



“Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for March, 2020



Responding to the Coronavirus Crisis

This will change how we see ourselves... as people and a country



Humorousness must die!

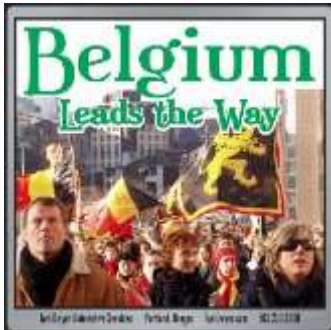
Our monthly humor column that no one reads is making room for...
The Funny Page!



Corollavirus... It's coming. We're ready.

YOU'RE ready for the pandemic, but have you prepared for AUTOMOTIVE viruses?

Our Popcorn Shorts



Belgium is leading the way with Legislature by Lottery



Doesn't a Single Payer System sound good about now?



Bill Moyers Conversation- Losing Reality: Can we get truth back?

Our Monthly Columns

Shop Talk- Our Coronavirus response

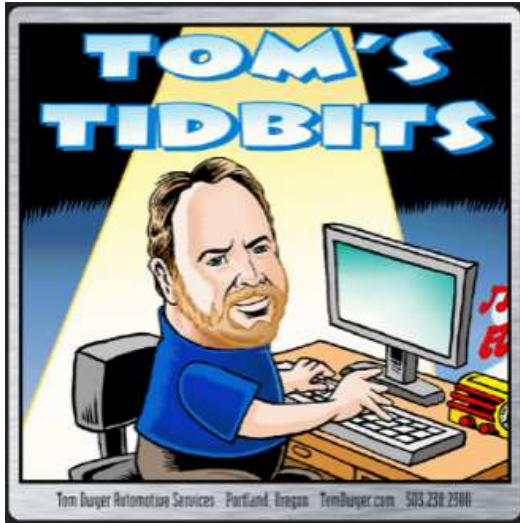
Book Spotlight- “The Third Wave” by Alvin Toffler

Drew's Kitchen- Creamy Lemon Pork Chops

Humorousness- Death to Humorousness!

Health Notes- Link to the CDC for real Coronavirus information

News To Make You Furious- Prostituting God for fun, plague, and profit



Tom's Tidbits

We are OPEN during this crisis.

Greetings,

Tom Dwyer Automotive Services is open to serve you during this unprecedented Coronavirus crisis.

There's really nothing else more important to get across right now... Gas stations and auto repair shops are 'essential businesses' under the Oregon shutdown order because even a mostly-shuttered economy needs safe and reliable transportation. As long as it makes sense for the health and safety of our clients, staff, and community we will stay open to care for your vehicles. We are operating on slightly reduced hours (9a-6p M-F, 10a-1p Sat) and have ample non-contact options for service. You can [click here for all the specific steps we're taking to protect our clients and staff](#), and we'll update our policies constantly as things change, but for now WE ARE OPEN.

That's both a burden and a privilege. All our staff understand the critical need to slow the spread of the Coronavirus but we know 'staying home' and 'staying working' are both necessary. As an essential business we're sharing the burden between our employees. Some have chosen to be temporarily laid off while others are working at vastly reduced hours in a meticulously semi-sterile shop. Though it's nothing compared to the sacrifices being made by the thousands of CRITICALLY essential people in the medical field, I feel proud that our team is braving a real risk to keep our company together and bring safety and value to our clients. I understand and appreciate that our clients are braving that same risk to deal with us, or any company! We'd ALL rather be home with our families during this worrisome time. Yet I also realize the privilege of working at all when so many people have lost their jobs, when so many businesses are closing, when the economic foundation of our entire global society is threatened. I, along with everyone else, at every level, am trying to balance my obligations to family, business, and community. I hope I'm making the right choices. It's not business as usual, but for now it's business, and we'll keep you posted as things change. Thank you.

We WILL get through this... we actually have no choice about it... but everything will be different afterward. The Coronavirus is shining a spotlight on fundamental faults in our system because it's easy to understand and hard to ignore. It's not the desperate children of a rigged economic system being sent to die overseas to support that same system; that's happening 'over there' and it's mostly those brown heathens dying anyway. It's not the systematic transfer of our country's wealth into the pockets of fraudulent billionaires; that's easily finessed before it draws the attention of a confused public. No, Coronavirus can't be lied away or pretended into irrelevancy. It WILL kill people, lots of people, and those corpses will be right here at home on the evening news. Along with the responses of our government.

Though FOX will tell you differently, no rational person blames Trump for the virus. However, his response has ranged from the cringeworthy to criminal and only the irrational absolve him of direct responsibility for his incompetence. But look past him to the systemic weaknesses on display. How will a plundered healthcare system find the resources to respond to a crisis of this magnitude? How will a job-based insurance system respond? How many medical bankruptcies will we see? How can our economy function again? How will the massive loss be spread between the rich, middle class, and poor? How will our economy be revived, and can it be made stable going forward? If this is our response to a direct threat like a virus, is humanity even capable of responding to a diffuse threat like Climate Change? How do we continue democracy if elections are too perilous to hold, or the vote isn't held as important? How should we deal with people who profit, either excessively or fraudulently, from this or other crises?

The Coronavirus crisis will show both the best and worst in humanity. We're all hunkered down and the daily noise of life has been abruptly and unequivocally put on hold. But this isolation is giving us all the unexpected opportunity to decide what matters at home and outside. Every choice we make, as individuals and as groups, will directly impact the way we and our children live both now and in the future we build. The attitude that will bring us through healthier, happier, and stronger is not 'protect myself', but 'how can I help'. But that's the way things ALWAYS are, the ways they always have been... our choices determine our future and helping makes us stronger. I'll leave wishing the Coronavirus away to other, less reality-based minds. Instead, I'd hope that this period of isolation is more than just useless time in a deep freeze. I hope it can be a time in a cocoon... a time for all of us to reconsider, reevaluate, and burst out ready to attack challenges old and new with a new energy.

But in the meantime, we're here for you.

Make a great day,



Digging Deeper...

[As coronavirus opens the door to big changes, the left's most attractive vision faces pushback](#), George Lakey in Waging NonViolence, March 2020

[Coronavirus Is A Defining Test And American Government Is Failing It](#), by Zach Carter on HuffPost, March 2020

[Internal Emails Show How Chaos at the CDC Slowed the Early Response to Coronavirus](#), by Chen, Allen, and Churchill on ProPublica, March 2020

[Millions of Americans are about to lose their health insurance in a pandemic](#), Wendell Potter on The Guardian, Mar 2020

[These Companies Enriched Themselves. Now They're Getting a Bailout](#). Tim Wu and Yaryna Serkez in the New York Times, Mar 2020

[A Cruel Motive For a Costly Delay](#), NY Times editorial board, New York Times, Mar 2020

[White House deviated from pandemic plan: report](#), John Bowden in The Hill, Mar 2020

[Why Germany's coronavirus death rate is so much lower than other countries' rates](#), Loveday Morris in The Washington Post, Mar 2020

[Trump team failed to follow NSC's pandemic playbook](#), Dan Diamond and Nahal Toosi in Politico, Mar 2020

[Stimulus Bill Allows Federal Reserve to Conduct Meetings in Secret; Gives Fed \\$454 Billion Slush Fund for Wall Street Bailouts](#), Pam and Russ Martens in CounterPunch, Mar 2020

[The coronavirus isn't just a plague, it's a premonition. Come '21, we need a climate secretary](#), Meteor Blades on Daily KOS, Mar 2020

[Gilead to withdraw Orphan Drug tag for remdesivir; shares down 3%](#), Douglas House on Seeking Alpha, Mar 2020

[Coronavirus Treatment Developed by Gilead Sciences Granted "Rare Disease" Status, Potentially Limiting Affordability](#), Lee Fang and Sharon Lerner on The Intercept, Mar 2020

[Sanders Demands Trump Rescind 'Truly Outrageous' Decision to Hand Gilead Exclusive Rights Over Possible Coronavirus Treatment](#), Jake Johnson on Common Dreams, Mar 2020

[The Coronavirus and the Urgent Need to Redefine National Security](#), Melvin Goodman in CounterPunch, Mar 2020

[Can The Coronavirus Potentially Lead To A More Humane And Effective Form Of Capitalism?](#), KJ McElrath on The Ring of Fire, Mar 2020

[Critics Warn Democrats That Mere 'Oversight' of \\$500 Billion Corporate Bailout 'Much Too Weak' to Stop Trump Abuses](#), Jake Johnson on Common Dreams, Mar 2020

[The Coronavirus Is Immune to Lies](#), WJ Astore on Bracing Views, Mar 2020

[Without a functioning federal government under Trump, hunt for medical gear turns to chaos](#), Kerry Eleveld on Daily Kos, Mar 2020

[Trump's DHS scrapped the system that was supposed to prepare the nation for enduring a pandemic](#), Mark Sumner in Daily KOS, Mar 2020

[Donald Trump Says America's Ventilator Shortage Was "Unforeseen." Nothing Could Be Further From the Truth](#), Nick Turse on The Intercept, Mar 2020

[The Long History of Elite Rule: What Will It Take To End It?](#), Chuck Churchill on CounterPunch, Mar 2020



Corollavirus is coming!

YOU'RE ready for the pandemic, but what about your vehicles?

"Prepared. I'd have to say we're prepared," said Tom Dwyer, when asked about his company's response to the Coronavirus. "We're not panicking. We're listening to the medical professionals and taking all appropriate precautions." But his face became grim as he continued. "As humans we care most about the effects on people, but as automotive professionals our biggest worry is the spread of the virus to our clients' vehicles." What? A virus that spreads to cars?

It's not talked about often in the mainstream media, but it's not news... most human diseases have their counterparts in the automotive world. YOU might be prepared for the pandemic, but here's what you need to know to make sure your vehicle survives with you...

What are automotive viruses?

The idea of automotive viruses may be new to some people, but automotive medical professionals have been dealing with their insidious effects for years. Dr. Paul Ersatz of the Oregon Auto-Medical Response Team (OAMRT) gave us some background. "Most of the big disease outbursts in recent years have had corresponding automotive variants. MERS hit Mercedes and SARS was hard on Saabs", he said. "When the H1-N1 virus hit in 2009 it was devastating to Hummers, but since they weren't widely distributed in the population it didn't have much of an impact. The Corollavirus is really just a variation of the Cordobavirus that struck American-made cars in the late 70's."

"Because people and their cars have such a close association, human diseases often mutate and move on to strike the automotive population", Dr. Ersatz explained. "Human viruses enter a vehicle with the driver and collect on surfaces like steering wheels and dashboards. Every vehicle model forms its own unique micro-climate from exhaust fumes, chemical outgassing, heat buildup, and moisture condensation, but all are virtual petri dishes for accelerating mutation. Natural selection tailors each virus for the type of vehicle it evolved in, so while these viruses are almost impossible to remove from their 'home' vehicle environments they're also unlikely to jump from one car model to another."



We're changing in response to the Coronavirus, but you can expect the same friendly service from the same friendly Service Advisors you've known for years.

How can you protect your vehicle?

Dr. Ersatz says a good rule of thumb is "if it's good for you then it's good for your car". Most of the advice from CDC on controlling human coronavirus has parallels in fighting automotive corollavirus.

- **Maintain social distance**- 6 feet or so is appropriate for humans, but vehicles need a little more space. Leave at least 100 feet between other cars in traffic.

- **Avoid large gatherings-** Sports and entertainment events are being closed across the country, and your vehicle isn't immune. Locally, Oregon is cancelling traffic jams and congestion in areas like the I-5/I-84 interchange and the Columbia River bridge, while Washington is completely shutting down I-5 from Tacoma to Seattle. Traffic is expected to return to hell as soon as the medical restrictions are lifted.
- **Wash your hands-** Humans need soap and water for 20 seconds (the time it takes to sing "Happy Birthday" twice) but your car needs much more. Plan a full scrub with Purell Foaming Car Wash (or equivalent) while singing "Bohemian Rhapsody". Do this 4-6 times a day.
- **Avoid Contact-** PLEASE, no fender benders for the duration of the emergency! Don't hit any other vehicle without proper preparation! If you MUST have an accident, drive to an empty parking lot and douse both cars with Purell Foaming Pre-Accident Protectant. From there, you can smash into each other in isolation and safety.
- **Wear Masks-** Everyone is hoarding surgical masks though they do very little to actually protect the wearer from infection. However, masks are VERY helpful in preventing transmission to other people and vehicles! Panic buying of automotive surgical masks has cleared the shelves of most shops, but not at Tom Dwyer Automotive. If you need a surgical mask for your vehicle, count on us. Our supply of masks is just as stable as it has been for years.



"Generally, if it's good for you it's good for your car." Here, a Technician applies an anti-viral coating to a vehicle that's tested positive for Corollavirus.



Automotive surgical masks won't protect your vehicle, but they'll prevent it from infecting others. If you need one, don't worry... our supply of auto surgical masks hasn't been affected by panic buying.

Stay safe out there!

The Trump administration's incompetent response to Coronavirus is dwarfed by their absolute refusal to even admit Corollavirus exists at all. If you take their word for it, Corollavirus isn't a threat and we can pretend the whole thing doesn't exist. But just as with Coronavirus, we're learning to look past the 'leaders' and pay attention to the experts. Dr. Ersatz' best advice for surviving this pandemic? "Don't panic", he said. "Take appropriate precautions and be careful, but realize this isn't the end of the world. We'll get through this thing together. As for me, I'm taking Steve Mnuchin's advice... I'm going to go buy stock and keep the economy afloat!"

Digging Deeper...

[Genomic replication and division of automotive viral vectors](#), Journal of Automotive Medicine, Apr 2020

[Causal duplication and mutation of H1N1 and polypetroleum collagen links](#), Chevrolet Clinic, Apr 1998

[A study of crowd deception in local automotive newsletters](#), Tom Dwyer Automotive, Apr 2020

[Why can't cars get viruses?](#) Dr. Seuss in "Why Cars Aren't People", Mar 1978

[Desperate author tries to write funny article about car viruses](#), Charles Letherwood in "Your Car Matters", Apr 2020

[Trump Demands Toyota Immediately Produce Vaccine for "Corollavirus"](#), James Schlarmann in PoliticalGarbageChute, Mar 2020



Humorousness must die!

The old makes room for the new...
welcome to **The Funny Page!**

The news is rightly obsessed with Coronavirus, but the world continues to spin. We've been planning to make some changes to our newsletter for a while and we're rolling out the first one this month... damn the pandemic!

If you never read our monthly Humorousness column, you see the problem... no one else ever read it either. That's a shame, too, because there was some pretty funny stuff on it. Once in a while. Well, once. But Tom's sole directive is to "make this newsletter worth your time", and if you're not

reading the Humorousness column our writing staff aren't doing their jobs. We used the Coronavirus as an excuse to fire them all. We're pretty pleased with what the new, more motivated staff has come up with, and we think you'll like it too.

Death to Humorousness.

Long live the Tom Dwyer Funny Page!



Keith Tucker's What NOW?! Toon

We'll anchor each month with Keith Tucker's monthly special-to-Dwyer "What NOW?!!" Toon. Keith's an Emmy-award winning artist and animator, and is responsible for all the cartoon characters you grew up with. He now wields a left-leaning pen in the political wars and has been drawing our monthly newsletter cartoon for years. Get to know Keith Tucker and his amazing work here, and check out the gallery of Toons he's done for Tom Dwyer here. And now, as promised, here's Keith Tucker to kick off the first issue of The Funny Page...



Humor from the Web

Instead of bringing you one laugh-or-not article each month, we'll be showing you a month of memes, videos, and (even occasionally) jokes carefully culled from our travels in the InterTubes... SOMETHING is sure to put a smile on your face! Here's a sampling from our most recent excursions...

NEW FEATURE: More Or Less

There's another stand-out contribution in this premiere issue of The Funny Page. We hope you enjoy the WORLD PREMIERE of an EXCLUSIVE-TO-DWYER monthly puzzle, Jen Rombach's "More or Less". If you're a fan of word play, anagrams, charming art, subtle humor, and really bad puns, you'll get your fill every month from Jen... More or Less. She's giving us two puzzles to get started, so click the images at right for the full size puzzles, click here to learn more about Jen and her work, and click back next month for more More Or Less! (Since this is the first public appearance of More or Less, Jen would LOVE to hear your thoughts! Please contact her through Instagram or JFortuneArt@wordpress.com)

Here's the first-ever More or Less. Click the image for a printable copy.

Wink, wink! You'll find the picture **DOES** match up with the **THEME**...more or less!

More or Less
A play-with-words puzzle by Jen Rombach

THEME: **PLACES TO BE**

DIRECTIONS:
Solve for the new **THEME WORDS** by either adding or subtracting (+/-) each letter from the column of **THEME LETTERS** to a word from the **START LIST**.

- Answers will fit the **THEME** and go next to the letter used.
- THEME LETTERS**, added or subtracted, (+/-), may go anywhere in the word (beginning/middle/end) to form the new **THEME WORD**.
- Each **THEME LETTER** and each word from the **START LIST** will only be used once.*
- (* Multiples of a letter within the **THEME LETTERS** will each have their own word and there will be only one possible place for each word.)
- After finding all of the new **THEME WORDS**, anagram the boxed letters to solve the related caption that will match up the picture to the **THEME**more or less!

Have fun solving! 😊

START LIST:

BOTH	GARBAGE
COO	PEEN
CASTE	RIB
DEAN	SHOVELS
FOR	TENET

THEME LETTERS (+/-)
P
L
A
C
E
S
T
O
B
E

PLACES TO BE

THEME WORDS:

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 _ _ _ _ _
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 _ _ _ _ _
 _ _ _ _ _
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SOLUTION 😊

THEME: **PLACES TO BE**

THEME LETTERS (+/-)
P
L
A
C
E
S
T
O
B
E

THEME WORDS:

C O O P
 C A S T L E
 D E N
 C R I B
 T E N E T
 H O V E L S
 F O R I
 R O Q T H
 G A R A G E
 P E N

LOG CABIN

More or Less
A play-with-words puzzle by Jen Rombach

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Shop Talk

Our Coronavirus response!

There's only one issue anyone's Talking about at our Shop this month...
Coronavirus. Here's what we have to say on it...



Things are tightening down even more as Coronavirus threatens the health of our citizens and the economy of our country. We'll continue to update you, as appropriate, on our response here at the shop to a rapidly changing world.

WE ARE AN ESSENTIAL BUSINESS.
WE ARE STAYING OPEN.

Governor Kate Brown's closure order ([read it here](#)) affects many businesses, but 'essential' businesses can remain open if they institute mandatory social distancing policies. Gas stations and repair shops are on the list of 'essential' businesses because transportation, even in a locked-down world, is critical. We are staying open because safe and reliable vehicles are at least as important as the gas to run them. We will be reducing our hours slightly during this crisis, so our new TEMPORARY hours are:

9a-6p Mon-Fri and 10a-1p on Sat.

We'll notify you again when these hours will change back to normal.

You have non-contact options for pickup and dropoff

- **You have many options** for pickup, dropoff, and scheduling, including curbside service
- Most tasks, including scheduling, service review, and payment can be handled over the phone at **503-230-2300** or online at **TomDwyer.com**. We are ALWAYS available by phone for ANY question or concern you have.
- We're **encouraging you to use our after-hours key drop for curbside service during regular hours**. When you arrive you'll take an envelope from the Key Drop box (just to the right of the office door), put your keys in, sign the envelope, and call your Service Advisor from outside the shop. Your Service Advisor will give you instructions from there. If you think you'll want to use this option, **please tell your Service Advisor** so we'll be expecting your keys.
- We are offering **pickup and dropoff at your home or business**. If you can be flexible with your appointment scheduling we can pick up your vehicle at your home or work, bring it here for service,

and return it to you when it's finished. If you think you'll want to use this option, **please tell your Service Advisor** when you schedule your appointment so we can arrange staff appropriately.

- We offer **6-months or 12-months-same-as-cash** (OAC) if you can't pay right now.

We are implementing even stricter cleaning protocols.

In the office

- You'll see our Service Advisors using **hand sanitizer before dealing with each client**.
- Your **keys will be sanitized** before they're returned to you.
- We're now **cleaning office hot spots** like door knobs, handles, bathrooms, common surfaces, the PIN pad, and the sales counter throughout the day with alcohol sanitizer.
- We've just added **HEPA air filtration systems** in the lobby to reduce airborne viruses
- We have **hand sanitizer available in our lobby** for your convenience. Clients can refill their own small hand sanitizer pumps from our supply at no charge.

In the shop

- We are **reducing staff temporarily** to reduce transmission and deal with reduced work load.
- Technicians normally wipe down their individual work areas and use surgical gloves while working. They're adding **sanitizing of common equipment** as well.
- **To protect our Technicians**, we will sanitize your vehicle before service. Our Technicians will use hand sanitizer and personal protective equipment while working on your vehicle.
- **To protect you**, we will sanitize your vehicle after service. Our Post-Service-Check now includes an interior sanitizer misting plus a sanitizer wipe down of your steering wheel, shift lever, door handles, controls, and all surfaces that may have been touched during your vehicle service.

We will cater to your individual needs.

If there's something we haven't thought of that's keeping you from having your vehicle serviced during this difficult time, then **PLEASE tell our Service Advisors!** They will be happy to accommodate you if at all possible.

Small businesses of all kinds need your help.

Over 30 years ago, we started Tom Dwyer Automotive Services in one of the worst financial crises since the Great Depression. That was a walk in the park compared to the crisis we're facing now. As an essential service we're both burdened and privileged to be open during this time. We'll ask your patience and flexibility as we work through difficulties with scheduling, parts availability, and other issues. **THANK YOU** in advance! We know your help will keep us here for you now and after this crisis, but many other independent businesses are struggling, even dying. In a time when our families' safety is on the line the health of businesses must take second place, but please, if you can, reach out to the small companies limping through this time. A burger bought from a restaurant still serving drive-through or a book bought from a bookstore restricted to mail order can make an unbelievable difference. Almost everyone knows at least one small business owner, so please make a special effort to reach out and support them if you can.

PLEASE call with any questions, suggestions, or concerns!

We're trying to follow best practices but if you think we could be even better, we welcome your ideas! Please send them to charles@tomdwyer.com.

Though it may seem like the realities of Coronavirus are driving us apart, we're all in this together and we **WILL** get through this. Protecting yourself is the best way to protect the ones you love. From all of us at Tom Dwyer Automotive Services, during this Coronavirus crisis and always, if there's anything we can do for

you... please let us help. Let us continue to serve you in a time when service has become an all-but-forgotten practice.



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 can be put off for a while or if it needs to be done immediately. 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 waiting, now's the time to take care of it at a hefty discount!

Offer expires 4/17/20

\$300 maximum value

Service recommendations must have been on file before 3/17/20

You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE!

Offer is VOID AFTER SERVICE IS COMPLETE



SPECIAL CNP MEMBERSHIP OFFER!

We're building a 100% Carbon Neutral Vehicle Fleet, so we want YOU to sign up right now! This isn't some cynical ploy to use Climate Change to benefit our company. WE DON'T MAKE ANY MONEY FROM THIS PROJECT; ALL YOUR MEMBERSHIP FEE GOES TO BONNEVILLE ENVIRONMENTAL FOUNDATION TO PURCHASE YOUR CARBON OFFSETS. In fact, though we're very glad to do it, 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! So come on, hurt us but help the planet... join our CNP TODAY!

Sippers (hybrids, electrics, etc)- Normally \$30- **NOW \$20**

Drinkers (most types of cars)- Normally \$50- **NOW \$40**

Guzzlers (SUVs, land yachts, etc)- Normally \$90- **NOW \$60**

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.

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...

Drew's Kitchen

Creamy Lemon Pork Chops



Drew's got a requirement for this month's recipe... it requires an Instant Pot Pressure Cooker, about \$79. But this mouth-watering recipe will be worth the buy-in!

Ingredients:

- 6 boneless pork chops, abt 1" thick
- 1/3 cup all-purpose flour
- Kosher salt
- Freshly ground black pepper
- 1 tbsp extra-virgin olive oil
- 2 tbsp butter
- 8 oz baby bella mushrooms, sliced
- 2 cloves garlic, minced
- ¾ cup low-sodium chicken broth
- ¼ cup heavy cream
- ¼ cup freshly grated Parmesan
- 2 cups baby spinach
- Juice of ½ lemon

Preparation:

1. Season pork chops generously with salt and pepper, then dredge lightly in flour.
2. Set Instant Pot to 'sauté' setting and heat oil. When oil is shimmering, add pork chops in a sing layer, working in batches if necessary. Cook until golden on both sides, about 3 minutes per side
3. Remove pork chops and add butter. Once melted, add mushrooms and cook until softened, about 4 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Add broth and use a wooden spoon to scrape up any browned bits on the bottom of pan.
4. Stir in cream and Parmesan, then return pork chops to Instant Pot. Lock lid and set Manual on high for 10 minutes. Follow manufacturer's guide for quick release, making sure to wait until cycle is complete before unlocking and removing lid. Let pork chops sit in sauce, uncovered, for 10 minutes.
5. Remove pork chops, then stir in baby spinach and lemon juice, letting spinach wilt slightly.
6. Serve pork chops with sauce.
7. If using newer versions of Instant Pot, especially 8-quart capacity models, we recommend removing the inner pot and letting it cool off for 5-10 minutes before moving on to the pressure cooking stage. This will help prevent a potential burn warning.

Prep: 15 min, Total Time: 1 hr 10 min, Serves 6
Original recipe by Lauren Miyashiro on Delish

Health Notes

Call the CDC for real information on Coronavirus



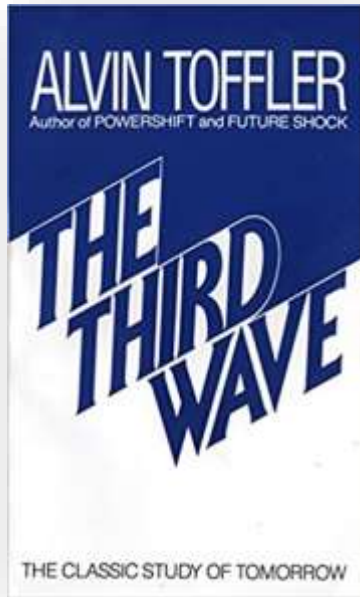
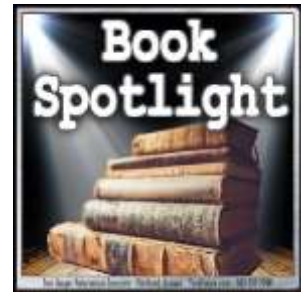
Hmmm, Health, Health... what's going on in Health these days? The deadly spread of misinformation. We can help with that...



[Click here to go to the CDC website, the first place you should trust for ANYTHING Coronavirus. It's just that simple.](#)

Book Spotlight

“The Third Wave” by Alvin Toffler



The Third Wave

By Alvin Toffler

Review by Charles Letherwood

It's been 40 years since Alvin Toffler published this groundbreaking book, and the insights it offers have never been more relevant. Though he was writing at the dawn of the internet and computers, Toffler has remained a shining light on today's society because he looked deeper than the beeps and bangles.

Toffler drew conclusions about the way society itself was structured, and saw deep patterns in the way we deal with the world. His description of human civilization in three phases- agrarian, industrial, and information ages- wasn't groundbreaking. Neither was the observation that change was happening particularly new. No, it was the observation that the *pace* of change is changing, that society is changing faster than we have been able to keep up with. And it *may* be changing faster than we can keep up with.

Toffler isn't a rose-glassed futurist spinning Star Trek tales of Utopia, though there are touches of that in Third Wave. He's grounded in technology, sociology, and history, and offers a way to look at the world that makes sense of the largest trends in society. It may not be comforting but it is extremely clarifying, and we can recommend no better book for dealing with the reality of today.

Dig a little deeper...

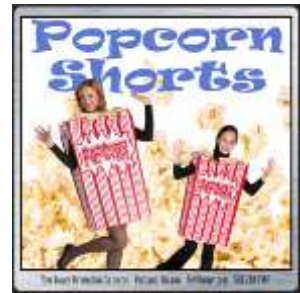
[Alvin Toffler: What he got right - and wrong](#)

By Courtney Subramanian BBC News, Washington

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!



Belgium Leads The Way with Legislature by Lottery



from the article- "Those looking for a solution to the wave of anger and distrust sweeping Western democracies should have a look at an experiment in European democracy taking place in a small region in eastern Belgium. Starting in September, the parliament representing the German-speaking region of Belgium will hand some of its powers to a citizens' assembly drafted by lot. It'll be the first time a political institution creates a permanent structure to involve citizens in political decision making. It's a move Belgian media has rightly hailed as "historic."...

How to build the healthcare we'll need



We can't avoid coronavirus. We know it's coming and we know people will die. There are unavoidable consequences to this pandemic, and that's agonizing. That there are avoidable consequences as well... that's tragic. Americans face the virus with economic instability and job loss, and, unique among industrialized nations, the loss of job-connected healthcare and the real possibility of medical bankruptcy... IF they can get the care in the first place.

Today's health environment has made a LOT of people question our health care system, and rethink Single Payer. If you want to do more than think about it, now's the time to think about HealthCare for All Oregon, the group working to make Single Payer a reality. They could

certainly, certainly, certainly use your help.

Bill Moyers Conversation: Losing Reality: Can we get the truth back?



From the interview: "...Over at Rupert Murdoch's Fox News, the usual chorus of well-trained sycophants chimed in with the party line orchestrated by the president's alter ego, Sean Hannity. Trump's opponents, said Hannity, "are rooting for corona to wreak havoc in the United States." Meanwhile, the President assigned the Vice President to be the commissar of censorship over government scientists and public health officials to make sure they hew to the official line, that is the White House view of reality. The Vice President promptly called them to a prayer meeting. Dual realities. One exists in fact, in the world as it is. The other created by the President himself, to distract us from the truth. To make sense of this, I read Robert Jay Lifton's new book Losing Reality and went by to talk to the distinguished scholar and psychiatrist at his apartment in New York City..."

Lifton's new book Losing Reality and went by to talk to the distinguished scholar and psychiatrist at his apartment in New York City..."

News To Make You Furious

Prostituting God for fun, plague, and profit



The Coronavirus is bringing out the best and worst in humanity. This being News To Make You Furious, we'll ignore the best of humanity and concentrate on the worst, but unfortunately that still doesn't narrow the scope nearly enough. Should we dwell on the politicians using information on the plague for insider trading instead of saving lives? What about the thug occupying the White House, lying, twisting, and bigoting his way through the pandemic? Hey, there's the intentional dismantling of the government, crippling it so badly that it can't function in exactly the type of crisis it is designed to solve, we could talk about that! But no, amidst this

daily sideshow of sewage, we'll concentrate on a strain of human competing with the Coronavirus to destroy exactly the same population...

This isn't about God or even religion as such... billions find comfort and value in various ideas of God, and relying on them in a worldwide pandemic makes a lot of sense. But among those billions are a few hundred people who use the ideas of God for things other than comfort. These caricatured gargoyles of human beings bilk the earnest religious of their money and lives year round, in good times and bad. While their primary food is money, they also enjoy false hopes and wash it down with a little swig of squandered lives. There's was never a question of whether they'd amp up their cynical fraud in a globe-threatening emergency, and the news puts the exclamation point to that every day. The only question now is whether they'll replicate faster than the virus.



Here's just a few stories making the news recently, from the sham-religious hucksters at all levels. And though you might not need Shakespeare's warning, the sheeple filling their aisles and collection plates would do well to remember it... "The Devil can quote scripture for his purposes."

[The Christian right's hostility to science is definitely going to get people killed](#), Amanda Marcotte in Salon, Mar 2020

[Donald Trump's Bible studies leader claims coronavirus is God's wrath for lesbianism and homosexuality](#), Emma Powys Maurice on PinkNews, Mar 2020

[Hobby Lobby CEO tells employees to come to work because his wife heard words from God](#), Juwan Holmes on LGBTQNation, Mar 2020

[Central Park Tent Hospital: Volunteers must agree to anti-gay Christian dogma](#), Michael Stone on Patheos, Mar 2020

[Scamvangelist Declares COVID-19 "Finished" After Commanding God to Destroy It](#), Hemant Mehta on The Friendly Atheist, Mar 2020

[Televangelist Claims He Has Magic Machines That Will 'Shoot Down' Coronavirus](#), Michael Stone on Patheos, Mar 2020

[Pastor refuses to close church doors: 'If you have coronavirus, I declare you healed in Jesus' name'](#), Megan Hamilton on DeadState, Mar 2020

[Bad Coronavirus Takes](#)- Aggregator page, Dead State

[Louisiana Church Packed For Services Again Despite Charges Against Pastor Amid Pandemic](#), CBS News, Apr 2020

[Texas pastors demand a "religious liberty" exemption to coronavirus stay-at-home orders](#), Ian Millhiser on VOX, Apr 2020

[Trump Hands Coronavirus Briefing To MyPillow Exec Who Tells Americans To Read Bible](#), Sarah Ruiz-Grossman on Yahoo News, Mar 2020

[Shocking: NY Priest's Sprinkling of Holy Water from Airplane Didn't Stop Virus](#), Terry Firma on Patheos, Mar 2020

[43 people fall ill at Pentecostal church after revival, 10 test positive for coronavirus](#), Leonardo Blair on The Christian Post, Mar 2020

[Trump Cabinet's Bible Teacher Says Coronavirus Was Caused by Gays and Climate Activists](#), Church and State, Mar 2020