



# “Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for September, 2019



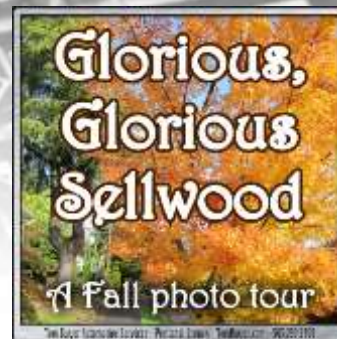
## 100% Carbon-Neutral Vehicle Fleet by 2025

Join our CNP NOW at an amazing special rate



## YOU! Yes, YOU! You're wrong. Here's why.

The fascinating ways we're wrong in almost everything we think



## Glorious, glorious Sellwood

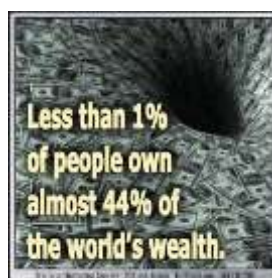
Join us on a walk through our Sellwood neighborhood



End clickbait forever!



4 days to prep for the BIG ONE!



Less than 1% of people own 44% of the world's wealth.



New hope after the Columbia River Gorge fire

## Our Monthly Columns

**Tom's Tidbits-** Reality is ugly sometimes. Deal with it.

**What NOW?!! Toons** Tucker's Toon for October

**Shop Talk-** Trick-or-treat with Tom this Halloween!

**Drew's Kitchen-** Halloweenies

**Health Notes-** Why fractures are problematic for older people

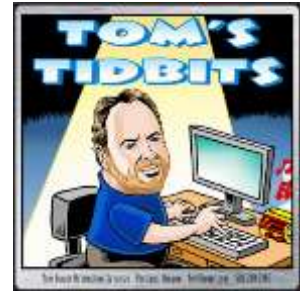
**Book Spotlight-** Philosophy from a client

**Humorousness-** Yearbook pics more embarrassing than yours

**News To Make You Furious-** Even more of the iceberg is revealed

# Tom's Tidbits

Reality is ugly sometimes. Deal with it.



Greetings,

There was a time I thought Donald Trump was nothing more than a poster boy for the greed and decline of America, a fatuous egomaniac with novelty hair. He was an irrelevancy.

When he ran for president I figured it was joke... just another PR deal, just more attention. I was shocked at the American public's receptivity to his mental illness and desecration of truth. Since he "took over America", I've watched him assault every foundation of the country I love, pervert every impulse of human decency, and even twist the idea of reality itself. Donald Trump was never capable of filling the role of president. He is deeply disturbed mentally and his actions make him the clearest possible case of a domestic enemy.

That's reality. It's offensive and ugly, but it's still reality. Sometimes reality is ugly.

However, the Republicans would have you believe I, and others like me, *started* with a random, unreasoning hatred and stitched together a sham justification for it. Much of Trump's impeachment fight **DEPENDS** on this fallacy and ones just like it. Take away the fallacies and the reality that remains is stark.

Impeachment is NOT "overturning the election". Trump lost the popular vote but won the Electoral College. He is President. The same Constitution that enables his victory prescribes Impeachment for removal of Presidents.

Impeachment is NOT "another bite at the apple" because Mueller's report is a very different apple from the Ukrainian one. Trump's despotic actions, autocratic demeanor, and flouting of the law come from an orchard of impeachable apples.

Impeachment is NOT about "one phone call"... It's about a *pattern of behavior*. Evidence shows Trump shredding the emoluments clause, disregarding his

oath of office, and coordinating an effort to turn America's blood, treasure, values, and government into a campaign tool while risking the very existence of a sovereign country in the shadow of Putin's Russia. "One phone call" is just one element of the damning proof.

Impeachment is NOT a "coup". A coup is an illegal seizure of power, but impeachment constitutionally takes power from one who abused the trust. Donny cries "witch hunt", "fake news", and "coup" (but never, curiously, "investigation") because he has no defense in fact. HIS acts ARE a "coup", one against the constitutional powers of a co-equal branch of government.

Impeachment is NOT "depriving the president of due process". Trump is receiving precisely the process due him by law and Constitution, both for his position and his malfeasance. An innocent man might welcome clearance from a wrongful charge, releasing documents and offering coherent testimony instantly. The continuing obstruction itself is not evidence of Trump standing up for a principle, but of wrong-doing.

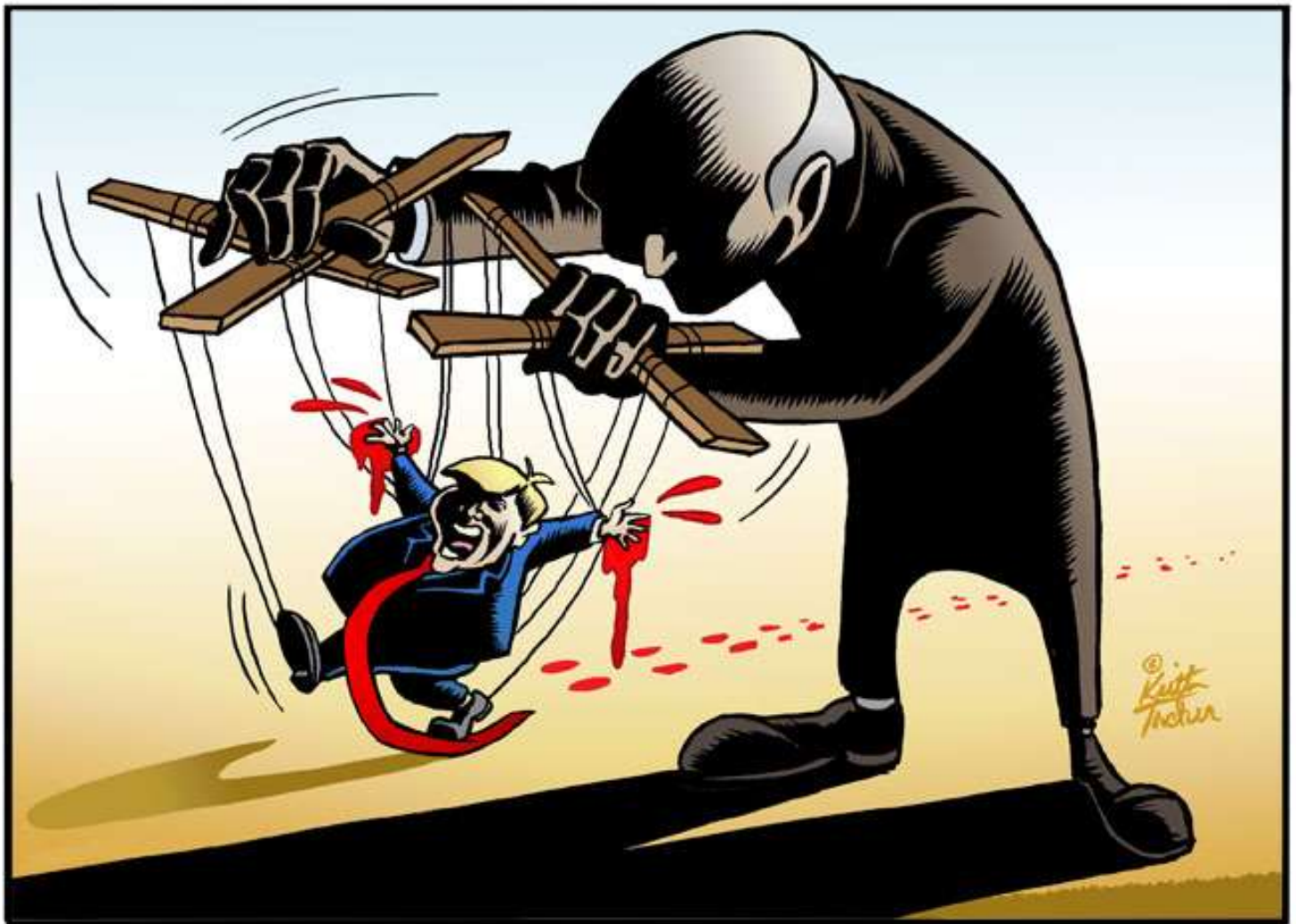
Donald Trump is an abomination who should be summarily removed from office and his every act expunged from human memory. That's what I'd LIKE to do. Instead, since I believe our country is better than Donald Trump, I think we must, **AND OBVIOUSLY, IN REALITY, ARE** granting him benefits and protections of the law he would so quickly deny to others.

Impeachment articles, if eventually filed, will be a catalog of high crimes and misdemeanors with supporting evidence. "Democrats hate Trump" will not be one of the charges. If and when the House and Senate vote, they'll be voting on reality... though there's no way in today's world to know how far they'll be willing to continue denying reality to keep a criminal in power.

Make a great day,

# What NOW?!! Toons

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



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

© KEITH TUCKER  
WWW.WHATNOWTOONS.COM

# Glorious, Glorious Sellwood

Join us on a walk through our neighborhood



“Glorious.” “Stunning.” “Incredible.” Our driver has heard these and many more adjectives as our Courtesy Shuttle wends its way through Sellwood, but none of them even begin to describe the breathtaking beauty erupting all around us. We don’t know why, but it seems the Fall Foliage is particularly bright this year. Every turn through our neighborhood brings a new surprise, another exuberant blast of color, another reason to pause and appreciate these last few weeks before the gray sets in. There’s nothing deeper in this article, nothing important you need to know... we just wanted to share a look at the quiet urban paradise we call home. We hope you enjoy it as much as we did...

(This is our look at Sellwood through the lens of a cheapie camera wielded by our shuttle van driver. The Oregonian also took a look at Fall, but sent real photographers with real equipment to do it. If you’d like to enjoy their work, check out [“Portland Is At Peak Fall Foliage”](#).)











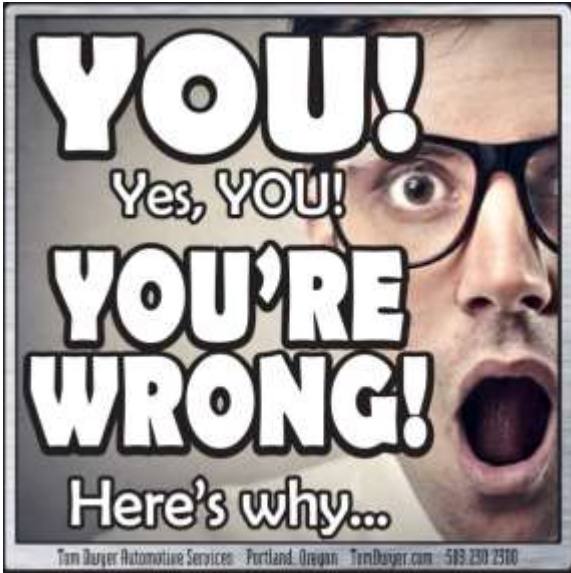






# **YOU! Yes, YOU! You're wrong. Here's why.**

The fascinating ways we're wrong in almost everything we think



Every day proves beyond reasonable doubt that almost everyone 'out there' is an idiot. But those people are looking at you too, and THEY know YOU'RE an idiot! Who's right? Who's wrong? Think about it for a second... you know nobody's perfect, everyone has flaws and makes mistakes, but 'you' (and of course, 'we') are part of that 'everyone'. It's not a question of IF we're wrong as much as *what we're wrong about...* What belief do *you* hold that's wrong?

Obviously that's an impossible question to answer. We trust our own brains and thought processes, but that may be the very thing we're 'wrongest' about! Psychology shows your brain's a liar, you can't be objective, your political beliefs are shaped in part by your genetics, and there's reasons we like some of the things we hate the

most.

In our surfing through the InterTubes we often run across interesting psychology articles that, individually, don't seem quite appropriate for our full newsletter treatment. Nevertheless, we've been squirrelling them away and as a group they seem pretty valuable, so we'd like to share them with you now. We've tried to link to the original studies or least sensationalistic news story where possible. This article isn't trying to convince anyone that any one political 'side' is right or wrong because science can't do that. But we are fascinated with the flawed way humans make decisions, the illusions we operate under, and the mental gymnastics we employ to justify them. None of these studies will give you a eureka moment of clarity but they can all be cautionary tales for those who care about the truth of their positions and are self-reflective enough to question their most basic assumptions.

If these studies, reports, and analysis peak your interest then then you'll also enjoy the [Hidden Brain Podcast](#) with Shankar Vedantam on NPR, and the [Society for Personality and Social Psychology website](#) and [Society for Personality and Social Psychology Facebook Page](#).

## **Here's why you're wrong...**

[Why You Can't Trust Yourself](#), Mark Manson on Observer, May 2016

[To Change Moral Opinions, Use Moral Arguments](#), Andrew Luttrell on Society for Personality and Social Psychology, Sep 2019

[Is the world an exciting or a terrifying place? Your answer can powerfully shape your life and your political views, new research says](#), Emily Esfahani Smith in Washington Post, Oct 2019

[How Partisan Hate Leads People to Believe Lies](#), Traci Pedersen on PsychCentral.com, Oct 2019

['Mental rigidity' at root of intense political partisanship on both left and right, study finds](#), University of Cambridge, Aug 201

[I Heard It Before, So It Must Be True](#), Susana Martinez-Conde in Scientific American, Oct 2019

[Conformity Is Sometimes An Effort To Escape Meaninglessness](#), Andrew Moynihan on Society for Personality and Social Psychology, Oct 2019

[Ethics and the Brain](#), This Week In Science Podcast, Sep 2019

[9We admire these do-gooders. We just don't want to date them. A neuroscientist's studies show that altruism isn't always attractive.](#) Sigal Samuel on Vox, Aug 2019

[People with low emotional intelligence are more likely to vote Republican, new study claims](#), review of "[The relationship between emotional abilities and right-wing and prejudiced attitudes](#)" by Alain, et al, APA Psynchnet, 2019

[When False Claims Are Repeated, We Start To Believe They Are True- Here's How Behaving Like A Fact-Checker Can Help.](#) Matthew Warren in the British Psychological Society Research Digest, Sep 2019

[Dunbar's number: Why we can only maintain 150 relationships](#), Christine Ro on BBC Future, Oct 2019

[If You're Not Scared About Fascism in the U.S., You Should Be](#), Stanley, Westbrook, and Weeks in NY Times, Oct 2018

[Why we believe fake news](#), Tom Chatfield on BBC.com, Sep 2019

[Understanding Cultural Differences Around Social Norms](#), Michele Gelfand in Behavioral Scientist, Sep 2019

[It's A Meaningful Life: The Surprising Existential Benefits Of Self-Control](#), Stavrova and Kokkoris on Society for Personality and Social Psychology, Sep 2019

[We're All Gonna Die! How Fear Of Death Drives Our Behavior](#), Chankar Vedantam et al, Hidden Brain podcast, Sep 2019

[Lie To Me: Liars Harder To Detect Than Most Believe, Study Finds](#), by Ben Renner on Study Finds, Aug 2019

[Can you use narrative to shape your life?](#) Matt Davis on Big Think, Aug 2019

[Facts and stories: Great stories undermine strong facts](#), Society for Personality and Social Psychology, Aug 2019

[New scientific model can predict moral and political development](#), Stockholm University, Aug 2019

[Seeing Is Believing: Fake News May Lead To False Memories](#), Voter Study Finds, John Anderer on Study Finds, Aug 2019

[Perceived differences between "diverse" and "sufficiently diverse"](#), Evelyn Iritani on UCLA Anderson Review, Sep 2019

[Study suggests that many conflicts could be avoided with more deliberation](#), Jack Wang on Phys.org, Sep 2019

[What Makes People Think That An Action Is Morally Wrong?](#) Piazza and Sousa on Society for Personality and Social Psychology, Oct 2019

[In New Research, Psychologists Explore The Upside Of Political Incorrectness](#), Mark Travers on Forbes.com, Oct 2019

[The Self-Confidence Tipping Point- There seems to be a key difference between self-esteem and narcissism](#), Olga Khazan in The Atlantic, Oct 2019

[Under time pressure, people tell us what we want to hear](#), Association for Psychological Science on Medical Xpress, Oct 2019

[The Benefits Of Right-Wing Authoritarianism](#), Jake Womick on Society for Personality and Social Psychology, Oct 2019

# A 100% Carbon-Neutral Vehicle Fleet by 2025

Join our CNP now at an amazing special rate



In 2007 we decided to help our clients drive carbon-neutral, so if they bought carbon offsets for their vehicles we offered a 10% discount on shop Labor charges and a really cool window sticker. Since then, members of our Carbon Neutral Program (CNP) have prevented 2,034,900 pounds of carbon from escaping into our atmosphere! That's an amazing achievement and we're very grateful to all our clients who made it possible, but we know we can do more because we still have clients who aren't CNP members. Time for that to change!

Tom Dwyer Automotive is committing to having ALL OUR CLIENTS, well over 3000 people, enrolled in our CNP by January 1, 2025! It's a big goal, some would say almost unobtainable, but if we as Humanity want to save our planet as we know it, then we as individuals have to set unobtainable goals... and achieve them. We'll do

everything we can to bring you into the CNP family, and we think you'll really like how we start...

## **Knowledge is power**

And how exactly do we start? With knowledge. If any of us want to make a difference, we have to start with knowledge... we have to know what the issues actually are.

(After knowledge, we have a really special offer if you join the Tom Dwyer Carbon Neutral Program this month. **If you're knowledgeable about Climate Change already, you might want to scroll on down!**)

Thankfully, the days of Senators waving snowballs to 'debunk' Climate Change are gone. Not far gone, but gone. Outright denial of reality is polling poorly as people increasingly accept what scientists have known for years, that carbon production by humans is drastically changing our climate. How bad it could get, the possibility of reversing it, or how quickly we must act are all matters of debate.

## [Science and History of Climate Change- Learn the science without the hype... from either side](#)

This is our flagship article on Climate Change. It includes to a variety of sources that will lay out the problem at whatever level of complexity you're comfortable with. Particularly useful is the debunking pages for arguments around Climate Change. Not all arguments of the Denialists are ridiculous on their face; some may sound like they make sense. This resource will explain how and why they're still wrong.

## [What Does It Mean To Step Lightly? Understanding your carbon footprint](#)

The reality of Climate Change is scary, but responsibility obviously can't be laid at the feet of any one individual. We all contribute to the problem, but by how much? That's the idea of a Carbon Footprint; it's the amount of carbon YOUR individual activities create. This article has a much more in-depth discussion of Carbon Footprint, along with links to calculate yours.

## Shrinking Your Footprint- What are those carbon offsets you keep hearing about?

You know the problem, you know your role... what do you do? Carbon offsets don't prevent you (or your vehicle) from polluting, but they give you a way to balance your carbon output with carbon cuts elsewhere. It's a free-market solution to Climate Change, and while it's hardly a full solution it's a good place to start.

### **The Tom Dwyer Carbon Neutral Program**

You're now armed with knowledge and fired with purpose, which brings us to the Tom Dwyer Carbon Neutral Program (CNP). It's a way to help fight Climate Change ourselves while encouraging you to contribute as well. Your 1-year membership in the CNP brings you

- 1-YEAR OFFSET of your vehicle's carbon output
- 10% OFF labor costs at Tom Dwyer Automotive (for that specific vehicle)
- Really cool window cling STICKER



It's very inexpensive to join the CNP, but cost varies by the type of vehicle you have. Hybrids (sippers) cost about \$30, most cars (drinkers) cost about \$50, and big gas users (guzzlers) cost about \$90. For most cars (those drinkers) the membership will PAY FOR ITSELF from the Labor savings on any repair with \$500 in Labor!

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 very glad to do it. ALL FUNDS GO TO BONNEVILLE ENVIRONMENTAL FOUNDATION TO PURCHASE YOUR CARBON OFFSETS.

# **SPECIAL CNP MEMBERSHIP OFFER!**

We're looking for a big boost to our goal of a 100% CARBON NEUTRAL FLEET, so we want YOU to sign up right now, while you're thinking about it. It's always easy, but for a month we're making it even easier...

Sippers- Normally \$30- **JOIN FOR \$20**

Drinkers- Normally \$50- **JOIN FOR \$40**

Guzzlers- Normally \$90- **JOIN FOR \$60**

### **A little about Bonneville Environmental**

We've partnered with Bonneville Environmental Foundation (BEF) since the beginning of our CNP. Bonneville provides products, services, and programs to help businesses address their environmental footprint through renewable energy, carbon offsets, and other means. To learn more about BEF and their mission, check out [their website at B-E-F.org](#).

# Shop Talk

Trick-or-Treat with Tom... HALLOWEEN THURSDAY!



## Comment of the Month



Several clients have written about our candy selection over the years...

*"More chocolate and less fruit/tart snacks in the bowl." Paula S.*

*"Put more chocolate in your candy dish in the lobby." Lisa M.*

*"More chocolate in the candy bowl!" Alec P.*

*"Better candy selection." Duane R.*

We hear you folks, and the upcoming Halloween week is our chance to do something about it. We have full-size Snickers bars for trick-or-treaters of all ages every year, but this year we're adding something non-candy related. We've buried our lobby in pumpkins and they're all in need of a good home. If one strikes your fancy, it's yours for the taking! And for the littlest ghosts and goblins we have one more event...

**TRICK OR TREAT  
WITH TOM!  
HALLOWEEN  
THURSDAY, OCT 31  
5-6PM**



Bring the wee beasties by for those big Snickers bars and whatever other surprises we can figure out. But make sure you bring your camera, because you'll have a chance to get your picture taken with Natasha, one of only two ARACHNO GIGANTICUS spiders in captivity. Well, mostly in captivity... she'll be running around the neighborhood and there's a good chance her keepers can find her. [Click here to learn about Arachno's past exposures at the Portland Mini Maker Faire](#), OMSI, and more.

## 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 8 donations for \$260 since our last count; a total of 642 donations totaling \$27,622 since the program began!**

### **Here’s who our clients chose to help in October...**

[Planned Parenthood of Col/Wil](#) by Jennifer W.

[Fund for Portland Public Schools](#) by Desi A.

[Project Lemonade](#) by Alexa J.

[Immigrant and Refugee Community Organization](#) by Lisa C.

[Protect Our Winters](#) by Ian D.

[Multiple Sclerosis Yoga Program](#) by Nancy A.

[Oregon Humane Society](#) by Deannaly T.

[Sam Day Foundation](#) by Diane H.

## Our Current Special 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*





## Winter Preparation Service Package

No matter the season, we recommend our Comprehensive Inspection to tell you exactly what your vehicle needs to operate at its best, but with Winter on the way you may just want reassurance on some of the biggies. Our Winterization checkup includes

- No charge 90-point vehicle inspection

Then choose any ONE of these discounts if your vehicle needs it...

- 1/2 OFF- Coolant/antifreeze flush and service (Normally \$185)
- 1/2 OFF- Battery service (Normally \$50)
- 1/2 OFF- Alignment- If you buy your winter tires from us (Normally \$110)

*Offer expires 11/30/19*

*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...



**Carbon Neutral Program-** 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!



**Referral Reward Program-** 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

## Halloweenies



With Halloween today (or tomorrow, depending on what day this newsletter publishes!) Drew took the opportunity to get creative with the cookery. He brought us a new recipe for Bandaged Halloween Fingers, and we're also bringing you some of his most terrifying treats from past years. Happy Halloween to all!

### Ingredients:

- 1 pkg hot dogs
- 1 8-oz pkg rescent rolls
- Ketchup. Lots and lots of ketchup.

### Preparation:

1. Using a paring knife, slice a square into the top of each hotdog.
2. Pull the casing off, exposing the meat.
3. Slice notches throughout the hotdog to look like knuckle joints.
4. Separate the crescent dough and slice it into thin strips.
5. Wrap 2-4 strips around each hotdog, depending on how long each strip is.
6. Make that as tight or loose fitting as you'd like.
7. Repeat this for each hotdog.
8. Place each "finger" on a foil-lined baking dish that has been sprayed with cooking spray.
9. Squirt ketchup in strategic spots along the "bandages" and "finger."
10. Bake at 375° for 12-14 minutes, or until the dough has turned golden brown.
11. Add more ketchup to enhance the "still bleeding" look.



**Prep time 10 min, Cook: 15 min, Makes 8-10 fingers**

**Original recipe from The Complete Savorist**

### Drew's Kitchen... of FEAR!

Drew's Experimental Test Kitchen is a shining temple of culinary technology, but most people don't know about the dusty, secret door in the back, the one that leads to... Drew's Dungeon. It's where Drew cooks up his scariest concoctions, the ones that are only unveiled on Halloween. Click here for Drew's [Halloween Meat Hand](#), [Spider Cookies](#), [Flayed Face Cheese Ball](#), [Ultimate Eyeballs](#), and [Tentacle Pot Pie](#). Yum!



# Health Notes

## Why fractures are so problematic for older people

### Why fractures are so problematic for older people

By Consumer Reports, published on Washington Post, Jul, 2019

When kids or young adults break a bone, they might have weeks or months of recovery to get through. But they can usually expect to get back to their prefracture level of functioning.

For older adults, the stakes of a fracture can be much higher.

In one study published this year, researchers found that frail older women who broke hips were unlikely to fully recover their prefracture quality of life, even after as many as 10 years.

Another study, published in 2016 in the Journal of General Internal Medicine, followed 733 adults with an average age of 84 for 2½ years after a hip fracture. In that time, only 31 percent recovered their prefracture ability to go about their daily activities.

Many people who break hips are already frail, notes Victoria Tang, a geriatrician and assistant professor of medicine at the University of California at San Francisco, who was the lead author on the 2016 study. And having trouble with activities such as bathing, eating and walking before breaking a bone is linked with a smaller chance of making a full recovery afterward, her study found.

Plus, older adults simply don't heal as fast as younger people do in general, says Tim Platts-Mills, vice-chair of research for the department of emergency medicine at the University of North Carolina at Chapel Hill.

Fortunately, you can take steps both before and after a fracture to make the process of healing smoother.



### Guarding against fractures

It's best to start improving your strength and balance long before you take a fall, Tang says. "It's like putting money in your bank."

Building muscle and bone strength can help you not only to reduce the risk of falling but also to recover more easily from a fracture. Here's what to do.

#### Exercise

Research shows that getting a variety of types of exercise can help reduce the risk of falls.

In one analysis published in 2017 in the International Journal of Epidemiology, scientists reviewed 15 randomized controlled trials and found that exercise programs significantly reduced older adults' risk of falling. The programs evaluated in the study included a mixture of techniques, such as strength training, walking, balance and flexibility exercises, and tai chi. The National Institute on Aging recommends older adults incorporate aerobic, strength, balance and flexibility exercises.

Both strength training, such as weightlifting or working with a resistance band, and aerobic, weight-bearing exercise, such as walking and running, also provide an additional benefit: They can help you build bone strength.

#### Stay ahead of osteoporosis

Bones lose density and strength as they age, which leads to a greater risk of fractures — and that's especially true for women after menopause. That's why the U.S. Preventive Services Task Force recommends that all women 65 and older (and younger women at risk for osteoporosis because of a history of hip fracture, smoking, heavy alcohol consumption or low body weight) receive a bone density screening. (Men should ask their doctors whether they're candidates for screening.)

If the test reveals you have osteoporosis or the less severe form of low bone density, osteopenia, your doctor can recommend steps you can take to improve your bone health. If your bone loss is mild, these might include exercise, as described above, as well as eating a healthy diet with plenty of whole grains, veggies, fruits and foods rich in calcium. For more severe bone loss, doctors may also recommend medications, such as bisphosphonates or anabolics, for some patients.

### **Take fall prevention measures**

Simple steps such as removing trip hazards throughout your living space can make your home a safer place. These can include getting rid of area rugs and keeping your floor tidy and free of shoes, clothes, books, electrical cords and other items. Getting your vision checked regularly can help, too.

Drug side effects and interactions can lead to symptoms, such as dizziness, that increase your risk of falling. So once a year, ask your doctor to review all prescription and over-the-counter medications and vitamins or supplements you're taking.

### **Dealing with a broken bone**

Even if you do break a bone, remember that plenty of older adults do make a full recovery and get back to their normal lives.

Still, knowing the most effective strategies is important. Here's what to do:

#### **Take quick action.**

Some fractures are emergencies — including skull, neck, back, hip, pelvis and upper leg fractures — and warrant a call to 911. You should also call emergency services if you or an injured person is losing consciousness, has severe bleeding, a bone has pierced the skin, or if an

area of skin below the injured joint has turned blue, clammy, cold or pale.

If you fall or are otherwise injured but aren't sure whether you've broken a bone, you should call your doctor to ask what steps you should take next.

Many fractures don't require surgery. Hip fractures, however, usually do need surgical treatment. In those cases, it's best to have the surgery performed soon.

#### **Get active and eat well.**

Just as physical activity is key for preventing fractures in the first place, it's also a critical part of recovering from them. So follow your doctor's instructions on the level and types of activity that are appropriate for you. This will probably include some form of physical therapy starting a week or two after your initial fracture, once the bone has begun to heal, Platts-Mills says.

Eating a nutritious diet is also critical. And ask your doctor whether you might benefit from taking a supplement of vitamin D — this bone-building vitamin can be difficult to get from diet alone, and depending on the weather, you may not be able to get enough from sunlight.

#### **Stop smoking.**

A 2013 review in the journal *Bone and Joint Research* that analyzed 13 other studies concluded that smoking delayed fracture healing.

#### **Reach out for help.**

After a fracture, you'll probably need help with daily activities such as housework. Ask friends or family whether they can help you get around, as well as with meals, medications and follow-up appointments.

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# **Book Spotlight**

## Philosophy from a client



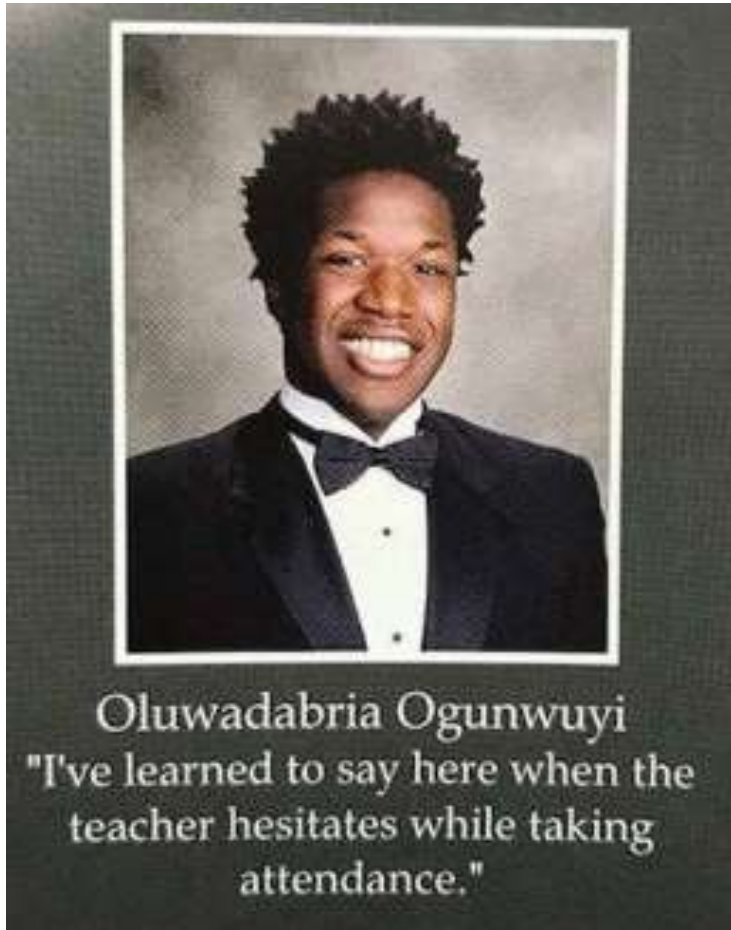
Our Spotlight typically focus on just one book each month, but this time a client and Facebook Friend inspired us to go a little further. [Glen G.](#) was feeling like he'd delayed studying philosophy but didn't know where to dig in. This list of "10 Easy Philosophy Books you have to read" from The-Philosophy.com got him started. What do you think? ([Click here for a brief description of all the books.](#))

1. Apology of Socrates by Plato
2. Nicomachean Ethics by Aristotle
3. The Discourse On Method by Descartes
4. Candide or Optimism by Voltaire
5. Beyond Good And Evil by Nietzsche
6. Crime and Punishment by Dostoyevsky
7. The Unbearable Lightness of Being by Kundera
8. Existentialism and Humanism by Sartre
9. The Fall by Camus
10. The Philosophy Of The Simpsons by Irwin

# Humorousness

## Yearbook pics more embarrassing than yours

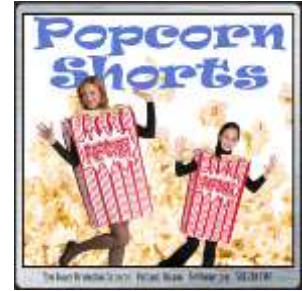
Ahhhhh, high school... that bittersweet time of growth when we form the emotional scars that will haunt us the rest of our lives! One of our Popcorn Shorts articles this month tells you how to end clickbait forever, but unfortunately before we wrote it, we came across [this collection of slightly awkward yearbook quotes](#). Here's a few to get you started, and the rest can be found at [SharingSmiles.co](#).



# 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!



## END CLICKBAIT FOREVER!



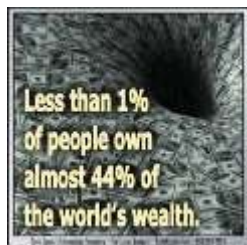
Portlanders are rattled! You know how it is... you know better than to hit clickbait, but you have to know... what DOES Celine Dion look like with her new hair? IS that snake real? DOES guacamole cure cancer? We can't answer those questions, but we can give you the power to end clickbait forever... knowledge. Knowledge is power and STOPCLICKBAIT has it. It's pretty simple... they check the clickbait site themselves and give you the payoff to all the little clickbait stories without wasting your time. Their [website](#) strangely doesn't have the bait answers, but [their Facebook page](#) does. Check out their exposes on entertainment, gaming, lifestyle, science, sports, and news, and save hours on the Intertubes.

## Four days to get ready for the BIG ONE



The recent shaking in California, as always, makes us nervous up here in Portland where we're waiting for the Big One. In that nervous spirit we'd like to suggest this crash course in preparation. A reporter from [KQED spent an hour a day for four days to prep for the next Big One in California](#). While it may not ready you for the zombie apocalypse, it might help you be much better off than you are right now.

## .9% of population own 44% of world's wealth



The millionaires of the world make up just 0.9 percent of the global population yet they now control 43.9% of the planet's \$361 trillion in total wealth. On the other end of the scale, the bottom 56 percent of the population fight over just 1.8 percent of the pie. [This annual Global Wealth Report from Credit-Suisse](#) lays out all the numbers, and you can go back to Wealth Reports from previous years for comparison. Possibly shocking, but this spread of wealth inequality is just a data point. For what it means in the real world, check out [The Equality Trust](#).

## New hope after the Columbia River Gorge fire

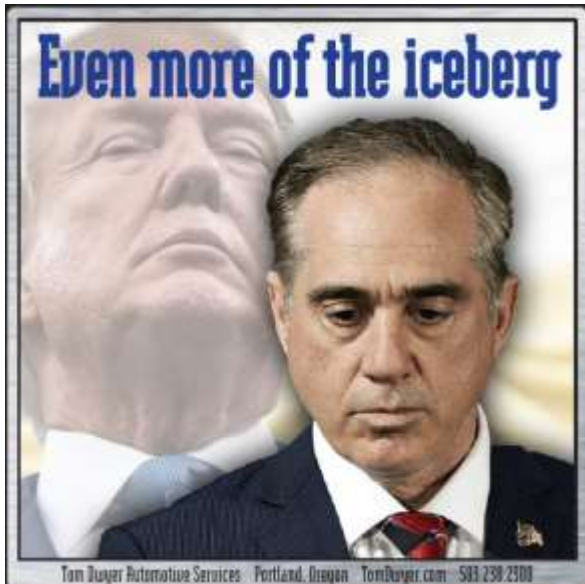


In 2017, a teenager tossed a firework on the Eagle Creek hiking trail and accidentally started a fire. The inferno eventually burned more than 30,000 acres of forest in the Columbia River Gorge and forced nearly 700 people to evacuate their homes. The Gorge is one of Oregon's treasures, and even in a state used to wildfires this blaze hit hard. The Eagle Creek fire felt like an irrecoverable loss, but it wasn't. Kevin Gorman, director of Friends of the Columbia Gorge had an unexpected comment: "This was a good fire." [Wilamette Week takes you on a tour to see why...](#)



# News To Make You Furious

Even more of the iceberg is revealed



The News is rightly consumed with the White House dumpster fire and impeachment drama. Every day brings new revelations about petty people perverting the basic processes of government for their own narrow greed. As we dwell on this abomination it's tempting, almost reassuring, to think that it's one corrupt aberration while the rest of the government is working fine. Nope, not hardly. To make you Furious this month we'll pull aside that blanket of reassurance to show you that the pettiness, coverups, and grade-school thuggery we're seeing in Ukraine aren't a bug, but a feature. It's the prime method at all levels in all

departments, and this story of the rise and fall of VA Secretary David Shulkin brings it into focus. No, news about corruption in Trumpworld is hardly surprising... but it will make you Furious!

Meet David Shulkin, ex-secretary of the Veterans Administration. While not a Trump loyalist, he took the job under Trump to reorganize the bloated and lurching care of our Veterans. He was the Secretary, and whether we/you/anyone agreed with his plans or not, he was the guy in charge of making them. That is, until Trump "political appointees" began talking with Donny about privatizing the VA. They talked and Trump listened until Shulkin, mere hours after being guaranteed the president's unqualified support, was fired by tweet.

Shulkin says it was disturbing at the time but he didn't see a larger significance aside from confirming the chaos apparent in the administration. But now, with the Ukraine scandal showing precisely the same pattern of a shadow government undermining the work and legitimacy of the real one, it confirms that the crimes in Ukraine were hardly unique.

This month we'd like to direct you to "A Victim of the Shadow Government", an episode of the New York Times podcast "The Daily" with Michael Barbaro, in which he interviews former secretary of Veterans Affairs David Shulkin about his brief tenure at the department.

[Click here for audio](#)  
[Click here for transcript](#)