but he IS a 10' tall, full-motion, walking, talking, creeping and crawling spider that will absolutely instill phobias in the strongest people. Boris is the result of hundreds of

hours of obsessive and coffee-fueled work. His dimensions change depending on which way he's creeping, but mostly he's about 10' tall, about 12' long, and about 14' to 16' wide. Boris is composed almost entirely of PVC, clothing, duct tape, zip ties, and garbage bags, but with generous dollops of chicken wire and hot glue and a few bicycle helmets and gadgetry as spice. His eight eyes twinkle and glow, his insectoid voice chirps and hisses, slime drips from his jaws and venom drips from his stinger. Razor-sharp tusks grab at the unsuspecting as his steel-crushing jaws open to receive them. Bony spines clutch hapless prey securely as Boris' back legs spin them into a web pod for... later. But fearsome as he is, Boris is a push-over when it comes to kids. Some hesitate to approach at first, but even the littlest ones get over their fear eventually. There's nothing quite as heartwarming as seeing a child laughing and playing with the hideous monster who terrified them just moments before!

## Boris at the Maker Faire

The most important step to meeting Boris (or staying as far away from him as you possibly can) is knowing where he'll be. He'll be arriving at OMSI in his titanium-reinforced transport cage on Friday afternoon, and Saturday the doors open and the carnage fun begins. Portland Mini Makers Faire runs Saturday & Sunday, September 15 & 16, 9:30am-5:30pm at OMSI, 1945 SE Water Ave in Portland. [Tickets are still available](#) at \$16 for adults (14-62), \$10 for youth (3-13), \$10 for seniors (63+), and OMSI members receive 50% off. Scroll on down for pictures of Arachno Giganticus at the Sellwood Monster March, and [click here to see all the other Makers that will be waiting for you at the Faire!](#) See you there!



Delicious children trail the giant spider



Boris with an enthusiastic fan



A hero stops a spider's onslaught... for now.



Boris believes in community support

Portland Mini  
Maker Faire

COURAGEOUSLY BRINGS YOU...

# ARACHNO GIGANTICUS

**GASP!**  
AS THE TERRIFYING  
ARACHNO GIGANTICUS  
TOWERS 10' OVER A  
UNSUSPECTING AND  
DELICIOUS CROWD!

**SIGN!**  
THE WAIVER  
ABSORBING US FROM  
ALL RESPONSIBILITY  
IF YOU TAKE PART IN  
THE 'PETTING ZOO'  
DEMONSTRATION.

**IGNORE!**  
THE 'BOISE INCIDENT'.  
WE THINK THE JURY  
WILL AGREE OUR  
NEGLIGENCE WAS  
NOT COMPLETELY  
AT FAULT.

**OMSI**

Tom Dwyer  
AUTOMOTIVE  
SERVICES

Portland Mini  
Maker Faire

PRESENTED BY TOM DWYER AUTOMOTIVE SERVICES AT PORTLAND MINI MAKER FAIRE  
OMSI, PORTLAND, OR SEPTEMBER 14-16, 2018

\*ARACHNO GIGANTICUS\* IS A CREATION OF IXITID CONCEPTS AND CHARLES LETHERWOOD © 2018 MORE INFORMATION AT WWW.IXITID.COM  
VISITORS ASSUME LIABILITY FOR INJURIES INEVITABLY RESULTING FROM CAVORTING WITH A 3-METER TALL ARMORED AND VENOMOUS ENGINE OF DEATH

## Digging Deeper...

[The Maker Movement](#), Make: website

[Why the Maker Movement Is Important to America's Future](#), Tim Bjarin in Time, May 2014

[2015 Mini Maker Faire at OMSI](#), by Jamie Hale, Oregonian, Sep 2015

[Maker Faire Facts from OMSI](#), OMSI press release, Aug 2017

# Shop Talk

Now WE can do your DEQ Testing!



## Comment of the Month



Client Amy B. had some nice things to say about our pricing and estimating...

*"I really appreciate the discount on the work this last time. I'm starting school in the fall and incurring a ton of debt. I appreciate your honesty when quoting costs and I trust the work will get done right the first time."*

Thanks Amy! We understand how hard it can be to properly care for your vehicle when money's tight. We try very hard to apply discounts or reduce bills wherever possible, but we can do very little to make vehicle ownership less expensive. The only thing we can do is make it fair, and make you confident that you're getting the best possible service at the best possible price *in the long run*. We NEVER sell a product or service we don't think you need, we do our best to make sure we live within our estimates (98.87% on-estimate at last check!), and are absolutely fanatic about doing things 'right the first time'. It may not make auto service cheap, but we hope it makes it bearable!

## Now WE can do your DEQ testing!



We're excited to tell you that NOW you have a choice! You can find a day when the DEQ test station is open, wait in line in blazing heat or freezing cold, and then get your DEQ certification IF your vehicle passes or is even ready for testing. OR... you could schedule an appointment with US at your convenience, wait in comfort while we do your DEQ testing, and then you can finish your registration online. Which to choose?

DEQ TOO is a new program from Oregon DEQ that makes DEQ testing convenient, quick, and secure. We'll gladly give you all the details... ask your Service Advisor about it the next time you're in the shop!



## Your reviews and referrals matter

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



## Latest Automotive Recalls

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

## What are they building across the street?



[Sellwood Bridgehead](#), being built across the street from us at 8222 SE 6<sup>th</sup>, will be a 119 unit multi-family housing project with 49 underground parking spots. Everyone seems to ask about it when they come by the shop, so we'll bring you a couple shots each month as our newest Sellwood neighbor takes shape. This month, the building is really coming together. Structural work is mostly finished, and they're moving inside to sheetrock. The big event recently was the removal of the tower crane that's been building the project. And you should see the crane they brought in to move THAT crane! Well, just look...

move THAT crane! Well, just look...



The rear main section of the tower crane is lowered onto a waiting truck

# Drew's Kitchen

## Back-to-school Sausage-Tater Crescent Pizza



The kids just started back to school, meaning a welcome respite for parents. Drew brings you a recipe that's easy enough not to disturb your peace and quiet, but that will keep the kids interested in the lunchroom throughout the year...

### Ingredients:

- 1 pkg (12 oz) bulk pork sausage
- 1 can (8 oz) Pillsbury refrigerated crescent dinner rolls or 1 can (8 oz) Pillsbury refrigerated Crescent Dough Sheet
- 1 cup frozen shredded hash brown potatoes
- ½ cup shredded Cheddar cheese (2 oz)
- 3 eggs
- ½ tsp salt
- 1/8 tsp pepper
- 3 tbsp milk

### Preparation:

1. Heat oven to 375°. Crumble sausage into 8-inch skillet. Cook over medium-high heat, stirring frequently, until no longer pink. Drain.
2. If using crescent rolls: Unroll dough; separate into 4 rectangles. Place in ungreased 13x9 inch pan. Press over bottom and ½ inch up sides to form crust; firmly press perforations and edges to seal. If using dough sheet: Unroll dough. Place in ungreased 13x9 pan. Press over bottom and ½ inch up sides to form crust.
3. Spoon sausage evenly over crust. Sprinkle with potatoes and cheese. Beat eggs in medium bowl. Add remaining ingredients; mix well. Pour over cheese in crust.
4. Bake 18-23 minutes or until center is set and edges are deep golden brown. If desired, serve with salsa. Cover and refrigerate any remaining pizza.

**Prep time 0:15, Total time: 0:40, Serves 6**

**Original recipe by Suzie Watts, winner Pillsbury Bake-Off 1974**



# Health Notes

## Why are we overweight? It's not willpower...



This is an article from The Guardian so it references information from England, but as you'll see the causes of obesity are worldwide...

### [We're in a new age of obesity. How did it happen? You'd be surprised. By George Monbiot in The Guardian, Aug 2018](#)

When I saw the photograph I could scarcely believe it was the same country. A picture of Brighton beach in 1976, featured in the Guardian a few weeks ago, appeared to show an alien race. Almost everyone was slim. I mentioned it on social media, then went on Unfortunately, there is no consistent obesity data in the United Kingdom before 1988, at which point the incidence was already rising sharply. But in the United States, the figures go back further. They show that, by chance, the inflection point was more or less 1976. Suddenly, at around the time that the photograph was taken, people started becoming fatter – and the trend has continued ever since.



The obvious explanation, many on social media insisted, is that we're eating more. Several pointed out, not without justice, that food was generally disgusting in the 1970s. It was also more expensive. There were fewer fast food outlets and the shops shut earlier, ensuring that if you missed your tea, you went hungry.

So here's the first big surprise: we ate more in 1976. According to government figures, we currently consume an average of 2,130 kilocalories a day, a figure that appears to include sweets and alcohol. But in 1976, we consumed 2,280 kcal excluding alcohol and sweets, or 2,590 kcal when they're included. I have found no reason to disbelieve the figures.

Others insisted that the cause is a decline in manual labour. Again, this seems to make sense, but again the data doesn't support it. A paper last year in the International Journal of Surgery states that "adults

holiday. When I returned, I found that people were still debating it. The heated discussion prompted me to read more. How have we grown so fat, so fast? To my astonishment, almost every explanation proposed in the thread turned out to be untrue. working in unskilled manual professions are over four times more likely to be classified as morbidly obese compared with those in professional employment".

So how about voluntary exercise? Plenty of people argued that, as we drive rather than walk or cycle, are stuck to our screens and order our groceries online, we exercise far less than we did. It seems to make sense – so here comes the next surprise. According to a long-term study

at Plymouth University, children's physical activity is the same as it was 50 years ago. A paper in the International Journal of Epidemiology finds that, corrected for body size, there is no difference between the amount of calories burned by people in rich countries and those in poor ones, where subsistence agriculture remains the norm. It proposes that there is no relationship between physical activity and weight gain. Many other studies suggest that exercise, while crucial to other aspects of good health, is far less important than diet in regulating our weight. Some suggest it plays no role at all as the more we exercise, the hungrier we become.

Other people pointed to more obscure factors: adenovirus-36 infection, antibiotic use in childhood and endocrine-disrupting chemicals. While there is evidence suggesting they may all play a role, and while

they could explain some of the variation in the weight gained by different people on similar diets, none appears powerful enough to explain the general trend.

So what has happened? The light begins to dawn when you look at the nutrition figures in more detail. Yes, we ate more in 1976, but differently. Today, we buy half as much fresh milk per person, but five times more yoghurt, three times more ice cream and – wait for it – 39 times as many dairy desserts. We buy half as many eggs as in 1976, but a third more breakfast cereals and twice the cereal snacks; half the total potatoes, but three times the crisps. While our direct purchases of sugar have sharply declined, the sugar we consume in drinks and confectionery is likely to have rocketed (there are purchase numbers only from 1992, at which point they were rising rapidly. Perhaps, as we consumed just 9kcal a day in the form of drinks in 1976, no one thought the numbers were worth collecting.) In other words, the opportunities to load our food with sugar have boomed. As some experts have long proposed, this seems to be the issue.

The shift has not happened by accident. As Jacques Peretti argued in his film *The Men Who Made Us Fat*, food companies have invested heavily in designing products that use sugar to bypass our natural appetite control mechanisms, and in packaging and promoting these products to break down what remains of our defences, including through the use of subliminal scents. They employ an army of food scientists and psychologists to trick us into eating more than we need, while their advertisers use the latest findings in neuroscience to overcome our resistance.

They hire biddable scientists and think tanks to confuse us about the causes of obesity. Above all, just as the tobacco companies did with smoking, they promote the idea that weight is a question of “personal responsibility”. After spending billions on

overriding our willpower, they blame us for failing to exercise it.

To judge by the debate the 1976 photograph triggered, it works. “There are no excuses. Take responsibility for your own lives, people!” “No one force feeds you junk food, it’s personal choice. We’re not lemmings.” “Sometimes I think having free healthcare is a mistake. It’s everyone’s right to be lazy and fat because there is a sense of entitlement about getting fixed.”

More alarmingly, according to a paper in the *Lancet*, more than 90% of policymakers believe that “personal motivation” is “a strong or very strong influence on the rise of obesity”. Such people propose no mechanism by which the 61% of English people who are overweight or obese have lost their willpower. But this improbable explanation seems immune to evidence.

Perhaps this is because obesophobia is often a fatly-disguised form of snobbery. In most rich nations, obesity rates are much higher at the bottom of the socioeconomic scale. They correlate strongly with inequality, which helps to explain why the UK’s incidence is greater than in most European and OECD nations. The scientific literature shows how the lower spending power, stress, anxiety and depression associated with low social status makes people more vulnerable to bad diets.

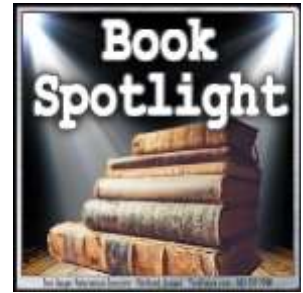
Just as jobless people are blamed for structural unemployment, and indebted people are blamed for impossible housing costs, fat people are blamed for a societal problem. But yes, willpower needs to be exercised – by governments. Yes, we need personal responsibility – on the part of policymakers. And yes, control needs to be exerted – over those who have discovered our weaknesses and ruthlessly exploit them.

### **Digging Deeper-**

[Obesity Rates & Trends Overview](#)- from *The State of Obesity- Better Policies for a Healthier America* by the Trust for America’s Health and the Robert Wood Johnson Foundation, updated Jun 2018

# Book Spotlight

2 book selections from client Jill A., PLUS a little something extra

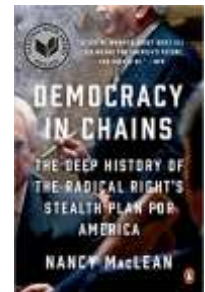


We always like hearing what our clients are reading, and this month client Jill A. had two great picks for us. Donald Trump's version of a "Deep State" may be delusional, but groups colluding to influence government, openly or secretly, effectively or ineffectively, actually do exist. Jill's choices take a deep look at two...

## "Democracy in Chains"

By Nancy MacLean

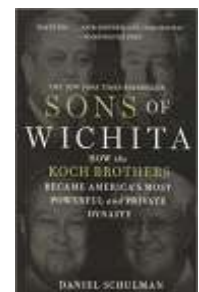
(from Amazon.com) In a brilliant and engrossing narrative, Nancy MacLean shows how (Nobel Prize-winning political economist James McGill) Buchanan forged his ideas about government in a last gasp attempt to preserve the white elite's power in the wake of Brown v. Board of Education. In response to the widening of American democracy, he developed a brilliant, if diabolical, plan to undermine the ability of the majority to use its numbers to level the playing field between the rich and powerful and the rest of us. Corporate donors and their right-wing foundations were only too eager to support Buchanan's work in teaching others how to divide America into "makers" and "takers." And when a multibillionaire on a messianic mission to rewrite the social contract of the modern world, Charles Koch, discovered Buchanan, he created a vast, relentless, and multi-armed machine to carry out Buchanan's strategy.



## "Sons of Wichita"

By Daniel Schulman

(from Amazon.com) Influenced by the sentiments of their father, who was present at the birth of the John Birch Society, Charles and David have spent decades trying to remake the American political landscape and mainline their libertarian views into the national bloodstream. They now control a machine that is a center of gravity within the Republican Party. To their supporters, they are liberating America from the scourge of Big Government. To their detractors, they are political "contract killers," as David Axelrod, President Barack Obama's chief strategist, put it during the 2012 campaign.



SONS OF WICHITA traces the complicated lives and legacies of these four tycoons, as well as their business, social, and political ambitions. No matter where you fall on the ideological spectrum, the Kochs are one of the most influential dynasties of our era, but so little is publicly known about this family, their origins, how they make their money, and how they live their lives. Based on hundreds of interviews with friends, relatives, business associates, and many others, SONS OF WICHITA is the first major biography about this wealthy and powerful family- warts and all.

---

Do you have a book you'd like to share with the Tom Dwyer audience? Please email your suggestions to [tomdwyer@tomdwyer.com](mailto:tomdwyer@tomdwyer.com). We'll pass them on in Book Spotlight, and they may even find a place in our lobby [Book & Bumper Sticker Library](#). Please call us... we want to hear from you!

## A Little Something Extra...

Jill's book suggestions can be seen as a lucid equivalent version of books from the Right decrying conspiracies on the Left, but as Barrack Obama said in his most recent speech, Donald Trump is "a symptom, not a cause" of the political trainwreck in our country. Both sides are exactly the same... the Right accuses the Left of an organized campaign to destroy all that's good and light in America, while the Left alleges the Right is coordinating an attack on every value Americans hold dear. Gosh, in such a world, who's to say who's right? We'll tell you- the side with the evidence, and exhibit A on the Left is The Powell Memo...

## [The Powell Memo](#)

Originally posted on [June 30, 2016](#) by [tomdwyer](#) in "Your Car Matters"

## The roadmap to our current situation was drawn in 1971

If you look around at our media/political/corporate landscape, it seems obvious (as Mr. Snyder will say below in his memo, "to any thoughtful person") that there is an overriding pro-business, pro-corporate, anti-worker, authoritarian fascist agenda. That same thoughtful person may come to the conclusion that this agenda could be the result of conscious intent. But wouldn't that be paranoia? Isn't someone right-wing conspiracy" just theories? The Powell Memo otherwise.



The Powell Memo (also called frequently referred to as the conservative echo letter written in 1971 by Chamber of Commerce to his name Lewis Powell sounds Lew was a corporate lawyer Court two months after this pervasive attack on the "American economic system" by leftists, Communists, and consumerists. He sees their influence in politics, in the media, and on the campus, and suggests that the Chamber of Commerce lead the charge to counter them. He lays out a plan of political pressure, legislative change, think tanks, school curriculums, media personalities, TV and radio appearances, textbook reviews, and much more to promote the cause of "the American Business Executive", who he says is "truly the forgotten man"....

who says there's a "vast giving in to tin-foil hat is a smoking-gun argument

the Powell Manifesto) is blueprint for the modern chamber. It is an 8-page Eugene Snyder of the US friend Lewis Powell. (If the familiar it's because good ol' nominated to the Supreme memo). Snyder describes a

[Read more...](#)

# Humorousness

## YELP attacked by weaponized humor



Yelp's a great way to get a read on local businesses ([we have 5 stars and 109 reviews on Yelp](#), in case you were wondering) or give a thumbs-up-or-down on a business you've dealt with, but it certainly has its downsides. As a user you're never sure how real those reviews are or how sensible the reviewers were, and as a business there's always the threat of a 'bad Yelp review' hanging over your head, deserved or not. The thing is there's no way to 'opt-out' of Yelp, a company has nothing to say about it. And if there's a bad review that the company knows to be by a competitor, or an employee's ex-spouse, or whatever, there's no one to talk to at Yelp that has the power to pull it down.

Companies seem stuck with Yelp, but Davide Cerretini and Michele Massimoare of Botto Bistro in Richmond, CA, decided they didn't have to be. They began offering a 50% discount for anyone leaving a review on Yelp... a BAD REVIEW. Their "Hate us on Yelp" campaign has brought thousands of [one-star reviews](#), [nationwide attention](#), and an influx of smiling customers. Yelp has repeatedly contacted them to warn that soliciting reviews is against their policy, but that stick only works if a company wants to be on Yelp. David and Michele just laugh, and we thought you would too.

It's well worth thumbing through the [Botto Bistro website](#), with pages like their "[Hall of Shame](#)" for "the most amazing and stupid reviews ever written" or "[The Village Idiot](#)" for the dumbest questions asked at the store. To get you started, take a taste of their [Yelp Pizza Menu](#). Che buono!

### THE NEW YELP PIZZA MENU

All Yelp pizzas come with 2 gallons of ranch sauce, 2 liters of cherry coke and a fresh Vaffanculo homemade

### THE YELP SUPREME

We will remove, filter and manipulate every topping at will.

### THE 'THAT'S A NICE PIZZA YOU HAVE THERE'

It would be a shame if something were to happen to it. So for only \$5 extra we make sure your pizza is just fine.

### THE HARASSMENT

Call for a free delivery pizza and make sure you leave your phone number so one of our pizza salesman can call you daily over and over.

### THE HARD BARGAIN

Order your favorite pizza but we will make it wrong and for just \$10 extra we'll fix it for you!

### THE YELP ELITE

Write 100 one star reviews for Botto and we'll give you a special persons badge, a selfie with Spiderman or Batman (your choice) and a bullet shape pizza so you can shove it!

This one also comes extra large and with hot sauce.

### THE EXTORTIONIST

Pay first for your favorite pizza, but we will not make it and we'll keep the money, and if you try to say something we'll also scratch your car. Add garlic or jalapeno \$2

### THE PEOPLE LOVE US

We strongly recommend that you love us and buy pizza from us, because bad things can happen to you, your family and your business. Just a friendly suggestion.

### THE VAFFANCULO

Our specialty! Give us one star on yelp and get 50% off any pizza

### THE BULLY

Please bring your Yelper attitude and try to threaten us with your Yelp app to get the pizza your way, we'd love to see that! If you get it your way, it's free.

### COSA NOSTRA

For just a \$370 monthly fee we allow you to buy pizza from us anytime you want. It's an offer you can't refuse!

IF WE HAVE TO PAY SOMEONE WE PAY OUR CUSTOMERS

WE AIN'T GOING TO PAY YELP ANY PROTECTION FEE

# 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!



## Let's get ready to RUMBLE!



We'll sadly never get to see the Bernie/Trump contest our country needed, but for political junkies the Florida governor's race is shaping up to be the rematch of the fight we never had. In the Red Trunks, Republican Ron DeSantis easily won his primary battle after an endorsement from the Orange Vulgarian. Wearing the Blue Trunks, Democrat Andrew Gillum never led in a poll but squeaked out the win. Now they'll slug it out for governor. This aren't tepid Reps OR Dems either, they're golden representatives of the far wings of each party. Gillum ran on Medicare for All, legal weed, and abolishing ICE, while DeSantis ran on Trump's endorsement and "monkey" comments. Strap in for a RUMBLE in November!

## You'll never thread a needle the same way again



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". Nothing exemplifies that more than this simple post. You've tried every way to thread a needle but failing eyesight, shaking hands, or just the fact that it's really hard to thread a needle get in your way. Check out this :30 video and you'll never thread a needle the same way again. Seriously!

## REAL techno music



A hideously complex arrangement of pipes, drums, bells, tubes, and belts sits ready until one little ball pops out and makes a 'boink'. Then another, and another, and soon the whole conglomeration is turning and whirling and making some of the coolest music you can imagine! Absolutely hypnotic! We were shocked to find that the instruments weren't real and that this is just one of a series of imaginary Rube Goldberg concerts, but the disappointment didn't last long... we just changed from admiring craft ability to admiring computer ability, and the charm of the music didn't lessen a bit. Really, check this out!

## Inside Trump's secret war on weed



Some form of weed is now legal in 31 states with more are voting on legalization in 2018... a Green Wave is definitely sweeping the country! The Trump Administration didn't get where it is with reality though, so they're fighting back. From the article... "The White House has secretly amassed a committee of federal agencies from across the government to combat public support for marijuana and cast state legalization measures in a negative light, while attempting to portray the drug as a national threat." "In an ironic twist, the committee complained in one memo that the narrative around marijuana is unfairly biased in favor of the drug. But rather than seek objective information, the committee's records show it is asking officials only to portray marijuana in a negative light, regardless of what the data show."

# News To Make You Furious

The first-ever Pentagon Audit... good news or bad news?



It's a brutal world out there, and the news reminds us of it every day... every minute, really. When we started News To Make You Furious it was to draw attention to horrible situations that weren't getting enough attention. Now it seems the news is a constant grinding on our psyches, a constant drip of acid into our souls, a media leech sucking every iota of joy or satisfaction from our lives. We think everyone needs a break.

With that in mind, this month we bring you a strange story. It starts with yet another reason to be Furious, but then veers into an actual response by government officials finding bending to years of public pressure. Hooray! Something to finally be happy about! But don't worry. The story doesn't end there, the break will be over, and everyone will have reason to be Furious once again.

## The bad news first...

We'll start where we always start, with News To Make You Furious. The Pentagon spent \$590 billion in FY2017, will spend \$681.1 billion under Trump, and has over \$2.2 TRILLION in assets. While yes, that in itself is enough to make us Furious, that's not the clincher. The augments of anger here is that this swollen river of money, the breast pump for the corporate teat, has never been audited. 'Defense' spending may be a partisan issue, but responsible stewardship of that money isn't. Groups on the Left and Right called for a Pentagon audit for many years, and though some spending probes were conducted, the necessary full audit didn't happen.

[Report: Pentagon buried audit that exposed \\$125 billion in bureaucratic waste](#) by Catherine Garcia in The Washington Post, Dec 2016

[The Pentagon Money Pit: \\$6.5 Trillion in Unaccountable Army Spending and No DoD Audit](#) by Project Censored, Apr 2017

[The Pentagon Has Never Been Audited & Trillions Of Dollars Are Unaccounted For. Where Has It Gone?](#) By Kalee Brown on Collective Evolution, Apr 2017

[Pentagon's Audit Readiness Still a Work in Progress](#) by Charles Clark on Government Executive, Feb 2017

[The Pentagon has never been audited. That's astonishing](#) by Thomas Hedges in The Guardian, May 2017

[We Need to Audit the Pentagon](#) by Mandy Dmithberger on the Project On Government Accountability, Mar 2017

[Will the Pentagon Ever Be Able to Be Audited?](#) by Mandy Dmithberger on the Project On Government Accountability, Mar 2017

[How to Disappear Money, Pentagon-Style](#) by William Hartung, The Nation, May 2016

[Audit reveals Army's trillion-dollar accounting gaffes](#) by Jamie Crawford on CNN Politics, Aug 2016

[Grassley: Pentagon's Audit Readiness Remains an Elusive Goal](#), floor speech by Sen Chuck Grassley, Jul 2016

## **Then the good news...**

Finally, in December 2017, the Pentagon announced that it would perform a first-in-history agency-wide financial audit. Hooray! Government responsiveness and transparency! Take THAT, you cynics!

[Pentagon Announces First-Ever Audit Of The Department Of Defense](#) by Bill Chappell on NPR's The Two-Way, Dec 2017

[Pentagon is prepared to spend over \\$900 million in first audit](#) by Aaron Mehta in Defense News, Jan 2018

## **Now the worse news...**

We're about to get what we've asked for; all the dirty details on an agency emblematic of corruption, waste, fraud, and hush-hush spending. The results are already scaring people and they aren't even out yet.

[Pentagon Audit: "There Will Be Unpleasant Surprises"](#), by Steven Aftergood from the Federation of American Scientists, Jul 2018

[What to Expect from the Pentagon's First-Ever Audit](#) by Christopher Preble on Defense One, Jan 2018

[Pentagon Audit Shows Logistical Arm Of Military Can't Explain Where \\$800 Million Went](#), Interview by Mary Louise Kelly on All Things Considered, Feb 2018

[Why the Pentagon Doesn't Know How Much Anything Costs](#) by Joe Pappalardo in Popular Mechanics, Jun 2018

[How \\$21 Trillion in U.S. Tax Money Disappeared. "Full Scope Audit" of the Pentagon](#) by David DeGraw on Global Research, May 2018

Results of the first-ever Pentagon Audit will be released in  
November of 2018.

Enjoy them with a side of mid-term elections, and maybe a  
Mueller Report to wash it all down.