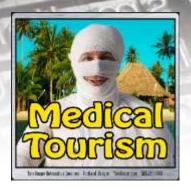


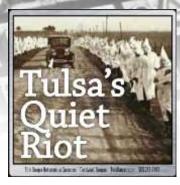
Your Car Matters

Tom Dwyer Automotive Services Monthly Newsletter for September, 2019



Buy a trip to Egypt... get your root canal for free!

Medical Tourism is fun alternative rational, reliable health care



Tulsa's Ouiet Riot

One of the deadliest riots in American History... have you heard of it?

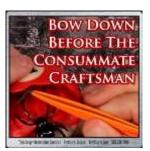


We Don't Do Oil Changes at Tom Dwyer

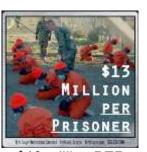
Actually, we never have!



UFO's ARE REAL! No, seriously!



Bow down before the consummate craftsman



\$13 million PER PRISONER



Gary Larson's the FAR SIDE is coming back!

Our Monthly Columns

Tom's Tidbits- "...and a little child shall lead them"

Shop Talk- New shipment of bumper stickers

Drew's Kitchen- Sweet Hawaiian Ham Sliders

<u>Health Notes</u>- Why aren't glasses and dental care included in insurance?

What NOW?!! Toons Tucker's Toon for September

Book Spotlight- "On Fire- The Burning Case for a Green New Deal" by Naomi Klein

Humorousness- Karma strikes idiots who can't park

News To Make You Furious- Crickets. (US Election Security)!

Tom's Tidbits

"...and a little child shall lead them"

TIDBUTS

Greetings,

You may not have listened to her, but you've certainly heard of her by now... Greta
Thunberg is emerging as a voice for a generation whose future depends on OUR generation's response to Climate
Change. If you're not familiar with Greta the most obvious thing about her isn't her achievements in
environmental science (she has none), nor her political power (she's not a politician), nor her stunning ability to
avoid BS when talking to politicians (though that's frequently commented on). The first stand-out thing about
Greta Thunberg is that she's only 16 years old, but the more important things are her 100% clarity on the climate
threats ahead and how well she represents her generation. World leaders ignore the elephant in the room of

pending human and global extinction, and while Greta wants a change she doesn't want them to *listen to* her... she wants them to *act on* what 99% of scientists have proven is real, urgent, and could cause our extinction along with thousands and thousands of species.

thousands and thousands of species.

Greta stands out, but she's hardly alone. She's just one of billions of children around the world who are growing up with a scientific understanding of the world and not liking what they're hearing. They've heard what scientists have said about climate change, and other reports of <u>disappearing aquifers</u>, <u>3 billion birds disappearing</u>, or a <u>million entire species at risk</u>. They've heard the <u>estimates for action</u>, and the <u>timelines we have to act</u>. They've also watched that window for action close as both time ticks by and <u>new information shortens the time horizon</u>. They've watched a parade of vapid politicians around the world promise action, but action that won't disrupt

anything or anyone, action that won't be painful, action that won't demand participation or sacrifice. And most importantly, they've watched as even those empty and impotent promises have failed to materialize. Greta is still watching the adults play profit games while the planet burns, abdicate their responsibility, and numb their guilt with soothing propaganda. She and her entire generation are children forced into adulthood because their adults have abandoned them.

Greta and the children she represents see the social, political, and economic systems we've depended on for centuries failing, and they see it much clearer than adults who've seen at least some type of success in the past. But climate change is different. Solving it demands changes in basic societal



Greta Tunberg's full speech at the UN... check it out, it's only 3:57.

assumptions. Our current world economy depends on externalizing all costs (environmental damage etc.) and internalizing and increasing profits at all costs. There is no built-in limiter to this system; not even the damage to our own families' future or a planet made uninhabitable for humans. Climate Change is an existential threat to not just nations, not even trading blocs or grand alliances, but to human civilization itself. No threat like this has ever

faced our planet. No one nation can fix it, and there's a point of no return where it will be useless to even try. Sure, adults are frustrated, scared, and angry, but we'll be dead. Greta and her peers will be scrabbling out a future in the apocalyptic hell we're leaving for them... no wonder she's angry!

It's not that there's nothing special about Greta, because there is. At 16 she's already more courageous, eloquent, passionate, and poised then most children or adults could ever hope to be. She's not the same as other kids but she's not different either... she's *representative*, and the kids she represents are rightfully angry. "Adults keep saying we owe it to the young people to give them hope. But I don't want your hope. I don't want you to be

Greta Thunberg in Congressional hearing:

"I am submitting this report as my testimony because I don't want you to listen to me, I want you to listen to the scientists. I want you to unite behind science. And then I want you to take real action. Thank you."

hopeful; I want you to panic," Thunberg said in her January speech in Davos. "I want you to feel the fear I feel every day. And then I want you to act, I want you to act as you would in a crisis. I want you to act as if the house was on fire, because it is."

Listen to Greta... yes, she's everywhere, but she's not *only* the flavor-of-the-month media darling. She's YOUR daughter, YOUR son, YOUR grandchild. When you think about climate change, don't put the face of Donald Trump, James Inhofe, or Charles Koch on it... Greta Thunberg is the face of the climate change battle because she's the face of all the victims. She knows this moment of fame it is not about her and she will be mercilessly attacked for her actions to save us all.

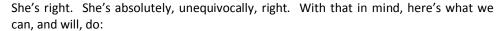
The climate denialists are calling Greta's self-described super power (Asperger's) a mental illness. Well if she is ill then the rest of the world needs to catch what she has. We all should focus so intently on saving the planet! My hero! Greta; keep on going!

Make a great day,

Just a little more...

Some of Greta's most blistering criticism has been leveled at Trump for pulling out of the Paris agreement. She rightly pointed out that one country's failure to act doesn't remove responsibilities from other countries.

She believes, as do we, that each of us must do what we can even if we know our actions alone won't fix things.





We are setting a goal of having ALL TOM DWYER CLIENTS COVERED BY OUR Carbon Neutral Program (CNP) BY THE END OF 2021... that's right, we're committing to turning all our clients' vehicles into a carbon-free vehicle fleet!

Our Tom Dwyer Carbon Neutral Program (CNP) is \$50 for most vehicles. Your **1-year membership** provides **carbon offsets for your vehicle** usage and gives you **10% off Labor Charges here at the shop**. Since we started in 2007, our clients have offset **over 2 million pounds of carbon from the environment!** Our goal will be to have **3000 active CNP members by December 31, 2021**. That's an ambitious goal because only a small percentage of our total clients are current members now, but that's the nature of climate change goals... go big, because it's worse than a waste to go small!

Look for deals and promotions over the year to come, but don't wait... join now, for Greta.

Send a check for \$50 payable to Bonneville Environmental Foundation to Tom Dwyer Automotive Services

530 SE Tenino St., Portland, OR, 97202

This is not some cynical ploy to use climate change to benefit our company. WE DON'T MAKE ANY MONEY FROM THIS PROJECT; IN FACT, WE LOSE MONEY ON EACH MEMBERSHIP... that 10%-discount-on-Labor-Charges comes straight out of our pocket for the whole year of your membership... and we're glad to do it. ALL FUNDS GO TO BONNEVILLE ENVIRONMENTAL FOUNDATION TO PURCHASE YOUR CARBON OFFSETS.

Digging Deeper...

What can YOU do?

How You Can Stop Global Warming, Melissa Denchak on NRDC Website, Jul 2017

Ten simple ways to act on climate change, Diego Arguedas Ortiz in BBC Future, Nov 2018

101 Ways To Fight Climate Change, Sisson, Barber, and Walker on Curbed.com, Sep 2019

What's the problem?

IPCC 2018 report, May 2019

The new face of climate activism is young, angry and effective, Ella Nilsen on Vox, Sep 2019 Six takeaways from the new climate report, Casey Ivanovich on Environmental Defense Fund, Oct 2018

Climate change: Impacts 'accelerating' as leaders gather

for UN talks, Matt McGrath on BBC News, Sep 2019

21 of the world's biggest sources drinking water are on the verge of disappearing, Matthew Speiser **Business** Insider, Jun 2015

Climate Change

National

Impacts,



Oceanic and Atmospheric Administration website

The Effects of Climate Change, NASA website Is it too late to prevent climate change?, NASA Website

Here's how much climate change could cost the U.S., Carolyn Gramling and Laurel Hamers in ScienceNews.org, Nov 2018

1 million species at risk of extinction in coming decades, UN report warns, AP, May 2019

Greta Thunberg

People are comparing photos of Greta Thunberg's Climate Strike taken a year apart, Mark Pygas on Upworthy, Sep 2019

Transcript: Greta Thunberg's Speech At The U.N. Climate Action Summit, NPR, Sep 2019

How 16-year-old Greta Thunberg became the face of climate-change activism, Aylin Woodward and Ivan DeLuce on Business Insider, Sep 2019

Greta Thunberg inspires while Donald Trump is mocked at the UN Climate Summit, Tod Perry on Good, Sep 2019

Ahead of Climate Strike, Greta Thunberg Tells US Lawmakers to Their Faces: Sorry, You're Not Trying 'Hard Enough', Jake Johnson on Common Dreams, Sep 2019

16-year-old Greta Thunberg rebukes GOPer who thinks other countries must solve climate change, David Edwards on RawStory, Sep 2019

Climate activist Greta Thunberg used her superpower of shaming adults on Senate Democrats, Ella Nilsen on

Vox, Sep 2019

Greta's TED Talk

Climate change action: We can't all be Greta, but your choices have a ripple effect, Justin Rowlatt on BBC News, Sep 2019

23 Reasons to Climate

Today, Bill McKibben on The Nation, Sep 2019

The Best Signs From the Global Climate Strike, Molly Olmstead on Slate, Sep 2019

Climate deniers and liars

Opinion: Forget About The Climate Deniers. It's The Climate Liars We Need To Stop. Nathaniel Stinnet on Buzzfeed, Sep 2019

'Pastor' Robert Jeffress Calls Climate Change An 'Imaginary Problem', John Amato on Crooks and Liars, Sep 2019

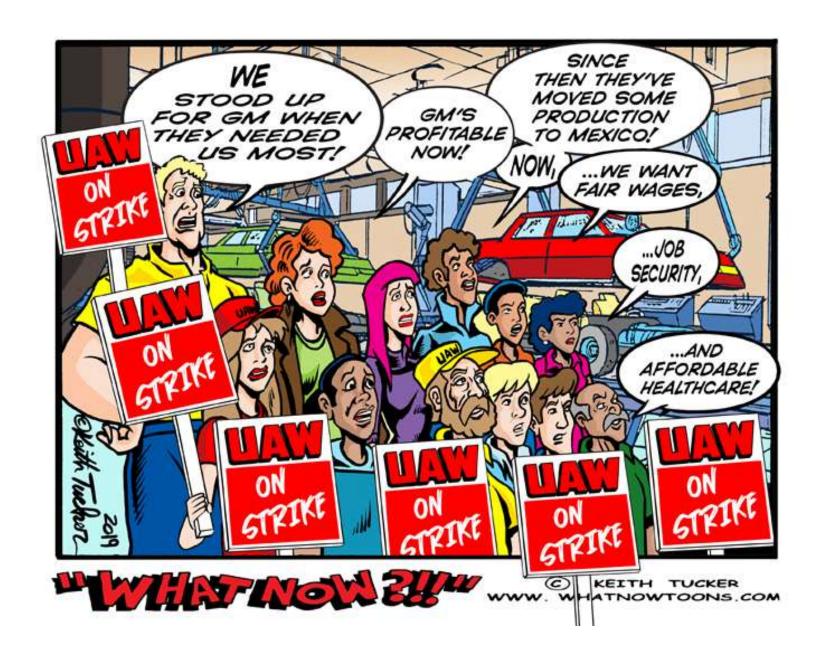
Molly Ivins on Climate Change Deniers, Molly Ivins in Texas Monthly, Sep 1995

Will US Republicans feel the heat from climate change? France 24, Sep 2019

What NOW?!! Toons

Keith Tucker's What NOW?!! Toon for September





Buy a trip to Egypt... get your root canal for free!

Medical Tourism is fun alternative rational, reliable health care



Single Payer. Single Payer. Single Payer healthcare (of one flavor or another) is the only rational, equitable, sensible way to manage health care in the US. We've been loud and proud in that position, and we'll go even further by saying there are NO advantages to our current system at all. But maybe... just maybe... we're wrong. The US pays about \$10K per capita for healthcare; \$2K more than the nearest competitor (Switzerland) and \$4-\$8K more than the rest of the pack. That \$2-\$8K extra you pay every year COULD be considered wasted, but it doesn't have to be. If you're considering a life-saving or life-altering medical procedure that's likely to bankrupt you, smile! Your health and life don't have to be your only concerns; you can also worry about which country you want to visit when you consider MEDICAL TOURISM!

Clever entrepreneurs can spot opportunity, and seeing US

citizens spending tens of thousands of dollars more for the same care as citizens of other countries is an opportunity. If a country can offer medical care, hotel, air fare, etc. for less than this generous cap, they have a brand-new market for their tourism industry. And countries around the world have responded to the challenge! According to Medical Tourism Magazine (another new business starting up from the waste of our healthcare system) the top ten countries for Medical Tourism are India, Brazil, Malaysia, Thailand, Turkey, Mexico, Costa Rica, Taiwan, South Korea, and Singapore, but other countries are in the mix. Most countries 'specialize' to some extent; Thailand is known for gender reassignment surgery while Taiwan treats cardiac and orthopedic conditions and Costa Rica handles dentistry and cosmetic surgery. In all of these countries you can book tour packages that put you in beautiful settings for the medical care you can't afford at home, and send you back with some change in your pocket.

This month we give you a taste of the Medical Tourism industry, an industry that's taking the scraps from the American public that the Insurance industry missed. But maybe, just maybe, it can be fun!

<u>People are ditching US healthcare and flying to other countries for medical procedures they can actually</u> afford, Nian Hu in Insider, Jul 2018

Medical Tourism Association website

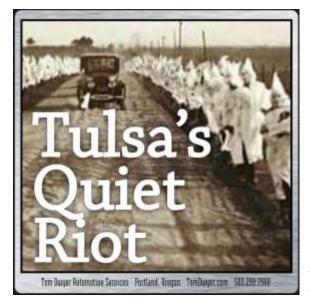
Receiving medical care abroad can be risky. Learn about the risks and how to minimize them., Centers for Disease Control and Prevention (CDC), webpage, updated Dec 2016

Top 10 Medical Tourism Destinations in the World, Renee-Marie Stephano in Medical Tourism Magazine,

<u>How does health spending in the U.S. compare to other countries? Bradley</u> Sawyer and Cynthia Cox on Peterson-Kaiser Health System Tracker, Dec 2018

Tulsa's Quiet Riot

One of the deadliest riots in American history... have you heard of it?



An internet meme shows a sepia photo of the KKK lining a dirt road. Above it is written "The Tulsa Riot of 1921... This is the worst riot in American history. 15,000 Blacks were left homeless, between 300 and 3000 were killed, wounded, and/or missing, 1500 homes were burned to the ground and over 600 Blackowned businesses in a 35-square block area were bombed in the all-Black Greenwood District of Tulsa, Oklahoma. It was the first American city to be bombed by airplanes. More people died this day than in any single event since the Civil War. White historians did an excellent job in wiping their footprints from the sand. Reference to this can't be found in any history books." A haunting post, but when something says there's a conspiracy of silence

around it we get suspicious. We checked into it, and though our suspicions were put to rest we somehow weren't any happier...

The Tulsa Riot is very real, and reading about it reveals a very familiar story. A white woman screamed because of Dick Rowland, a black teenager... no one knows exactly why. Police quickly arrested the teen for sexual assault. A white mob gathered, police turned away offers by veterans to protect Rowland. That night about 75 armed black men met about 1500 armed white men at

the courthouse and the riot began. The next day the Greenwood area was invaded and burned. The History.com article gives slightly different numbers than the original post, probably because of the widely varying estimates from all sources. But they also backed up the poster on perhaps the most important point, that there was a conscious effort to expunge Tulsa's Riot from history.

From History.com- "For decades, there were no public ceremonies, memorials for the dead or any efforts to commemorate the events of May 31-June 1, 1921. Instead, there was a deliberate effort to cover them up.

The Tulsa Tribune removed the front-page story of May 31 that sparked the chaos from its bound

The Tulsa Riot of 1921 This is the worst riot in american history. 15,000 Blacks were left homeless, between 300 and 3000 were killed, wounded and/or missing, 1500 homes were burned to the ground and over 600 Black owned businesses in a 35 square block area were bombed in the all Black Greenwood District of Tulsa, Oklahoma. It was the first american city to be bombed by airplanes. More people died this day than in any single event since the civil war. White historians did an excellent job in wiping their footprints from the sand. Reference to this can't be found in any history books.

volumes, and scholars later discovered that police and state militia archives about the riot were missing as well. As a result, until recently the Tulsa Race Massacre was rarely mentioned in history books, taught in schools or even talked about."

That eventually, thankfully, changed.

"On the riot's 75th anniversary Scholars began to delve deeper into the story of the riot in the 1970s, a service was held at the Mount Zion Baptist Church, which rioters had burned to the ground, and a memorial was placed in front of Greenwood Cultural Center."

After an official state government commission was created to investigate the Tulsa Race Riot, scientists and historians began looking into long-ago stories, including numerous victims buried in unmarked graves. In 2001, the report of the Race Riot Commission concluded that between 100 and 300 people were killed and more than 8,000 people made homeless over those 18 hours in 1921.

A bill in the Oklahoma State Senate requiring that all Oklahoma high schools teach the Tulsa Race Riot failed to pass in 2012, with its opponents claiming schools were already teaching their students about the riot.

According to the State Department of Education, it has required the topic in Oklahoma history classes since 2000 and U.S. history classes since 2004, and the incident has been included in Oklahoma history books since 2009."

So today, at last, you CAN find Tulsa's Quiet Riot in the history books, but you may still have to look much too deeply. If you don't want to dig through the books, we've brought a few sources to light for you...

<u>Tulsa Race Massacre</u>, History.com, Aug 2019 (orig Mar 2018)

Greenwood and the Tulsa Race Riots, Video on PBS.org, Feb 2019

1921 Tulsa Race Massacre- The Attack on Greenwood, Tulsa Historical Society and Museum

Meet The Last Surviving Witness To The Tulsa Race Riot Of 1921, Nellie Gilles on All Things Considered, May 2018

<u>A Long-Lost Manuscript Contains a Searing Eyewitness Account of the Tulsa Race Massacre of 1921</u>, Allison Keyes on Smithsonian.com, May 2016

'We lived like we were Wall Street'- Before the 1921 Tulsa Race Massacre, Greenwood was one of the wealthiest black communities in the country, DeNeen Brown in Washington Post, Oct 2018

<u>These Unforgettable Images Expose The Horror Of The Tulsa Race Riots</u>, Lilly Workneh in Black Voices, Jun 2016

<u>Teachers talk about how black history is being taught in Oklahoma schools today,</u> Nour Habib in TulsaWorld, Feb 2015

75 Years Later, Tulsa Confronts Its Race Riot, Sam Howe Verhovek in the New York Times, May 1996

<u>Riot and Remembrance: The Tulsa Race War and Its Legacy,</u> by James Hirsch

We Don't Do Oil Changes at Tom Dwyer

(Actually, we never have!)



ownership and satisfaction...

We know how it is. You're driving when you notice the crusty old window sticker says you're 2000 miles overdue for an oil change. You look around and see a Quick-Lube on the corner. It's right there, calling to you, and it seems so cheap and easy... don't give in! Convenience oil changes are like fast food- they're OK in a pinch, but a steady diet of them isn't healthy. Your vehicle's long-term health depends on this most basic of maintenance services being done regularly, and most importantly, done right. Many things the convenience shops skip over are standard here at Tom Dwyer and they're standard because we don't see much value to changing oil without them. We long ago stopped using the term 'oil change' because it's misleading. Our 'Minor Interval Service' is NOT THE SAME THING as a convenience oil change, and the difference is critical to your long-term vehicle

Lubrication Services are Critical

There are few maintenance tasks as important to your vehicle as proper and consistent lubrication. Particularly in today's high-temperature-high-tolerance technology, oil is the lifeblood of your engine. Without enough oil to provide a slippery sheen of protection grit would build up on moving parts, friction would increase heat and wear, and your vehicle's engine could easily suffer major damage. It certainly leads to a shorter usable life for any vehicle!

Since many people either grew up changing their own oil or watching Dad do it they assume it's easy. *Just* changing oil *is* easy, but properly lubricating and caring for your vehicle is not.

Convenience Oil Changes

A typical convenience oil change has three major selling points... it gets oil into your engine, it's cheap, and it's fast. On the downside, the 'technician' may not have any experience at all (see below) and is being paid for how fast they change your oil instead of how well they do it. Then there's the "upsell" at the front desk... convenience shops don't make money on oil changes but they do make money by selling very expensive additional products and services, needed or not, on a commission basis. For everyone involved the goal is to get you in and out as fast as possible with as much of your money left behind as possible. Quality services, much less detailed vehicle care, don't enter into the picture.

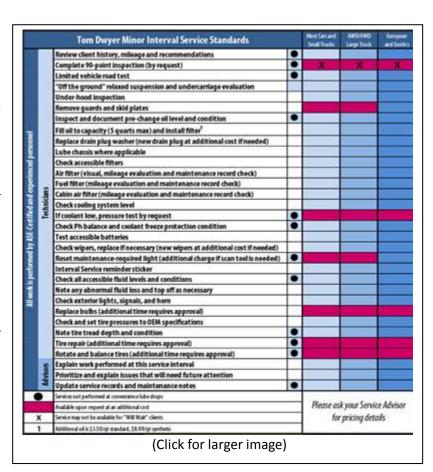
Our Minor Interval Service (MIS)

We require appointments for our Minor Interval Service (MIS) because each one requires us to schedule up to an hour of shop time, supplies, and equipment for a small team of professionals. Before anyone ever touches your oil plug, our Service Advisors will review your vehicle records so the Technician will be aware of any ongoing issues we've noted for

monitoring. An ASE-Certified or ASE-Master-Certified Technician will do the actual work using Original Equipment Specification filters, oils, and materials and our state-of-the-art shop equipment. They won't just change your oil; they'll take the time to review the rest of your vehicle beyond the oil pan. Finally your vehicle goes through our Post-Service check of lights, fluids, and tire pressures. Maybe best of all, when you come back to pick up your vehicle our NON-COMMISSIONED Service Advisors will review our services with you and tell you anything you should be on the lookout for WITHOUT a high-pressure sales pitch.

You Get What You Pay For

Our Minor Interval Service is a little more expensive than a generic 'oil change', but not a lot. Our price for a MIS (for most vehicles) is about \$60 with conventional oil and about \$100 with synthetic. As comparison, Jiffy Lube changes range from about \$30-\$45 for conventional oil to about \$60-\$110 for synthetic. (BTW, we highly recommend you switch to synthetic oil if you haven't already. There's a detailed article below explaining why.) But value is more than just a low price; it's a low price for what you get. And you get a completely different set of services with our MIS than with a convenience oil change anywhere. We think difference is worth the price.



If you're in a pinch and have to have oil, the convenience and price of a Quick-lube can help. But, if you have time to plan, then the perceived values of low price and convenience are poor trades for the real value of quality "peace of mind" service done right.

Digging Deeper...



Real-Life Automotive Horror Stories- NO OIL CHANGES! (With Pictures!), Tom Dwyer Automotive Newsletter, Jul 2012



When Will YOU Switch To Synthetic Oil? It's Better For You, Your Vehicle, And The Planet, Tom Dwyer Automotive Newsletter, Jul 2014

New Shipment of Bumper Stickers





Comment of the Month

Josh S. had a nice thing to say...

"Really love the in-shop library and New York times in the lobby. I can catch up on current events while I wait!"

Thanks to Josh (and all the other fans of our Library) for your kind words over the years about our Book & Bumper Sticker Library! We're very proud of it, and we're not aware of another shop with anything

remotely like it! Books are available for checkout (just sign them out with your Service Advisor), and you can take ONE of the magnetic bumper stickers with you on each visit. We picked Josh's comment this month because to tell you about the new shipment of magnetic bumper sticker we received recently. From Elizabeth Warren to Andrew Yang to not Donald Trump you can catch up on all your





political wonkery, and pick up some philosophical gems to boot. Come by and check it out!



Referral Reward Program

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 our \$1,000 Yearly Award as well. It couldn't be easier!

We've made 0 donations for \$0 since our last count; but we still have a total of 635 donations totaling \$27,412 since the program began!

Here's who our clients chose to help in September...

We've had lots of referrals and lots of people who qualified for Referral Rewards. We've called them and left messages, but we can't make a donation until they tell us who they want to donate to! We'll keep trying and hope to have a more interesting update for you next month.

Current Special Offers



Take advantage of these special Tom Dwyer offers!



Save 20% on Labor Charges on existing service recommendations

We don't force repairs on our clients... we'll tell you if something needs to be done immediately or if it can be put off for a while. But those things that can be put off for a while can't be put off forever! If there's a service recommendation in your file and you've been putting it off, now's the time to take care of it at a hefty discount!

Offer expires 10/31/19

Offer applies ONLY to service recommendations in your Tom Dwyer file before 9/26/19

Maximum value \$250

You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE
Offer is VOID AFTER SERVICE IS COMPLETE



Save 10% on Labor Charges on any single operation

Some maintenance and repair tasks involve many hours in labor time to replace an inexpensive part... timing belt jobs are a prime example! If we've recommended a high-labor operation to you, then this is the coupon you need.

Offer expires 10/4/19

Maximum value \$250

You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE
Offer is VOID AFTER SERVICE IS COMPLETE

We also have a couple ongoing offers you might find valuable...



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!



Year after year, referrals from our existing clients are our greatest source of new clients, so we've tried hard to think of some way to appropriately reward people for their referrals. Our solution is our Referral Reward Program, where we make donations to the non-profit group of your choice to say 'thanks' for your generous referrals. Here's how it works...



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.

Drew's Kitchen

Sweet Hawaiian Ham Sliders



Sliders... all the pleasure of a full-sized sandwich, but you can eat three and not feel guilty!

Ingredients:

- 1 pkg (12 oz) Hawaiian sweet rolls
- 1 pkg (9 oz) Oscar Mayer Deli Fresh Honey Ham
- 4 Kraft Big Slice Sharp Cheddar Cheese slices
- ¼ cup Kraft Real Mayonnaise
- ¼ cup butter, melted

- 2 Tbsp. brown sugar
- 1 Tbsp Grey Poupon Dijon Mustard
- 1 ½ tsp Lea & Perrins Worcestershire Sauce
- ½ tsp dried minced onion
- ½ tsp poppy seed

Preparation:

- 1. Remove rolls from package. Do not separate rolls. Cut block of rolls horizontally in half.
- 2. Place bottom halves of rolls in 13x9" pan; top with ham and cheese.
- 3. Spread mayo onto cut sides of top halves of rolls; place, mayo sides down, over sandwiches.
- 4. Mix remaining ingredients until blended; drizzle over sandwiches. Cover, let stand 20 min.
- 5. Heat oven to 350°F. Bake sandwiches (covered) 20 min. or until cheese is melted and sandwiches are heated through.

Prep time 0:35, Cook: 25 min, Serves 12

Health Notes

Why aren't glasses and dental included in insurance?



This is a question that's bothered us for a long time. Why aren't routine eye care and routine dental care covered by health insurance? Put another way, why are certain bones and certain parts of your brain not considered important enough to insure? After all, blindness is a major problem that makes s We found a lot of info explaining what Medicare (specifically) didn't cover and how to get coverage for those gaps, but very little on WHY the gaps exist in Medicare or in insurance generally. What we did find gave us a few answers...

1) Dental/eye insurance doesn't pay back. The amount you'd spend in premiums is typically more than the amount of coverage you'd get, though as dental and eye expenses rise this is a less relevant problem. From Quora:

"Most dental insurance has annual maximum of \$1,000. That's enough for one crown. Nobody buys a dental plan because they are at risk of a \$100,000 bill. They buy dental because they do not want to pay a \$600 or \$1200 dental bill. But, the \$600 annual premium only provides \$1000 in maximum benefit if you are willing to pay the \$1000 copay (50%). Get a \$1200 dental bill and your \$600 dental plan plan pays \$600 but those expensive procedures are not even covered until the second year."

2) It's Congress' fault. From eHealth Medicare-

"Routine dental care, hearing aids, and eyeglasses are statutorily excluded from Medicare coverage. It would take an act of Congress to include routine dental services, hearing aids, and eyeglasses in Medicare program coverage."

3) But the answer we found that made the most sense was that it's a historical holdover. From SevenDays Vermont-

"As in much of health care, the explanation has more to do with historical factors than with logic or common sense, said Jeanne Keller. Until her retirement two years ago, Keller spent more than 30 years as a health care policy expert, most recently with the Burlington consulting firm Keller & Fuller.

She pointed to the origins of Blue Cross and Blue Shield, which were separate companies until they merged in 1982. The former was founded in 1929 by hospitals as a way to ensure reimbursement for their services. Blue Shield formed a year later to make sure physicians were duly compensated, too.

"So the insurance plans they sell are deeply, historically embedded with the ... medical community," Keller said. In short, Blue Cross and Blue Shield were created by and for hospitals and physicians, who didn't consider dentists and ophthalmologists "real doctors" — at least where financial reimbursement was concerned.

Not until the 1980s and '90s did dentists and ophthalmologists begin presenting themselves as primary-care providers and forming their own insurance carriers, such as Delta Dental. Along the way, other health care professionals, such as osteopaths, naturopaths and chiropractors, lobbied to get their own slices of the pie.

Another historical factor, Keller noted, is that health insurance in the U.S. is still predominantly employer-based, unlike the nationalized systems in Canada and the UK. Sure, employers can purchase add-on dental and vision plans if their pool of employees is big enough to make the plans cost-effective. But individuals who try to buy their own dental riders find that insurers tack on long waiting periods to foil consumers who are just trying to cover that root canal surgery scheduled for the following week. As Keller put it, "You can't buy insurance on your house if it's on fire."

Digging Deeper...

Why Don't Basic Insurance Plans Cover Vision and Dental? Ken Picard in Seven Days Vermont, Feb 2018

Why Doesn't Medicare Cover Dental Care, Hearing Aids, and Eyeglasses? eHealth Medicare website

Dental, Vision, and Hearing Care with Medicare, Kayda Norman on QuoteWizard, Aug 2018

Why is dental insurance separate from health care insurance when the teeth are obviously part of a person's body and therefore one's health? Quora.com

Why doesn't health insurance in the US include vision and dental? Quora.com

Book Spotlight

"On Fire- The Burning Case for a Green New Deal" by Naomi Klein



Shop favorite Naomi Klein has a new book, this one on the necessity of a 'Green New Deal'. We have 4 copies in our shop's Book & Bumper Sticker library... stop by and check one out, or pick up YOUR copy at Wallace Books in Sellwood!



"On Fire: The (Burning) Case for a Green New Deal" By Naomi Klein

Publisher Comments

#1 international and New York Times bestselling author Naomi Klein, author of The Shock Doctrine and This Changes Everything, makes the case for a Green New Deal explaining how bold climate action can be

a blueprint for a just and thriving society.

For more than twenty years, Naomi Klein has been the foremost chronicler of the economic war waged on both people and planet — and an unapologetic champion of a sweeping environmental agenda with justice at its center. In lucid, elegant dispatches from the frontlines of contemporary natural disaster, she pens surging, indispensable essays for a wide public: prescient advisories and dire warnings of what future awaits us if we refuse to act, as well as hopeful glimpses of a far better future. On Fire: The (Burning) Case for a Green New Deal gathers for the first time more than a decade of her impassioned writing, and pairs it with new material on the staggeringly high stakes of our immediate political and economic choices.

These long-form essays show Klein at her most prophetic and philosophical, investigating the climate crisis not only as a profound political challenge but as a spiritual and imaginative one, as well. Delving into topics ranging from the clash between ecological time and our culture of "perpetual now," to the soaring history of humans changing and evolving rapidly in the face of grave threats, to rising white supremacy and

fortressed borders as a form of "climate barbarism," this is a rousing call to action for a planet on the brink.

With reports spanning from the ghostly Great Barrier Reef, to the annual smoke-choked skies of the Pacific Northwest, to post-hurricane Puerto Rico, to a Vatican attempting an unprecedented "ecological conversion," Klein makes the case that we will rise to the existential challenge of climate change only if we are willing to transform the systems that produced this crisis.

An expansive, far-ranging exploration that sees the battle for a greener world as indistinguishable from the fight for our lives, On Fire captures the burning urgency of the climate crisis, as well as the fiery energy of a rising political movement demanding a catalytic Green New Deal.

Review

"What separates Klein from many other advocates for a Green New Deal is her balanced combination of idealism and politics-based realism..... Throughout her urgent essays, Klein lucidly expresses her incredulity that huge swaths of humanity fail to recognize the critical nature of our current climate crisis." Kirkus Reviews

About the Author

Naomi Klein is an award-winning journalist, columnist, and author of the New York Times and international bestsellers The Shock Doctrine, No Logo, This Changes Everything, and No Is Not Enough. A Senior Correspondent for The Intercept, reporter for Rolling Stone, and contributor for both The Nation and The Guardian, Klein is the inaugural Gloria Steinem Endowed Chair in Media, Culture, and Feminist Studies at Rutgers University. She is co-founder of the climate justice organization The Leap.

Humorousness

Karma strikes idiots who can't park

LUMOR PULLSINES Valuation of the same designs of sality

'Parking' is a hot-button issue with us as we've watched the free-range parking around our shop slowly ooze away. Sometimes it seems nothing can be quite as

tooth-grinding as some inconsiderate slob who thinks the world is made for them to park their beat-up jalopy across curbs and lines in a slovenly and inconsiderate attempt to... well, you probably understand.

This month we can bring you a little schadenfreude since we found a treasure trove of these inconsiderate parkers getting their comeuppance. From natural disasters that only struck the poorly parked to annoyed people who got creative (and sometimes destructive) with their anger, have a guilty smile with us as you watch karma crush these pestilential parkers...

(Here a few images to get you started, but there are many, many more where we got these at UniversityFox.com)



















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 necessarily 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!





Navy confirms UFOs ARE REAL!



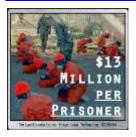
Unidentified Flying Objects (UFOs) have been around as long as people looked up and said "What the hell is THAT?" Most have mundane explanations but some just can't be puzzled out. Many people have tried; not just curious citizens but also the US Government in Project Blue Book during the 50's and 60's. Their investigation continued with the Advanced Aerospace Threat Identification Program (AATIP) from 2007-2012. Last week Navy pilots were confirming the authenticity of video footage examined by AATIP, amazing footage showing aircraft performance beyond anything 'we' have. The Navy has confirmed UFO's exist... not alien or interdimensional craft, but flying objects we just can't identify... yet.

Bow down before the consummate craftsman



Our Technician James M. is a <u>master modeller who knows his stuff</u>, so when he told us about a craftsman who impressed HIM, we listened and wanted to share it with you. Meet Bobby Duke of <u>Bobby Duke Arts</u>, a guy who specializes in... well, you just have to see. If you check out the <u>black widow spider he carved into a billiard ball</u>, the <u>pencil carved from a pencil carved from a pencil</u>, or the <u>hunting knife carved from a steel bolt</u> you'll just be getting started, but save time to watch the video of the <u>sculpture he made from 3500 colored pencils</u>... which goes tragically wrong at the 12:57 mark.

\$13 million dollars PER PRISONER



It cost about \$1.5M (today's dollars) to hold one Nazi war criminal in Spandau Prison in 1985, and \$78,000 to house each high-risk prisoner at Colorado's "supermax" facility in 2012. Now, Guantánamo Bay costs about \$13 million for each of the 40 prisoners being held there. From the New York Times, "... the total cost last year of holding the prisoners — including the men accused of plotting the Sept. 11, 2001, attacks — paying for the troops who guard them, running the war court and doing related construction, exceeded \$540 million., more... The estimated annual cost of \$540 million covers the 12-month period that ended last Sept. 30 and does not include expenses that have remained classified..."

The "Far Side" is coming back!

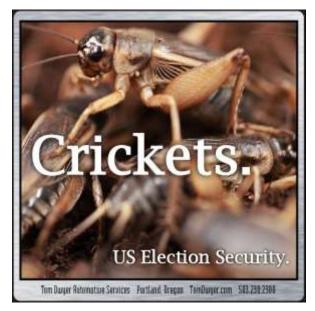


from Nerdist.com- "After sitting dormant since 1999, The Far Side's webpage was updated suddenly and without warning (which we first learned about at The Daily Cartoonist). It features a new cartoon of an explorer using a blowtorch to melt some of the strip's most iconic characters from a large block of ice. Below it reads, "Uncommon, unreal, and (soon-to-be) unfrozen. A new online era of The Far Side is coming!" Since the cartoon itself is signed by Larson, it certainly appears he will be returning with all new comics for the first time in almost 25 years..."

News To Make You Furious

Crickets.





As we write this, the 'news that has made us furious' for the last three years has exploded. Today, while still rage-inciting, the news is almost exclusively about hope that the pestilential president will be purged. But even as we click our news feeds like a lab rat pushing a cocaine drip, other events are obstinately continuing. They're just being ignored.

This month's amalgamation of acrimony focuses on only one of those ignored issues... US election security. The unanimous opinion of the US intelligence community is that foreign powers

interfered with the 2016 election. Intelligence also shows they're lining up to do the same in 2020, and the first primaries of 2020 are a little over 3 months away. Yet nothing is being done. Even the inadequate 'solutions' that have been proposed, mere ineffectual twitches in the direction of security, have been shut down. Why? Could be treason (though probably not), could be naked political self-interest (more likely), could be old-fashioned cowardice, could be there's no real, effective action to take. But regardless of the reasons, action on Election Security doesn't drown out the chirping of crickets as time ticks away.

We'll ignore Trump's blatherings on illegal voting because it's not real, but we'll also ignore the very real domestic election rigging... gerrymandering, voter disenfranchisement, voter purging, vote machine manipulation, and all the rest. These are just as big a threat to election integrity as the foreign influence, perhaps bigger, but let's just talk about them foreigners this time...

What happened in 2016

A Timeline Showing the Full Scale of Russia's Unprecedented Interference in the 2016 Election, and Its Aftermath, Yourish, Buchanan, and Watkins in the New York Times, Sep 2018

2016 Presidential Campaign Hacking Fast Facts, CNN Library, May 2019

<u>The Mueller Report</u>, Special Counsel Robert Mueller, Mar 2019

<u>Mueller's Report Shows All The Ways Russia Interfered</u> <u>In 2016 Presidential Election</u>, Miles Parks on NPR, Apr 2019

<u>Trump dissolves voter fraud commission; adviser says it went 'off the rails'</u>, Landers, Watkins, Liptak on CNN, Jan 2018

Russia, Trump, and the 2016 U.S. Election, 'backgrounder' by Jonathan Masters at Council on Foreign Relations, Feb 2018

<u>How Russia Helped Swing the Election for Trump</u>, Jane Mayer in The New Yorker, Sep 2018

'Putin Has Won': Mueller Report Details the Ways Russia Interfered in the 2016 Election, Dustin Volz and Alan Cullison in the Wall Street Journal, Apr 2019

How Much Did Russian Interference Affect The 2016 Election? Nate Silver on FiveThirtyEight, Feb 2018

What we know about Russia's interference in the US election, Luke Harding in The Guardian, Dec 2016

Russia Targeted Election Systems in All 50 States, Report Finds, David Sanger and Catie Edmondson in New York Times, Jul 2019

What's on tap for 2020

Why November 4, 2020 could be a very bad day, Chris Cillizza on CNN, Aug 2019

Our elections are still vulnerable to Russian interference, Max Boot and Max Bergmann in Washington Post, Mar 2019

What You Need To Know About Foreign Interference And The 2020 Election, Philip Ewing on NPR, Sep 2019 U.S. attorney warns of possible Russian interference in 2020 elections, Rachel Weiner in Washington Post, Sep 209

In Push for 2020 Election Security, Top Official Was Warned: Don't Tell Trump, Schmitt, Sanger, and Haberman in New York Times, Apr 2019

What can be done

How to Stop Russia From Attacking and Influencing the 2020 Election, David Corn in Mother Jones, Sep 2019 Secure Our Vote, website

Russia's Prepared to Interfere in 2020. Will the U.S. Be Ready? Stanley McChrystal and David Eichenbaum in Politico, Jul 2019

<u>Securing American Elections From Foreign</u> Interference, website, Brennan Center for Justice

What hasn't been done

Federal Election Commission To Effectively Shut Down. Now What? Dave Levinthal, Center for Public Integrity It's going to be a crisis': Turning out the lights at the undermanned FEC, Dartunorro Clark on NBC News, Aug 2019

C.I.A. Informant Extracted From Russia Had Sent Secrets to U.S. for Decades, Barnes, Goldman, and Sanger on NBC News, Sep 2019

GOP's inaction on Russian interference makes virtual caucuses impossible for 2020, Denis McDonough on CNN Opinion, Aug 2019

Republicans Are Doing a Good Job Blocking Efforts to Fight Russian Meddling in 2020, Ryan Bort in Rolling Stone, Jul 2019

Republicans are still blocking election security bills after Mueller's testimony, Li Zhou on Vox, Jul 2019
The U.S. still hasn't done nearly enough to stop election interference, Washington Post editorial board, Jun 2019

<u>How Disinformation Could Sway The 2020 Election,</u> CrooksAndLiars, Sep 2019

Russian interference, 2020, Steve LeVine on Axios, Aug 2019

Trump casts doubt on Russian interference in 2020 election, Ken Dilanian on NBC News, Aug 2019
Russia Is Going to Up Its Game for the 2020 Elections, Matt Laslo on Wired, Jul 2019

Russian hackers likely to target Florida again in 2020 election, experts warn, Peter Stone in The Guardian, Aug 2019

Here's What Foreign Interference Will Look Like in 2020, Uri Friedman in The Atlantic, Aug 2019

How to Prevent the Next Election Disaster, Joshua Geltzer and Jake Sullivan on Politico, Jan 2019

Election Security, website, Homeland Security

US sets up new task force to fight Russian election interference, Laura Hautala on CNet, Aug 2019

F.B.I. Warns of Russian Interference in 2020 Race and Boosts Counterintelligence Operations, Julian Barnes and Adam Goldman in New York Times, Apr 2019

AP Explains: Congress' fight over election security bills, Mary Clare Jalonick on AP, Aug 2019

Congress is running out of time to secure the 2020 elections, Makena Kelly on The Verge, Jul 2019

Mueller Feared Election Tampering Is 'New Normal,'

GOP Helps Ensure It Is, Matt Stieb on New York Intelligencer, Jul 2019

Republicans block \$250 million to beef up election security, Christal Hayes on USA Today, Aug 2018
Divided Congress can't agree on fix for 'dangerous'
Russian election meddling, Wise, Lowry, and Clark at McClatchy, Apr 2019

McConnell bristles at 'hyperventilating hacks' criticizing his blocking of election security legislation, Katherine Tully-McManus on Roll Call, Jul 2019

New Election Security Bills Face a One-Man Roadblock: Mitch McConnell, Nicholas Fandos at New York Times, Jun 2019