



“Your Car Matters”

Tom Dwyer Automotive Services Monthly Newsletter for April, 2021

Tom Dwyer Business Fleet Services

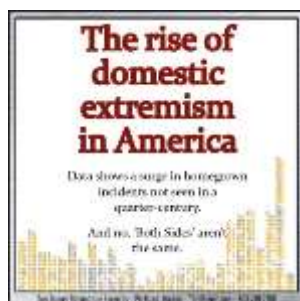
From 1 vehicle to 10, YOUR Fleet is the most important of all!



Gerrymandering
Carving up the body politic, nationally and in Oregon!



Growing Mushrooms In Lockdown



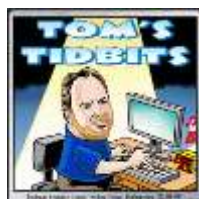
The Rise of Domestic Extremism in America



The 51 Best Bar Patios in Portland



How To Bottle Sunlight



George Floyd and Derek Chauvin... was justice done?



Radio is yours, so help keep it that way



Jokes for Smart People... Are YOU Ready?



Wireless brains, Orcas on Camera, and the Inevitability of Life



We're in an age of obesity. But why?



The MIT "Essential Knowledge" series



Kyle's Vegetable Medley- ORIGINAL RECIPE!

Tom's Tidbits

George Floyd and Derek Chauvin... was justice done?



Greetings,

George Floyd and Derek Chauvin. There's so much to learn, so much to say, so many places to take hold of such a pivotal event. Was justice done? The answer could be an emphatic 'yes' or tragic 'no', depending entirely on where we start.

One man killed another in Minneapolis. That's a sadly unremarkable event but from the beginning, this case was about much more than a simple, ugly murder. As it played out it seemed to represent everything to everyone, and every illuminating detail only raised more questions.

One man was Black, the other White... did racism play a role? One is a cop, the other accused... did either act within or beyond their roles? One had a history of abuse and misconduct... did that affect his behavior? One had health and drug issues... did that contribute to his death? This certainly wasn't the first MPD-involved death... is there a pattern? Arresting someone can be violent and ugly... was Chauvin's behavior legitimate police action gone bad? Police stood by and watched... is this a 'system' enabling abuse? Civilians watched as well... did they have either the power or obligation to intervene? Police have 'qualified immunity'... can a cop be held accountable? The killing galvanized the world and drew powerful political attention... is a fair verdict possible?

Some wondered about the value of a trial at all, and I think we've all had that same visceral reaction in cases where people seem obviously guilty. But the answers to questions like the ones above could change the 'obviousness' either way. Because we're a society and not a mob, because law instead of viscera rules us, we take the time to actually answer these questions and *prove* the accused is as guilty as they seem. A trial is one of our country's most profound protections for life and liberty, and demanding a fair trial for people like Chauvin helps protect us all.

Fortunately, even the painful or disingenuous questions had clear answers at trial. Did racism play a role? The prosecutors took that off the table by trying Chauvin for his specific actions and never alleged racism at all. Was he a problem cop? Didn't matter, the jury wasn't told about his past so they could focus on the killing of Floyd. Did Floyd's health or drug use matter? Doctor after doctor testified that it didn't. Was it good policing gone bad? Cop after cop testified that it wasn't. Questions about the roles of the other three cops were put off until their own trials; questions about systemic culpability will be answered by a new Justice Department investigation. The citizens who watched had no power to stop Chauvin, but 17-year-old Darnella Frazier found the power to hold him accountable. As the world watched the question of a fair verdict was answered, and thankfully the answer was 'yes'.



We've learned that systemic issues make it incredibly difficult to hold police or politicians accountable, even for their worst, most inarguable abuses. In spite of that, if Chauvin didn't commit a crime then it would be wrong to hold him responsible as some 'sacrifice to the mob'. But he DID commit the crime, and the jury acknowledged it. The joy at the verdict is not mob bloodlust sated, but relief by the vast majority of We The People that our battered justice system actually delivered. IN THIS ONE CASE. Against all the odds. Was that "justice done"? For Derek Chauvin specifically, the answer seems to be 'yes'. For the deeper issues raised by the case, the answer is a sad 'no', justice wasn't done. But, maybe, just maybe, it started.

Make a great day,

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

Digging Deeper

[Why It's So Rare For Police Officers To Face Legal Consequences](#), Thomson-DeVeaux, Rakich, and Butchireddgari on FiveThirtyEight, Jun 2020

[How Derek Chauvin Became The Rare Police Officer Convicted Of Murder](#), Mark Berman in Washington Post, Apr 2021

[When Police Kill People, They Are Rarely Prosecuted And Hard To Convict](#), Mark Berman in Washington Post, Apr 2021

[Derek Chauvin used force against suspects before George Floyd. The jury won't hear about 6 of those incidents](#), Tami Abdollah in USA Today, Apr 2021





Tom Dwyer Business Fleet Services

Whether it's 1 vehicle or 10, YOUR Fleet is the most important of all!

Small businesses are responsible for about half of the US GDP, but many small business owners don't appreciate their own importance. "My business just has one car", they say. "It's not really a business fleet." But it IS! Whether it's one vehicle or 100, your business depends on the smooth and reliable function of its fleet. Every minute they're off the road costs your company money. YOU come to Tom Dwyer because you appreciate the

value of our trustworthy advice and dependable service. Whether it's your own company or one you work for, don't your BUSINESS' vehicles deserve the same care and attention?

Since 1981, Tom Dwyer Automotive Services has provided individual and business vehicle service with a client [satisfaction rate of 99.74%](#). Even if your "fleet" is one or two cars, don't worry! Our Business Fleet Program is specifically designed for *small* fleets of cars, trucks, or vans rated one ton and under.

Up till now, you've either handled the vehicle chores yourself or someone else has squeezed them into the spare time of their regular job. You've consistently taken your vehicles to a Quikly Lube, followed the recommended service menus from the Dealership, and fixed problems when they cropped up. What's wrong with that? Why bother with coherent, planned maintenance for your business vehicles?

Because *proactive* maintenance helps keep your vehicles in top shape, for a much longer time, while you concentrate on your business.

- Reliable vehicles stay on the road consistently, reducing your downtime
- Maintenance increases the useful life of your vehicles to reduce vehicle purchases
- Coherent maintenance programs are less expensive than fix-on-fail repair
- Coordination of maintenance schedules takes only one vehicle off the road at a time
- An outside company handling your Fleet concerns frees you up to do the parts of your business that actually make money.

Of course, WE see the benefits of coherent vehicle care... that's what we do! But how does our approach work in the real world of business? Can it really deliver results? Here's some thoughts from one of our longtime Business Fleet clients, Bill Blanchard of A-Max Security Solutions, on what our service has done for his company.

"We've had several different mechanics that have done work for us, but we generally didn't find many mechanics who were true to their price structure or true to their word, and so we experienced a lot of repairs that cost a lot more than we originally intended. We always wanted the trucks fixed right the first time so we could keep them on the road. The trucks make money, the trucks are our business, and we have to have those trucks on the road all the time. Tom understands that. Where a lot of the other mechanics would let our trucks



sit for days, Tom makes them a priority, gets us the parts we need, and gets the trucks on the road the same day every time. We pull a lot of weight in our trucks and we drive them really hard. Before Tom we kept trucks an average of 3 years, maybe 4 on the outside, and then typically we'd have to get rid of them. Now the oldest truck in our fleet is 10 years old. At this point we've almost tripled the life expectancy of our trucks by taking them to Tom Dwyer."

Our Business Fleet Program provides all the benefits enjoyed by our regular clients, but also has unique advantages tailored to the specific needs of business...

- Coordinated schedules for multiple vehicles reduces downtime
- Ongoing fleet vehicle review and planning reports include
 - Initial 125-point vehicle inspection
 - Annual 125-point vehicle review
 - Semi-annual 90-point inspection
- Free Shuttle service or available vehicle pickup & delivery
- Same-day turnaround for qualified services*
- Expedited emergency service **
- Maintenance reminders to keep your fleet on track
- Payment terms available for Fleet clients
 - 10% parts and labor discount for payment on completion
 - 10% labor discount for net 10 days (OAC)
 - (If a higher discount applies at time of your service, we'll increase your discount appropriately)*
 - Net 30 days (OAC)
- 24 month, 24,000 mile Fleet warranty
- Option for heavy-duty, industrial parts where available
- 98.5% on-time rating, 98.2% on-estimate rating
- Vehicle purchase/sale planning and "vehicle hospice"

* For maintenance services requiring less than 4 hours of billed labor and scheduled in advance.

** Diagnosis begins within 8 business hours; service initiated same or next business day after authorization.

NEW FLEET FEATURE! We're now making it possible to extend your Fleet benefits to your employees' personal vehicles. When they come in for service, just have them tell us they work for you and want the Fleet benefits. We'll give them the same care you've come to expect for yourself, and it's a nice little perk to be able to offer your loyal team members.

Partnering with Tom Dwyer Automotive means we'll take the fleet care needs off your plate and put them on ours. We'll "keep your vehicles safe, breakdown-free, and operating at their best" so you can concentrate on keeping your business operating at its best. Curious? Just call the shop and ask for Dean, our Business Fleet Services Manager, who'll answer any questions about your specific vehicles or unique needs. We look forward to helping make your business a success!



Gerrymandering

Carving up the body politic, nationally and in Oregon

For the idealistic, 'elections' mean voters choose their governmental representatives, but in reality, fair elections often fall prey to gerrymanders. These are the oddly-shaped congressional districts drawn around voting populations to ensure those seats stay in the hands of one political party. Instead of voters picking their politicians, gerrymanders allow politicians to pick their voters. This dilutes the will of the people, prevents good ideas from getting traction, and locks in corruption and stasis. With the 2020 census data coming in and redistricting for the next decade about to take place, we

thought it would be an ideal time to examine gerrymandering around the country. And BEWARE! Gerrymandering is about to play a very loud role in our politics here in Oregon...

What is Gerrymandering?

Political scientists can build careers studying 'gerrymandering', but no one needs a political science degree to understand the basics. Gerrymandering is drawing political district maps to favor a particular party instead of reflecting a cross-section of citizens. We've given a couple links and examples, but that first link to the Washington Post article really IS the best explanation out there.

[**This is the best explanation of gerrymandering you will ever see, Christopher Ingraham in Washington Post, Mar 2015 \(or try *Gerrymandering explained*, \(video 2:41\) The Washington Post, Nov 2017\)**](#)

[Gerrymandering Key Facts](#)- FairVote.org

[Gerrymandering Examples to Explain It in Simple Terms](#), YourDictionary.com

[The 12 worst House districts: Experts label gerrymandering's dirty dozen](#), David Meyers on The Fulcrum, Nov 2019

[What Is Extreme Gerrymandering?](#) Michael Li and Annie Lo at the Brennan Center for Justice, Mar 2019

[Here's how the Census determines control of the US government](#), Zachary B. Wolf on CNN, Apr 2021

(More videos for the Cool Kids)

[Gerrymandering](#): (video 19:33) Last Week Tonight with John Oliver (HBO), Apr 2017

[Gerrymandering](#) (video 5:59) Khan Academy- Good explanation using Travis County in Texas as a case study

What's The Effect?

It's logical that building a system that independent of the will of the People would create distortions, and it does. Here are just a few of the effects...

[The Impact of Partisan Gerrymandering](#), Alex Tausanovitch at Center for American Progress, Oct 2019

[How Partisan Gerrymandering Limits Voting Rights](#), Alex Tausanovitch and Danielle Root at the Center for American Progress, Jul 2020

[America's most gerrymandered congressional districts](#), Christopher Ingraham in Washington Post, May 2014

[Analysis: Partisan gerrymandering has benefited Republicans more than Democrats](#), by AP on BusinessInsider, Jun 2017

The Pots Call The Kettles Gerrymandered

Republicans have benefitted more than Democrats from the last redistricting (because they controlled more of the State Houses responsible for drawing district lines in most states after the 2010 census), but it's not confined to one party. This is a true 'both sides' issue because both sides do it when they're in control, and perhaps that's an inevitable result when either Party is presented such an opportunity.

[Opinion: Everyone is against gerrymandering — until they're the ones with the power to do it](#), Dan Morain in Washington Post, Mar 2021

[How Maryland Democrats pulled off their aggressive gerrymander](#), Christopher Ingraham in Washington Post, Mar 2018

[Republicans criticize Democrats over legislative redistricting plans](#), Andrew Hensel in The Center Square, Apr 2021

[AP analysis shows how gerrymandering benefited GOP in 2016](#), David Lieb on PBS NewsHour, Jun 2017

[Why Democrats Might Need to Play Dirty to Win](#), Russell Berman in The Atlantic, Mar 2021

[Democrats Hate Gerrymandering—Except When They Get to Do It](#), Matt Lewis on TheDailyBeast, Apr 2021

Exterminating Gerrymanders

Understanding the problem is one thing, but fighting it is another. Political parties certainly don't want to stop gerrymandering, while lobbyists' and grifters' livelihoods depend on it. The Supreme Court has overturned attempts because they conflict with some of the more recent campaign finance laws like Citizen United.

[Hating Gerrymandering Is Easy. Fixing It Is Harder.](#), David Wasserman in FiveThirtyEight, Jan 2018

[Congress Could Change Everything](#), Gareth Fowler and Wendy Weiser at Brennan Center for Justice, Mar 2021

[REACTION: Democrat, Republican leaders criticize Supreme Court for partisan gerrymandering ruling](#), CommonCause.org, Jun 2019

[People Not Politicians](#), organization

[Five Ways H.R. 1 Would Transform Redistricting](#), Michael Li at Brennan Center for Justice, Jun 2019

HR1

HR1 is the Democratic-introduced bill that has passed the House and now sits, dead barring filibuster reform, in the Senate. It covers three broad areas: expanded voting rights, campaign finance reform, and stronger ethics laws. Their fix for gerrymandering comes under 'voting rights' by "Establishing independent redistricting commissions in states as a way to draw new congressional districts and end partisan gerrymandering in federal elections." Again, we've pointed you to several sources, but the Vox explainer is particularly good.

- 67% of national likely voters support H.R.1 | 13% don't know | 19% oppose
- 56% of Republican voters support H.R.1 | 13% don't know | 30% oppose
- 68% of Independent voters support H.R.1 | 15% don't know | 17% oppose
- 77% of Democratic voters support H.R.1 | 12% don't know | 11% oppose

[House Democrats' massive voting rights bill, explained](#), Ella Nilsen on Vox, Mar 2021

[Full Text of HR1](#), Congress.gov, 2021

[67 Percent Of Americans Support H.R.1 For The People Act](#), Polling data from Data For Progress, Jan 2021

[Does H.R. 1 give the federal government "the power to establish their own committees" for redistricting?](#) PolitiFact, Mar 2021 (Ruling: Mostly False)

[Annotated Guide to the For the People Act of 2021](#), Brennan Center for Justice, Mar 2021

[The Peril and Promise of Redistricting Reform in H.R. 1](#), G. Michael Parsons in Harvard Law Review, Feb 2021

What's coming in 2021

Now that the census data is coming in, redistricting is ready to start for the next 10 years. Gerrymandering, and any possible fixes for it, have never been more relevant than now.

[The 2020 Census Population and Apportionment Data, Explained](#), Madiba Dennie and Kelly Percival at Brennan Center for Justice, Apr 2021

[Which States Won — And Lost — Seats In The 2020 Census?](#) Geoffrey Skelley and Nathaniel Rakich on FiveThirtyEight, Apr 2021

[With Ohio losing a seat in Congress, likely a Republican, is gerrymandering in our future?](#) Laura Johnston on Cleveland.com, Apr 2021

Here at home in Oregon

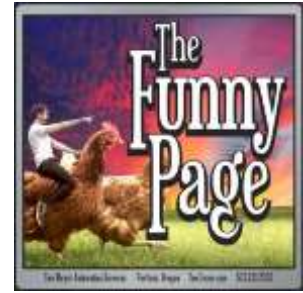
An interesting thing happened in the Oregon Legislature about a month ago. Republicans had been slow-walking legislation, crippling the Democrats' agenda even though they held a near super-majority. The Dems, with redistricting coming up, held a majority in the panel that would draw the new districts. The two parties reached an agreement that the Reps would let legislation flow if the Dems would balance out the commission. Now the redistricting committee is bi-partisan, if not non-partisan, so there is a possibility that there will be a balanced selection for Oregon's new congressional seat. But there's also an incentive to reach a compromise instead of descending into partisan bickering... if the commission can't determine a plan like adults, the job falls to Secretary of State Shemia Fagan, a Democrat who would get to do it all by herself. Stay tuned for deep political wonkery!

[Oregon lawmakers reach deal to end delay tactics slowing session](#), Dirk VanderHart on OPB News, Apr 2021

[Oregon to get 6th seat in Congress](#), Dirk VanderHart on OPB News, Apr 2021

The Funny Page

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



Jokes For Smart People

Humor, like fashion, has fads. It seems the recent fad is for “smart people” jokes; not jokes about smart people but jokes you supposedly have to be smart to understand. We found an amazing list of them when we went looking, and bring them all for your consideration here. Admittedly, the smart-threshold varies from low to high, but some of them are pretty challenging. If one of them really stumps you just give us a call here at the shop and we'll go out and find someone smart to explain it to all of us!

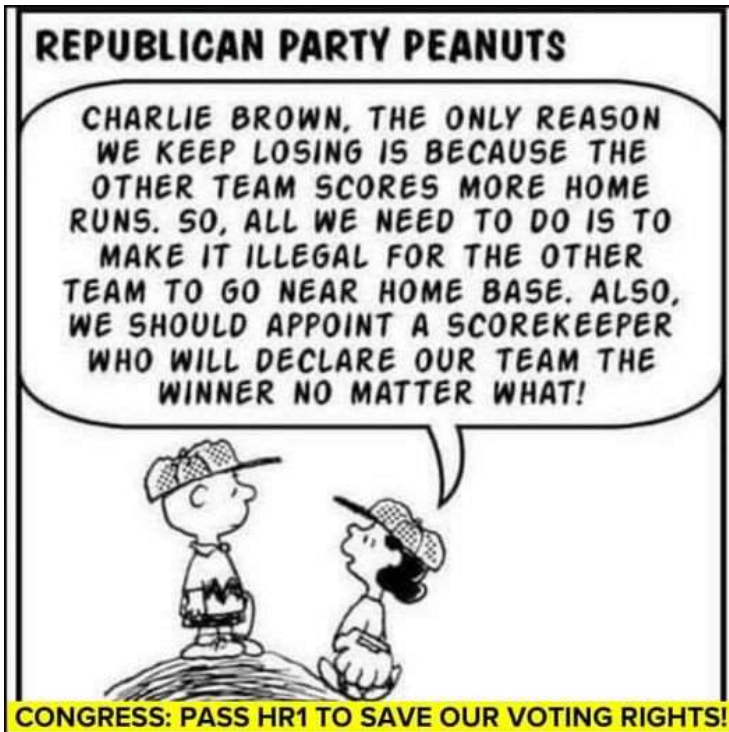
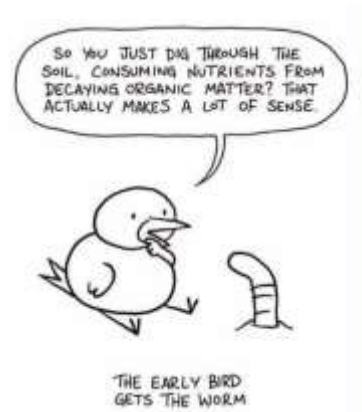


"WHAT NOW?!!!"

ART © KEITH TUCKER
WWW.WHATNOWTOONS.COM

Laughs from around the Tubes

New Version Of 'Operation' Just Has Players Use Essential Oils Instead Of Performing A Medical Procedure



REASONS FOR ADMISSION
1864 TO 1889

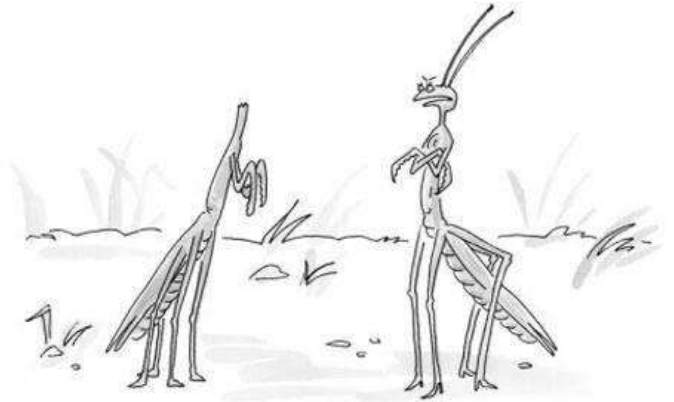
INTemperance & BUSINESS TROUBLE KICKED IN THE HEAD BY A HORSE HEREDITARY PREDISPOSITION ILL TREATMENT BY HUSBAND IMAGINARY FEMALE TROUBLE HYSTERIA IMMORAL LIFE IMPRISONMENT JEALOUSY AND RELIGION LAZINESS MARRIAGE OF SON MASTURBATION & SYPHILIS MASTURBATION FOR 30 YEARS MEDICINE TO PREVENT CONCEPTION MENSTRUAL DERANGED MENTAL EXCITEMENT NOVEL READING NYMPHOMANIA OPIUM HABIT OVER ACTION OF THE MIND OVER STUDY OF RELIGION OVER TAXING MENTAL POWERS PARENTS WERE COUSINS PERIODICAL FITS TOBACCO & MASTURBATION POLITICAL EXCITEMENT POLITICS RELIGIOUS ENTHUSIASM FEVER AND LOSS OF LAW-SUIT FITS AND DESERTION OF HUSBAND ASTHMA BAD COMPANY BAD HABITS & POLITICAL EXCITEMENT BAD WHISKEY BLOODY FLUX BRAIN FEVER BUSINESS NERVES CARBONIC ACID GAS CONGESTION OF BRAIN DEATH OF SONS IN WAR DECEYED INTO THE ARMY DERANGED MASTURBATION DESERTION BY HUSBAND	DISSOLUTE HABITS DOMESTIC AFFLICTION DOMESTIC TROUBLE DROPSY EGOTISM EPILEPTIC FITS EXCESSIVE SEXUAL ABUSE EXCITEMENT AS OFFICER EXPOSURE AND HEREDITARY EXPOSURE AND QUACKERY EXPOSURE IN ARMY FEVER AND JEALOUSY FIGHTING FIRE SUPPRESSED MASTURBATION SUPPRESSION OF MENSES THE WAR TIME OF LIFE UTERINE DERANGEMENT VENEREAL EXCESSES VICIOUS VICIES WOMEN TROUBLE SUPERSTITION SHOOTING OF DAUGHTER SMALL POX SNUFF EATING FOR 2 YEARS SPINAL IRRITATION GATHERING IN THE HEAD GREEDINESS GRIEF GUNSHOT WOUND HARD STUDY RUMOR OF HUSBAND MURDER SALVATION ARMY SCARLATINA SEDUCTION & DISAPPOINTMENT SELF ABUSE SEXUAL ABUSE & STIMULANTS SEXUAL DERANGEMENT FALSE CONFINEMENT FEEBLENESS OF INTELLECT FEEL FROM HORSE IN WAR FEMALE DISEASE DISSIPATION OF NERVES
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You wouldn't like me
when I'm angry...



Because I always back up
my rage with facts and
documented sources.

-The Credible Hulk



Shanahan

"You slept with her, didn't you?"



Adam Shaftoe
@AdamShaftoe

Soooooo I have been writing reviews
for about ten years. My wife's review of
Alien puts everything I have ever
written to shame.

"Alien is a movie where nobody listens
to the smart woman, and then they all
die except for the smart woman and
her cat. Four stars."

A Few Memes from your Mechanic (Actually just one this month)



More or Less Solution for April



Shop Talk

Radio is yours, so help keep it that way!



Comment of the Month



This month's comment comes from us, and it's a plea for your help to keep thoughtful, community-based radio strong in Portland.

Many, many of our clients first met us on KPOJ, Portland's Progressive Talk station, where Tom was a prominent advertiser. His somewhat distinctive advertising style connected strongly with the KPOJ audience and we were proud to support an alternative to the right-wing sludge pump. So, we were devastated along with the rest of Portland's Lefties when KPOJ unexpectedly went off the air just days after Barack Obama's re-election.

Fortunately, it wasn't long before XRAY.FM rose to take KPOJ's place. It added local music to the talk mix, to create something truly unique and powerful. They've been chosen "Best Radio in Portland" 5 years straight since they started, and have grown to produce an astounding array of locally-focused, locally-voiced, community-oriented shows and podcasts. XRAY is an amazing Portland resource, and it's looking forward to a strong future.

However, like many community radio stations around the country, [XRAY depends on your support to keep operating. They're in the middle of their Spring Fund Drive right now](#), and have raised \$53,000 of their \$80,000 goal. Times are tight in Covid World, but most of us can find a few dollars to support in-depth and thoughtful media, especially considering the alternatives. We'd like to take a moment to ask you to consider what you can do, and then make the call to make it happen. Thank you!



Current Special Offers



The pandemic isn't over quiet yet but since there seem to be stirrings of health in the economy we're lowering our Covid discount a little more. If you took advantage of the 33%, 30%, or 25% 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 4/30/21
\$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



Our across-the-board Covid discount has dropped to 20%, but it's not too late for you to still save 25%. If you've had service recommendations in your Tom Dwyer file since 1/31/21 (or before) but you just haven't acted on them, then you can still save **25% off Labor Charges** if you act on them before 4/30/21. 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 4/30/21
\$200 minimum purchase required
Discount limited to service recommendations in your Tom Dwyer file on 1/31/21 or before
You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE!
Offer is VOID AFTER SERVICE IS COMPLETE

We also have a couple ongoing offers you might find valuable...



Carbon Neutral Program- Our company's commitment to the environment led us to partner with [Bonneville Environmental Foundation](#) to create our Carbon Neutral Program in 2007. **Client members offset the carbon production of their vehicles for one year AND save 10% on Labor Charges here at the shop!** It's a win for you AND our environment and it's been very successful... since we instituted the program our members have prevented over 1.9 MILLION POUNDS of carbon from being dumped into our air!



Referral Reward Program- Year after year, referrals from our existing clients are our greatest source of new clients, so we've tried hard to think of some way to appropriately reward people for their referrals. Our solution is our Referral Reward Program, where **we make donations to the non-profit group of your choice to say 'thanks' for your generous referrals.** Here's how it works...

Your reviews and referrals matter



We are constantly grateful for the supportive and loyal clients we have developed over the years. Your comments and appreciation keep us on the right road to providing the superior automotive service you deserve. Your reviews and referrals are not only the highest compliments we can receive, but they're the lifeblood of our new business. If you like what you've found at Tom Dwyer Automotive Services,

please tell a friend or take a minute to write a review on [Yelp](#), [Angieslist](#), [Google](#), or the review site of your choice. Thank you!

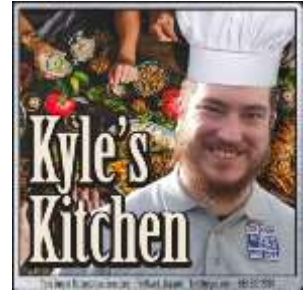
Latest Automotive Recalls



Automobiles are just like any other product; occasional flaws in manufacture or design can cause problems once they leave the factory. When an issue is identified the manufacturers and government work hard to bring the vehicles back in for refit or repair, but not all recalls make the front pages. The National Highway Traffic Safety Administration maintains a [constantly updated list of recalls from every manufacturer](#). The last month's recalls are below, but clicking the button at right will take you to the full list at the NHTSA website.

Kyle's Kitchen

Kyle's Vegetable Medley- ORIGINAL RECIPE!



Virtually all the recipes in Kyle's Kitchen (and Drew's Kitchen before) come from other sources like cookbooks, chefs, TV, and friends. But we have something truly special for you this month... Kyle is stepping out with a recipe of his very own, one that he wrote (if you'll excuse the pun) from scratch! It's the perfect side for any grilled protein, especially fish, and we bet it's one you'll find plenty of uses for this Summer. So dig into this Kyle's Kitchen Original...

Kyle's Vegetable Medley

Ingredients

- 2 zucchini sliced into ¼" thick rounds
- 1 red bell pepper seeded and cut into 2" squares
- 1 sweet onion (can substitute white or red onion) cut into 1" wedges
- 1 bunch of asparagus trimmed and cut into 1-2" long pieces
- 2 tbs butter
- 2 tbs olive oil
- 2 tbs minced garlic
- Salt and pepper to taste
- Pinch of smoked paprika or chili powder
- Dried thyme or oregano
- Parmesan cheese

Directions

- Preheat oven to 400° (425° if you like a little char on the edges)
- Melt butter and mix in garlic and olive oil
- Line a baking sheet with parchment paper (or foil if paper is unavailable)
- Spread vegetables out evenly on pan
- Drizzle olive oil butter garlic mixture over vegetables
- Toss to coat evenly
- Sprinkle with oregano or thyme
- Sprinkle with paprika or chili powder (or both, but keep it light)
- Roast in oven for 20-25 minutes, stirring occasionally
- When vegetables are browning and crisping on edges, remove and serve immediately.

Original recipe by Kyle Speers

Prep and Cook time: 45 min

Health Notes

We're in an age of obesity. But why?



We're in a new age of obesity. How did it happen? You'd be surprised

By George Monbiot in The Guardian, Aug 2018

“When I saw the photograph I could scarcely believe it was the same country. A picture of Brighton beach in 1976, featured in the Guardian a few weeks ago, appeared to show an alien race. Almost everyone was slim. I mentioned it on social media, then went on holiday. When I returned, I found that people were still debating it. The heated discussion prompted me to read more. How have we grown so fat, so fast? To my astonishment, almost every explanation proposed in the thread turned out to be untrue.



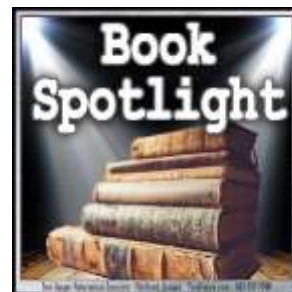
Unfortunately, there is no consistent obesity data in the United Kingdom before 1988, at which point the incidence was already rising sharply. But in the United States, the figures go back further. They show that, by chance, the inflection point was more or less 1976. Suddenly, at around the time that the photograph was taken, people started becoming fatter – and the trend has continued ever since...

So here's the first big surprise: we ate more in 1976. According to government figures, we currently consume an average of 2,130 kilocalories a day, a figure that appears to include sweets and alcohol. But in 1976, we consumed 2,280 kcal excluding alcohol and sweets, or 2,590 kcal when they're included. I have found no reason to disbelieve the figures..."

[*story continues in The Guardian...*](#)

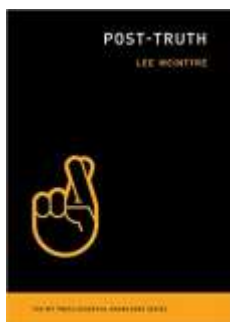
Book Spotlight

The MIT “Essential Knowledge” series



This month we'd like to introduce you to not one book, but a series of them. MIT has created an [“Essential Knowledge” series of over 80 books](#) covering topics from neurolinguistics, science fiction, and citizenship, to 3D printing, free will, and intellectual property strategy. As they say on their website, “The MIT Press Essential Knowledge series offers accessible, concise, beautifully produced books on topics of current interest. Written by leading thinkers, the books in this series deliver expert overviews of subjects that range from the cultural and the historical to the scientific and the technical. In today's era of instant information gratification, we have ready access to opinions, rationalizations, and superficial descriptions. Much harder to come by is the foundational knowledge that informs a principled understanding of the world. Essential Knowledge books fill that need. Synthesizing specialized subject matter for nonspecialists and engaging critical topics through fundamentals, each of these compact volumes offers readers a point of access to complex ideas.”

We'll get you started with two of the politically wonky titles that caught our attention, but dig deep! There's plenty to keep you satisfied...



“Post-Truth” by Lee McIntyre

(from the publisher) Are we living in a post-truth world, where “alternative facts” replace actual facts and feelings have more weight than evidence? How did we get here? Lee McIntyre traces the development of the post-truth phenomenon from science denial through the rise of “fake news,” from our psychological blind spots to the public's retreat into “information silos.”

What, exactly, is post-truth? Is it wishful thinking, political spin, mass delusion, bold-faced lying? McIntyre analyzes recent examples—claims about inauguration crowd size, crime statistics, and the popular vote—and finds that post-truth is an assertion of ideological supremacy by which its practitioners try to compel someone to believe something regardless of the evidence. Yet post-truth didn't begin with the 2016 election; the denial of scientific facts about smoking, evolution, vaccines, and climate change offers a road map for more widespread fact denial. Add to this the wired-in cognitive biases that make us feel that our conclusions are based on good reasoning even when they are not, the decline of traditional media and the rise of social media, and the emergence of fake news as a political tool, and we have the ideal conditions for post-truth. McIntyre also argues provocatively that the right wing borrowed from postmodernism—specifically, the idea that there is no such thing as objective truth—in its attacks on science and facts.



“Critical Thinking” by Jonathan Haber

(from the publisher) Critical thinking is regularly cited as an essential twenty-first century skill, the key to success in school and work. Given our propensity to believe fake news, draw incorrect conclusions, and make decisions based on emotion rather than reason, it might even be said that critical thinking is vital to the survival of a democratic society. But what, exactly, is critical thinking? Jonathan Haber explains how the concept of critical thinking emerged, how it has been defined, and how critical thinking skills can be taught and assessed.

Haber describes the term's origins in such disciplines as philosophy, psychology, and science. He examines the components of critical thinking, including structured thinking, language skills, background knowledge, and information literacy, along with such necessary intellectual traits as intellectual humility, empathy, and open-mindedness. He discusses how research has defined critical thinking, how elements of critical thinking have been taught for centuries, and how educators can teach critical thinking skills now.

Haber argues that the most important critical thinking issue today is that not enough people are doing enough of it. Fortunately, critical thinking can be taught, practiced, and evaluated. This book offers a guide for teachers, students, and aspiring critical thinkers everywhere, including advice for educational leaders and policy makers on how to make the teaching and learning of critical thinking an educational priority and practical reality.

These Books are available to borrow from our [Lobby Book & Bumper Sticker Library](#). Look for them next time you're in the shop, and our Service Advisors will tell you how to check out any you like. If you want own a copy for yourself, our hyperlinks go to [Powell's Bookstore](#). If you want to shop even more locally, Sellwood's own Julie Wallace would love to see you at [Wallace Books](#).

Department of Reality Studies

Wireless brains, Orcas on camera, and the Inevitability of Life



“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. 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!



Scientists Connect Human Brain To Computer Wirelessly For First Time Ever

(from The Independent)- “The first wireless commands to a computer have been demonstrated in a breakthrough for people with paralysis. The system is able to transmit brain signals at “single-neuron resolution and in full broadband fidelity”, say researchers at Brown University in the US. A clinical trial of the BrainGate technology involved a small transmitter that connects to a person’s brain motor cortex. Trial participants with paralysis used the system to control a tablet computer, the journal IEEE Transactions on Biomedical Engineering reports. The participants were able to achieve similar typing speeds and point-and-click accuracy as they could with wired systems...”

Tracking Orcas with Tech: ‘The Images Took Our Breath Away’

(from The Tyee)- “Late last summer, a team of scientists from the University of British Columbia tracked southern and northern resident killer whales off the B.C. coast using cutting-edge technology that opened a new window into the lives of these charismatic creatures. The array of high-tech tools included aerial drones, electronic fish finders and data loggers equipped with satellite telemetry, a gyroscope, hydrophone and an underwater camera. Attached to the killer whales with suction cups, these devices allowed the scientists to record what the whales see and hear, as well as their movements in the water, and their diving and hunting behaviour. “Some of the images took our breath away,” says team leader Andrew Trites, a professor at the Institute for the Oceans and Fisheries Department of Zoology and the director of the Marine Mammal Research Unit at UBC. “It was amazing to watch the whales rolling through the water and moving in three-dimensions...”

Life Is Inevitable Consequence Of Physics, According To This Research

(from IFL Science)- “A few years back, a remarkable new hypothesis made its way into the scientific zeitgeist – namely, that life is an inevitable consequence of physics. The author of this concept, an associate professor of biophysics at MIT named Jeremy England, has now published the first major

papers testing out this idea, and it's looking like he might be right on the money. England's hypothesis is a key bridge between physics and biology. Although it's not yet conclusively proven, it potentially holds the key to answering one of the greatest questions of all: Where did we come from?"

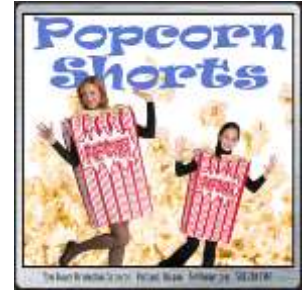
In a comprehensive new test, the EmDrive fails to generate any thrust

(from Phys.org)- "The EmDrive is a hypothetical rocket that proponents claim can generate thrust with no exhaust. This would violate all known physics. In 2016, a team at NASA's Eagleworks lab claimed to measure thrust from an EmDrive device, the news of which caused quite a stir. The latest attempt to replicate the shocking results has resulted in a simple answer: The Eagleworks measurement was from heating of the engine mount, not any new physics. Physicists were... skeptical. But in the spirit of scientific replication, a team at the Dresden University of Technology led by Prof. Martin Tajmar rebuilt the Eagleworks experimental setup. And they found squat..."

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!

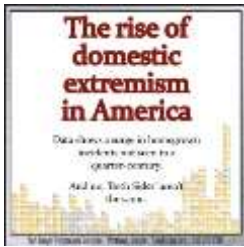


'Beautiful companions': Growing mushrooms brings life to lockdown



(from the National Post article)- "Grow kits piqued Andrew Langevin's interest in mushroom cultivation several years ago. After he lost his long-held job in the film industry at the outset of the pandemic, he started growing mushrooms professionally to sell at farmers' markets. He has since added a lion's mane version, with plans to add a few more strains this year, including pink and golden oyster mushrooms. 'It's relatively low-barrier. They're more expensive than making your own once you have the system set up to do so, but they're not that expensive.'" says Arevalo (they typically range from \$25-\$35). "And it can really bring a sense of amazement..."

The rise of domestic extremism in America



(from the Washington Post article) "Domestic terrorism incidents have soared to new highs in the United States, driven chiefly by white-supremacist, anti-Muslim and anti-government extremists on the far right, according to a Washington Post analysis of data compiled by the Center for Strategic and International Studies. The surge reflects a growing threat from homegrown terrorism not seen in a quarter-century, with right-wing extremist attacks and plots greatly eclipsing those from the far left and causing more deaths, the analysis shows... Since 2015, right-wing extremists have been involved in 267 plots or attacks and 91 fatalities, the data shows. At the same time, attacks and plots ascribed to far-left views accounted for 66 incidents leading to 19 deaths..."

The 51 Best Bar Patios in Portland



(from the Wilamette Week article) "In anticipation of the post-vaccination summer, we revisited 51 of our favorite bar patios in Portland. Some of them are institutions, others only opened in the last year. All of them, though, are awesome, often for different reasons, which is why we've categorized them based on what you need, whether it's a place to reunite with the fam, go on a date, or watch the sunset after work. This is not us hanging a "Mission Accomplished" banner on the pandemic. We know we're not yet back to normal. But normal, or something like it, at least appears in reach. And that's worth raising a glass to—from a safe distance."

Researchers Develop Liquid That Absorbs And Stores Solar Energy For 18 Years



(from the India Times article)- Today, solar energy is engulfed with a couple of challenges -- the first is that it's only available during the day and the second is that of the storage of this energy for long-term use. However, a team of scientists from Sweden might have found a solution for the second challenge. They've developed "solar thermal fuel" -- a special kind of fuel that is capable of storing the sun's energy for up to 18 years. It has been in development for over a year by researchers from the Chalmers University of Technology in Sweden..."