



“Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for May, 2020



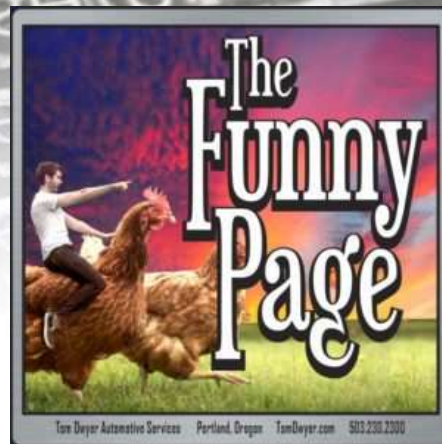
The Dirty Truth Behind Fuel Injectors

If done right, fuel injector cleaning can be worth it



CNBSeen is saving lives by changing lightbulbs.

Because public safety means actually keeping the public safe.



Knock, knock, who's there? The Funny Page!

Toons, puzzles, memes and more

Our Popcorn Shorts



How to build houses for your new bee neighbors



How to talk to a conspiracy theorist



“The 40 strangest things you’ll ever see on the road



Sustaining your activism beyond this moment

Our Monthly Columns



Tom's Tidbits- The fall of our political parties is not a spectator sport.



Shop Talk- Shop Talk for June

Drew's Kitchen- Homemade Fish Sticks

Health Notes- Cure ‘em all and let God sort ‘em out

Book Spotlight- “How Democracies Die” by Levitsky and Ziblatt



News To Make You Furious- The Voter Suppression Happening In Plain Sight



Tom's Tidbits

The fall of our political parties is not a spectator sport.



Greetings,

Though I'm obviously not a constituent, I got a call a month ago about the race for New York's 16th Congressional District. I almost blew it off, but instead I took time to listen and now I'm glad I did. Elliot Engel, the incumbent, was a good guy and a respected Democrat. He's a teacher who served the NY State Assembly for 11 years before he was elected to Congress in 1988, and he's done good work. But the call wasn't from Engel, it was from the campaign of his challenger, Jamaal Bowman. More than that, it was Bowman himself on the line.

Engel was powerful and popular, but his campaign gaffes opened an opportunity for Bronx middle-school principal and first-time candidate Jamaal Bowman. Voters compared Engel (backed by Pelosi, Schumer, and Cuomo) to Bowman (backed by Bernie, Liz, and AOC) and created an unexpected fight where Engel was supposed to glide to the nomination. I'd heard Bowman interviewed on [The Young Turks](#) and made a small donation; he'd gotten my name through them and was calling for my support. I don't remember now what we talked about, but he got the support he was looking for from me and from thousands more around the country. When Primary Day arrived, Bowman walked away with the nomination by nearly a 2-1 margin.

I'm encouraged this 'political outsider' story seems to be growing. AOC's meteoric rise is the template, but Bowman in NY, Booker in KY, and many lesser-known Progressives around the country are following the same script.

Though they may be the lesser evil right now, the Democratic *Party* has far too much overlap with the Republican *Party*. Ideological differences sort the proletariat into Righty and Lefty, but in my opinion both party structures now *only* serve the goals of the money that bought them. Their shabby platitudes have become so transparent that now only the blindest ideologues can ignore them. On the Right, the Tea Partiers and Trumpets rebelled against their Party and we can see the result. Progressives are now breaking with their own Lefty establishment. The PARTIES are quite happy with the status quo, but PEOPLE on "both sides" know their leaders aren't serving them. Unfortunately, both sides have very different visions of what proper service might be.

The fall of our two political parties can't be a spectator sport. We all have interests in government beyond our own backyard, and that's one reason I'm so excited about Jamaal Bowman's win. Though his was a local race, it had national implications so it made sense for him to reach out to some guy in Portland for support. Shows like The Young Turks and tools like ActBlue made it possible for me to both be informed and contribute to the change I want to see. For a *corporate* candidate, Rep or Dem, this one-on-one campaigning doesn't generate the money or interest. For a *person* motivated by the interests of *people*, it's perfectly rational.

From racial divisions, to economic inequality, to public behavior in a health crisis, the problems we face won't be solved by the minds (personal or corporate) that created them. ALL of these problems and so many more require *new* people thinking *new* thoughts that revolve around PEOPLE as their main concern. It's encouraging that candidates like Jamaal Bowman have the tools, opportunity, and most importantly the *motivation* to reach out to the people they intend to serve.

Make a great day,

A handwritten signature in blue ink that reads 'Tom'.

Digging Deeper...

[ActBlue](#) Website

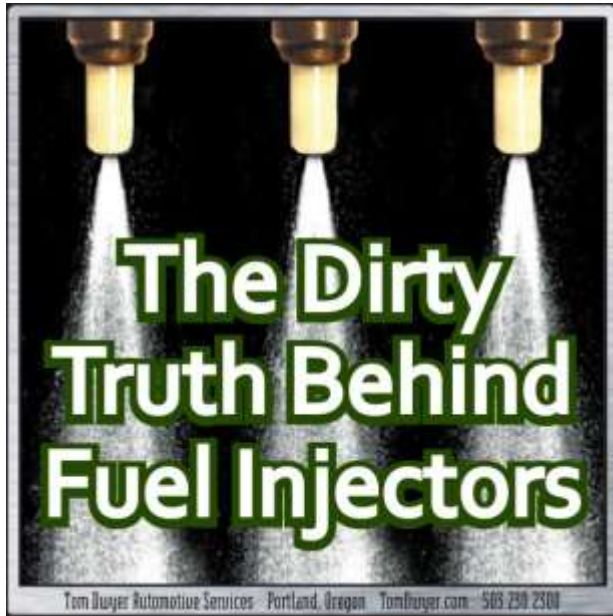
[Middle school principal Jamaal Bowman unseats Eliot Engel in New York](#), Emily Stewart in VOX, Jun 2020

[The Protests Are Already Changing Elections](#), Elaine Godfrey in The Atlantic, Jun 2020

[Progressive Challengers Build Potentially Primary Winning Coalitions In KY And NY](#), Evan Scrimshaw in DecisionDeskHQ, Jun 2020

[How Progressive Candidates of Color Are Building Winning Coalitions](#), Giovanni Russonello in NYTimes, Jun 2020

[“That Is An Aoc-Level Upset”: The Presumptive Ouster Of Eliot Engel Emboldens Progressives](#), Abigail Tracy in Vanity Fair, Jun 2020



The Dirty Truth Behind Fuel Injectors

If done right, fuel injector cleaning can be worth it.

Is your vehicle running rough and getting steadily worse? Is your Check Engine light on? Have you been told your fuel injectors need to be cleaned? Clean fuel injectors are critical to proper engine function and efficiency, so fuel injector cleaning is definitely a valid service. But over the years we've had many clients who've been sold fuel injection cleaning services, most often by convenience oil change shops, in what seem to us

a deceptive way. Knowing what your fuel injectors do, why they're important, and how they're cleaned can keep you from paying for this service if it's not really necessary, and get the most benefit when it is...

Didn't I used to have a carburetor?

Both carburetors and fuel injectors control fuel flow to your engine cylinders. Carburetors supply fuel to all the cylinders at the same rate, but fuel injectors precisely tailor the flow to each individual cylinder for smoother, more consistent engine operation, better fuel efficiency, and lower emissions. This real-time precision monitoring only became possible with the advent of vehicle computer-control systems.

While fuel injection for aircraft goes back to 1902, it first appeared in race cars in the 1950's and became ubiquitous in consumer vehicles in the 1980's. The last production cars with a carburetor (the Subaru Justy, Jeep Grand Wagoneer, Ford Crown Victoria, or Honda Prelude, depending on your source) rolled off the line in 1990-91. Unless you're a true die-hard, your vehicle has fuel injection.

How fuel injectors work

Fuel injectors pressurize fuel and pump it through either a fixed or electronically-controlled aperture, delivering the fuel as a fine, cone-shaped spray of mist to the engine. Mist is easier to ignite than a solid stream of liquid and it burns more evenly and efficiently. Over time, deposits from the burning fuel build up in the aperture, decreasing the injector's performance and turning the fine mist into an inconsistent dribble.

Symptoms of clogged injectors

Symptoms of dirty fuel injectors may include:

- Hard starting
- Rough idle
- Throttle "tip-in" hesitation
- Pre-ignition (sometimes described as 'that pinging sound')
- Poor overall performance
- Decreased gas mileage

How to know if your injectors need cleaning

Clogged fuel injectors certainly cause the symptoms above, but so do a host of other issues. How do you know if it's the injectors? Unfortunately, the spray tips of fuel injectors can't be seen with the engine intact and it takes well over an hour to get to them for examination, so injector maintenance is best done on time and mileage intervals instead of direct inspection.

We recommend fuel injector cleaning at least every 36 months or 45,000 miles unless they're already showing symptoms of being clogged. Cleaning removes gunk, but they can't fix a cracked or mechanically damaged unit. Fuel injectors can be cleaned many times, but eventually they do wear out and will need full replacement. You can expect to clean injectors 2-3 times before they'll need to be fully replaced.

Consider it a tune up for your fuel system- it's really amazing the difference people experience after having a fuel injection and throttle body cleaning on a car that has gone more than 60,000 miles without those services! Many engine parts can be replaced without noticeable performance changes, but when dirty injectors are cleaned there's almost always a distinct before-and-after difference!

How to keep your injectors clean between professional services

There are plenty of "cure-in-a-can" fuel system products, but you shouldn't waste money or risk engine damage from them. The only do-it-yourself fuel system cleaner we've found that works and won't damage your car is Chevron's Techron. We don't mean the low level put in fuel at gas stations; it also comes in a 20oz bottle that pours straight into the gas tank.

For real benefit, Techron must be used at least every 4,000 miles or so, but even when used properly, Techron doesn't work as well as professional-grade cleaning systems. Your injectors will still need to be properly cleaned eventually. 2004-and-newer vehicles are likely to need fuel injectors cleaning less often because newer designs and today's better fuel additives reduce fouling. Pre-2004 models can benefit from high quality fuel, as this decreases (but doesn't eliminate) the need for periodic injector cleaning.

How to clean your injectors properly

There are two basic ways shops clean your fuel injectors; cleaning with canned solvent and solvent recirculation.

In the first method, a mechanic removes the injectors and sprays or soaks them in solvent, a higher grade of the same stuff you could get at any auto parts store. It's the process most often used by convenience lube places and we recommend you avoid it. It doesn't clean the entire fuel system and the surface solvent doesn't penetrate into the injector deeply enough to get all the deposits. It is a method from years past and, and any difference is usually marginal and short-lived.

We highly recommend commercial-grade systems for the thorough cleaning you need. Ours is a [MotorVac](#), which cycles a pressurized flow of cleaner directly through the entire fuel injection system. The cleaner flushes the fuel rail and pressure regulator to remove insoluble material from the injector inlet screens, before cleaning the injector ports. The whole fuel rail (injectors, screens, hoses, and regulator) is scrubbed clean first, and then the engine is run for about 30 minutes to clean the injector nozzles.

Our worries about convenience lube shops

Convenience oil change places have, in our opinion, a shaky business model. They bring in customers with money-losing deals on oil changes, but make the money back by “upselling” other, more expensive, services that may *or may not* be in the customer’s best interests. Their ‘advisors’ are paid on commission so their only goal is to sell as much as the customer will buy. These places take no responsibility for the long term operation of the vehicle or the customer’s priorities.

Fuel Injector Cleaning is a popular upsell because your injectors actually DO need to be cleaned sometimes, and the ‘fix’ the convenience shop has to offer is expensive and quick. Great from the lube joint’s point-of-view, but the cleaning you’ll get isn’t usually worth the cost.

If your vehicle isn’t at the correct mileage, you may still be recommended a cleaning to deal with vehicle performance issues. Unfortunately, many issues that suggest injector cleaning could also be caused by other problems, and few lube shops have the equipment or trained technicians to diagnose mechanical failures. Injector cleaning is a very expensive way to start narrowing down problems.

Finally, convenience shops are not equipped to deal with the very real problems that may crop up during injector cleaning. You should avoid buying a injection cleaning service from any shop that can’t test your fuel pressure, diagnose or replace a damaged fuel injector, or offer any of the other services you might need as well... or instead.

Take your time, do it right

If a convenience lube shop, a well-meaning relative, or even another shop recommends you get your fuel injectors cleaned, take it as just that... a recommendation. Ask why they suggested it, and if you actually DO need the cleaning, make sure the facility has the best equipment and the expertise to do the job right... it’s a waste of your time and money to do it wrong!

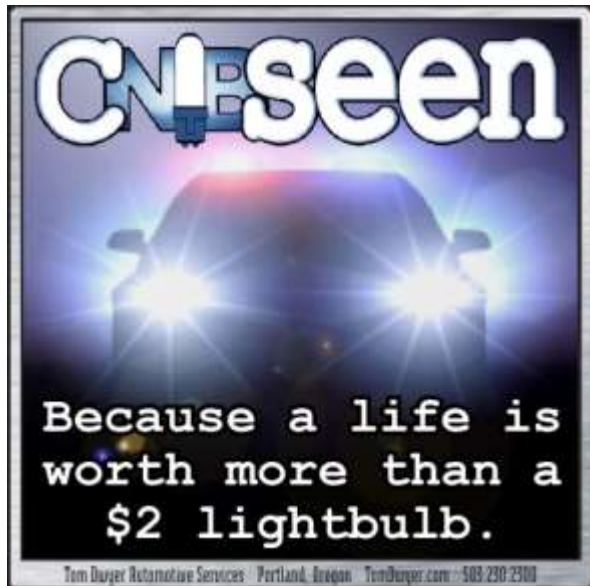
Digging Deeper...

[9 Symptoms of a Bad Fuel Injector \(and Cleaning/Replacement Cost\)](#),

CarTreatments.com, updated Jun 2020

[What Was the Last Car in America Sold With a Carburetor?](#), Aaron Gold in Autotrader, Jan

2017



CNBSeen

Because public safety means actually keeping the public safe.

Original Nov 2016, updated Jun 2020

Among the many problems facing our country, police use of deadly force may be one of the most serious and confusing. Often these happen when police respond to a call about a person of color, usually Black, behaving suspiciously. The 'perpetrator', in fear because of other Blacks killed by police, resists or tries to flee and the police kill them as well. George Floyd, Tamir Rice, Ahmaud Arbery and Eric Garner are some of the many

African Americans who have died this way. Other times they begin with simple traffic stops; an officer pulls a driver over for a small infraction like a burned-out tail light, which quickly escalates to arrest, tasing, or death. Philandro Castile, Sandra Bland, and Robert Scott are just a few examples.

With no quick or obvious solution to the problem the response for many is to watch in impotent horror, but a Portland-based non-profit is stepping up to try to reduce the number of these incidents. CNBSeen has the mission of changing burned-out vehicle lights for free in neighborhoods with a high number of police stops, in the hopes of reducing the number of potentially fatal encounters. Tom Dwyer Automotive was a sponsor of CNBSeen when it was just beginning, and we're proud to be with them once again as build funding to start operations. Sadly, the need for CNBSeen has only grown since we first met them in 2016, so we thought we'd re-introduce you to the founder Don Merrill, tell you a little more about CNBSeen, and maybe even give you a way to get involved yourself...

The other way deadly force is employed by the police is when a person is pulled over for a small infraction like a burned-out tail light, which quickly escalates to arrest, tasing, or death. Philandro Castile, Sandra Bland, Robert Scott and many other Black people have died this way. There's no quick or obvious solution to the problem and the response for many is to watch from the sidelines in impotent horror. But a Portland based non-profit is stepping up to try to reduce the number of these incidents. CNBSeen has the mission of changing burned-out vehicle lights for free in neighborhoods with a high number of police stops. We are proud to be sponsors of CNBSeen as it begins conducting its first events so we thought we'd introduce you to Don, tell you a little more about CNBSeen, and maybe even give you a way to get involved yourself.

For some people a burned-out taillight is a minor maintenance issue but for others, it's the first step toward a potentially deadly confrontation. Don Merrill, with a long history in news and media including years with Armed Forces Radio and Television and as a Federal Government public relations specialist, wanted to see if there was something, anything that could be done to reduce these deaths. Although public outpourings of sympathy for these killings seemed notable, he was tired of impromptu-street corners shrines covered with rotting flowers and stuffed animals dotting the landscape.

In 2016, after the shooting of Philandro Castile in Minneapolis, Don made a simple plan to go into neighborhoods where the highest number of police stops occur and replace their burned out tail lights for free. He was further inspired by Unity Autoworks owner Brandon Jefferson who started offering free replacement bulbs from his Minnesota shop in July 2016, Mr. Jefferson's response to the death of Philandro Castille. When he and Don talked together about their respective solutions, Brandon's thoughts closely mirrored Don's own feelings about the project: "We can't fix everything, but this is one less reason for people to get pulled over."

You can hear Brandon's ambivalence, and he's actually out there changing bulbs! It's a feeling that has become familiar to Don as he introduces the idea of CNBSeen to a wider audience. "When I tell people about it I get two reactions... the first is 'Wow, what a great idea!' The second is 'But that won't really fix the problem, will it?'" And of course, it won't. We'll never know if Don's program saves even one life by preventing one unnecessary traffic stop. But we do know it will keep attention on the problem and help keep the conversation going toward a solution. Besides, as Don said, "Anything we can do other than sit on our couch and bitch is better than nothing!" This will get a lot of people off their couches.

The plan back then was to reach out to potential partners like churches or other neighborhood organizations to find a place to hold bulb-changing events. The Humboldt Neighborhood Association and the Portland NAACP all agreed to support CNBSeen. Those events would happen at preannounced times and locations in targeted neighborhoods and ideally, with the corporate support of bulb providers. For the actual day-of, volunteers would show up with a supply of the most commonly used bulbs and replace burned out bulbs free for all comers. If a vehicle needed a bulb that CNBSeen didn't have, the owner would be issued a card for the cost of the bulb that could be given to any participating auto shop or auto parts store.

An idea is one thing, but simple or not, making it real is something more. As he was already working on a book five years in the making, Don realized he couldn't give his new idea and his ongoing authorship the same effort so he put CNBSeen on hold. In the meantime life ruthlessly intervened; his parents died while his wife had cancer and then open heart surgery. With the book now finished, Don realized that if covid-19 was not enough to stop social justice efforts in the wake of the killing of George Floyd it was also a perfect, terrible moment to revisit CNBSeen. In 2016, a good friend also told Don that Tom Dwyer Automotive was a good place to find professional and socially responsible help. Since police and judicial abuse have been so important to Tom for so long, they were eager to lend their support. In 2020, Tom Dwyer is recommitting to Don's vision.

Work continues on the nuts-and-bolts of a bank account, registering with the State of Oregon, registering with the Oregon Department of Justice and submitting an (expensive) application to the IRS for 501(c)3 non profit status. In the meantime, there is a GoFundMe account under the name CNBSeen that, as of this writing, is about a quarter of the way to its modest, \$2500 goal. Friends have told him this is the moment to ask for much more (and you should feel free to go above-and-beyond!) but Don also doesn't want to appear opportunistic. He believes the problem is an old one and moving toward a solution must happen at a speed no faster than people can come to trust it. "If they want to give more, fine. But, they bring whatever they can to the idea whenever they're ready," he said. "I'm not pressuring anybody. I'm just doing what I can."

Set against the tragedy of all too frequent and questionable shootings and death, CNBSeen is easy to dismiss because we know from the outset that it can't solve the problem it was created to solve. But it exists because another problem, the problem of apathy is being challenged by at least one person. By taking a stand he's spreading that solution, and that's a success for CNBSeen no matter what the future brings. We are pleased, privileged, and proud to announce we're helping Don Merrill to light a small candle rather than curse the darkness.

If you'd like to learn more about CNBSeen, we have a few things to direct you to. The website is CNB-Seen.org, but maybe the most important link to visit is this one...

[Here is the link to the CNBSeen GoFundMe campaign.](#)

To dig deeper, you can hear Don Merrill explain the details of CNBSeen and the motivations behind it in a podcast from [Hatch Innovation "Changing Taillights to Avert Tragedies"](#). You can also see Don (and a representative from Tom Dwyer Automotive) in this [panel discussion organized by The Remedy Club](#). On Twitter, you can follow Don at [@CNBSeenNow](#). If you're on Facebook, look for [CNBSeen](#). On Instagram, the handle is [@cnbseenforjustice](#).

Digging Even Deeper...

If you're tired of faceless corporations trying to piggyback on both the trauma and hope of this movement, we hear you. But as a small company that routinely speaks out on societal issues, we hope you'll see our involvement a little differently. Beyond just talking about the issue, we want to do something of real action to make a difference, small though it may be. Our Referral Reward Program thanks people who have referred new clients to our shop by making donations in their name to any non-profit group they choose. We'll continue to donate to ANY non-profit the client chooses, but for the next few weeks we'll suggest donations to one of these groups...

[Black Lives Matter PDX](#)- Leading, coordinating, and directing people to local protest actions, increasing awareness of racial injustice, and holding city and state officials accountable.

[The Portland NAACP](#)- Ensuring the political, educational, social and economic equality of rights of all persons and eliminating racial hatred and discrimination.

[Urban League of Portland](#)- Empowering Black communities through housing, workforce development, community health, and social reform.

[ACLU Oregon](#)- Defending and advancing civil liberties and civil rights through work in the courts, in the legislature, and in communities.

[Showing up for Racial Justice](#)- Organizes white people to do anti-racist advocacy

[CNBSeen](#)- Change burned-out vehicle lights for free in neighborhoods with a high number of police stops to reduce opportunities for tragic killings.

[Don't Shoot PDX](#)- Specializes in education workshops and outreach programs focused on changing police policy and ending systemic discrimination.

[Black United Fund of Oregon](#)- Channeling charitable funds to low-income areas in North and Northeast Portland to combat inequality in our City.

[Campaign Zero](#)- A national organization dedicated to police reform at all levels and creating policy changes and legislation aimed at holding police accountable for their violent actions.

[The Equal Justice Initiative](#)- Dedicated to ending mass incarceration and economic and racial injustice, and protecting America's most vulnerable.

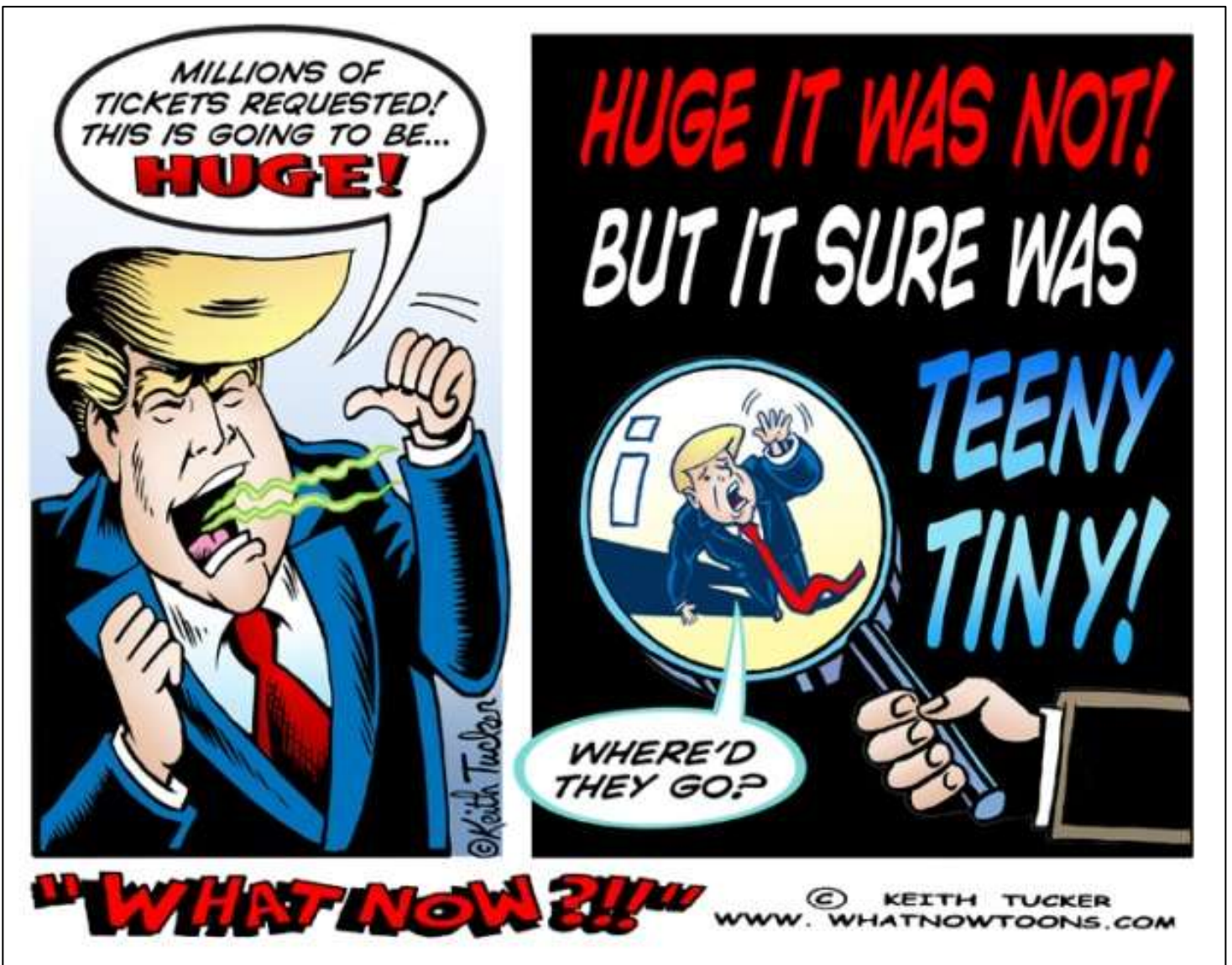
We picked these groups because most are Portland and Oregon locals, but many are affiliated with larger national organizations. Of course we hope YOU will be our next Referral Reward call, but please don't wait for us... all these groups, and all the people they serve, can use your help every day.



The Funny Page


Knock knock, who's there? The Funny Page!

Just like Covid, the Funny Page isn't going away, in fact, it may even be getting stronger! Dig in to our monthly contributions from Keith Tucker, Jen Rombach, the InterTubes, and even a couple in-house originals. Have fun!



More or Less

A play-with-words puzzle by Jen Rombach



THEME LETTERS (+/-)

F

O

R

T

H

E

B

I

R

D

S

THEME:

FOR THE BIRDS

THEME WORDS:

START LIST:

BEAGLE	PEASANT
CANE	PLUM
CROWD	REGRET
HEROIN	ROSTER
INCH	SWINGS
	THEN

CAPTION: _____

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** (+/-) 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 same letter within the **THEME LETTERS** each have their own word and only one place in the puzzle.)
- Anagram the boxed letters of the solved **THEME WORDS** to find the related caption that will match up the picture to the **THEME**more or less!

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Jen Rombach's "More Or Less" for June



Feel that warm glow of pride.
#MAGA!

Tom Dwyer Automotive Services - Portland, Oregon - TomDwyer.com - 503.230.2300

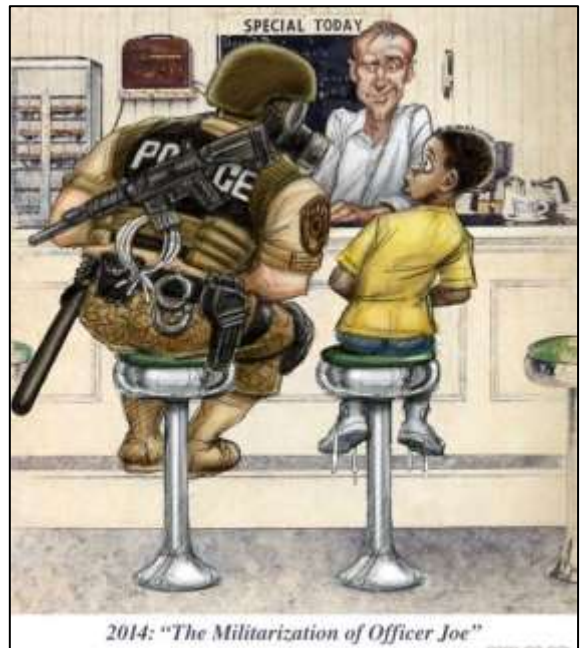
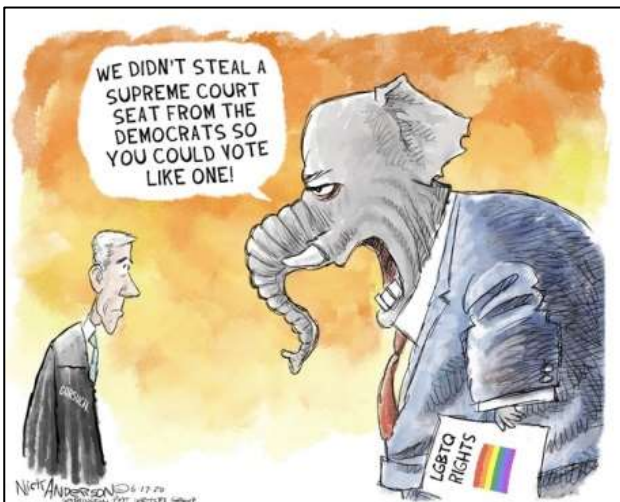


"The president was not angry at all. The president was quite energized. I was with him after the rally. It was a huge success. His speech got rave reviews. He was in good spirits on Marine One."

-Press Secretary Kayleigh
"I-will-never-lie-to-you" McEnany

Tom Dwyer Automotive Services - Portland, Oregon - TomDwyer.com - 503.230.2300

You have to ask yourself WTH went on here.





More-Or-Less
Solution

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

THEME: FOR THE BIRDS
THEME WORDS:

F	F	I	N	C	H		
F	R	O	O	S	I	E	R
F	O	R	C	R	A	N	E
H	E	N					
P	H	E	A	S	A	N	I
P	L	U	M	E			
E	A	G	L	E			
H	E	R	O	N			
E	G	R	E	I			
C	R	O	W				
W	I	N	G	S			

F L A M I N G O S

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Shop Talk

Shop Talk for June 2020!



Current Special Offers



Thanks to the incredible support of our clients, Tom Dwyer Automotive Services has stabilized somewhat during this Covid Crisis but we are still far from confident. To reflect the progress so far yet still realizing the long road ahead, we're slightly reducing our biggest-ever discount. **We'll continue offering "30% Off Labor" through the end of June.** This is still an amazing offer we normally couldn't afford to make, but right now it will help stretch your money while keeping our company healthy for the long term. Act now for your greatest savings, because as the economy (hopefully!) improves we'll continue to slowly reduce the discount back to sustainable levels.

Offer expires 6/30/20

\$200 minimum purchase required

*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**



We also have some 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

Homemade Fish Sticks



Fish sticks are one of the ultimate comfort foods, and nothing's as comforting as knowing you don't have to rely on a frozen bag of Fish Stix from a giant corporation... you can make them yourself for a never-ending supply!

Ingredients:

- ½ cup dry bread crumbs
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon lemon-pepper seasoning
- ½ cup all-purpose flour
- 1 large egg, beaten
- ¾ pound cod fillets, cut into 1" strips
- Butter-flavored cooking spray

Preparation:

1. Preheat oven to 400°. In a shallow bowl, mix bread crumbs and seasonings. Place flour and egg in separate shallow bowls. Dip fish in flour to coat both sides; shake off excess. Dip in egg, then in crumb mixture, patting to help coating adhere.
2. Place on a baking sheet coated with cooking spray; spritz with butter-flavored cooking spray. Bake 10-12 minutes or until fish just begins to flake easily with a fork, turning once.

Original recipe from Healthy Cooking

Health Notes

Cure 'em all and let God sort 'em out.



Scientists are scrambling to develop a vaccine and/or cure for Covid-19, but they may be going about it all wrong. What if, instead of developing a new tool for each new virus, they just made human beings immune to every virus? That's the promise of DNA Recoding. Viruses replicate by using the DNA code of cells to trick them into making copies of the virus. DNA recoding replaces sections of a human genome with DNA strings viruses can't read, and if they can't read the cell's code they can't take over... bingo! Ebola, influenza, smallpox, measles, polio, and thousands more, all cured at once, with Covid-19 cured almost as a by-product.

Dr. George Church and the Human Genome Project-write (HGP-write) are at the center of DNA recoding... if full-spectrum viral immunity sounds good to you, dig in!

[Harvard Scientist's Breakthrough Could Make Humans Resistant to All Viruses](#), (with video) Kira Peikoff in LeapsMag, Nov 2019

[The Next Best Version of Me: How to Live Forever](#), David Ewing Duncan in Wired, Mar 2018

[Scientists Kick Off Synthetic Biology Project to Make Virus-Resistant Super Cells](#), Shelly Fan on SingularityHub, May 2018

[Recoding Human Cells to Make them Virus Proof](#), Steve Hill in the Life Extension Advocacy Foundation, May 2018

[George Church Talks Age Reversal and Woolly Mammoth DNA](#), PBS's Amanpour&Co, Dec 2019

[Scientists Announce Plan to Create Virus-Proof Cells](#), Alexandra Sifferlin in Time, May 2018

[Genome 'writers' set their first goal: recoding human cells to resist viruses](#), Sharon Begley in Stat, May 2018

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



Don't settle for substitutes!

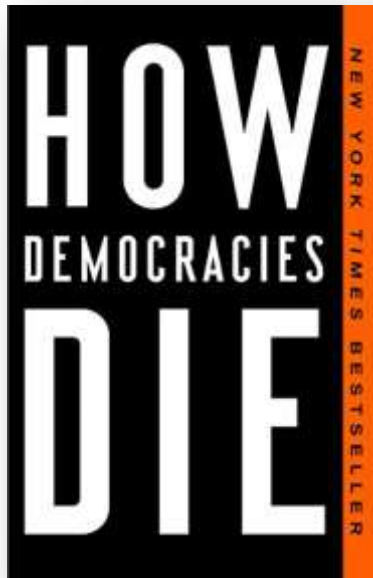
According to the [Nibiruan Council](#), "DNA Recoding is the name we have given to the process gifted to us by our parent race, the Nibiruans. With this process we are able to decrypt and recompile (realign, reconnect, and reactivate) our 10 dormant DNA strands (also known as "junk" DNA)."

Horse pucky.

DNA Recoding is a real scientific field based on real science from our consensual earth-centric reality. For all its mind-bending potential, it's not woo or magic. Science is real... don't settle for anything less.

Book Spotlight

"How Democracies Die"
By Steven Levitsky and Daniel Ziblatt



"How Democracies Die"

By Steven Levitsky and Daniel Ziblatt

Now in paperback, a "lucid and essential" (New York Times) look at the demise of liberal democracies around the world — and "a guide for Americans of all political persuasions" (USA Today) to saving our own.

Publisher's Synopsis- Donald Trump's presidency has raised a question that many of us never thought we'd be asking: Is our democracy in danger? Harvard professors Steven Levitsky and Daniel Ziblatt have spent more than twenty years studying the breakdown of democracies in Europe and Latin America, and they believe the answer is yes.

Democracy no longer ends with a bang — in a revolution or military coup — but with a whimper; the slow, steady weakening of critical institutions, such as the judiciary and the press, and the gradual erosion of long-standing political norms. The good news is that there are several exit ramps on the road to authoritarianism. The bad news is that, by electing Trump, we have already passed the first one.

Drawing on decades of research and a wide range of historical and global examples, from 1930s Europe to contemporary Hungary, Turkey, and Venezuela, to the American South during Jim Crow, Levitsky and Ziblatt show how democracies die — and how ours can be saved.

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!



[How to build houses for your new bee neighbors](#)



May 20 was World Bee Day, and most people have probably been wallowing in guilt for not doing enough to celebrate. Wallow no longer! You can now make your own homes for bees, and they're IKEA-certified. [IKEA has partnered with two small companies and an industrial designer to create tiny bee homes you can customize yourself](#). These are for solitary bee species, not the hive species that make honey, so the homes don't need to be very large at all for a bee that can pollinate as much as 120 honeybees. All you have to do is [go to the website](#), design your bee palace, and then download the plans for CNC fabrication at a DIY shop. Get started saving the planet!

[How to talk to a conspiracy theorist](#)



From the provably real to the unprovable to the provably wrong, conspiracy theories are coming out of the dark these days. Deciding if a rumored conspiracy is real can be difficult enough; talking to someone who has 'seen the light' can be almost impossible. Here are resources to help you do both... [The Science of Why We Don't Believe Science](#) from Mother Jones, [Coronavirus, 'Plandemic' And The Seven Traits Of Conspiratorial Thinking](#) and [Why people believe in conspiracy theories – and how to change their minds](#) from The Conversation, [Why Do People Avoid Facts That Could Help Them?](#) from Scientific American, and [Trapped In A Hoax: Survivors Of Conspiracy Theories Speak Out](#) from The Guardian.

[The 40 strangest things you'll ever see on the road](#)



If this month's newsletter seems a little grim, we apologize and we'll try to give you a smile to make up for it. There's a lot of slideshows of idiot drivers and their cars, but this is one of the best we've seen. Yes, driving Spiderman is there, but so are driving dogs and alligators. You'll see incredible vehicles from a wooden Ford to a drivable pirate ship, UFO, and Flintstone lowrider, but then you'll go on to see the incredible defiance of physics that drivers seem able to pull off. Nothing but fun, and well worth your time. One of the best parts is that there's no 'click for next image' BS; all the pix are laid out for you to see with minimal clickbait. Enjoy!

[How to Sustain Your Activism Against Police Brutality Beyond this Moment](#)



One of our big George Floyd worries is that, while all eyes are on the issue of over-the-top police right now, we've been here too many times before. Will this time be any different? If you, too, worry that this is another disappointing flash in the pan, we have some [advice from Behavioral Scientist on how to keep working toward the goal you care about](#). And we also have a little encouragement here... you don't have to change the whole world to change the whole world. BBC Future explains [why engaging 3.5% of a population is the threshold for change](#), and why the most long-lasting changes come from non-violent protests.

News To Make You Furious

The Voter Suppression Happening in Plain Sight



As we write this the June 23 primary results still aren't complete, and the General Election is about 5 months away. Kentucky looked like it would have a massive voting meltdown with confusion in absentee ballots and a 95% cut to polling places, but it went unexpectedly smoothly and set records for attendance. So what's making us Furious these days? The voter suppression happening in plain sight. Whether it gets a candidate elected or not it means an American Citizen's vote was intentionally stolen, and by the people most entrusted to protect it. So sit back and prepare to be disgusted with your disenfranchisement, apoplectic at your absent absentee ballot, choleric at your candidate, and ferociously fuming at the fraud

to make you Furious... all happening right before your bulging eyes.

Our president isn't elected by a vote of the people (Popular Vote) but by a vote of the states (Electoral College). Given candidates' limited campaign resources, it makes sense to ignore the states where they're too strong to lose or too weak to win and concentrate on the states actually in play. This is a reasonable conclusion, and 'both sides' quite sensibly follow this strategy.

But that's where the 'both sides' BS ends. While Dems have concentrated on get-out-the-vote campaigns, Reps have built an intentional, coordinated, and (increasingly) declared campaign to make voting impossible or difficult for as many 'likely Democratic voters' as they can... essentially meaning everyone who isn't white, male, or straight. Not even the Reps would pretend (or at least admit) that ALL the people they're disenfranchising would vote Dem, but that makes it even worse... they're willing to screw over their own likely voters if it reduces the CHANCE of someone voting for a Dem.

The 2020 election will undoubtedly be close; reports are already preparing us for the likelihood that [we won't have a result for days, weeks, or \(with legal challenges\) months after the election](#). Once again, the results will come down to a handful of battleground states. To make you Furious this month we'll start with a look at voter suppression techniques nationwide, but then zoom in to look at how they're being employed in the Swing States that will choose our President.

The Big Picture

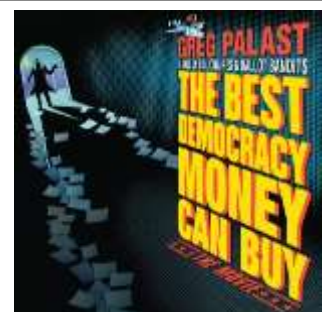
[Voter Suppression Archives](#) GregPalast.com

[The Many Varieties of Voter Suppression](#), Brittany Gibson in American Prospect, May 2020

['Tidal wave of voter suppression' washes over states, lawyer says](#), Janell Ross in NBC News, Feb 2020



What? "Declared campaign of disenfranchisement" is going to far? Listen to Paul Weyrich, "father of the right-wing movement" and co-founder of the Heritage Foundation, lay it out in [a speech to the 'Religious Roundtable'](#) in 1980...



Not Furious enough? Want more resources to spread the bile to your friends? Call Tom Dwyer Automotive Services at 503-230-2300 and ask for Charles. We'll send you a FREE copy of Greg Palast's documentary on voting gone bad... more if you need 'em.

[Block The Vote: Voter Suppression In 2020](#), Florida ACLU, Feb 2020

[Seven Ways Alabama Has Made It Harder to Vote](#), Maggie Astor in NY Times, Jun 2018

[‘It’s going to be an angry mob’: Kentucky cuts number of polling stations by 95 percent ahead of primary voting](#), Chris Riotta in The Independent, Jun 2020

A look inside the Swing States

[Where Biden, Trump stand in key swing states](#), Jonathan Easley in The Hill, May 2020

[Biden Builds Polling Lead in Battleground States, With Strength Among White Voters](#), Nate Cohn in NY Times, Jun 2020

Arizona

[Appeals Court Finds Arizona Intended To Suppress Nonwhite Votes](#), Mark Joseph Stern in Slate, Jan 2020

[Voter-suppression efforts means we have to work harder to get out the vote](#), Page Gardner and Montserrat Arrendondo in AZCentral, Aug 2019

[Arizona Republicans discriminated against minority voters, court rules](#), Sam Levine in The Guardian, Jan 2020

[How the Native American Vote Continues to be Suppressed](#), Patty Ferguson-Bohnee in American Bar, Feb 2020

[Restrictive election laws, lack of polls hamper Native American voters, leaders say](#), Deagan Urbatsch in Cronkite News, Oct 2019

Florida

[Former Florida GOP leaders say voter suppression was reason they pushed new election law](#), Dara Kam in Palm Beach Post, Nov 2012

[Florida Republicans’ Voter Suppression Scheme May Backfire](#), Mark Joseph Stern in Slate, Jan 2020

[A judge says the GOP can’t keep Florida felons from voting. But lawmakers will keep trying.](#), Washington Post, May 2020

[We can’t let voter suppression win in 2020](#), Andrew Gillum in the South Florida Sun Sentinel, Jan 2020

[Florida’s latest iteration of voter suppression — parking on college campuses](#), Sean Pittman in South Florida Sun Sentinel, Jul 2019

Michigan

[Voter Suppression In Michigan](#), State Rep Barb Byrum in Progress Michigan

[Michigan clerks swamped as state rolls out voter reforms](#), Riley Beggin in Bridge, Mar 2020

[Republicans defend Michigan voting laws challenged by Democratic PAC](#), Malachi Barrett on Michigan Live, Feb 2020

[Long lines, hour-long waits prompt criticism at Michigan polls](#), LeBlanc, Rahai, and Chambers in The Detroit News, Mar 2020

[Bernie Sanders criticizes long lines at Michigan polling locations](#), Cassidy Johncox in ClickOn Detroit, Mar 2020

North Carolina

[Corruption, Gerrymandering, and Voter Suppression: How North Carolina’s GOP Made a Great Big Mess](#), Jacob Rosenberg in Mother Jones, Apr 2019

[North Carolina’s Election Fiasco Is About Voter Suppression, Not Voter Fraud](#), Kevin Morris and Myrna Perez, Brennan Center for Justice, Dec 2018

[‘The astonished war’: Panel discusses voter suppression in North Carolina](#), Kate Carroll in the Daily Tarheel, Mar 2020

[Did North Carolina Admit to Targeting Black Voters with a ‘Voter ID’ Law?](#), Arturo Garcia on Snopes, Oct 2018

Pennsylvania

[Fight over purging vs. accuracy of voter rolls arrives in battleground Pa.](#), Bill Theobald in The Fulcrum, May 2020

[Pennsylvania’s governor just stopped the latest Republican voter suppression scheme](#), Danielle McLean on Think Progress, Jul 2019

[Pa.’s election system is on the verge of the largest changes in decades — in time for the 2020 election](#), Jonathan Lai in The Philadelphia Inquirer, Oct 2019

[How The PA Democratic Party Is Fighting Voter Suppression](#), Kay Yu, PA Democratic Party

[Pennsylvania’s Shameful Record of Voter Suppression and the Partisan and Sometimes Racially Charged Motivations of Those Administering Its Elections](#), Allied Progress Pennsylvania, Oct 2016

Wisconsin

[‘Voter Suppression At Its Finest’: Wisconsin Citizens Say Missing Ballots, Lines and Coronavirus Kept Them from Being Counted in Election](#), Chen, Robiou, Mulvey, Cherry, and Cross on Frontline, Apr 2020

[Report suggests Republican voter suppression tactics failed in Wisconsin, but the GOP has plenty more tricks up its sleeve](#), Ian Millhiser on Vox, May 2020

[Wisconsin Showed How Voter Suppression Efforts Can Backfire](#), Ed Kilgore in New York Intelligencer, May 2020

[Voter Suppression in Wisconsin Could Go Nationwide in 2020](#), Ruth Conniff in The Progressive, Apr 2020

[Thousands Of Voters Are Caught In A Legal Battle Over Wisconsin’s Election Rolls- Ahead Of The 2020 Election, A Lawsuit Seeks To Purge Over 129K Registrations Of People Deemed To Have Moved](#), Parsky, Phillips, and Munro in WisContext, Jun 2020

[Voter Suppression Is Still One of the Greatest Obstacles to a More Just America](#), Jesse Jackson and David Daley in Time, Jun 2020

[On Racism, Voter Suppression, and Democracy](#), Matthew Rothschild in Wisconsin Democracy Campaign, Jun 2020