

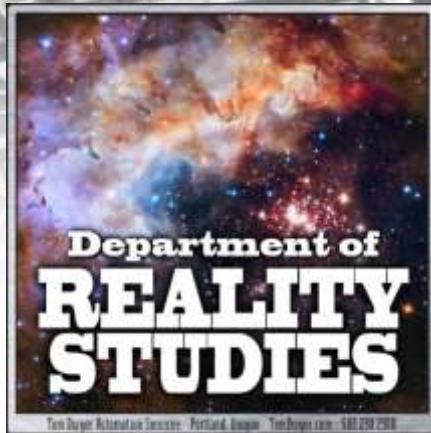
# "Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for September, 2020



## It's the FINAL FURY!

Our "News To Make You Furious" column goes into the Vault



## Enjoy our NEWEST column

You have an appointment with the Department of Reality Studies



## Get Ready For Winter

Two critical areas of concern for Winter Driving

## Our Popcorn Shorts



Someone wants to steal your cat!



Can you Spot The Troll?  
Test your media savvy



"Radical" voices fight fake patriots and nazis



We're going back! The 2024 moon mission

## Our Monthly Columns

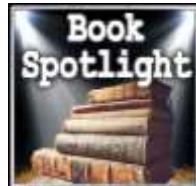
[Tom's Tidbits](#)- The Debate was a disaster.

[Shop Talk](#)- Carwash Coupon Season ends, but 30%-Off-Labor gets sweeter

[Drew's Kitchen](#)- Garlic breaded roast chicken breasts

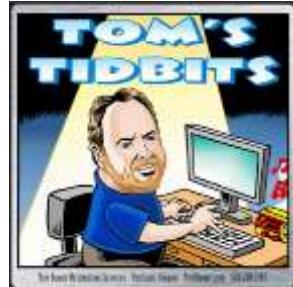
[Health Notes](#)- This is the healthiest community in the US. Here's why...

[Book Spotlight](#)- "Righteous Mind" by Jonathan Haidt



# Tom's Tidbits

The Debate was a disaster, but we can still learn from it



Greetings,

If you're like me, you're still slack-jawed at the desecration of human dignity, democratic principles, rational thought, and the vacuum of vision on display in the first Trump/Biden debate. It's been described as 'a hot mess, inside a dumpster fire, inside a train wreck', and 'two elderly white men mud wrestling'. I saw it as an addled grandfather yelling at a petulant child. If Jefferson was right that "a well-informed electorate is a prerequisite for Democracy", then what happens if the electorate is NOT well-informed? What about when they're actively and effectively MIS-informed? Whatever our final decisions, we need information to make them and this debate could have been a forum to critically examine competing philosophies... it obviously wasn't. The candidates said little of value, so we're left to forge our understanding from how they said it and what they didn't say.

Far from being a showman, Donald Trump was utterly unsurprising. Supporters or not, people understood Trump to be a grifter and bully, but he was a grifter and bully that delivered. He talked over his opponent constantly? Well of course! He couldn't articulate a single coherent idea? Did we expect one? He lied? Who cares! He pwned the Libs, and that's all his base wanted. Pathetic.

Biden had some success by putting to rest the absurd BS from the Righty sludge pump about doddering senility, performance enhancing drugs, and electronic ear pieces. But toward the end of the 'debate' I thought he seemed tired, and the fire of his ideas was fading if it was ever there. I guess that's understandable after an hour on the receiving end of ghastly taunts and playground insults; he may have performed better if he was exchanging ideas with a lucid opponent. He was better than Trump by comparison, but that's a low bar.

Both candidates had talking points they needed to get in, but neither articulated any type of overarching framework that would stitch the points together. NEITHER expressed coherent ideas. Trump's mythical Health Care plan came up, and though no one believes it exists, it was an opportunity for him to make up something about how such a plan could, should, or would work. He had the opportunity, but didn't fill in the blanks. Or consider Biden's Green New Deal response... he said it "wasn't his plan", but what did he mean? A policy to support Green tech and build new jobs based on the investment makes sense; how and why does Biden's plan, if any, differ from Green New Deal? For both Biden and Trump, we're left to wonder, make up our own answers, or go fishing on a website for guidance when the whole point of a debate is to answer questions just like these.

If we look to the silences of the night for knowledge, then Trump was the clear winner. Nothing screamed louder than his deafening silence when offered the chance, repeatedly, to denounce violent right wing extremists. "Stand back and stand by". From an American president. There are no words. But I think there's all too much to learn.

It's not partisan to say we're at a critical juncture in history. At home, the system built over the last 50 years is cracking as its failures to address economic and social pressures are finally coming to a head. Abroad, international agreements designed to constrain warmongers and solve global problems are proving useless as authoritarians expand power and climate change runs unchecked. Only the delusional see the current system continuing. It WILL change, the direction of change is the only question and it's not one for our 'leaders' to answer. It's a question for us. We need, and certainly deserve, much better information to answer it.

Make a great day,

## Digging Deeper...

[The Guardian view on the US presidential debate: a bad night for the world](#), editorial in The Guardian, Sep 2020

[Donald Trump & Joe Biden 1st Presidential Debate Transcript 2020](#), Rev.com, Sep 2020

[Biden and Trump's First Debate: Best and Worst Moments](#), NY Times Opinion page, Sep 2020

[America is cracking up, the first presidential debate proved it](#),  
Andrew Mitrovica in AlJazeera, Sep 2020

['Standing by, sir': Proud Boys respond to Trump presidential debate mention](#), Matt Mathers in The Independent, Sep 2020

['I have never supported Donald Trump': Portland-area sheriff hits back after president claims his endorsement in debate](#), Tim Elfrink in The Washington Post, Sep 2020

[A Well-Informed Electorate Is a Prerequisite for Democracy](#), Moshe Marvit, The Century Foundation, Sep 2020



["That was a hot mess, inside a dumpster fire, inside a train wreck"](#), Heather Cox Richardson on Moyers On Democracy, Sep 2020



## Two Critical Concerns for Winter Driving

Tom Dwyer Automotive Services • Portland, Oregon • TomDwyer.com • 503.231.2310

# Get Ready For Winter

Two critical areas of concern for winter driving

*Original post December 2, 2011, revised Sep 2020*

Fall is just beginning, but winter is on its way. No one wants to be left on the side of the road in winter weather! It may make a great story for future holiday get-togethers, but it's a miserable experience everyone would rather avoid. Many of our clients worry about tough winter driving and have called asking how to be ready. Since many people are driving so much less because of Covid, they've also asked about any impact of reduced driving on their winterization needs.

This month we thought we'd talk about two critical areas of concern for any upcoming Winterization Service: your vehicle's engine cooling system and the battery/starter/charging systems...

### Engine Cooling System

#### **What is engine coolant (antifreeze)?**

Some people may not know that coolant and antifreeze are the same thing. It's made of ethylene glycol to prevent freezing or boiling, and mixed with various other additives. For example, some of those additives provide "reserve alkalinity" to neutralize internal radiator corrosion before it starts.

#### **When should you check your coolant system?**

The best time to inspect the overall integrity of the system hardware is when you change the coolant. Our procedure checks belts and hoses for cracks and wear, makes a visual inspection for leaks, pressure tests the radiator and cap, and checks the operation of your heater and defroster. The thermostat regulates the engine coolant temperature and should be changed if the system has been allowed to corrode, it is over 10 years old, it has been causing trouble, or the engine has been overheated. Replacements should be good quality units with the same temperature rating as the original. This is extremely important on late model vehicles with computerized engine controls, where fuel, ignition and emission functions are all affected by coolant temperature.

#### **When should you change the coolant?**

New antifreeze is alkaline, usually between 8.0 and 9.0 pH (where 7.0pH is neutral). Antifreeze protects your engine as long as it stays above 7.0pH, but when it drops below 7.0 it starts to eat away your engine from the inside. Most new car maintenance schedules call for changes every three years or 60,000 miles, some professionals recommend every two years or 24,000 miles, and others think later model vehicles with bi metal engines should have yearly changes.

Rather than using mileage or time menus, we think the best way to know if the coolant needs to be changed is to test it, determine the pH, and replace it if needed. As long as antifreeze is changed before the reserve alkalinity is depleted the cooling system should be no worse for wear. If you wait too long, however, you could have expensive internal corrosion in the radiator, water pump, hoses, heater core and engine.

#### **What's involved in a coolant flush?**

When the coolant is changed the whole system should be pressure tested for leaks first, then reverse flushed and refilled. It makes no sense to service a leaking system! The pressure test ensures the hoses and water pump are in good shape and there are no leaks in the system. Once the system is leak proof, we flush and refill the coolant. Chemical cooling system cleaners usually aren't necessary, and we prefer not to use one unless the system has been badly neglected and is full of lime deposits. Once the old coolant is removed completely, the system should be refilled with a 50/50 mixture of ethylene glycol antifreeze and clean water. This provides freezing protection down to -34°F and boil-over protection to 265°F.

## Engine Charging System

### How does your charging system work?

Many people think a vehicle's electrical power comes from the battery, but while the engine is running *all of the power for the accessories is delivered by the alternator*. The alternator is the heart of the charging system, converting the mechanical energy of the engine into DC electricity to power all the electrical accessories and maintain the battery.

Batteries are actually loads on the charging system, and only supply power when starting the vehicle, when the accessory load (defroster, AC, headlights, etc.) exceeds the alternator capacity, or when the engine is at a very low idle. When alternators fail, vehicles switches to battery power and continues until the battery is dead.

### When should you replace your battery?

Alternators are designed to maintain the charge of a functional battery, not to recharge a failing one. The quickest way to kill an alternator is to put it to work struggling to maintain a failing battery. It not only damages the alternator, but can also cause damage to the starter motor and starter contacts. When alternators are replaced it is critical to make sure the existing battery is in good shape or it can cause the replacement alternator to fail.

Sometimes vehicles won't start with a failed alternator and low battery, but other times the vehicle starts fine and then fails on the road when the battery finally dies. If you are not sure how old your battery is, have it tested. You should consider replacing batteries over 5 or 6 years old even if it tests OK now.

Most new vehicle batteries are rated for 36 months, and while a small number fail within this period, most will make it 4 or 5 years. It's rare for original equipment batteries to survive more than 5 years. Preventative replacement is important for batteries, because extremely hot or cold weather will reveal marginal batteries at the most inconvenient times.

### What's involved in battery and alternator service?

Maintenance and service of the electrical system should always start with a careful visual inspection of belts and pulleys, belt tensioners and idlers, battery exterior condition, the battery hold down, and the battery cable connections. Most of these defects would need to be corrected before deeper testing can be done. For example, a discharged battery can't be tested properly and would require several hours of charging to test it. With a visual inspection performed and problems corrected, actual testing of the electrical system can begin.

Complete electrical testing should include:

- Testing the battery for resting voltage
- Testing the battery for capacity and reserve
- Testing alternator output and diode condition
- Testing the starter for excessive draw and electrical signature

Testing the resistance of ground circuits  
Voltage drop testing

It is much better to replace a questionable battery than to risk the consequences, but all batteries are not created equal and cheap batteries are not a value. We have tested many brands in the almost 30 years we have been servicing vehicles. We only stock high quality batteries like Interstate and AC Delco for most of the vehicles we service.

**What can you do by yourself?**

We've seen major and avoidable expense caused by battery acid on electrical harnesses and other sensitive electronics near the battery. Battery acid is highly corrosive and can cause major damage to the battery tray, battery cables and power feeds, fuse and circuit breaker holders, battery hold downs, and anything else exposed to it.

If you see fuzzy acid crystals growing on or near your battery, clean and neutralize everything that has come in contact with the acid. Unfortunately, you'll probably need to replace the battery as well.

**Do your electrical and coolant system need service?**

A large percentage of vehicles broken down on the side of the road are there because of electrical or cooling system related failures, but these are some of the most basic things you can do to prevent major problems with your vehicle. Checking these systems are standard parts of our comprehensive and seasonal inspections, so if you've seen us for either of those services then you're ready to go. If you're not sure, give us a call and we'll tell you the last time these services were done and when they're due again.

In many cases charging and coolant system failures can be prevented or repaired before a breakdown causes major inconvenience or larger expense, but it requires a careful inspection of the systems BEFORE problems become obvious. You don't want to be telling stories about this winter's unplanned breakdown... call us today and drive with confidence throughout the winter!



## It's the FINAL FURY!

Our "News To Make You Furious" column goes into the Vault

Greg Palast's 2009 jaw-dropping article on the 20<sup>th</sup> anniversary of Exxon's Valdez oil disaster made us angry. In fact, it made us furious. And one of the most infuriating things about it was that no one else was furious because no one was paying any attention at all. We featured it in our newsletter with the headline "News To Make You Furious". Maybe we couldn't bring much additional attention to it, but we thought it was important enough to make an effort. But all good things (or in this case, bad ones) must come to an end, and it's time for our monthly

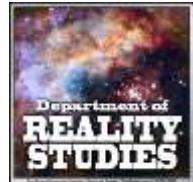
mashup of malignancy to meet its maker...

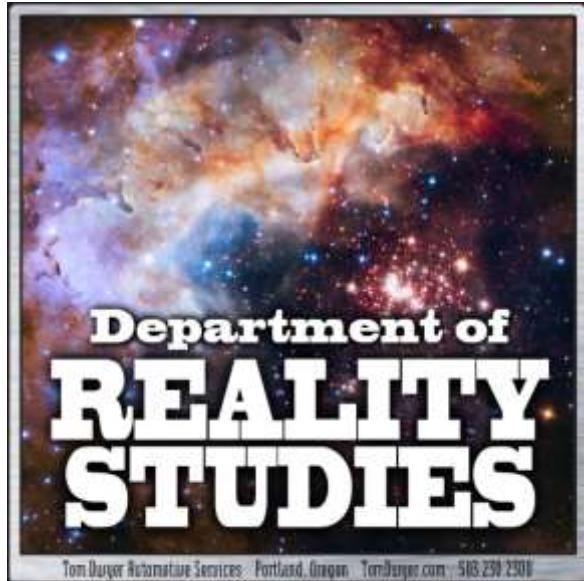
Once we'd started it was hard to stop, because there was a seemingly unending string of appalling things being completely ignored. News To Make You Furious was born. Since 2009 we've added stories on modern slavery, the Nigerian Delta, SLAPP suits, Indian suicide, income inequality, ALEC, climate change, tax shelters, media consolidation, depleted uranium, and so sadly many more. But all good things (or in this case, bad things) must come to an end. Our limited newsletter staff spends lots of time on Furious and ending it will lift a large weight from their hunched shoulders. But more importantly, there's just so much other infuriating news out there! It's one thing to do a deep dive on the police technique of parallel construction when people are fixated on Miley Cyrus and Robin Thicke (2013), but quite another to focus on prostituting God for fun and profit while people are fixated on covid, fascism, and race riots (2020). We think the issues we've covered are critically important, but EVERY story these days is critically important and "furious" seems to be just a baseline emotion for all of them. The news has caught up with us.

For the fans of Furious out there (and you know who you are) we won't abandon you completely. You won't get Furious every month, but when we run across especially angst-inducing news our Rabid Reporters of Wrath will break into our regular newsletter programming with a dispatch. If you find yourself becoming calm and tranquil in the meantime, you can get your addition of angst from our new Vault of Venom, where we've archived more than 50 painful and painfully detailed looks at some of the most infuriating issues no one's paying attention to.



But we're most excited that we'll be putting those hunched shoulders of our Furious staff to a new grindstone... our newest column, the Department of Reality Studies. It's a look at scientific and technological triumphs happening every day, as well as the threats faced by a reality-based society. Click here to try our first edition, and who knows... with the state of the world today, "Reality Studies" may do as much to make you Furious as "News To Make You Furious" ever did!





# The Department of Reality Studies

Enjoy our NEWEST monthly column!

"My ignorance is just as good as your knowledge."

Do you believe that? We don't.

Basic human respect means giving a fair hearing to the ideas of others, but basic human understanding tells us we share a common reality. If everyone's ideas about reality aren't created equal, how can we tell ignorance from knowledge? The most effective way humanity has found to answer that question is "science"; comparing ideas against observable reality to determine their value. Science is the systematic study of reality but it's far more than a dry list of facts. It's how we separate wheat from chaff and determine what to do with the wheat. The story of science is the magnificent saga of harnessing mankind's curiosity and separating reality from illusion to create a world indistinguishable from magic.

Basic science, even basic consensual reality, is under attack these days. Science and education are increasingly seen as 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 their discoveries or predictions have proven wrong but because they've been proven so ruthlessly right. Objective reality is inconvenient for groups who would like to behave as though their whims 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 the ride is so exciting. From the unimaginable expanse of the multiverse to the unique beauty of our tiny blue marble, from the tiniest living beings to the quarks and leptons they're made of, science is an adventure. Every day brings new answers to old questions and new questions to ask, unlocking new wonders as our understanding grows. Science is curiosity about the mysterious and awe at the reality it conceals. Science is the greatest adventure humanity has ever undertaken.

In "News To Make You Furious" we tried to bring attention to issues that weren't getting the attention we thought they deserved, realizing as we wrote it that it would barely make a ripple in the tsunami of news. We know in launching the "Department of Reality Studies" we face the same fate... our little flag-waving will do little to affect the appreciation of science for many people one way or another. But we also know we'll enjoy sharing our own excitement with you, and we hope you'll check back frequently to see some glimpses of Reality that may not have made your radar. Let's go!

[Alien life on Venus? Phosphine gas discovery is a potential game changer](#), Seth Shostak on NBCNews, Sep 2020

"It could be atmospheric chemistry. Or pollution from unseen volcanoes. But there's a chance — a not insignificant chance — that scientists have made the first clear discovery of life beyond Earth. Researchers at Cardiff University in Wales and the Massachusetts Institute of Technology, together

with colleagues from Asian and other British universities, have just published a paper in the journal *Nature Astronomy* in which they claim to have found a smelly, toxic gas — phosphine — high in the thick clouds of the Venusian atmosphere. On Earth, phosphine is produced by certain types of bacteria..."

[Scientists Detect New Kind of Black Hole After Massive Collision](#), Ryan Whitwam in ExtremeTech, Sep 2020

"We still don't understand a lot of things about black holes, which hover at the very edge of our scientific knowledge. We do know that black holes seem to fall into two categories; those that result from the collapse of a single large star and supermassive black holes that have millions of billions of solar masses. So-called intermediate-mass black holes (IMBH) between the two extremes have been elusive — until now. Scientists with the LIGO and VIRGO Scientific Collaboration report spotting an IMBH billions of light-years away thanks to peculiar gravitational waves..."

[Elon Musk Says Settlers Will Likely Die on Mars. He's Right.](#) by Caroline Delbert in Popular Mechanics, Sep 2020

"Earlier this week, Elon Musk said there's a "good chance" settlers in the first Mars missions will die. And while that's easy to imagine, he and others are working hard to plan and minimize the risk of death by hardship or accident. In fact, the goal is to have people comfortably die on Mars after a long life of work and play that, we hope, looks at least a little like life on Earth..."

[An unusual meteorite, more valuable than gold, may hold the building blocks of life](#), Joshua Sokol in Science, Aug 2020

"Meteorites are not uncommon: Every year, tens of thousands survive the plunge through Earth's atmosphere. More than 60,000 have been found and classified by scientists. But meteorite falls, witnessed strikes that take their name from where they land, are rare—just 1196 have been documented. And even among that exclusive group, there was something extraordinary about this particular meteorite, something anyone with the right knowledge could know from the first pictures. The dull stone was, as far as rocks go, practically alive..."

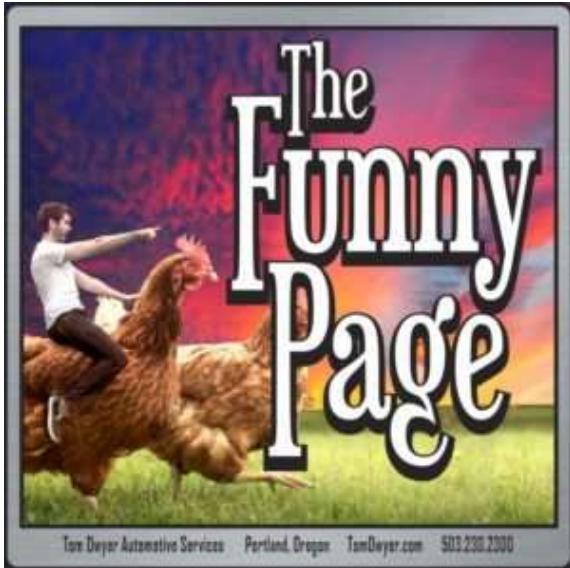
[Astronomy photographer of the year \(2020\) winners – in pictures](#). The Guardian, Sep 2020

[High-fidelity record of Earth's climate history puts current changes in context](#) by UC Santa Cruz in Phys.org, Sep 2020

"For the first time, climate scientists have compiled a continuous, high-fidelity record of variations in Earth's climate extending 66 million years into the past. The record reveals four distinctive climate states, which the researchers dubbed Hothouse, Warmhouse, Coolhouse, and Icehouse. These major climate states persisted for millions and sometimes tens of millions of years, and within each one the climate shows rhythmic variations corresponding to changes in Earth's orbit around the sun. But each climate state has a distinctive response to orbital variations, which drive relatively small changes in global temperatures compared with the dramatic shifts between different climate states..."

(As we were wrapping up News To Make You Furious we noticed we'd done several stories over the years that overlap heavily with Reality Studies. Click any one below, but they're all in our new Vault of Venom anytime you want to check them out. Enjoy!)

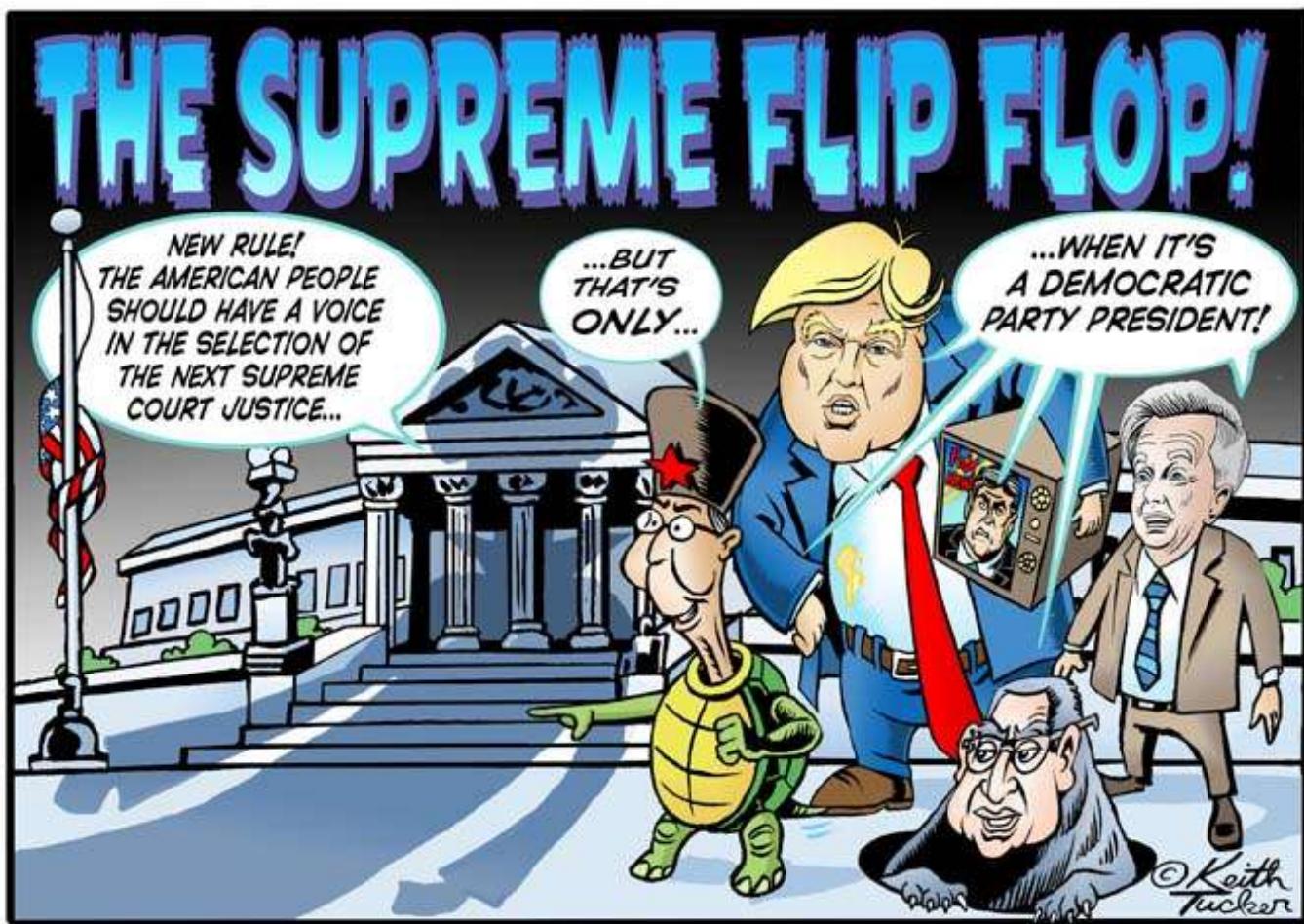




## The Funny Page

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

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

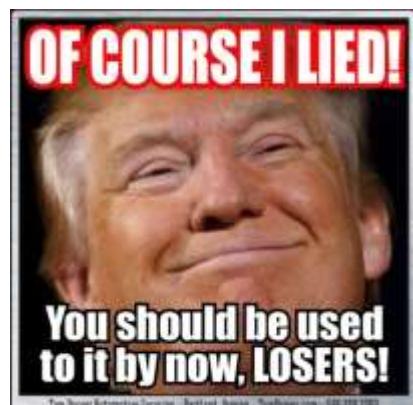
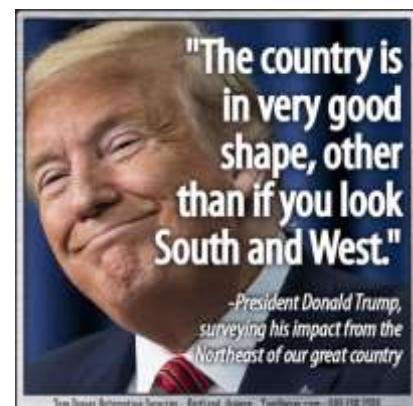
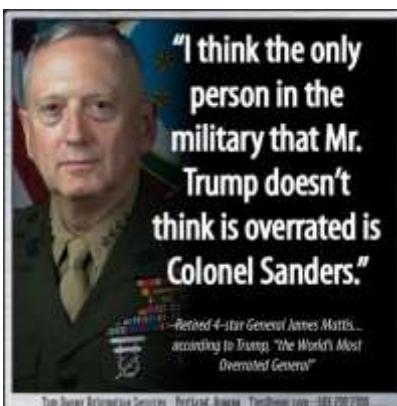
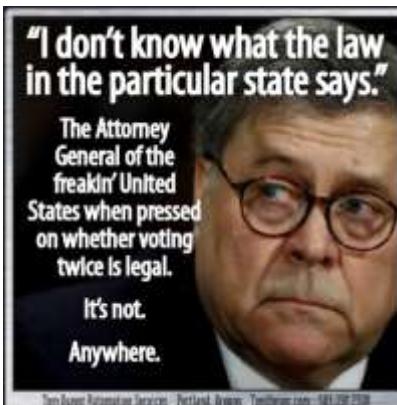
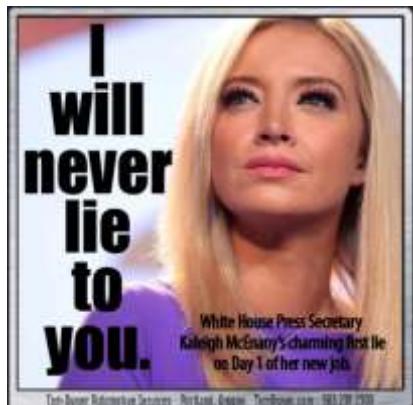
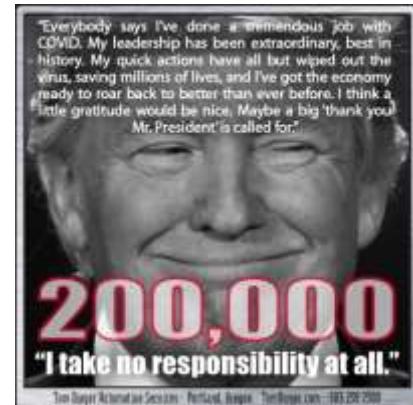


**"WHAT NOW?!"**

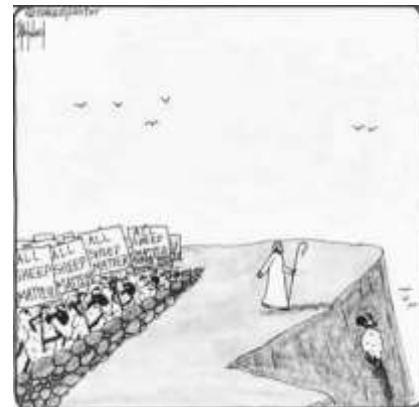
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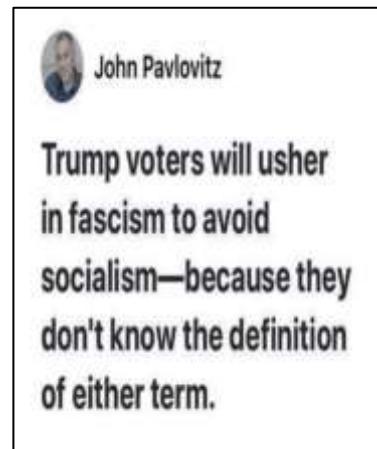
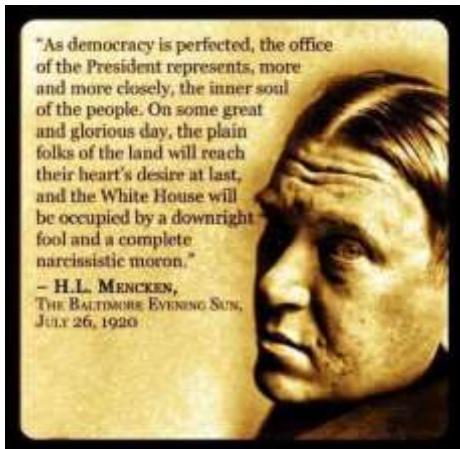
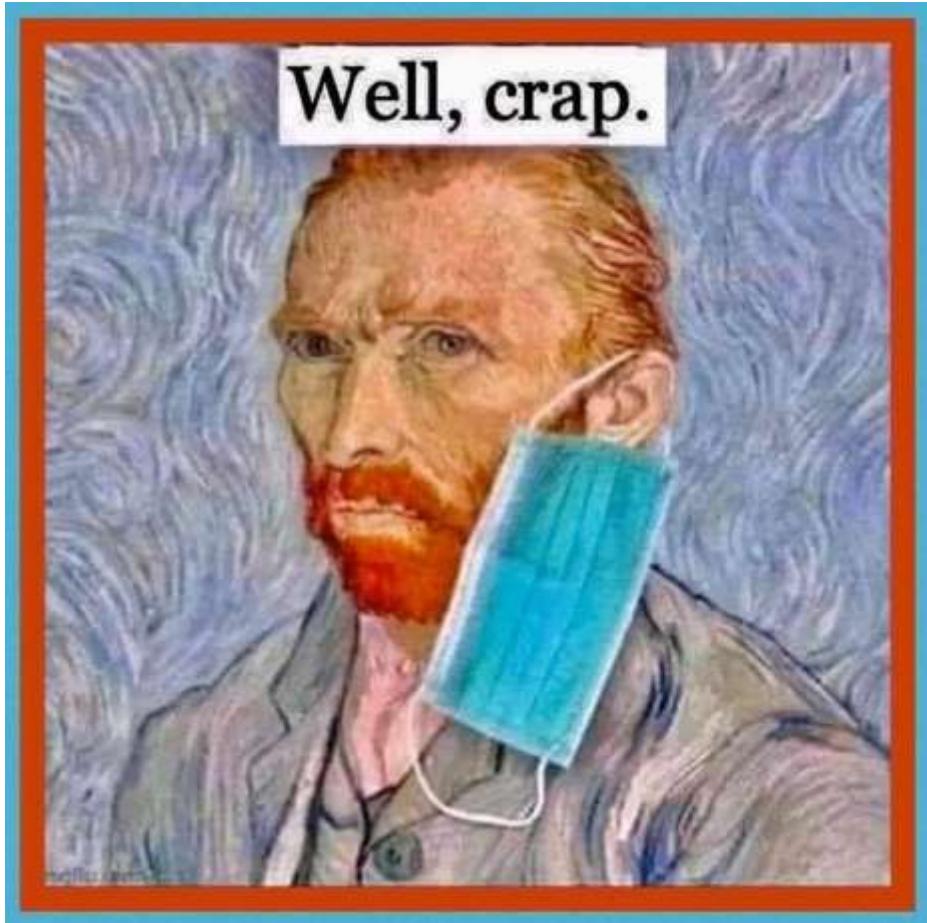
You can download this and other Keith Tucker creations [at his website](#) or [through CartoonStock.com](#)

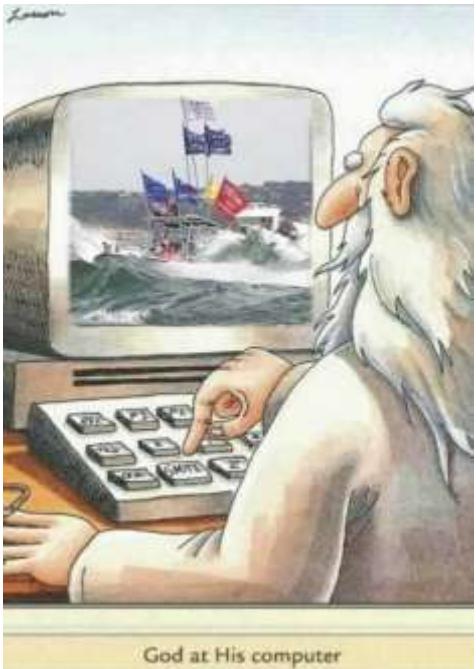
We laugh that we may not cry, and the past month has given us much to laugh about. These memes aren't doing anyone any good staying here... share them with your friends! And don't forget, [our whole meme library is available here](#).



Just And here's Jen Rombach's More-Or-Less for September, along with laughs from around the web.







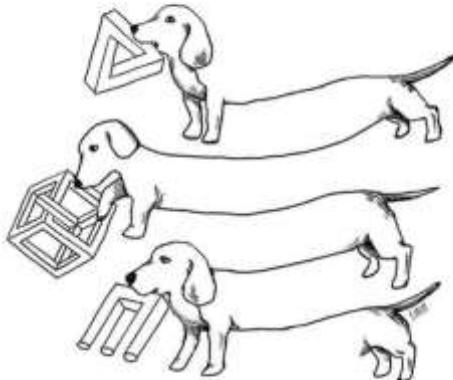
Apparently there's a third option between burial and cremation.



They're only finding more  
boats at the bottom  
of Lake Travis because  
they're testing more

**MAGAs: Help, our  
boat is in immediate  
distress!**

**The Rest of Us: All  
boats matter.**



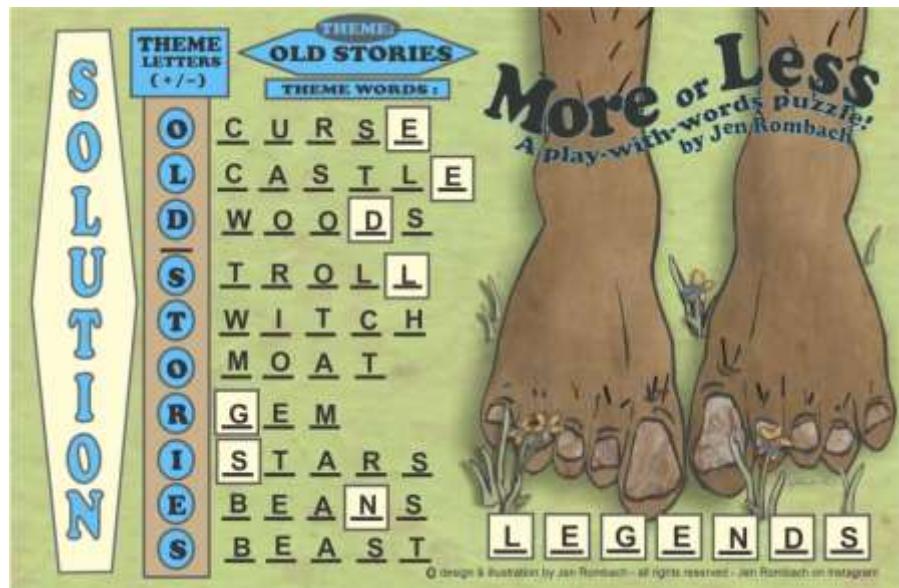
@IndieTheIntrovert



*"I abhor his despicable tweets, but I'm not going to abandon my core principles: keeping the base happy and getting reelected."*

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## More-Or- Less Solution



# Shop Talk

## Carwash Coupon Season ends, but 30%-Off-Labor gets sweeter



### Comment of the Month-

Client Leah M. wrote-

*"Always consistent reliable service service."*

Client Laura Z. wrote-

*"Great service, as always"*

Client Jessica B. wrote-

*"Always a positive experience. Honest. Trustworthy."*

Client Bob R. wrote-

*"Always great service."*

Client MJ L. wrote-

*"You are perfect. Always."*

These clients sparked our interest this month... "Always". "Always". "Always". It's not just the compliments they gave, but the fact that they all emphasized the same thing... always. We just wanted to point out that the service you receive isn't a fluke depending on day; it doesn't matter which Service Advisor or Technician you work with, our service is a result of an intentional process. You get the same high standard of care and respect every time you come in. Always.

### Current Special Offers

**30% Off Labor  
continues through  
September!**



We thought this would be a couple-weeks-long offer, but as the threat from Covid-19 continues so too does our 30%-Off-Labor Covid Discount. It's an amazing offer we couldn't afford to make in normal times, but right now it will help stretch your money and keep our company healthy for the long term. Act now for your greatest savings, because as the economy eventually improves we'll slowly reduce the discount back to more sustainable levels.

**and 30% Off Labor just got EVEN SWEETER!**

We got to thinking... since the purpose of this offer was to make auto maintenance more realistic during Covid, having a \$200 minimum purchase made it inaccessible to those many folks who are just scraping by. We can't just remove the cap and still stay in business, but we CAN do something if you just need a minor service... we've added a 10% LABOR CHARGE DISCOUNT FOR PURCHASES UNDER \$200. Stay safe!

***Offer expires 8/31/20***

***\$200 minimum purchase required***

***10% Off Labor Charges for purchases UNDER \$200***

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

***Offer is VOID AFTER SERVICE IS COMPLETE!***



## Carwash Coupon Season is ending!

Summer, unbelievably, is already coming to an end. Our parking lot gets particularly dusty during the Summer and since we can't wash your car we make up for it by offering coupons for FREE Washman Car Washes from May through September. There's a \$200 minimum purchase required so you won't get one with every oil change, but if you've got some work coming up then this coupon (PLUS that 30% Off Labor offer!) make it a sweet deal. Hurry though... Car Wash Coupon Season ends with the end of Summer, so you only have until September 30 to take advantage!

## SPECIAL CNP MEMBERSHIP OFFER!

We're building a 100% Carbon Neutral Vehicle Fleet, so we want YOU to sign up right now! This isn't some cynical ploy to use Climate Change to benefit our company. WE DON'T MAKE ANY MONEY FROM THIS PROJECT; ALL YOUR MEMBERSHIP FEE GOES TO BONNEVILLE ENVIRONMENTAL FOUNDATION TO PURCHASE YOUR CARBON OFFSETS. In fact, though we're very glad to do it, we lose money on each membership... that 10%-discount-on-Labor-Charges comes straight out of our pocket for the whole year of your membership! So come on, hurt us but help the planet... join our CNP TODAY!



Sippers (hybrids, electrics, etc)- Normally \$30- **NOW \$20**  
Drinkers (most types of cars)- Normally \$50- **NOW \$40**  
Guzzlers (SUVs, land yachts, etc)- Normally \$90- **NOW \$60**

## We also have some ongoing offers you might find valuable...



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



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

## And please don't forget...



### **Your reviews and referrals matter**

We are constantly grateful for the supportive and loyal clients we have developed over the years. Your comments and appreciation keep us on the right road to providing the superior automotive service you deserve. Your reviews and referrals are not only the highest compliments we can receive, but they're the lifeblood of our new business. If you like what you've found at Tom Dwyer Automotive Services, please tell a friend or take a minute to write a review on [Yelp](#), [Angieslist](#), [Google](#), or the review site of your choice. Thank you!



### **Latest Automotive Recalls**

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

# Drew's Kitchen

## Garlic breaded roast chicken breasts



Roast chicken doesn't have to be boring! A little creativity and a few spices will give you a chicken worth crossing the road for.

### Ingredients:

- $\frac{3}{4}$  cup all-purpose flour
- 2 tsp salt
- 1 tsp freshly ground black pepper
- $\frac{1}{2}$  tsp cayenne pepper
- 1 egg
- 1 1/3 cup panko bread crumbs
- 1 1/2 tbsp. garlic powder
- 2 split chicken breasts
- 2 tbsp. melted butter

### Preparation:

1. Preheat oven to 400°. Line a baking sheet with aluminum foil and grease it with nonstick cooking spray.
2. In a medium-size shallow bowl, whisk the flour with the salt, pepper, and cayenne to combine. In another shallow bowl, whisk the egg with  $\frac{1}{4}$  cup water to combine. In a third bowl, stir the panko with the garlic powder to combine.
3. Working one at a time, dredge the chicken breasts first in the flour mixture, then in the egg mixture, and finally in the panko. Set the chicken breasts on the prepared baking sheet.
4. Brush the surface of each breast with 1 tbsp of the melted butter and then roast until the chicken is fully cooked and the panko is golden brown; 40-45 minutes.

Original recipe from PureWow

# Health Notes

This is the healthiest community in the US.  
Here's why...



## This is the healthiest community in the US. Here's why...

Dristen Rogers on CNN, Sep 2020

"With its vast mountain ranges, diverse wildlife and clean air, Los Alamos County, New Mexico, has been ranked the healthiest community of 2020.

Located about 40 miles from Santa Fe, the county is home to the Los Alamos National Laboratory, which developed the first atomic bombs during World War II. The county received a perfect score for measurements including drinking water quality, affordable housing availability, park access and population with an advanced degree, according to the annual U.S. News Healthiest Communities rankings report published Tuesday.

Los Alamos County also ranked among the best for low racial segregation (No. 3) and low preventable hospital admissions (No. 21).

"A healthy environment is part of what definitely contributes to (Los Alamos County) being a healthy community," said Los Alamos County Council Chair Sara Scott, who wasn't involved in the report. "People have the opportunity and the interest in getting out, taking advantage of our mountains, trails, biking, horse-riding (and) golfing."

Douglas County, Colorado, is the runner-up, followed by Falls Church, Virginia, Broomfield County, Colorado, and Routt County, Colorado. Columbia County, New York, ranked last in the top 500 healthiest communities.

"The Healthiest Communities rankings are a snapshot of how healthy a community is at a period in time," said Deidre McPhillips, senior data editor at U.S. News & World Report. "This year, it was incredibly important to factor coronavirus into that analysis."

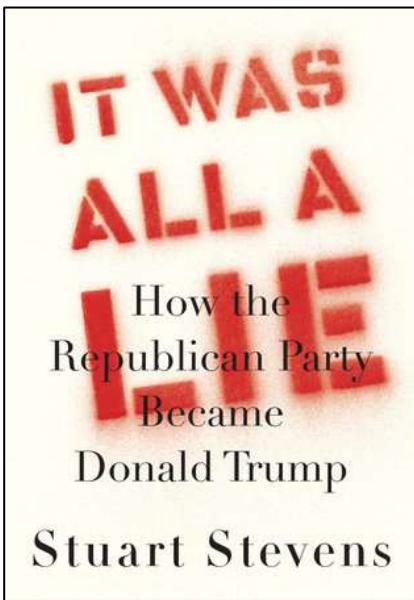
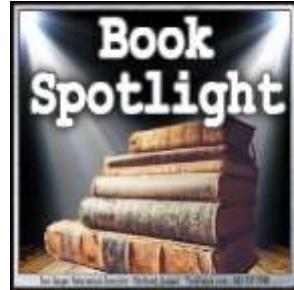
Though data used to determine the rankings were obtained before the pandemic, new tools used in this year's report provided Covid-19 data on communities and highlighted the disproportionate impact of the virus on Black and Hispanic communities.

The Healthiest Communities rankings and analysis are based on evaluations of nearly 3,000 communities nationwide for 84 health and health-related measurements in 10 categories, including community vitality, equity, economy, education, environment, food and nutrition, population health, housing, infrastructure and public safety..."

[Read the full article here](#)

# Book Spotlight

"It Was All A Lie" by Stuart Stevens  
PLUS: BIG NEWS from Multnomah County Library



## ["It Was All A Lie- How The Republican Party Became Donald Trump"](#)

by Stuart Stevens

*from the publisher-* "In his bare-knuckles account, Stevens confesses to the reader that the entire apparatus of his Republican Party is built on a pack of lies... This reckoning inspired Stevens to publish this blistering, tell-all history... Although this book will be a hard read for any committed conservatives, they would do well to ponder it."

—Julian E. Zelizer, The New York Times

From the most successful Republican political operative of his generation, a searing, unflinching, and deeply personal exposé of how his party became what it is today

Stuart Stevens spent decades electing Republicans at every level, from presidents to senators to local officials. He knows the GOP as intimately as anyone in America, and in this new book he offers a devastating portrait of a party that has lost its moral and political compass.

This is not a book about how Donald J. Trump hijacked the Republican Party and changed it into something else. Stevens shows how Trump is in fact the natural outcome of five decades of hypocrisy and self-delusion, dating all the way back to the civil rights legislation of the early 1960s. Stevens shows how racism has always lurked in the modern GOP's DNA, from Goldwater's opposition to desegregation to Ronald Reagan's welfare queens and states' rights rhetoric. He gives an insider's account of the rank hypocrisy of the party's claims to embody "family values," and shows how the party's vaunted commitment to fiscal responsibility has been a charade since the 1980s. When a party stands for nothing, he argues, it is only natural that it will be taken over by the loudest and angriest voices in the room.

It Was All a Lie is not just an indictment of the Republican Party, but a candid and often lacerating *mea culpa*. Stevens is not asking for pity or forgiveness; he is simply telling us what he has seen firsthand. He helped to create the modern party that kneels before a morally bankrupt con man and now he wants nothing more than to see what it has become burned to the ground.

**[Multnomah County Library Permanently Ends Late Fees and Clears All Existing Fines](#)**, Shannon Gormley in Willamette Week, July 2020

"After suspending late fees during the pandemic, Multnomah County Library has decided to make the change permanent: Portlanders will no longer be charged for returning books late, effective immediately. In addition, all existing fines have been cleared.

There will still be due dates, and library will continue to charge replacement costs. If a book has not been returned 49 days after the due date, the patron will be billed for its replacement..."

# 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!

## Someone wants to steal your cat!



Stealing catalytic converters (or 'cats' to the cool kids) is big business in Portland and beyond. They're great for thieves because they're self-contained, easy to steal, easy to sell, and worth big money. They're not so great for you, because if your cat's stolen your car will barely run, you'll need an immediate replacement, it's a very expensive part, and there's very little you can do to prevent it. [But there is something you can do...](#)

## Can you spot a troll? Can you spot more than the Dwyer Guinea Pig?



You probably already know that a 'troll' is a "fake social media account, often created to spread misleading information". In one of the scariest posts we ran across all month, a quiz challenged us to decide troll-or-real for 8 real social media accounts. There's no real definitive way to tell them apart, and the trolls are getting much better at looking human, so the Dwyer Guinea Pig that takes these tests for us only got 4 out of 8 right. That's a failing level of social media awareness... [can you do better?](#)

## "Radical" voices fight fake patriots and nazis



It's said 'there's nothing new under the sun', and here are two videos that show how we handled today's problems yesterday. [One \(1969\) is from "Dragnet"](#) where Joe Friday is approached by a skeezy dude offering the LAPD support from a 'militia' that believes in 'law and order'. Joe schools the skeeze appropriately. The second (1947) is [a film from the US War Department](#) (back when they still called it 'war' instead of 'defense') where a 'real American' on a park bench explains the country would be better off without negroes and people with foreign accents. A Hungarian immigrant again schools the skeeze appropriately. Share with your friends who should know better!

## We're going back! NASA's plan for a 2024 moon mission



from SpaceFlight Now- "NASA officials released a nearly five-year, [\\$28 billion plan Monday to return astronauts to the surface of the moon before the end of 2024](#), but the agency's administrator said the "aggressive" timeline set by the Trump administration last year hinges on Congress approving \$3.2 billion in the next few months to kick-start development of new human-rated lunar landers... NASA released a new overview document Monday describing the agency's approach to landing astronauts on the moon for the first time since the Apollo 17 mission in December 1972. The program, named Artemis, encompasses the SLS, Orion, Human Landing Systems, and the Gateway, a human-tended platform in lunar orbit that will eventually serve as a staging point for missions to the moon."