



“Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for February, 2021

What Happens If A Vehicle Is Not Driven Regularly?

If you haven't been driving because of Covid, then this article is for you.



How Fake is YOUR news?

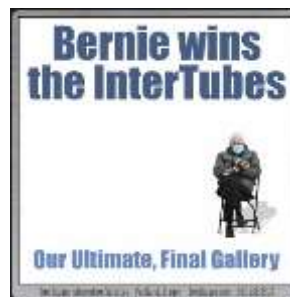
A look at the media credibility spectrum... all of it.



AMAZING photos of animals you've never seen



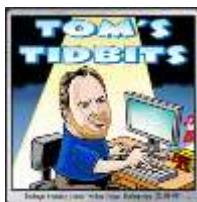
The Navy patents the future... and it's science we don't understand



Bernie Wins the InterTubes- Our Ultimate, Final Gallery



What's Your Place In The Covid Vaccine Line?



Betrayed by Domestic Enemies



What do our "18-month Reminders" mean?



Our ultimate Bernie Meme Gallery, and Garfield without Garfield



3 Mars missions, transparent aluminum, and biobots



What are the biggest medical myths about aging?



"Four Hundred Souls" by Ibram X. Kendi and Keisha N. Blain



Shrimp Scampi for Two

Tom's Tidbits

Betrayed by Domestic Enemies



Greetings,

I can't get it out of my head. They swore an oath.

In America, the one, the *only* thing that legitimizes a politician's vast power is an oath to the Constitution... to We, The People of the United States. "I will preserve, protect, and defend the Constitution of the United States against all enemies, foreign and domestic." Simple. Clear. *Unequivocal*.

"Preserve." "Protect." "Defend." These aren't passive words, they *demand* action. They aren't options... they're *specific, required* responses when the Constitution... when our *Country*... is threatened.

"The Constitution of the United States". Not some tattered piece of paper but our method of government, the division of powers, the expression of the will of the People. Our *Country*. The *Country actual* patriots died for.

"Against all enemies, foreign and domestic." *All* enemies. Not only bogeymen from across the seas, but from real enemies *here at home* who defile the idea of a free, thinking, and peaceful people. Not every opponent is an enemy at home or abroad, but a "Domestic Enemy" is not just a convenient 'them' to someone else's 'us'. IF our common goals are a more perfect union, justice, tranquility, common defense, general welfare, and liberty for ourselves and our families, THEN we can work together to achieve them. That is the explicit, stated, *written-into-the-Constitution purpose of America!* We can vigorously argue *within* the bounds of reality and the Constitution, but anyone attempting to replace our system with delusions and intimidation is an *enemy* of a free people. At home or abroad.

Republicans and Democrats all swore that same oath. Every single one. I just can't get it out of my head.

There's no clearer caricature of a threat to the Constitution than a politician building a private army to attack the government and force the United States to overturn a legitimate election. *Anyone*, no matter what political faction they ooze from. Yet faced with *exactly that*, we saw dereliction, cowardice, obstruction, and hypocrisy. 197 Congressmen and 43 Senators, Domestic Enemies all, abdicated their oaths in support of a criminal betrayal and attack on our country, solely because the criminal most responsible was from their political party. In the acquittal of Donald Trump, we watched politicians flamboyantly violate every concept, every principle, *every single word* of their oaths.

Every. Individual. Word. Go back and read it again.

The 'We' who are wounded by this desecration aren't just Democrats, 'We' are Americans of every stripe, Left, Right, and Middle, even those who don't realize they've been wounded yet. 'We', ALL OF US, are The People who entrusted great power bound only by the character of the people who swore... *swore*... to preserve, protect, and defend us. 'We' have ALL been betrayed by the Domestic Enemies who betrayed their oaths, but wounded and rightly outraged as we are, we still have to move on. There are other enemies, foreign and domestic, human and inhuman, known and unknown, that need to be defeated.

In the last month we watched a President, Senators, and Congressmen defile the oaths they solemnly swore. I can't get that out of my head, but I shouldn't. Nor should any of us. We The People didn't swear an oath to protect the Constitution, but we have a duty to ourselves and our posterity to protect it anyway.

Some of our Domestic Enemies have announced themselves loudly, and we can't forget their names as we fight other threats.

But maybe we should start by building a Justice System that holds oathbreakers and seditionists accountable for their crimes, because a system that doesn't is the greatest Domestic Enemy of all.

Make a great day,



Digging Deeper...

[How each member of the House voted on Trump's second impeachment](#), Hickey, Boschma, and O'Key on CNN Politics, Jan 2021

[Roll Call list of Senators' votes to Impeach](#), United States Senate, Feb 2021

[Biden's Top Four Priorities, Explained by Leading BU Experts- The president-elect lists COVID-19, racism, climate change, and the economy as his most pressing issues](#), Boston University Today, Jan 2021

[Second impeachment of Donald Trump](#), Wikipedia

[The Constitution of the United States: A Transcription](#), National Archives

[Trump Frets Foes Will Be 'Suing Me for the Rest of My Life'](#), Adam Rawnsley in the Daily Beast, Feb 2021

[Watch: McConnell's full remarks following Senate vote to acquit Trump](#), NBC News, Feb 2021

[Diverse Coalition Calls on Congress to End 'Forever Wars' and 'Unaccountable, Interventionist' US Foreign Policy](#), Jessica Corbett on Common Dreams, Feb 2021



What happens to your vehicle if it's not driven regularly?

If you haven't been driving because of Covid, then this article is for you....

(updated Feb 2021)

We first published this article just over 10 months ago, but as Covid has continued and the snowpocalypse closed us down even more, it seemed like a good time to run it again. If you've been stuck in your house since March then your vehicle probably isn't being driven much. You

might worry about the pounds you're putting on in lockdown, but does inactivity hurt your vehicle too? Unless the lockdown goes much, MUCH longer than anyone expects, your vehicle should be just fine. Still, some systems do degrade with time, and these may require a little checking just to keep them in top shape...

What IS NOT affected by inactivity?

Most systems on your vehicle will be just fine. The hard metal parts will be OK despite even years of disuse. After all, there's not much to go wrong with a muffler, body frame, or piston from just sitting, unless it sits long enough to rust. Anything inside your passenger compartment will be warm and protected until you need it. It's the vehicles' 'soft' parts, the rubber, fluids, and even electricity, that can be at risk. But just a little attention should keep these important systems working just fine.

What IS affected by inactivity?

Electricity

Electrical components like alternators, switches, wiring, bulbs, etc., should be fine if left undisturbed for months or years. Your battery, though, is a weak point. A new, strong battery with a full charge will probably survive the pandemic just fine, but if it was beginning to weaken already then it may not have a charge if you don't crank it until June. Components like your radio's digital clock or your car's computer system put constant drains on the battery even when the vehicle is 'off', and those drains add up.

To keep your electrical system charged and ready, drive your vehicle around the neighborhood (a couple miles or so) on a weekly basis. This will give you a chance to check the battery power and to give the alternator a chance to top off the charge.

CAUTION: There have been several deaths and injuries from people cooking inside or running cars to keep warm. Both produce carbon monoxide, a deadly gas. If you intend to run your vehicle a little to strengthen up the battery, **WE RECOMMEND YOU ONLY DO IT BY DRIVING ON THE STREETS.** If you feel you must do it in the garage, **MAKE SURE THE OUTER DOOR IS OPEN SO YOU HAVE PROPER VENTILATION.**

Tires

A car sitting unused in Grampa's barn for years will almost certainly need new tires before it's passed down to Junior as a starter car, but your tires should be just fine through this pandemic. Tire rubber can go for many months without attention, but the rubber will eventually crack and degrade over time

from light exposure, heat, and weather. Make sure your tires are properly inflated, and an occasional application of rubber protectant can slow UV light damage.

Gaskets and hoses

These parts are mostly protected by the engine and engine compartment, so weather and environment have little effect over the short term. Soft parts in your engine can still break down, but it will take months or even years for the effects to matter. Most of the damage to soft engine parts comes from exposure to weakened or impure fluids inside them, or oil or other fluids dripping onto them. Make sure your fluids are fresh and up-to-spec, and that engine oil leaks are at a minimum.

Oil and fluids

The liquid parts of your vehicle depend on precise chemistry to work, and chemistry can change easily over time. Hydrosopic fluids (like in your braking system) absorb moisture from the air, so if there is any leak in the system they can go bad quickly. Anti-freeze and coolant must be in the correct pH range to work; if they are out-of-balance they can become acidic and eat away at soft and hard engine components. Your most critical engine fluid is probably your oil, and oil loses viscosity if it just sits in your engine. Over a period of months or years of inactivity your fluids could become a real problem. If we're only in this for weeks or even a few months... not so much.

Be ready to do nothing

Apparently, even doing nothing requires preparation and oversight! If you aren't sure whether your vehicle is ready to shelter in place, we can certainly tell you. In our 90-Point Inspection we check your battery strength, test coolant pH and freeze protection, check your tire pressure and wear, check for excessive oil and fluid leaks, and do about 86 other things to confirm your vehicle is in top shape. When we're done, you'll know it's ready for a big road trip... or weeks alone in the driveway. On the other hand, if we find something that needs attention we'll tell you about it, prioritize the repairs that are most important, and then work with you to do it on your schedule and in your budget.

Remember, with our current "25% Off Labor" offer, there will probably never be a less expensive time to take care of any issues your vehicle might have! (And just another reminder... this 25% offer won't last forever. We'll eventually lower it, so schedule NOW to be sure you get the greatest advantage!) And if you've been putting off a repair we've previously recommended, check out our Auto Amnesty offer with 30% OFF LABOR on previously recommended repairs.



How fake is YOUR news?

A look at the media credibility spectrum... all of it.

FAKE NEWS! You're being hoodwinked by the entrenched Liberal Media! Look out! The Right Wing Echo Chamber is blasting out lies! Everyone sees bias in news from "the other side", but are we right? And how easy is it to see the faults in our own sources?

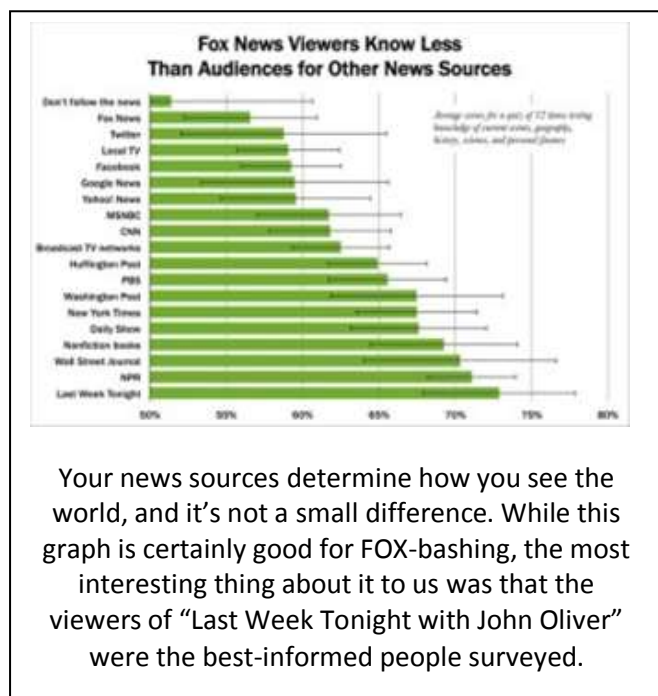
People making top-level decisions have access to first-hand, real-time data and expert analysis (if they choose to use it), but out here in the cheap seats we have, at

best, second-hand information and rumor to form our worldview. How credible are our go-to news sources? What about the ones from across the aisle? Are there any unbiased sources at all? What even makes a credible news source to begin with? Take a look at this media analysis and see if you agree with their conclusions. You might not agree with every ranking, (we certainly had quibbles of our own), but it's a wonderful tool to help filter informational wheat from propaganda chaff...

It's been said "disappointment arises from expectation", and if you're expecting a definitive ruling on which news sources are biased you'll be disappointed. In fact, there is no such final expert arbiter to turn to, which is why a site called "[All Generalizations Are False](#)" tried to make a good stab at it. Author Vanessa Otero sorted dozens of news and opinion outlets according to fact/opinion balance as well as left/right bias. She has no real credentials to say her evaluation is "correct" and it's an [issue she engages with head-on...](#)

"I'm a practicing patent attorney in the Denver, Colorado area, and I have a B.A. in English from UCLA and a J.D. from the University of Denver. I'm not a journalist by training, and I don't claim to be one. So why should you listen to me about the quality of news sources? You shouldn't. In fact, you shouldn't listen to anyone who tells you that you should think or believe a certain thing a certain way. But you've come to my site to find out what I have to say about the news anyway, so I'll lay out a few reasons why you could choose to value my assessments. Consider them and then determine for yourself whether this information is valuable to you."

So readers are left to look at the material she produced and decide what value there may be. While there may be nothing groundbreaking in it, we found her approach a huge improvement over gut feelings or facile accusations.



Your news sources determine how you see the world, and it's not a small difference. While this graph is certainly good for FOX-bashing, the most interesting thing about it to us was that the viewers of "Last Week Tonight with John Oliver" were the best-informed people surveyed.

Methodology

So what makes this chart more than just a pretty presentation of Otero's gut feelings? She herself notes, in fact emphasizes many times throughout the site, the inevitable subjectivity in judging any news source. It may be impossible to be perfect, but it's not impossible to develop a rigorous and even-handed methodology applicable to any source. Otero makes her methodology transparent and thorough, and does a good job integrating feedback from the thousands who have nitpicked her process and result. There are too many details to go into here, so here's links to her methodology in detail...

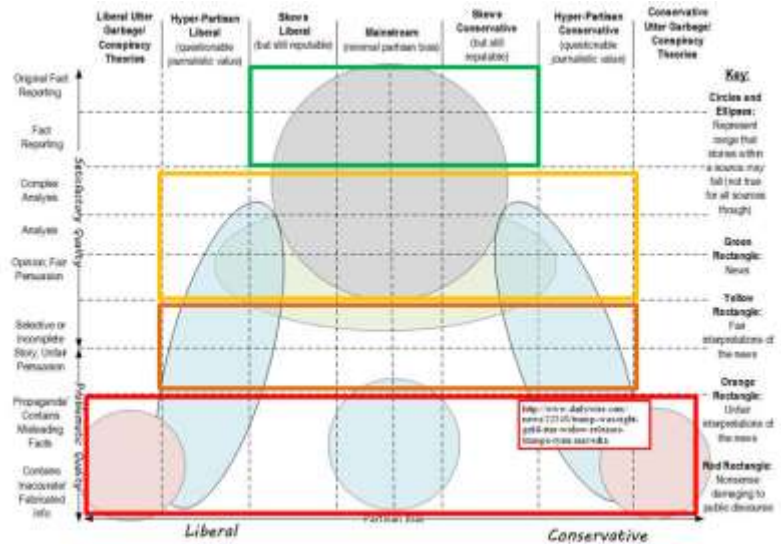
[The Chart, Version 1.0: Original Reasoning and Methodology](#)

[The Chart, Version 2.0: What Makes A News Source "Good?"](#)

[The Chart, Version 3.0: What, Exactly, Are We Reading?](#)

[The Chart, 3.1 Minor Updates Based on Constructive Feedback](#)

Otero's process produced this underlying chart of media types and credibility, independent of the sources to be plotted on it. She picked an ideological neutral point, with left/right bias ranging from fact to fantasy to each side. The vertical axes range from "just the facts" at the top to "just the anti-facts" at the bottom. The circles and ellipses indicate a range that stories within a source might fall, but it doesn't hold true for all sources.

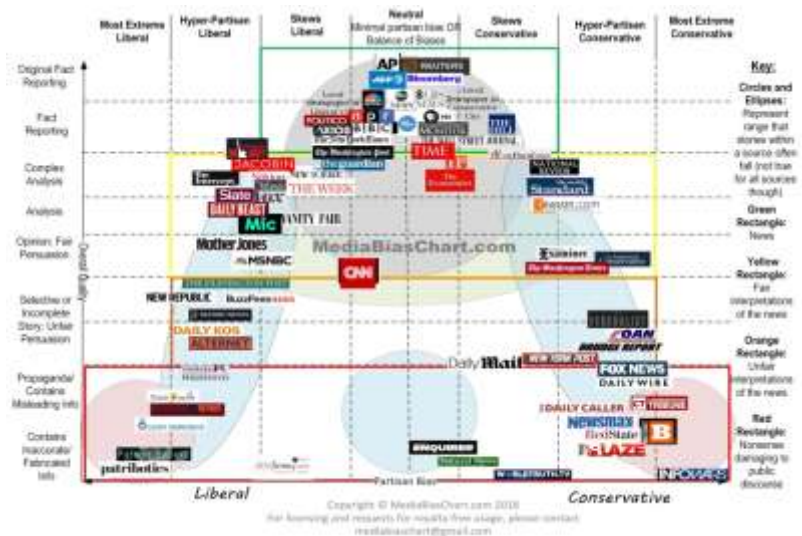


The Chart

This is "The Chart" v3.1, updated Feb 2018.

In our opinion it was fairly accurate and valuable, though of course we had quibbles...

- Where is FOX News? Looked and looked but can't find it. FOX Daily Wire is there, but even we wouldn't paint the main network with the brush of Daily Wire. Seems a big oversight, but again, maybe we're just missing it.
- We hadn't heard of the "junk" lefty sites [Palmer Report](#) and [Patriotics](#). Perhaps it's our own lack of media awareness, and perhaps it's that [junk stories just don't get as much traction in LibWorld as they do in RightyLand](#) so these sites don't have the high profile of [NewsMax](#) or [Breitbart](#) (or InfoWars, but we'll get to them in a moment). But maybe that's a value of this chart... if we see something from these sites in the future, we'll know to take it with a grain of salt.
- The neutral media line is to the right of NPR, BBC, WaPo, NYTimes, and others that we would put as more neutral (certainly as a group). Maybe that's accurate, maybe it's a result of the fact that



“reality has a liberal bias”, and maybe it’s our own bias showing. But again, that’s the value of the chart... to get us to question our unquestioned assumptions.

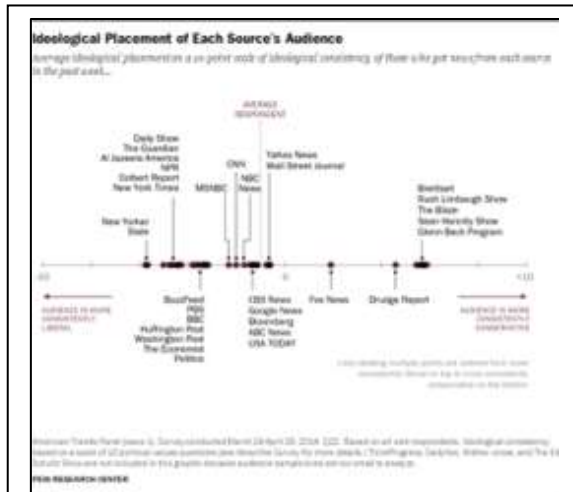
So that’s our take on “The Chart”. What’s yours? BTW, as we mentioned Otero is a patent attorney and did this chart as a non-paying exercise. **If you think The Chart has value and would like to support her ongoing work** then you might consider [buying a poster or high-quality image](#), or even just [donating something to help in this high-quality media analysis](#).

Other Analyses

Perhaps the easiest way to show how good this chart is is to compare it with others, so we have a gallery to share with you. Most seem to be good-faith efforts to define news source bias with varying degrees of detail or usefulness and on various axes.



[Evidence-Based Media](#) from RealClear Science



[Media Polarization](#) from Pew Research Center



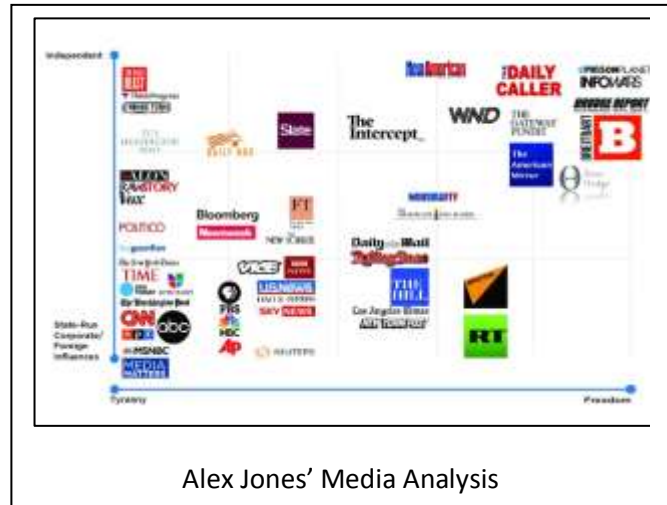
“The Alignment of Political Media” from The Mitrailleuse



“Media Bias - A New Chart” from Sharyl Attkisson

The big stand-out, though, is the chart prepared by Alex Jones over at [InfoWars](#). In every chart we looked at, no matter their source, no matter their other disagreements, InfoWars was ranked as the farthest-right, least-content source in existence. That obviously didn't sit well with the inimitable Mr. Jones, who created his own bias chart plotting "Freedom or Tyranny" vs "Independent or State-run". He came out as the freest, most independent news source in this evaluation, so we can all sleep better. Guess it goes to show that any of these charts are only as good as the intent behind them.

None of us has a complete view of the world; we have no choice but to see it from our own point-of-view based on the information available to us. The accuracy of our worldviews depends on the accuracy of that information. Understanding the bias and reputation of our news sources doesn't guarantee we won't be duped but it can help protect us. A varied information diet, from a variety of reputable sources across the spectrum, gives us an solid intellectual base to build on in any direction.



Alex Jones' Media Analysis

Digging Deeper

[Keepin' It Real: Tips & Strategies for Evaluating Fake News](#), Loyola Marymount University, 2017

[AllSides.com](#) provides news stories in columns with takes from the "Center", "Left", and "Right" for comparison. Their [Media Bias Ratings](#) list has hundreds of news outlets and their ideological rankings

[Survey: NPR's listeners best-informed, Fox viewers worst-informed](#), by Andrew Beaujon on Poynter, May 2012

[Fake News Sharing In US Is A Rightwing Thing, Says Study](#), Alex Hern in The Guardian, Feb 2018

[The Computational Propaganda Project](#), Oxford University

[A Rigorous Scientific Look Into The 'Fox News Effect'](#), by William Poundstone on Quora (quoted in Forbes) Jul 2016

The Wall Street Journal's ["Blue Feed, Red Feed- See Liberal Facebook and Conservative Facebook, Side by Side"](#) presents streams of Liberal/Conservative posts on a variety of topics.

[Elevate Your News Evaluation- Spectrum of News Sources](#) by UCMerced Library

[The Alignment of Political Media](#), by Robert Mariani on Mitrailleuse.net,

[Why do people think PBS has a liberal bias?](#) By Chris Joesse on Quora

[MediaBiasFactCheck.com](#) rates and lists hundreds of news and opinion sources

[What Do Conservatives Think Of The Media Bias Chart That Started Circulating In 2016?](#) Jon Davis on Quora

[Media Bias: A New Chart](#), by Sharyl Attkisson on SharylAttkisson.com, Apr 2017

[How Biased Is Your News Source? You Probably Won't Agree With This Chart](#) by Shawn Langlois on Marketwatch, Apr 2018

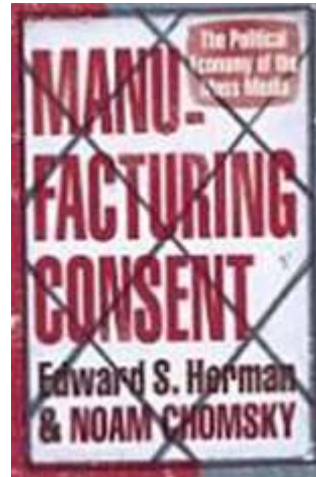
[The Smear: How Shady Political Operatives and Fake News Control What You See, What You Think, and How You Vote](#) by Sharyl Attkisson, June 2017

[Political Polarization & Media Habits- From Fox News To Facebook, How Liberals And Conservatives Keep Up With Politics, By Mitchell And Weisel](#), Pew Research Center, Oct 2014

[Alternate Reality: Viral Propaganda Chart Demonizes Independent Media: Chart Exemplifies Dying Dinosaur Media's Extreme Liberal Bias](#), InfoWars.com, Dec 2016



[PROPAGANDA](#)— Our own deep dive into the news that makes us all Furious.



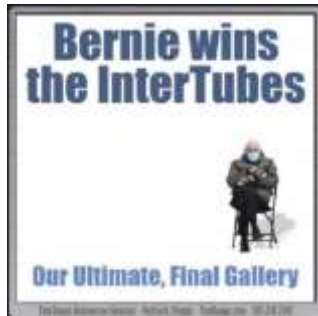
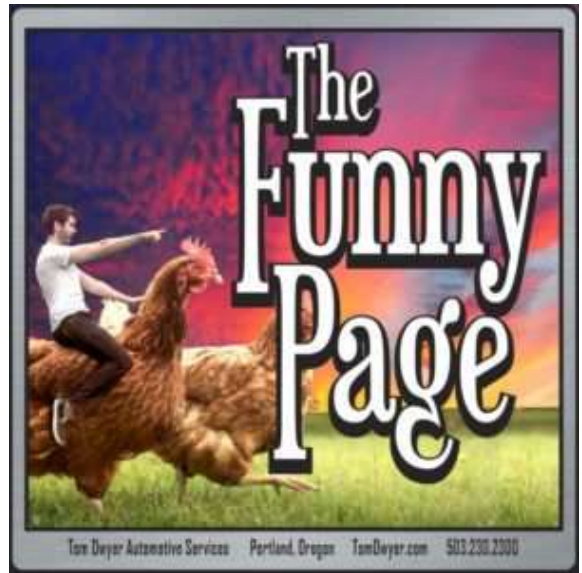
["Manufacturing Consent"](#)— The classic by Noam Chomsky



["The Smear"](#) by Sharyl Attkisson

The Funny Page

These are the jokes, folks! Now all in one place.



The Funniest pages throughout the past month have had Bernie Sanders wearing mittens. We've gathered up more than 300 of the annoying little things and they're all right here. Make sure you check out our [Ultimate, Final Gallery of Bernie Memes](#) before you swear off Bernie Memes forever!




WHAT NOW?!!

© KEITH TUCKER
WWW.WHATNOWTOONS.COM

More or Less

A play-with-words puzzle!
by Jen Rombach



THEME LETTERS (+/-)

M
A
K
E
—
P
R
I
N
T
S

THEME:
MAKE PRINTS

THEME WORDS:

— — — — —

— — — — — — —

— — — — — — — — —

— — — — — —

— — — — — — — — — —

— — — — — — — — — —

— — — — — —

START LIST:

AGE	FAILED
BOO	FRONT
CARED	PAMPER
COPEs	PATTER
COSMIC	POSER

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 **THEMEmore or less!**

© design & illustration by Jen Rombach - all rights reserved - Jen Rombach on Instagram

The funniest thing we've seen all month...

[Garfield Minus Garfield](#)

Do you wonder why Garfield is in the comics at all? Does it just seem like a waste of space between Doonesbury and Calvin and Hobbes? What if we were to tell you that Garfield would be better WITHOUT

Garfield would be an improvement? "[Garfield Minus Garfield](#)" is a "...site dedicated to removing Garfield from the Garfield comic strips in order to reveal the existential angst of a certain young Mr. Jon Arbuckle. It is a journey deep into the mind of an isolated young everyman as he fights a losing battle against loneliness and depression in a quiet American suburb." The authors go through each Garfield toon and pull the fat cat and his word balloons out, leaving Jon to confront an uncaring world. Much more fun than it sounds; here's a few to get you started.



Laughs from around the Tubes

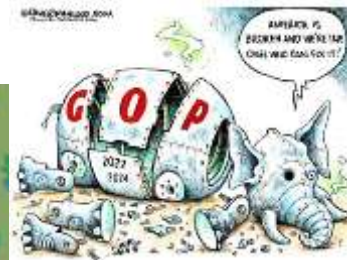


Danny Zuker @DannyZuker

ENABLERS STANDING SILENTLY BY

I feel like I owe @tedcruz an apology. When he voted against sending aid to my home state of New Jersey after Sandy I accused him of only caring about Texas. I was obviously wrong.

Ironic that Ted Cruz took his kids across the border for a better life.



Listen, are you going to be loyal to me or to that (expletive deleted) Constitution?



May 31, 1974

Anti-weed ad from back in the day. Too good not to share 😊



THIS ISN'T NORMAL
Unless you're addicted to Reeler Cigarettes. Then it happens all the time.

Traditional Canadian Girl @canadiangirlbc1

Why is my church closed and the strip clubs are open?

10:52 PM · 23 Aug 20 · Twitter for iPhone

7,152 Retweets and comments

The Church Of Satan @ChurchofSatan

Progress.

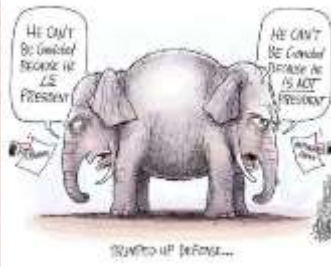
2.0k 25 Share

wishmanec2 · 1h
Strip clubs - no touching!

Churches don't have a great track record for that.

13

Posted in /cursedcomments by u/KuniLP reddit



BIZARRO by DAN FIBARO



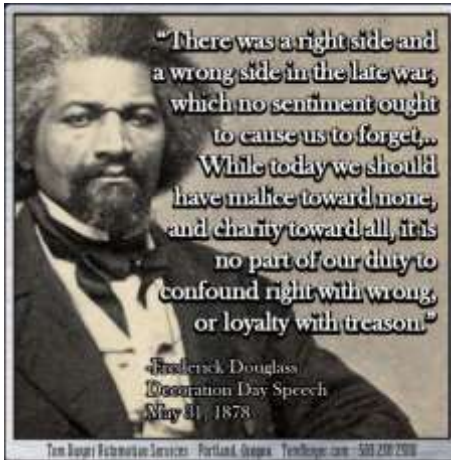
When the insurance company wants a diagram of the accident



When you're too lazy to build a snowman.



A Few Memes from your Mechanic



More or Less Solution for December



Shop Talk

What's the deal with our 18-month reminders?



Comment of the Month



We've had a string of clients making the same comment for quite a while now, in one form or another...

"Don't take me off your list!"

They'd just received one of our 18-month reminder notices and were worried we'd stop servicing their vehicles. NOT SO! If you received one of these notices yourself, DON'T WORRY! These won't affect your service AT ALL, you just won't be receiving any more reminders. Here's what's going on...

While we do superior automotive repair, we'd rather not. We'd rather "keep your vehicle safe, breakdown free, and operating at its best" through maintenance rather than repair, *preventing* repair rather than counting on it. But we understand that not everyone is as fanatically dedicated to vehicle care as we are, and most folks need some occasional prompting to stay up on their maintenance.

Most oil changes are "due" around 6 months, so if we haven't seen you since your last oil change we send a reminder to check in. Of course not everyone is ready for service then and many who are forget to schedule, so again if we haven't heard from you in a couple months we send another reminder. We send these reminders at 6-, 8-, 10-, 12-, and 15-month intervals. (Each reminder comes with increasing discounts for inspection and service because the longer we go without seeing your vehicle, the more likely its status may have changed and the more likely you are to need service).

If we haven't seen you for a full 18-months we send a final reminder. **IT IS NOT TO STOP SERVICE FOR YOU, YOUR VEHICLE, OR ANY OTHER VEHICLES YOU MAY HAVE SERVICED BY US!** It's to let you know that we **JUST WON'T BE SENDING ANYMORE PERIODIC REMINDERS.** We'll still keep all your vehicle records on file and we'll gladly pick up where we left off if you decide to return to service.

Of course, if we haven't seen a client in 18 months there's probably a reason. Covid has kept many of our clients away for far too long, but usually because the client moved or bought new cars. Some people don't come back because we fell short in some way. Whatever the reason we want to know, so we include a pre-stamped reply card. If we've failed, we want to fix it, but if we've served you well we'd like to know that too.

If you haven't been back because you bought a new vehicle covered under warranty, we can still help. In most cases we can provide the maintenance services your new vehicle requires (ask your Service Advisor about your specific warranty or check out our article "[The Case of the Disappearing Clients](#)"), but there's another way. We've all heard stories about expensive repairs that hit the day after the warranty ends. That's not an accident... dealers will often 'overlook' expensive repairs their warranties may make them liable for. You can avoid this by letting us give you our coupon for a "Second Set of Eyes", a coupon for our most in-depth Comprehensive Inspection (\$150 value) absolutely free. Write your warranty expiration date on the card and put it on your refrigerator for now. But then, just **BEFORE YOUR WARRANTY RUNS OUT**, bring it in to us. We'll check it over for any issues the Dealer may have "missed" so you can get it taken care of before they become expenses for you. And no matter what, remember we'll be here when the warranty actually ends!

So that's it. If you get an 18-month reminder it just means you won't be getting any more mail from us until we hear from you again. We're still here for you, and will be for many years to come!

Current Special Offers



The economy is strengthening, but it's not strong yet. If you're making tough choices about where to spend your money then our Auto Amnesty offer can still save you **30% off Labor Charges on service recommendations already in your file** as of 11/13/20. Even during a pandemic your vehicle needs consistent care, and Auto Amnesty is a great way to catch up on the services you may have been putting off.

Offer expires 1/15/21

\$200 minimum purchase required

Discount limited to service recommendations in your Tom Dwyer file as of 12/21/20

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

Offer is VOID AFTER SERVICE IS COMPLETE



Though the pandemic is spiking there seem to be stirrings of health in the economy, so we're lowering our Covid discount a little more. If you took advantage of the 33% or 30% level, THANK YOU for keeping us open during some of our darkest days! If you haven't yet taken advantage of this amazing offer, act now... a vaccine means hope for Covid, but a limited lifetime for our Covid Discount.

Offer expires 1/15/21

\$200 minimum purchase required

(10% off Labor for services under \$200)

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

Offer is VOID AFTER SERVICE IS COMPLETE



Get a FREE CNP Membership with any job with \$300 or more in Labor charges

Members of our Carbon Neutral Program (CNP) save 10% on Labor Charges at our shop, which means any job with \$500 (or more) in Labor always pays for a CNP membership. But in conjunction with [this month's newsletter article on our CNP](#) we're making it even easier... if your service has as little as \$300 in Labor charges, we'll give you your one-year membership FREE!

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

Maximum value \$90, Offer expires 5/31/19

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.



It's a little late for Valentine's Day, but a quick and romantic dinner for two is welcome year round.

Ingredients:

- 6–8 ounces dried fettuccine pasta
- ~1/2 pound shrimp, peeled and deveined (approximately 5 shrimp per serving)
- 2 1/2 Tbsp butter
- 1 1/2 Tbsp olive oil + more for shrimp
- 2 1/2 – 3 Tbsp shallot, roughly chopped
- 4 garlic cloves, roughly chopped
- Dash red pepper flakes
- 1/4 cup white wine
- 1/2 lemon, juiced
- 1/4 teaspoon salt, more to taste
- Freshly Ground Black Pepper, to taste
- Fresh parsley, for garnish

Preparation:

- Generously coat peeled and deveined shrimp with salt, pepper, and olive oil.
- In a large stock pot, bring salted water to a boil. Once boiling, add fettuccine and cook just under al dente, about two minutes less than the package directions. Reserve approximately 1/2 cup pasta water before draining.
- Meanwhile, in a large skillet over medium heat, add 2 T butter and 1 1/2 T olive oil until hot. Add shallot, garlic cloves, red pepper flakes, and a pinch of salt. Cook for 1-2 minutes. Add the seasoned shrimp to the skillet, spread evenly on their side. Cook on one side for 1-2 minutes until beginning to turn pink. Once cooked on their one side, remove from skillet and set aside.
- Add wine to the shallot mixture to slowly to deglaze pan. Add additional salt (~ 1/4 tsp) and lemon juice. Bring sauce to a simmer for approximately 2-3 minutes to reduce the wine down. Add an additional 1/2 T butter. Place the shrimp back in the skillet and cook on second side. Add cooked pasta and stir to coat, adding any pasta water as needed for sauce to reach desired consistency (I like to add a couple tablespoons). Cook pasta in sauce for 1-2 minutes.
- Remove from heat and serve immediately with additional lemon wedges and parsley on top to garnish.

Original recipe by Becca Mills on Fork In The Kitchen

Prep time: 20 min 2 servings

Health Notes

What are the biggest medical myths about aging?



Medical Myths about Aging

By Dr. Ray Schilling, originally published as "[Medical Myths About Aging](#)", Oct 2020

Medical myths about aging are easy to debunk. Many people believe that it is inevitable that they become disabled as they age, their lives become unbearable, without passion, boring and full of pain. Some aspects of your health may decline with age, but none of the myths discussed below are inevitably happening to everyone. On the contrary, studies showed that a positive outlook on aging and life in general will help you to live longer and stay healthier. Here I discuss 7 common myths about aging.

Myth 1: Everyone will experience physical deterioration

It is common for people to experience reduced muscle strength, increased blood pressure, excessive fat accumulation and osteoporosis. A study with 148 older patients showed that an [expectation of reduced fitness](#) in older age actually resulted in less physical activity when older age arrived. But you can maintain [good cardiovascular function](#) and good muscle strength with a regular exercise program. This [study](#) showed that men and women can reduce mortality by exercising regularly, even in older age.

Myth 2: Older adults cannot exercise

There are [several reasons](#) why older people stop exercising or are afraid to start exercising. People use the excuse of their arthritis getting worse from exercise. But studies showed the opposite: joint function improves and joint pains are getting better with exercise. Your muscles get stronger and you are less likely to fall. Your heart and lungs are improving their functions and your mentation improves. Exercise increases the HDL cholesterol, which reduces the risk for heart attacks and strokes.

Myth 3: As we age, we need less sleep

For many years there was the notion that older people need less sleep. What was not known then was that people above the age of 60 have no appreciable [secretion of melatonin](#) from the pineal gland. But when they replace their melatonin deficiency by taking a nighttime dose of 3 mg at bedtime, they will sleep better and longer. They may need a second dose of melatonin in the middle of the night. We need 7 to 8 hours of sleep at night for our [diurnal hormone rhythm](#). This will also slow down our aging clock.

Myth 4: Your brain slows as you age

Dementia is common when you get older. 13.9% have it at age 71 and older. 37.4% have dementia over the age of 90. But the majority, namely 86.1% in the 71+ age group and 62.6% above the age of 90 do not have dementia. A [Mayo Clinic study](#) showed that when the person engaged in artistic activities in midlife or later in life the risk for mild cognitive impairment (MCI) development was reduced by 73%, involvement in crafts reduced it by 45% and engagement in social activities by 55%. In a surprise finding the use of a computer late in life was associated with a 53% reduction in MCI development. These are very significant observations.

Apart from stimulating your brain, physical activities also significantly reduce the risk for dementia. A synopsis of 11 such studies showed that [dementia is reduced by 30%](#) when physical activity is started in midlife and the person is aging compared to non-exercisers.

Myth 5: Osteoporosis occurs only in women

There is a serious misunderstanding about osteoporosis. Several factors work together that can cause osteoporosis. Women in menopause are more likely to develop it due to the missing ovarian hormones [estrogen and progesterone](#). These hormones work together and stimulate

vitamin D induced calcium deposition into bone as well as decreasing bone resorption.

Vitamin K2 also deposits calcium into the bone. In postmenopausal women who take bioidentical hormone replacement, vitamin D and K2—the bone density remains strong. Unfortunately, the opposite is true in postmenopausal women who take synthetic hormones. Synthetic hormones have side chains that do not fit the natural hormone receptors of a woman. This is why osteoporosis persists. And, yes, men get osteoporosis, but typically 10 years later. Typically, they get into andropause where testosterone production declines 10 years later.

Myth 6: People stop sex as they age

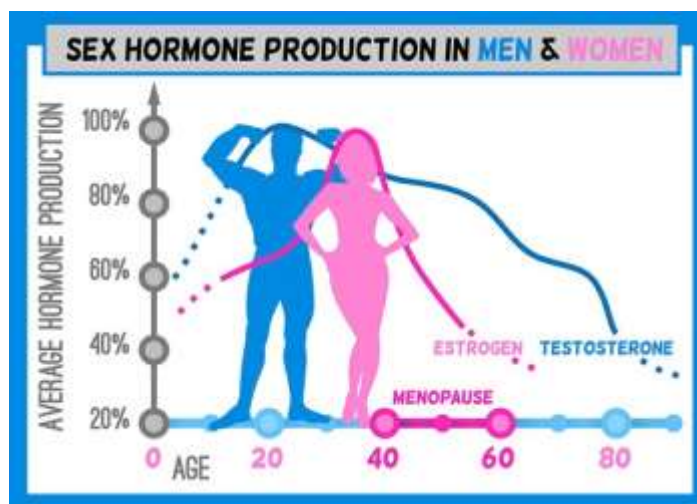
With age men can develop erectile dysfunction (ED) and women vaginal dryness, both of which can interfere with having sex. A [large study](#) showed that only 0.4% of men in the age group 18-29 had ED. In the age group of 60-69 there were 11.5% who suffered from ED. What this means though is that 88.5% of men aged 60-69 did not suffer from ED. Fortunately for those who have ED, drugs like Cialis and Viagra can correct their problem and they can have regular sex. What a change from 25 years ago when none of these drugs were available (approval of Viagra by FDA in 1998 and of Cialis in 2003)! Bioidentical hormone replacement beyond menopause and andropause preserves your normal sex drive as well. There are additional benefits of bioidentical hormones. They have positive effects on the heart, brain, the bones and the muscle mass.

Myth 7: It is too late to stop smoking now

One of the myths that many older smokers like to say is that it would be too late to stop smoking. They think the damage to heart and lungs is permanent and quitting now is too late. Fact is that [quitting smoking](#) immediately improves your blood circulation and gives you more oxygen. In just 1 year the risk of getting a heart attack is cut into half. In 10 years, the risk of a heart attack or stroke is the same as that of non-smokers. There is a reduction of getting lung cancer by half.

Conclusion

There are all kinds of medical myths about aging. We may think that physical deterioration is inevitable. Or we believe that older people cannot exercise. And we cannot help it, but our brain slows down as we get older. And there is the question whether we need less sleep as we age. Osteoporosis is a disease of women, is it not? These older couples, they don't have sex any more, do they? And is it too late to stop smoking now that I am 65 years old? All of these myths exist, but there is a need to debunk them.

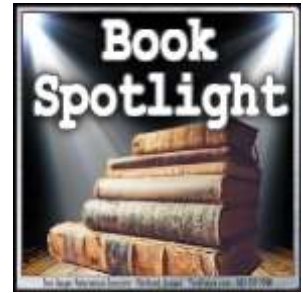


The truth behind the medical myths about aging

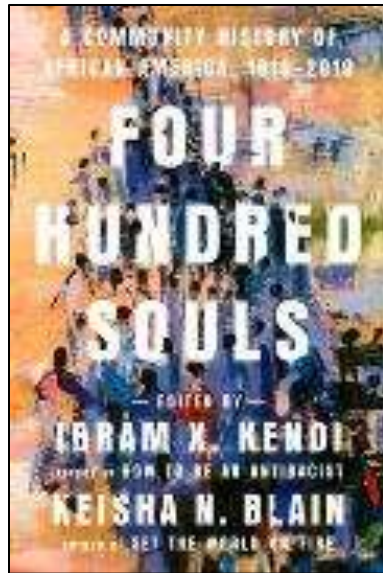
I explained in detail what the medical truths are behind these questions. Many of these myths have developed in the past. But with regular exercise, balanced nutrition (Mediterranean diet) and a positive attitude much of these old myths can be overcome. Bioidentical hormone replacement when hormones are missing is another powerful tool. Yes, we all age. But we are still living and can enjoy life as long as it lasts.

Book Spotlight

“Four Hundred Souls” by Ibram X. Kendi and Keisha N. Blain



This Book is available for you to borrow from our [Lobby Book & Bumper Sticker Library](#). Look for it next time you're in the shop, and our Service Advisors will tell you how to check it out.



“Four Hundred Souls”

by Ibram X. Kendi and Keisha N. Blain

(from the publisher) A chorus of extraordinary voices comes together to tell one of history's great epics: the four-hundred-year journey of African Americans from 1619 to the present — edited by Ibram X. Kendi, author of *How to Be an Antiracist*, and Keisha N. Blain, author of *Set the World on Fire*.

The story begins in 1619 — a year before the *Mayflower*--when the *White Lion* disgorges "some 20-and-odd Negroes" onto the shores of Virginia, inaugurating the African presence in what would become the United States. It takes us to the present, when African Americans, descendants of those on the *White Lion* and a thousand other routes to this country, continue a journey defined by inhuman oppression, visionary struggles, stunning achievements, and millions of ordinary lives passing through extraordinary history.

“Four Hundred Souls” is a unique one-volume "community" history of African Americans. The editors, Ibram X. Kendi and Keisha N. Blain, have assembled ninety brilliant writers, each of whom takes on a five-year period of that four-hundred-year span. The writers explore their periods through a variety of techniques: historical essays, short stories, personal vignettes, and fiery polemics. They approach history from various perspectives: through the eyes of towering historical icons or the untold stories of ordinary people; through places, laws, and objects. While themes of resistance and struggle, of hope and reinvention, course through the book, this collection of diverse pieces from ninety different minds, reflecting ninety different perspectives, fundamentally deconstructs the idea that Africans in America are a monolith — Instead it unlocks the startling range of experiences and ideas that have always existed within the community of Blackness.

This is a history that illuminates our past and gives us new ways of thinking about our future, written by the most vital and essential voices of our present.

About the Authors

Ibram X. Kendi is the Andrew W. Mellon Professor in the Humanities at Boston University and the founding director of the BU Center for Antiracist Research. He is a contributing writer at *The Atlantic* and a CBS News correspondent. He is the author of many books including *Stamped from the Beginning: The Definitive History of Racist Ideas in America*, which won the National Book Award for Nonfiction, and three #1 *New York Times* bestsellers, *How to Be an Antiracist*; *Stamped: Racism, Antiracism, and You*, co-authored with Jason Reynolds; and *Antiracist Baby*, illustrated by Ashley Lukashevsky. In 2020, *Time* magazine named him one of the 100 most influential people in the world.

Keisha N. Blain is an award-winning historian, professor, and writer. She is currently an associate professor of history at the University of Pittsburgh, the president of the African American Intellectual History Society, and an editor for *The Washington Post's* Made by History section. Her writing has appeared in popular outlets such as *The Atlantic*, *The Guardian*, *Politico*, and *Time*. She is the author of *Set the World on Fire: Black Nationalist Women and the Global Struggle for Freedom* and *Until I Am Free: Fannie Lou Hamer's Enduring Message to America*.

Department of Reality Studies

3 Mars missions, transparent aluminum, and biobots



“My ignorance is just as good as your knowledge.” Do you believe that? We don’t.

Basic science, even basic consensual reality, seems under attack these days. Science and education are increasingly something for the ‘elite’; something to be distrusted by honest folk. Scientists aren’t trusted on public health, environmental science, or even cosmology, not because they’ve been proven wrong but because they’ve been proven so ruthlessly right. Objective reality is inconvenient for those who would like their whims to create reality instead. RestOfNewsletter But society has always and only existed in the real world and modern society isn’t possible without science. Pretending otherwise can, and will, get us all killed.

The way to promote understanding and appreciation of science isn’t to tell people they should care... it’s to show them why it’s so exciting. From the unimaginable expanse of the multiverse to the tiniest living beings and the quarks and leptons they’re made of, science is an adventure. The “Department of Reality Studies” may do little to affect the appreciation of science for many people one way or another, but we’ll enjoy sharing our own excitement with you so we hope you’ll check back frequently to see some glimpses of Reality that may not have made your radar. Let’s go!

NASA’s Perseverance Mars Rover lands; UAE and China in orbit

There’s been a traffic jam forming at the Red Planet as the first successful probes from the UAE and China entered orbit, and NASA made the 10th successful soft touchdown. There’s already been amazing HD footage (with sound!) of the Perseverance entry and touchdown, and they haven’t even unpacked the world’s first helicopter for off-world use. There’s three probes studying Martian Reality right now, and here’s links to all of them...

[NASA Perseverance Mission](#)

[UAE Hope Mission](#)

[Chinese Tianwen-1 Mission](#)

Why We Must Rebuild Trust in Science

(from Pew Trusts)- “When the history of our current moment is written, science will be central to the story. In the crucible of 2020, did science rebuild the societal trust needed to defeat the coronavirus? Or did a break in trust lead to a lingering pandemic that foreshadowed future failures to solve the coming crises of climate change, food and water insecurity, and economic stagnation? Historians will consider what led to this pivotal moment in the relationship of science and society and how it was resolved. Scientists and society must work together to ensure that this time of uncertainty and upheaval leads to a new era of solutions that enrich the lives and well-being of us all...”

Transparent Aluminum and Transparent Wood

One of the best moments in Star Trek is in the Trek Whale movie, when Scotty tells a 20th Century materials engineer how to make 23rd Century transparent aluminum. It turns out transparent aluminum doesn’t just exist sci-fi, it’s a real (albeit expensive) thing in today’s reality. Not only that, but we’re working on other transparent materials... like WOOD! Here’s a glimpse into the future of materials from our vantage point in the 2000’s...

[Scientists develop transparent wood that is stronger and lighter than glass](#), CBC radio, Feb 2021

[Military: New Aluminum Windows Stop .50-Caliber Bullet](#), LiveScience, Oct 2005

[Transparent Aluminum Is 'New State Of Matter'](#), Science Daily, July 2009

[ALON Optical Ceramic](#), Surmet.com

Not bot, not beast: Scientists create first ever living, programmable organism

(from Phys.org)- This week, a research team of roboticists and scientists published their recipe for making a new lifeform called xenobots from stem cells. The term "xeno" comes from the frog cells (*Xenopus laevis*) used to make them. One of the researchers described the creation as "neither a traditional robot nor a known species of animal", but a "new class of artifact: a living, programmable organism". Xenobots are less than 1mm long and made of 500-1000 living cells. They have various simple shapes, including some with squat "legs". They can propel themselves in linear or circular directions, join together to act collectively, and move small objects. Using their own cellular energy, they can live up to 10 days. While these "reconfigurable biomachines" could vastly improve human, animal, and environmental health, they raise legal and ethical concerns...

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 Zoo You Never Knew... AMAZING animals you've never seen](#)



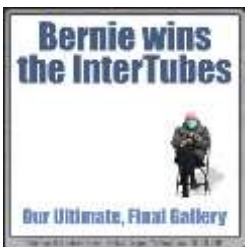
The red-shanked douc that caught our eye; a stunning orange, black, red, and white money native to Vietnam. Its calm expression stood out from the normal Facebook feed, and with just a click to [Facebook page of The Fabulous Weird Trotters](#) we were hooked. It was a gorgeous tour of absolutely real animals you've (almost certainly!) never seen before... glossy black and red Dracula Parrots and Fire Snails, adorable fruit bats, even more adorabler goblin bats, the other-worldly Devils Flower Mantis and the crystal rainbow of the Chryzilla Voupe Jumping Spider, exotic moths, nightmare fish, and you're just getting started. We had less success with their website, but you can reach it [here](#))

[The Navy Patents The Future](#)



A lot of people over the years have applied for patents on perpetual motion machines. The US Patent Office routinely denies them because 1) they violate known physical laws and 2) they can't be made to work. You might think this same thinking would apply to an aerospace/underwater craft based on inertial mass reduction, a gravitational wave generator, or a plasma compression fusion device, but the Navy has received patents on all these and more, all based on the work of Dr. Salvatore Pais and the Pais effect. Sounds sci-fi, but the Navy had to build prototypes of each technology to prove they worked! [Fascinating story... start reading with this article from Vice.](#)

[Bernie Wins The InterTubes... Our Ultimate, Final Gallery](#)



You may have seen Bernie Sanders popping up in some unusual places in the last few weeks. He and his mittens have leapt from their seat at Biden's Inauguration to appear everywhere from Lincoln's seat at the Lincoln Memorial to Megan Thee Stallion's WAP video. You know you've tapped someone at the office and said "seen this one yet?", but have you seen them ALL? [Check out our ultimate, final gallery of Bernie Memes](#) and see MORE THAN 300 OF THE ANNOYING LITTLE THINGS! Make one last stop here before you turn from the Bern!

[What's Your Place In The Covid Vaccine Line?](#)



Instead of hoping for a vaccine that works, we now have five approved for use with hundreds more in development. That's spectacularly good news for humanity but whether it's good news for you is another question. Some people have already received their vaccination, but YOU may be days, weeks, or months from your own jab. Where are you in the line? The [New York Times jumped in to help with their "Find Your Place in the Vaccine Line" calculator](#), and the [Oregon Department of Health has all the details here at home](#). Our Dwyer Guinea Pig turned out to be behind 126.5 million people nationwide, and behind 273,000 fellow Oregonians. Anyone want to trade?