



# “Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for November, 2019



**Meet Hygiene4All**  
A small charity making a big difference



**CycloCross Comes To Sellwood**  
Jump in THIS WEEKEND!



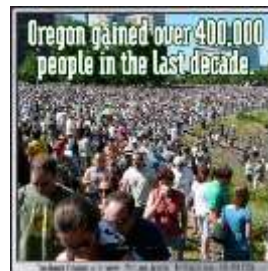
**Help us give away \$1000**  
And meet one of our past Referral Reward winners



The 50 Most Beautiful Places in Oregon



Help Make Your Dog (and others!) Live Longer



Over 400K People Moved to Oregon Last Decade



Why We Believe Lies... Even When We Know Better

## Our Monthly Columns

**Tom's Tidbits-** Impeachment meditation

**Health Notes-** A cure for breast cancer? Not QUITE...

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

**Book Spotlight-** Impeachment Library

**Shop Talk-** Tom Dwyer goes viral

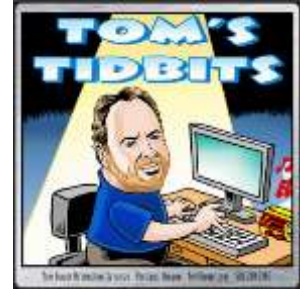
**Humorousness-** Creative resignation letters

**Drew's Kitchen-** Broccoli and Cheese Soup with Gnocchi

**News To Make You Furious-** Doubt is a disease. Meet the carriers

# Tom's Tidbits

## Impeachment meditation



Greetings,

Our country is tired of impeachment and there's a long way left to go... one way or another. I worry that adding my thoughts to the pile will be boring and that you'll just stop reading now. If you did, you might be happier! But while the thoughts of politicians and pundits matter, in a democracy the opinion and judgement of citizens matters too. I can't help it, I feel like it's my obligation to speak out on the government theoretically operating in my name. I hope you can make room for one more opinion from a fellow citizen watching the circus with you from out here in the cheap seats.

Someone made allegations of an ongoing, possibly impeachable, abuse of power by a president. AS ONE WOULD EXPECT, one set of spin doctors stated a case and another set questioned it. That's *critically* important... *every* assertion must be open to questioning and probing to determine truth. Someone has to perform that role and the Republicans definitely did, but here's something just as critically important as the questions... the answers. Actual investigation turned up a uniform wall of people and documents supporting every jot and tiddle of the initial allegations, along with much more. But the questioners fared less well. It's legitimate to *ask* a question, but if the answer is 'no' then it's time to move on. The vast, vast majority of the Republican's answers were 'no', but the 'move on' didn't happen.

I'm stunned at how short-sighted Trump's Republican supporters have been. I understand political reality and self-interest, but I don't understand how the same Republicans who decry Big Government are so willing to give future presidents the powers of a monarch... or dictator. The House just passed a law extending the horrific powers of the Patriot Act... I can only imagine how a future 'transactional' president could abuse the power of the NSA to smear a political opponent. Any future president would find the ability to ignore Legislative subpoenas very useful in avoiding Constitutional oversight of treason, bribery, or other high crimes and misdemeanors. Nixon was proven tragically wrong that "when the President does it, that means that it is not illegal". No president rules by fiat, but a sober exercise of communally granted power for communal good, constrained by law and the obligation to the country. Unless we let them.

We set high standards in law and custom for public trust, but we also know some people won't meet (and others won't even try to meet) those standards. What happens when they don't? How do we handle it? That's the question before us, or at least our Congress, right now. They'll ask their own questions and find their own answers, but this citizen has already made up his mind.

Make a great day,

### Digging Deeper...

Usually I include links to the info I used to write this article or to resources to learn more or take action. This month let's do something different... if you'd like to Dig Deeper I'd like to hear about it. What's YOUR opinion on Impeachment? Please write 200-500 words on any aspect of impeachment and send it to [TomDwyer@TomDwyer.com](mailto:TomDwyer@TomDwyer.com) with "Tidbits" in the subject line. We'll print all entries in next month's newsletter for all the Tom Dwyer community to share. Thank you!

Digging Even Deeper...

OK, I do have another couple links to share. We have two past Tidbits on impeachment that are even more relevant today. "Reality... deal with it!" deals with the reality of impeachment vs. the spin the Republicans are putting on it. "Coup", "overthrow the president", "witch hunt", etc. "It's time for you... YOU... to Judge" was written after the Mueller report dropped, and deals with the obligation of citizens and politicians to judge the facts placed before them. While Mueller was overtaken by the whistleblower, the same logic applies as we consider the question now before us... no longer a hypothetical, but a grim reality.

# What NOW?!! Toons

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

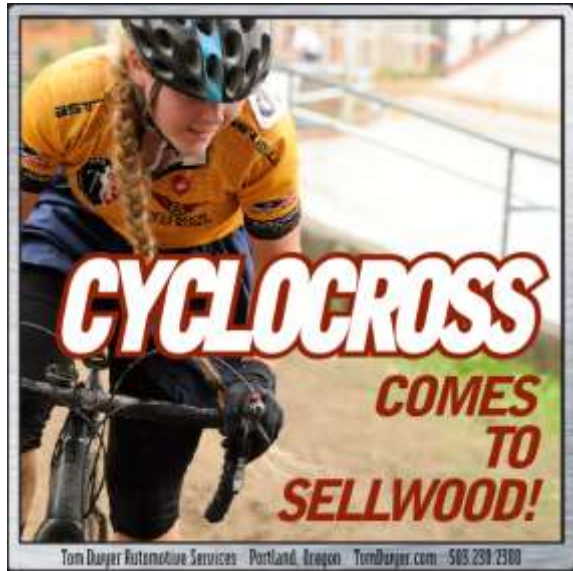


**"WHAT NOW?!!!"**

© KEITH TUCKER  
WWW.WHATNOWTOONS.COM

# **CYCLOCROSS is coming to Sellwood**

Join the adventure THIS WEEKEND!



We thought Erik Tonkin of Sellwood Cycle Repair was just in the shop to pick up his car, but he had big news to share as well. Erik is involved in just about every aspect of bicycling but he particularly enjoys Cyclocross, a bike race combining street racing with off-road mud and obstacles. The specialized courses mean most Cyclocross events are held in out-of-the-way spots mostly attended by the racers and dedicated enthusiasts, but Erik told us he was breaking the mold... Sellwood Cycle Repair is bringing the excitement of Cyclocross to Sellwood, and they aren't wasting time. It's happening at Oaks Park THIS WEEKEND...

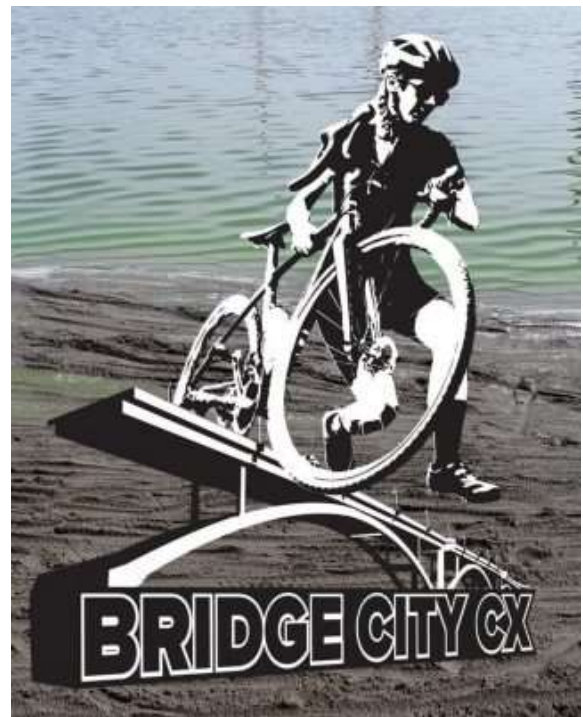
## **Cyclocross in the city! Buzz builds around new event at Oaks Park**

Posted by Jonathan Maus on November 15th, 2019

The dream of a cyclocross race in the heart of Portland has come true.

Sellwood Cycle Repair owner Erik Tonkin has announced plans for a race at Oaks Park. Bridge City CX is scheduled for Sunday, November 24th. That puts it one weekend after the final Cyclocross Crusade race and three weeks before the 2019 Cyclocross National Championships coming to Tacoma, Washington December 10-15th. Tonkin has made Bridge City CX a USA Cycling event so local racers can earn valuable points toward their nationals campaign without traveling far to do it.

In a phone call Wednesday, an enthusiastic Tonkin said he's been working on the Oaks Park venue for about seven years. "It started as just trying to find another 'cross venue; but I really started to work on it when the whole Alpenrose thing started up," Tonkin shared. He was referring to the sale of Alpenrose Dairy and the possibility that the important venue (that doubles as a storage space for Oregon Bicycle Racing Association (OBRA) equipment) would be lost forever.



"I've always wanted a cross race close-in to Portland. This is such a rare thing and I'm pretty excited about it!"

Yes we have races at Portland International Raceway (PIR) and Alpenrose, but those venues are at the fringes of the city compared to Oaks Park, which is a stone's throw from the bike-loving Sellwood neighborhood and just two miles south of Portland City Hall. According to Tonkin, the last cyclocross race at a close-in venue similar to Oaks Park was at Creston Park (SE Powell & 43rd) in 1992.

What makes the Oaks Park venue even sweeter is that it's located directly adjacent to the carfree Springwater Corridor path. While Portland has several great parks that would be perfect cyclocross venues, most of them are owned by the Portland Parks and Recreation, an agency that has been inexplicably resistant to giving permits to cyclocross events. Oaks Park is privately owned, and Tonkin says they're eager to host the event.

Tonkin said he wants this race to attract a big crowd of spectators, similar to the what we used to see at the Twilight Criterium when it was held at the North Park Blocks.

One of the course features Tonkin is most excited about is the massive outdoor tent that will house a beer garden. Tonkin plans to run the race course right through it.



The venue is just two miles from Portland City Hall and right off the Springwater path.

Adding to the buzz about this event is its icon-filled location. Oaks Amusement Park is a local institution and one of the oldest amusement parks in the country. The nearby Sellwood Bridge is a revered local landmark that was replaced in 2016. It features prominently on the official race logo and flyer — something that has stoked pride in local residents. “That bridge was such a big deal down here,” Tonkin said, “And there’s very little representation of the new bridge locally. People definitely saw our logo and noticed it was the new bridge. With very little marketing, word has spread quickly throughout the community.

One of the title sponsors is Sellwood-based Tom Dwyer Automotive Services. Tonkin said they jumped at the chance to sponsor an event during the usually quiet off-season. “People are excited to have something new and different on the calendar,” Tonkin shared. “And this is a creative use of a place that we all know like the back of our hand.”

Speaking of which, while a detailed course map is still being fleshed out, Tonkin said we can expect a “dynamic” track that will include off-camber hills, a bit of pavement, and even a few sections that will bring racers close to the iconic roller coasters and rides at the amusement park. And don't forget the section through the beer tent.

For registration links and more info, check out [BridgeCityCX.com](http://BridgeCityCX.com).

— Jonathan Maus: (503) 706-8804, [@jonathan\\_maus](https://twitter.com/jonathan_maus) on Twitter and [jonathan@bikeportland.org](mailto:jonathan@bikeportland.org)



# **Help us give \$1000 to charity**

It's time for Referral Reward voting



When our clients refer their friends, family, and co-workers to our shop, we definitely want to say thank you. Our Referral Reward program does that without offering self-serving oil changes or shop discounts; instead we make a donation in your name to the non-profit group of your choice. It's been very popular with our clients, and even more popular with the groups that benefit! These groups don't just get a one-off check either, each group becomes eligible for a yearly, ONE THOUSAND DOLLAR award that you, our clients, vote on. Which brings us to today...

it's time for you to decide. Who gets our \$1000 Yearly Award? Will it be homeless pets? Kids with cancer? Wilderness protection? Social justice? You see how difficult the decision is, which is why we put it in YOUR hands! Click below for the full list of eligible groups, and please VOTE FOR OUR YEARLY REFERRAL REWARD WINNER!

In 2019 we've already made 153 donations to 73 different groups, \$5,784 this year alone (\$27,622 since the program began, if you're interested!) covering everything from behemoths to individuals working out of their basement. While we gladly give to any organization through the year, for our Yearly Award we take larger groups like the Red Cross, Oregon Food Bank, Oregon Humane Society, Shriners Hospital, and others out of the running because we worry our \$1000 would be lost in budgets of millions. We reserve our yearly award for the small- to mid-size groups for whom \$1000 would be a huge impact. Again, during the year we'll gladly give to any group you choose, but for the Yearly award we make the bigger charities (and past winners of our Yearly Award) ineligible. We hope you'll join us in sharing the love with some of the smaller guys!

So, without further ado, here are your choices for the 2019 Tom Dwyer Referral Reward Program Yearly Winner! 1 vote per client; honor system please!



**Email your choice to [Charles@TomDwyer.com](mailto:Charles@TomDwyer.com)  
(and please include 'Yearly Vote' in the subject line)**

Animal Rescue Care Fund  
Autism Service Dogs of America  
Blanchet House  
Camp Tamarack  
Cancer Society of Oregon  
Cat Adoption Team  
center for biological diversity  
Central City Concern  
Children's Cancer Association  
Clear Fund (Givewell.org)  
CYO Camp Howard  
Dove Lewis  
Dzogchen Shri Singha Of Portland  
Family Dogs New Life Shelter  
Friends of Columbia Gorge  
Friends of Menucha Foundation  
Friends of Tryon Creek  
Paying It Forward Store  
Clay Street Table  
Children's Book Bank  
Growing Gardens  
Oregon Coalition Against Domestic &  
Sexual Violence  
Hygiene for All  
Junior League Portland  
League of Conservation Voters Oregon  
Library Foundation

Meals on Wheels  
Mom's Demand Action  
Multiple Sclerosis Yoga Program  
New Avenues for Youth  
NW Sarcoma Foundation  
Open Adoption & Family Services  
Oregon Tradeswomen  
Our House of Portland  
Outside In  
Pixie Project  
Pongo Fund  
Portland Playhouse  
Northstar Civic Foundation  
Project Lemonade  
Protect our Winters  
Reap Inc.  
Sam Day Foundation  
Sisters of the Road Café  
St. Marys Academy  
Self Enhancement Inc.  
Union Gospel Mission  
Urban Gleaner  
Volunteers of America  
Write Around Portland  
XRAY.FM

# Meet Hygiene 4 All

A look at one of our past Referral Reward recipients



We hope you'll take the time to vote for our \$1000 Referral Reward Yearly Award winner this year. \$1000 is a big boost to any charity and we donate to groups large and small throughout the year, but we restrict our Yearly Award to the smaller groups. It's not that big groups like Red Cross or Oregon Food Bank couldn't use it; they could and we know they'd do great work with it! But while \$1000 is a good gift to them, for a small, unrecognized charity just getting off the ground it could be a lifeline. One of our past Reward recipients, Hygiene4All, is a perfect example. They're small and local, and they're addressing a problem that everyone talks about but no one does anything about. Hygiene4All is eligible for our Yearly Award this year and you should consider them, but

we aren't trying to sway your vote. We just thought this was a great opportunity to introduce you to a stellar example of the tiny groups who are quietly making a difference in all our lives...

## Meet [Hygiene 4 All](#)

By Sandra Comstock

There is a new solution in town that we believe can make an important difference for our housed and houseless neighbors. We would like to take a moment to introduce ourselves. Last year, during our Campaign for Compassionate Change many friends experiencing houselessness joined our Coalition to share stories of exclusion from life-critical services that many of us housing-secure folks take for granted.

As Bekah, who lived outside for years and works at a local cafe shared:

“With the cold, rain, and danger outside my tent, I would hold my pee all night long till it hurt. Sometimes I got infections from holding it in. If I was downtown.... shelters didn't let me use the bathroom outside of a few hours. Two of the closest Portland loos were far from my tent. Many times they were clogged

or out of service. Local businesses -- if even open at 6 AM -- turned me away, making me feel so rejected and depressed I stopped trying. I ended up dirty; I got rashes from wet, dirty clothes and sleeping gear. All I could think of was getting clean. But if bathrooms are hard to find, showers or laundry? Well, those were nearly impossible to come by. People don't realize what it is like to not have access to a bathroom, a bath, a change of clean clothes. Too many times people can't understand all the discrimination and punishment we go through just to try to use water and toilets and things most people think anyone can choose to use when they want.”

As Michael, a former Army Sergeant lamented:

“I try to have some dignity but — at 58 years old - when you have to go you have to go. I



mean - dogs just need grass and a plastic bag, and a dog can have a bowl of treats and a drink of water at a cafe but humans have to pay for a glass of water so they can use the bathroom... Sometimes I just wish I was a dog!”

From these stories, an idea - Hygiene4All - was born. Since May we have collaborated tirelessly to build a program to address issues related to lack of hygiene access, but also issues related to lack of community connection and mutual recognition of our human dignity and extraordinary capacities to collaboratively change our city and circumstances. In a city of over half a million, (2,000 of whom live unsheltered on the streets) our city provides

- only 9 year-round public restrooms -- open largely 7 AM-7 PM;
- a handful of shower facilities operating a few days a week; and
- no regular voluntary waste collection for those living outside.

Weekly, the city registers approximately 450 complaints related to human waste — each clean-up costs approximately \$316 to mitigate. Rather than wasting funds on cleanups after the fact, we believe it is time to provide places where ALL city residents may use the bathroom in safety and dignity.

Most of us are aware that Portland, Oregon is facing a public health and civic crisis that affects the thousands of city residents experiencing houselessness; few realize that unsheltered residents’ exclusion from hygiene & sanitation services place the general public at risk for bio-waste borne illnesses such as Hepatitis, MRSA, and parasites. Preventing houseless folks from using bathrooms, laundries, and trash bins increase their trauma, shame, and depression as housed neighbors, private security, and police vilify, discriminate, and punish them simply because they have nowhere to sleep, use the bathroom, wash,

or legally dispose of their trash, except outside. At Hygiene4All, we have united our efforts across the housing divide, to propose a new response to these problems that will

- provide reliable access to water, toilets, waste disposal, and safety-critical for survival and human dignity,
- open opportunities for houseless community members to lead in identifying shared problems and advocating for collaborative solutions joining housed-unhoused efforts to tackle tough issues
- demonstrate and disseminate the savings and benefits to the public through rigorous data tracking and analysis.

We are here to make a change — TOGETHER—!

Hygiene4all is an unhoused led and operated hygiene & sanitation hub promoting community health, engagement, and connection across the houseless-housed divide. Hygiene4All has designed a pilot Hygiene Hub modeling the virtues of peer-led hygiene, sanitation and safety services with a special commitment to low-barrier work and practices founded in principles of trauma-informed care, harm reduction, de-escalation, and anti-oppression. We will be tracking how this effort improves neighborhood life for all while raising community awareness about the terrible toll exclusion from basic services takes on those experiencing houselessness. We could use your support in the following ways:

- Advisory council or board member
- Volunteer for help with multiple facets of a start up non-profit
- Make a donation.

Our [website is up and live](#), please feel free to visit and provide feedback, comments, or critique; and please like us on Facebook.

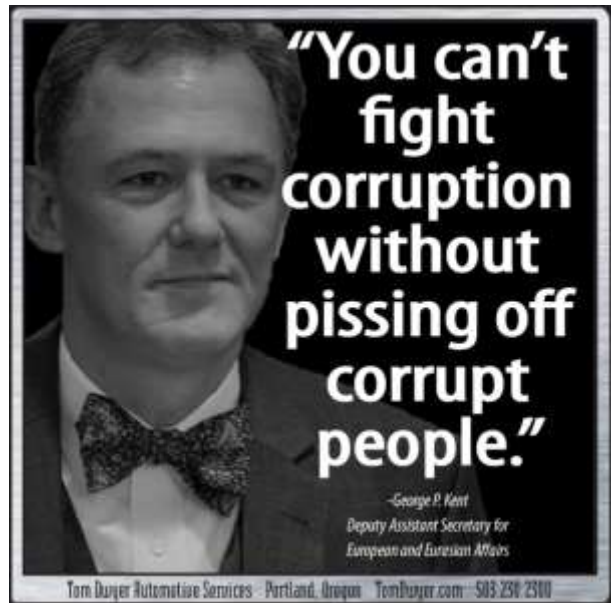


## Shop Talk

Tom Dwyer goes viral

### Tom Dwyer goes viral

You may or may not know that we have a [Tom Dwyer Facebook page](#). We really encourage you to follow us... it's all the same fun stuff you find in our newsletter, but dripping into your Facebook page all day! We wanted to tell you about one post we had recently that really took off. George Kent made a profound observation in his impeachment testimony: "You can't promote principled anti-corruption action without pissing off corrupt people". It was such a beautiful, succinct thought that we memed it up (we heard it as 'you can't fight...' rather than 'you can't promote...', so our quote was a little off) and posted it. We get about 100-500 people looking at our Facebook posts, but this one really took off... as of today (Nov 22) George's thoughts have reached 396,191 people! Amazing! If you'd like to keep the chain going then just click here for the meme and share it with your friends. And follow us on Facebook!



### 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 9 donations for \$272 since our last count; a total of 651 donations totaling \$27,894 since the program began!**

### **Here's who our clients chose to help in November...**

[Planned Parenthood of Col/Wil](#) by Jennifer P, Mary F., and Lindsay W.

[Meals on Wheels](#) by Rhoda E.

[Hygiene 4 All](#) by Sandra C. (see their article in this months newsletter!)

[Friends of Tryon Creek](#) by Zorwin M.

[St. Mary's Academy](#) by Dena S.

[Oregon Food Bank](#) by Kim C.

[Nature Conservancy](#) by Ann K.



## Comment of the Month

This month, Deanna D. had some nice words...

*"I'm stunned! I expected another \$200 tab, but not so! You went above & beyond on my car. You discounted service that I expected to pay for. Thanks! It really helps!"*

We were very glad to put on an extra discount for Deanna. Auto care is expensive and we are very definitely a for-profit shop, but we aren't tyrants. Our Service Advisors are able to make adjustments to a client's bill when warranted. Since they AREN'T ON COMMISSION they have the freedom to do it without eating into their own bottom line. It's just one of the advantages of dealing with a shop that puts YOUR NEEDS ahead of our shop's bottom line!

## 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 12/31/19***

***Offer applies ONLY to service recommendations in your Tom Dwyer file before 11/22/19***

*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

## Broccoli and Cheese Soup with Gnocchi



The Super Bowl of food, Thanksgiving Day, is just a week off. Everyone pretends it's a warm and wonderful opportunity to gather with family and friends, but the ugly truth is that it's a competition... who can eat the most, and who can cook the best! Drew is prepping you for the Food Fight this month with his favorite [Broccoli and Cheese soup recipe](#), so use this super power wisely! (And please, have a wonderful Thanksgiving!)

### Ingredients:

- 1 head broccoli cut into bite-size florets
- 2 pounds Gnocchi
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 medium yellow onion diced
- 2 medium carrots diced
- 1/2 small fennel diced, optional
- 2 medium cloves garlic minced
- 3 tablespoons all-purpose flour
- 2 1/2 cups unsalted chicken broth
- 1/4 cup medium-dry white wine
- 2 1/2 cups half-and-half
- 1/8 teaspoon crushed red pepper flakes
- 1 bay leaf
- 12 ounces shredded sharp cheddar cheese
- Salt & fresh ground black pepper to taste

### Preparation:

1. To blanch the broccoli, fill a large saucepan 2/3rd way full with water. Cover the pan and bring the water to a boil over high heat. While the water comes to a boil, fill a large bowl with ice water. Once the water boils, add the prepared broccoli and bring the water back to a boil. Cook 2 minutes once the water returns to a boil. Transfer the broccoli to the ice water to stop the cooking and let cool 1 minute. Pour the broccoli/water through a strainer and set the broccoli aside until ready to use.
2. Using the same saucepan, cook the gnocchi (without salt) per package directions; drain, rinse with cold water and set aside.
3. Heat a large Dutch oven over medium-low heat. Add butter and oil and heat until butter foams.
4. Add onion, carrots and fennel; cook, stirring often, 4 minutes or until slightly softened.
5. Add garlic and cook another 30 seconds; stirring often.
6. Sprinkle flour over the vegetables and stir.
7. Cook, stirring often, until mixture begins to brown on the bottom of the Dutch oven. Gradually pour in the chicken broth while deglazing the bottom of the pan.
8. Add the blanched broccoli and stir.
9. Whisk in the wine and half-and-half, mixing until well incorporated.
10. Add the red pepper flakes and bay leaf.
11. Increase the heat to medium and bring the soup just to a boil, stirring often.
12. Reduce the heat to low and simmer 10 minutes or until vegetables soften.
13. After the vegetables have softened, add the cooked gnocchi; stir gently.
14. Remove the soup from the heat discard the bay leaf.
15. Add the cheese and stir until the cheese melts.
16. Taste the soup and, if necessary, season with kosher salt and freshly ground black pepper.
17. Serve immediately with baguette slices.

**Prep time 10 min, Cook: 20 min, Serves 6**

**Original recipe from [The Cookie Rookie](#)**

# Health Notes

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A cure for breast cancer? Not QUITE yet...



Almost everyone has been touched by breast cancer. It may be your mom, sister, or wife, or even your dad, brother, or husband... breast cancer hits men too. But whether it's touched you or someone you love, breast cancer is a dark cloud that follows all of us. That's why we were so excited to read the recent headlines announcing that "a trial vaccine wipes out a woman's breast cancer". While there is real reason to be excited, the headline is misleading. Leave it to an auto shop to clear up the BS.

The story concerns Lee Mercker, a woman from Jacksonville, Florida, who was diagnosed with "stage zero" breast cancer... she had cancer cells, but they hadn't spread beyond her breast ducts. She was the first person to receive an experimental vaccine to stimulate their own immune response, making the immune system's T-cells attack the cancer as they would another disease. It worked, the tumor shrunk, and her immune system cleared the cancer cells. She still underwent a double mastectomy preventatively; the vaccine was experimental and they didn't want to risk cancer, and also the breast tissue will be examined deeply as part of the research. Two other women are currently undergoing the same test regimen.

The point of this trial wasn't necessarily to 'cure cancer', but to show that the vaccine could provoke an immune response against cancer. It was extremely encouraging and there is real reason to rejoice, but a cure is still a ways off. Dr. Keith Knutson, Merker's doctor, says "It is reasonable to say that we could have a vaccine within eight years that may be available to patients through their pharmacy or their doctor."

[Trial vaccine wipes out woman's breast cancer. She was the innovation's first human subject.](#), Jisha Josep on Upworthy, Oct 2019

[Behind the Hype: Breast Cancer Vaccine](#), Dr. Susan Love on DrSusanLoveResearch.org, Oct 2019

[The New Breast Cancer Vaccine Being Tested in Clinical Trials — Is There Really Such Thing as a "Vaccine For Cancer"?](#) Caroline Hopkins on SurvivorNet.com, Oct 2019

[How a Trial Vaccine Helped Wipe Out a Woman's Breast Cancer in 7 Months](#), Korin Miller on Prevention, Oct 2019

[Florida Woman Recovers from Breast Cancer with Trial Vaccine: 'I Feel Like I Walked on the Moon'](#), Julie Mazziotta in People, Oct 2019

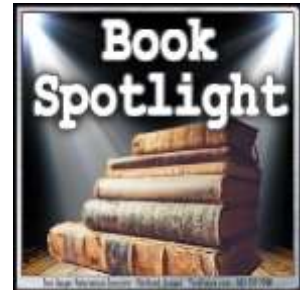
[Clinical trials for new cancer vaccine at Mayo Clinic show promising results](#), Karl Oestreich in Mayo Clinic News, Oct 2019

[US Breast Cancer Statistics](#), BreastCancer.org

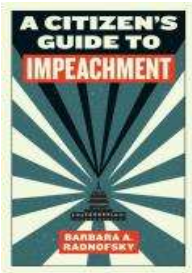
[Scientists Are Close to Rewriting The Genetic Code of Life](#), Jacinta Bowler on ScienceAlert, Aug 2016

# Book Spotlight

## Impeachment Library

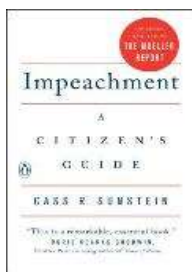


Impeachment is dominating the news and it's not likely to stop anytime soon. Even according to the Founders impeachment is a political process, but it's a critically important constitutionally authorized process as well. We wanted to pass along a book that shed some light on this complex issue but couldn't find one, so instead we're passing along several for you to choose from...



### [Citizens Guide to Impeachment](#), by Barbara Radnofsky

In a straightforward, non-partisan approach, a leading legal expert details a precise understanding of the rules and history of impeachment. Spotting in particular the precise rules of impeachment -- including an explanation of the crucial grounds for impeachment, the famous "high crimes and misdemeanors" -- the book also details the origins of those rules as set out by the founding fathers in the Constitution, and the history of their application throughout the history of our democracy. Scrupulously avoiding the advocacy of impeachment toward any particular politician (the words "Trump" and "Obama" do not appear in the text) the book proves a fascinating read about a unique aspect of our democracy, as well as a useful, one-of-a-kind guide for citizens in a participatory government.



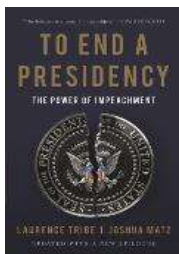
### [Impeachment: A citizen's guide](#), by Cass Sunstein

Harvard Law professor Cass R. Sunstein provides a succinct citizen's guide to this essential tool of self-government. Taking us deeper than mere partisan politics, he illuminates the constitutional design behind impeachment and emphasizes the people's role in holding presidents accountable. In spite of the loud national debate between pundits and politicians alike over whether or not to impeach Trump, impeachment remains widely misunderstood. Sunstein identifies and corrects a number of common misconceptions. For example, he shows how the Constitution, not the House of Representatives, establishes grounds for impeachment, and that the president can be impeached for abuses of power that do not violate the law. Even neglect of duty counts among the "high crimes and misdemeanors" delineated in the republic's foundational document.



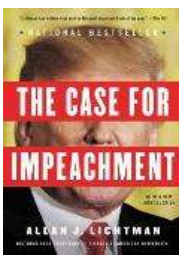
### [Impeachment: An American History](#), by Engel, Meacham, and Naftali

In the first book to consider these three presidents (Johnson, Nixon, Clinton) alone, and the one thing they have in common, Jeffrey Engel, Jon Meacham, Timothy Naftali, and Peter Baker explain that the basis and process of impeachment is more political than it is a legal verdict. The Constitution states that the president, "shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors," leaving room for historical precedent and the temperament of the time to weigh heavily on each case. These three cases highlight factors beyond the president's behavior that impact the likelihood and outcome of an impeachment: the president's relationship with Congress, the power and resilience of the office itself, and the polarization of the moment. This is a realist, rather than hypothetical, view of impeachment that looks to history for clues about its future--with one obvious candidate in mind.



### [To End a Presidency The Power of Impeachment](#), by Laurence Tribe and Joshua Matz

To End a Presidency addresses one of today's most urgent questions: when and whether to impeach a president. Laurence Tribe and Joshua Matz provide an authoritative guide to impeachment's past and a bold argument about its proper role today. In an era of expansive presidential power and intense partisanship, we must rethink impeachment for the twenty-first century. Of impeachments, one Constitutional Convention delegate declared, "A good magistrate will not fear them. A bad one will be kept in fear of them." To End a Presidency is an essential book for all Americans seeking to understand how this crucial but fearsome power should be exercised.



### [The Case for Impeachment](#), by Allan Lichtman

In the fall of 2016, Allan Lichtman--the Distinguished Professor of History at American University who has correctly forecasted thirty years of presidential outcomes--made headlines when he predicted that Donald J. Trump would defeat Hillary Clinton, to win the presidency. In this timely, considered volume, written in clear, nonpartisan terms, Lichtman lays out the reasons Congress could remove Trump from the Oval Office: his ties to Russia before and after the election and his possible obstruction of the investigation--including firing F.B.I. Director James Comey--the complicated financial conflicts of interest at home and abroad violating the Constitution's Emoluments Clause, and his abuse of executive authority.

# Humorousness

## Creative resignation letters



Gordon Sondland's second testimony, the one this week where he remembered where he left all the bombshells, brought up an interesting fact. Did you know that he's STILL the Ambassador to the E.U.? He hasn't quit or been fired; in fact he had to bail quickly after his testimony to catch a plane back to Brussels. We don't think this is a situation that will continue very long, and it's entirely possible that Gordo may be looking for a resignation letter soon. In a spirit of selfless support, and certainly without any snarkiness at all, we'd like to offer this [collection of creative resignation letters from the fine folks at Ninja Journalist](#). Just in time for Sondland, as well as Willamns, Vindman, Hill, Taylor, Cooper, Hale...





# 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!



## [The 50 Most Beautiful Places in Oregon](#)



This is one of the most ambitious articles we've ever heard attempted... where does one even START to make a list of [the 'most beautiful places in Oregon'](#)? The folks at the Oregonian tried to tackle it by "...considering three criteria: natural beauty, diversity and majesty. In other words, places that are beautiful, with different kinds of things to see, and that inspire that sense of awe and wonder." You'll rightly wonder at their choices but you'll definitely enjoy the gorgeous pictures. Make sure you get out and see every place on this list in person!

## [Help Make Your Dog \(and others!\) Live Longer](#)



Dog years are about 6 to 12 times shorter than ours, but science is trying to change that. Researchers from several schools including the University of Washington School of Medicine are doing a multi-year study of aging in dogs, and you can help. [If you'd like to enroll your dog in this 50-state study just click here](#) and answer some questions about the dogs' health and life, send in a saliva sample, and you're in. Studying dog aging can identify biological and environmental factors that can extend their lifespan, and the info the doctors get from studying our best friends can be applied to humans as well.

## [Oregon Gained Over 400,000 People In The Last Decade](#)



Governor Tom McCall gave Oregon one of its most iconic slogans... "Come visit. Don't stay". But as word of our northwest paradise leaks out, fewer people are getting the message and more... a lot more... are staying. [Research from Portland State University](#) shows that "Since 2010, more than 400,000 people have moved to the state. And between 2018 and 2019 alone, Oregon's population grew by 41,100... Portland continued to see the most growth of Oregon cities. Oregon's three most populous counties—Multnomah, Washington and Clackamas—accounted for almost half of the state's growth last year."

## [Why We Believe Lies... Even When We Know Better](#)



Washington is a case study in believing lies, especially these days. Every day brings new lies from Trump and the rest of the Trumpets, each systematically debunked, yet each staying on the pile of stuff they're building their case on. Why don't these lies disappear? [Evidence points to the idea that our brains prefer a complete-but-wrong understanding to an incomplete-but-right understanding.](#) Just correcting a lie isn't enough because we each built our understanding of why the world works based on that lie, so changing just that one point hasn't changed the tapestry our brains wove to include it. But it's not just 'them', it happens to all of us... and there are ways for all of us to fight it.

# News To Make You Furious

Doubt is a disease. Meet the carriers.

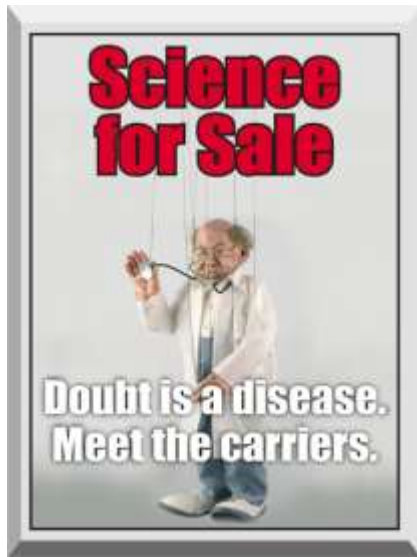


We, along with probably most of you, have been watching the impeachment hearings. Don't worry, this isn't another impeachment article! You can get Furious enough watching that abomination without our help! But we are going to focus on one part of the sh\*t show, and we'll do it with an article from our Furious File Cabinet.

Impeachment is a partisan political act by nature, but the endemic partisanship doesn't *by itself* mean the case made by either side is wrong. If facts support it, even the most rabid political partisan can make a solid, balanced, reasonable argument for their case. But defense lawyers will tell you that the case goes on even if the client is guilty, and the lawyer is left to make the best defense he can... truth, falsity, or even plausibility be damned.

It's reasonable to doubt, to be skeptical. It's one of the foundations of reason. But *not believing something without evidence* is not the same as *believing something in spite of evidence*. Given a reason to be suspicious, suspicion is prudence. But prudent suspicion can be dispelled by investigation, and if it is then it's wrong to hold onto the doubt.

A whole industry has sprung up to flog suspicion long past reason. Tobacco became the poster child for this pattern when scientists and 'scientists' were paid (and still are) to question the research-based scientific view without evidence, with tainted evidence, with half-truths, and with lies. Now other industries like fossil fuels and firearms, are pulling out the same playbook. And as we've seen from the Republicans in the impeachment hearings, it's a fantastic play to people who don't want to believe their own lying eyes.



## News To Make You Furious- Doubt is a disease. Meet the carriers.

Posted on [March 15, 2016](#) by [tomdwyer](#)

The certainty of Science is paradoxically built around questions and doubt. The most revered theories can always be overthrown by better ones, and some big ones have fallen in the past. No matter how sure we are of today's science there's always the *possibility* we're wrong and that better explanations might appear. Although they *can* be proven false, scientific theories can never be *proven* true. That's the type of doubt science depends on for its existence.

There's another kind of doubt, though, a false doubt that perverts this fundamental strength of science and rationality to attack it. This type of doubt doesn't offer new insights or better explanations of its own, but it

says to disbelieve science anyway because it's not *proven*. There may be many motivations for this cancerous type of doubt; greed, ideology, ignorance, fear, maybe others. But whatever their motivation these doubtcasters need skills to give their tripe some tenuous connection to reality.

When they do, they turn to a small and reliable stable of carriers ready to transmit their disease. For this month's News To Make You Furious we introduce you to Scientists for Sale, the intellectual prostitutes (no offense to prostitutes) who spit at the achievements of humanity's best minds. When you're suitably

apoplectic about their existence you'll just be getting started... you'll be incoherent with rage when you find out how little they sell out for!

### ***A Gallery of Sold Science***

[The CO2 Coalition](#), website.

Not a joke. A perfect example of scientific prostitution in service of greed.

[Greenpeace Statement On Patrick Moore](#)

Statement on Greenpeace website explaining Patrick Moore, a past Greenpeace member who now shills for anti-environment causes.

[The Princeton Academic Testifying for Ted Cruz's Climate Hearing Is For-Hire by Fossil-Fuel Corporations](#), Zoe Carpenter in The Nation, Dec 2015

[Breitbart News: Go-To Outlet For "Academics-For-Hire" By The Fossil Fuel Industry?](#) Andrew Seifter on Media Matters, Dec 2015

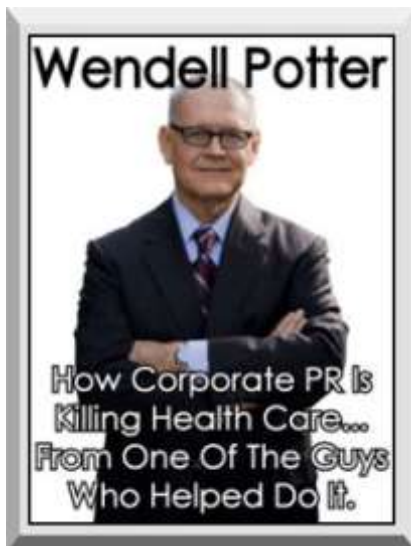
[Princeton Prof Loses It On Camera: Climate Science Lies for Cash](#), Sam Seder Majority Report, Dec 2015

Here's an example of a Scientist-for-hire getting called out by the actual scientist whose work he twisted...

[A Real Climate Scientist Demolishes Bill Nye's Global Warming Alarmism](#), Austin Petersen on The Libertarian Republic, Aug 2015

[Scientist Slams Daily Caller For Distorting His Research To Suggest Climate Change Is Fake](#), Emily Atkin on Climate Progress, Feb 2015

This is a pervasive strategy across a variety of industries. Tobacco was the pioneer, but today it's in every arena where the science is settled but the business isn't. We'll close with two of our past "News To Make You Furious" articles that point out this pattern in other areas...



[Wendell Potter and Health Care](#),  
"News To Make You Furious" Apr 2012



[The Climate Change Denial Machine](#), "News To Make You Furious" Sep 2011