



## This Month's Matters...

### Tom's Tidbits

Is no news about Fukushima really good news?

### "What NOW?!!" Toons

Keith Tucker's toon-of-the-month

### Hitting The Road For A Year-Long Summer

EcoJaunt invites you to join their adventure

### Hey, Buddy... Wanna Buy A Car?

Tips to beat the car salesmen at their own game

### Investigative report targets Tom Dwyer Automotive

A college research paper that caught our attention

### Shop Talk

Don't spoil your vacation with last-minute repairs

### Health Notes

Our country has been manipulated into a nation of drug users

### Drew's Kitchen

Roasted herbed chicken

### Sellwood Bridge Update

A BIG update, looking forward after the Clackamas vote

### Popcorn Shorts

Cool and important stuff that's too short for a big article

- 2011 Riverfront Concerts starting in July
- Free Carwash Season is going on now. Where are you?
- The Green Thing
- Ta Ta, Transparency! Oregon funding laws are in trouble
- Simple app lets you take money from a banker's pocket

### News To Make You Furious

Monsanto's Indian suicide belt

**Money Saving Programs**  
See our website for complete details

**Carbon Neutral Program**  
Offset your vehicle's carbon emissions and save 10% off labor cost!

**Labor Lock Program**  
Pay today's prices for the rest of your life!

**Planned Maintenance Package**  
Get up to a 60% discount by buying your basic yearly maintenance services in advance

**First-Time Clients ONLY!**  
Save \$75 to \$150 on our most thorough inspection!

## Moneysaving Programs

To stretch your hard-earned dollars their farthest



Tom's Tidbits

## **Is no news really good news?**

Greetings!

Is no news really good news? Not when it is no news about the worsening nuclear disaster at Fukushima Daiichi.

The 9.0 magnitude earthquake and following tsunami on March 11 caused an unprecedented world-impacting disaster at the nuclear waste storage and power generating facilities at Fukushima Japan, a disaster that is still unfolding today. We have passed the two month mark and the situation is getting worse, not better.

Why is it that we are hearing nothing? Another example of the failed US media; I'm afraid that those that profit from the mistake that is the nuclear industry have the interest and ability to control the poor excuse for news we receive here in the US. To get any information about Fukushima you'll need to use [foreign](#) media sources.

Reporting indicates the breach and meltdown of three of the six reactor cores and Japanese officials are no closer to resolving the nuclear crisis. New readings show a dramatic increase in radioactive contamination in the sea and land and this problem will only get worse.

Don't be fooled by those that think dumping radioactivity into the ocean is better than land containment. Dilution is never a good solution for pollution; especially radioactivity.

Tepco's handling of the crisis will come under closer scrutiny with the arrival in Tokyo of a delegation from the International Atomic [Energy](#) Agency (IAEA). The UN nuclear inspectors will visit the Fukushima plant and present their findings at a meeting of ministers from IAEA member-states on 20 June.

The [Japan Atomic Industrial Forum](#), an industry group, is currently publishing daily updates of the status of power plants in Fukushima which give detailed information on the condition of each reactor.

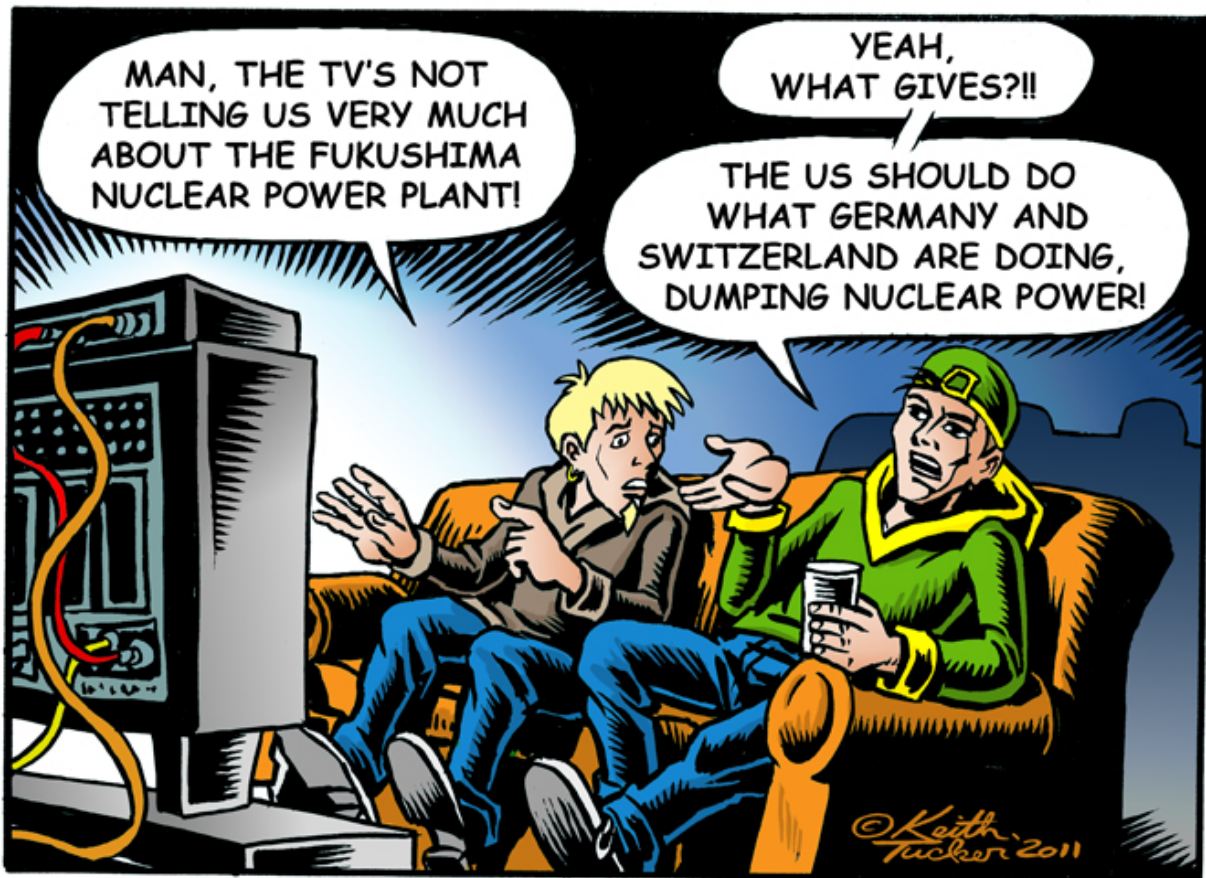
I'm hoping that if any good comes from this it is the end of the nuclear industry. Germany is now moving to close all its nuclear plants by 2023, beginning with the oldest plants first.

Make a great day,



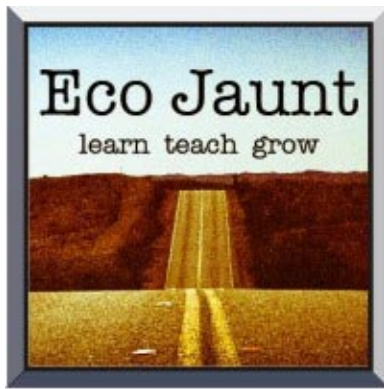
"What NOW?!!" Toons

You can't see this one anywhere but here



**"WHAT NOW?!!"**

© KEITH TUCKER  
WWW.WHATNOWTOONS.COM



## Hitting The Road For A Year-Long Summer **EcoJaunt invites you to join their adventure**

You've may have had the fantasy of being a travel writer being paid to go to exotic locales. Or maybe your dream is to be a sports reporter, and see every game of the season from the best seats. This summer Travis Stanton and Morgan Denny hit the road for their own dream, a full year of living in a converted van to visit sustainability hotspots around the country. But like travel writers they're doing more than just relaxing, they're building an informational resource that will help eco-minded individuals and communities build their own dreams. And they're even doing more than that- they're asking you to join them.

An idea the size of EcoJaunt could be daunting, but Travis and Morgan didn't jump into it lightly. First they converted their van into a mobile home and office with complete computer and AV equipment to upload their experiences on a daily basis. Then they tried out their project on a small regional scale, visiting communities and individuals who are making sustainable living a top priority. They used their experiences from these trips to create videos that are currently posted online. With the testing done they hit the road, and here's the year's travel schedule...



**January - March 2011:** Gather regional videos

**July - August 2011:** Midwest and North

**April 2011-** Odyssey begins

**September-October 2011:** Northeast

**April - May 2011:** Southwest

**November-January 2011:** Southeast and South

**June - July 2011:** Northwest

**January–February 2012:** Documentation

A BIG resource for EcoJaunt is the WWOOFing community. ([World Wide Opportunities on Organic Farms](#)) They are a loosely organized networking organization of sustainable and alternative communities who proved very eager to connect EcoJaunt with the cutting edge of sustainable living and farming. The regional

communities they have already visited, such as Mountain Village, Tiltz and Mad River, are already excited and spreading the word about EcoJaunt.

The most fun part of the EcoJaunt may be the trip itself, but the most valuable and longest-lasting part of the project will be the extensive video library that will result. Travis and Morgan hope to create an entertaining, interactive, educational video website that will spread sustainable ideas globally via the internet. They will utilize modern portable technology (cameras, laptop, internet...) to shoot and edit professional quality videos, and then set aside one day a week to edit and upload videos. By making their videos fun, they hope to inspire people to integrate more sustainable choices into their lifestyles.

So how can you get involved? While the final video library might have to wait until the end of the trip, the daily videos are already rolling in. You can follow the progress of the EcoJaunters at their website, <http://ecojaunt.blogspot.com/>. You can also support their adventure by donating directly, or by buying some of the amazing photographic art available on their website. If you can't go along, you can at least have some really cool vacation pictures.

What do Travis and Morgan hope to accomplish? Within two years, they hope that people will be making more choices based on new knowledge, communities will be implementing new ideas or improving projects already in play, and that more people will be better informed about sustainability and its importance to the world. That's a lot to ask of any project, but as the saying goes "the journey of a thousand miles begins with the first step." EcoJaunt is a bold first step towards accomplishing a very bold, very long journey.





## Don't Get Taken For A Ride **Tips for buying a NEW car on YOUR terms**

"If you know your enemies and know yourself, you will not be imperiled in a hundred battles."

*-Sun Tzu*

It may be a little extreme to view car buying as war, but as in any conflict the same rules apply. You have your own goals in the negotiation and you'll be sitting across the table from someone whose goals are diametrically opposed to yours. Sun Tzu's 2500-year-old advice might be the only real advantage you'll have, but we'd like to give you a few other pointers that can't hurt.

### **Know the battlefield**

There is a world of difference between buying a NEW car and a USED car. The vehicles you'll be looking at are radically different, as are the motivations of the sellers. Mechanical issues, financial issues, trust issues, and more will all play a part. The advice below is for buying a NEW car, so not all of it will apply to the used car battlefield. We have an article in our [Information Archive](#) called [Used Car Buying Advice](#) that will help if you find yourself going to war with a used car salesman.

### **Be Prepared**

Don't look at real vehicles before you look at them online. Write down what you want or need from a vehicle, how much you are prepared to pay to buy it, and how much you are prepared to pay going forward. Find out everything you can about the few models that interest you most. Information about reliability, performance, safety, and price are easily available online. Know the approximate mark-up of the car's sticker price, what the dealer expects as a profit margin, and what their competitors are selling their vehicles for. We have picked some of the most useful links to help on the [Buying a Car](#) page of our website.

### **Call First**

Dealers count on the emotional appeal of a new car to push you into buying. Desire can be a powerful motivator, and it's harder to walk away from a gleaming car with "new car smell" than it is to hang up the phone on a car dealer. This can work to your advantage if you call the dealer before you ever go in. Ask for their best price on the phone, but realize you probably won't get it. The dealer wants to bring you in to the showroom to put you on their turf. However, if you are lucky (or smooth) enough to get a phone quote it will almost always be lower than a quote at the showroom.

### **Negotiate the Price, never the Payment**

Many dealers negotiate cars in terms of the monthly payment, not the final purchase price. They can lower the monthly payment by extending the loan term instead of cutting the purchase price, but you'll end up paying thousands more in interest.

### **Hide Your Trade**

If you are going to trade in your existing vehicle, don't let the dealership know until you've agreed on the price of the new car. Tell them you don't have a trade-in, or that you'll be selling your old ride yourself. The reason for this is that dealers make very little profit from the sale of the vehicle itself, so they have very little room to negotiate. If they know you have a trade in, they can make it look like they're giving you a great price on your junker without actually dropping the price of the new vehicle. Once you've agreed on the new vehicle sale price, you can "remember" that you have the trade, or your "buyer" for it could fall through. Beware, though, that a dealer won't lose money on his deal. If he already cut it close to the bone with the negotiated price, he may walk away when the trade in is added. You may really find yourself selling your old vehicle, but that's what Craigslist is for.

### **Be Patient**

No one spends just a few minutes at a dealership. Car dealers are famous for making people wait ("let me go talk with my manager"). This isn't bad service, it's a sales tactic. The longer you wait, the more likely you are to just give up and sign something to get out. Knowing this, though, you can flip it around and make it work for you. Leave without buying, and you can be sure the salesman will call you to follow up. The longer you can string THEM along, the more they'll wonder if you're still going to buy, and the more likely they'll offer an even better deal. Of course, if they don't, you always know how to find them again.

### **Go Rate Shopping**

You may buy the vehicle from the dealer, but that doesn't mean you need to buy your loan from them too. Get your credit report before buying a car, and consider applying for an auto loan online or from your local bank or credit union. Take the approval letter with you and see if the dealer can get you a better rate. Just like "Hide Your Trade", though, this may mean you won't be saving much money on the vehicle itself. With the tight margins, loan interest is one of the major ways the dealers have left to make money.

### **Skip the Dealer Altogether?**

There are options that can keep you from ever stepping into a dealer's showroom at all. [Costco sells cars](#) now, and you don't even have to buy the bulk package. Also, you can contact the manufacturer of many vehicles directly and arrange for pickup at a dealer near you. Some of these options are a little more difficult than the dealer experience, so make sure you do your research first if you want to take these routes.

In the end, buying a new vehicle is a complex balance of your needs, the dealer's needs, availability, financing, negotiating skills, and more. If you're like most people you don't buy new vehicles very often, but the dealer is a pro who sells them every day. He'll have the home field advantage and you can be sure he WILL make a profit on the sale. However, knowing your strengths and his weaknesses can ensure that you'll have the best buying experience possible.



### Investigative report targets Tom Dwyer Automotive A college research paper that caught our attention

You know your day is off to a bad start when you come into work and there's a team from "60 Minutes" waiting to talk with you. A couple months ago, a gentleman called the shop about an investigative report on Tom Dwyer Automotive Services. After a few nervous moments on our part, he explained that he was enrolled in an Energy & Resource Management program at Clackamas Community College. One of his assignments was to research and interview a local business, agency, or non-governmental organization and report on their contribution to the sustainability and health (both environmental and otherwise) of the local region, and he wanted to write about our shop. Whew! Of course we were glad to sit down with him, and wanted to share the results of his investigation...

#### **TOM DWYER AUTOMOTIVE SERVICES**

Calvin Good, Investigative Report (#2), HUM/SSC 181, "Pathways to Sustainability", James Grabill, February 21, 2011

There are many businesses, agencies, and Non-Governmental Organizations (NGOs) in the Portland Metro area that are committed to the environmental and economic welfare of the region. This is one of the things that make Portland, Oregon so attractive to people who care about advancing these issues. In determining which business or agency to profile for this report, I wanted to select one that deals with an industry that by its very nature is not environmentally friendly, and see what this business has done to minimize its environmental impact. The institution of the automobile has been one of the single largest contributors to environmental decline since its invention. None the less, it certainly seems that cars are here to stay in one form or another. With automobiles, also come repairs. How responsibly these repairs are done in regards to customer satisfaction, environmental impact, and overall community support and awareness is essential. One automotive repair facility in Portland, OR stands out in its commitment to meet all of these fundamental needs, while continually striving to find ways to improve its standing, and that is Tom Dwyer Automotive Services.

Tom Dwyer Automotive Services is located at; 503 Southeast Tenino Street Portland, OR 97202. They have been in business since 1981, and have been accredited with the Better Business Bureau since September 26, 1991. They currently have an A+ rating from the BBB, and have had no complaints brought against them in the last 36 months. ([www.bbb.org](http://www.bbb.org))

**The National Institute for Automotive Service Excellence (ASE)** is a training organization for automotive repair technicians. ASE Blue-Seal Master Certified auto repair technicians are the high quality standard for the industry. All of Tom Dwyer Automotive Services technicians are either ASE Master- or ASE Blue-Seal Certified. This, in conjunction with other rigorous standards, has earned the facility the distinction of being one of only twelve ASE-Certified Blue Seal Facilities in the Portland area. Tom Dwyer currently employs 10 technicians, 4 Service Advisors, and 6 additional employees.



I spoke with Charles Letherwood, who is Marketing Director for Tom Dwyer Automotive Services, about the philosophy of the business Tom Dwyer Automotive represents. When asked about their commitment to running a sustainable, eco-friendly business, Charles stated, "Sustainability encompasses more than just environmental concerns. It also means providing the highest quality product for the customer possible. This creates customer trust, satisfaction and loyalty which in turn keep dollars invested in a local business that can then support a fair living wage for their employees. This is a cornerstone for a sustainable local economy".

There are several policies and procedures Tom Dwyer Automotive has incorporated into its daily practices that adhere to environmental responsibility. A few of these are;

- Staunch recycling of all office supplies, shop supplies, motor oil, scrap metal, vehicle fluids, filters, tires, batteries, plastics, aluminum cans, aerosol cans, and even mercury that is used in certain switches and light fixtures on some cars.
- Used parts are returned for remanufacturing or reused when possible. Shop rags are laundered for reuse to reduce waste.
- The use of biodegradable cleaning supplies, non-aerosol brake cleaner, and a solvent-free parts washer that uses steam.
- Fuel used for the courtesy shuttle is E85 Ethanol, which is a blend of 85% ethanol and 15% gasoline. Renewable fuel with fewer carbon emissions.
- Filtered water offered to customers in waiting area to eliminate plastic bottle waste.
- Employees turn off heat and lights in areas of the shop that are not in use.
- Offset carbon footprint of all shop operations including facility energy use, shuttle service, and test drives of customer cars.
- One of the few facilities in Portland to service high-tech all-electric vehicles.

These practices have earned Tom Dwyer Automotive certification by the **Pollution Prevention Outreach** program for taking extra voluntary steps to meet the most stringent environmental standards in the industry. The PPO programs' goal and mission statement is; "To provide educational messages and technical assistance in pollution prevention to citizens and businesses". ([www.ecobiz.org](http://www.ecobiz.org)) PPO is active in the greater Portland Metro area and has experts in air and water pollution, as well as hazardous waste.

Tom Dwyer Automotive Services support and work with several other organizations, both locally and nationally that foster environmental awareness and responsibility. A few of these organizations are; **Willamette Riverkeepers**, **350.org**, **Sierra Club**, and **Bonneville Environmental Foundation**.

**Willamette Riverkeepers**, founded in 1996 is a non-profit organization. They support activities that support the health and cleanliness of the Willamette River, such as trash removal and habitat restoration. The belief that the river belongs to all and should be preserved for wildlife and public enjoyment free from pollutants is what drives their cause. ([www.willamette-riverkeeper.org](http://www.willamette-riverkeeper.org))

Much like Willamette Riverkeepers, **Sierra Club** is an Organization dedicated to the preservation of natural, pollution free waterways. Its work however covers a much broader scope. Since its founding in 1892 by John Muir, Sierra Club has been a dominant force in organizing grassroots efforts to protect the natural environment from the effects of overuse by humans and harm from pollution. They remain the most influential organization of its kind in America. ([oregon.sierraclub.org](http://oregon.sierraclub.org))

The release of carbon emissions due to the burning of fossils fuels such as oil and coal is one of the gravest concerns of all environmental issues. It is believed by a great number of scientist that high concentrations of carbon emissions in the upper atmosphere due to human activity is bringing about a warming of the earth that is leading to melting of polar ice caps, rising ocean levels, and increasingly drastic weather patterns. One organization trying to combat this phenomenon is **350.org**. They are instrumental in organizing demonstrations and rallies in over 181 countries around the world to bring attention to the issue of climate change. Their "Global Work Party" was held around the world to inspire people to dig community gardens, install green energy projects as well as send messages to political leaders to

commit to carbon reduction policies. The “350” in the groups title refers to the parts per million of carbon in the upper atmosphere that is considered the maximum safe limit by leading scientist. We are currently at 388 ppm. The goal is to bring it below 350 ppm. ([www.350.org](http://www.350.org))

One of Tom Dwyer Automotive Services crowning achievements, which began in 2007, is their **Carbon Neutral Program**. This program was started in partnership with **Bonneville Environmental Foundation**. The goal of a program like this is to help offset carbon emissions created by the use of fossil fuels and electricity by a business or industry. In this case, offsets are achieved through customers purchasing carbon credits for their vehicle. An annual fee is charged that is in direct correlation to the amount of emissions it produces. For example, hybrid cars pay \$60, most non-hybrid cars pay \$100, and gas-guzzlers pay \$180. ([tomdwyer.com](http://tomdwyer.com)) Money from this program goes to support the development of clean, renewable energy projects that result in a low carbon footprint, as well as the elimination of industrial and agricultural pollutants. Other perks that come with the purchase of carbon credits from Tom Dwyer Automotive are a Free Comprehensive Vehicle Inspection (\$150 value). This gives customers a chance to do something good for the environment as well as develop habits to curb future emissions. ([tomdwyer.com](http://tomdwyer.com)) As of January 2011, they have offset 1.4 million pounds of carbon emissions with the CNP. Quite impressive.

**Bonneville Environmental Foundation** is a Portland, OR based national non-profit organization that supports the development of clean, renewable energy sources and all products that relate to it. Founded in 1998, BEF had a large role in developing the voluntary carbon offset market used by business and industry such as Tom Dwyer Automotive uses for their CNP. All of BEF's Products are **Green-E** certified. Green-E is an independent consumer protection program that certifies greenhouse gas mitigation products. ([www.b-e-f.org](http://www.b-e-f.org)) ([green-e.org](http://green-e.org))

Few industries can benefit from dedication to environmental well being more than the auto industry. With cars causing such concern for the future of the planet, especially in regards to carbon emissions, it almost seems an impossibility that things will improve as long as they are still around. This is what makes a business such as Tom Dwyer Automotive Services so essential. Their ASE certified staff is highly trained to curb carbon emissions from customer vehicles as much as possible, all the while providing a high quality service that creates loyalty to an ethical business model. Being one of the first in the industry to voluntarily reach out to work with local and national non-profit groups that promote environmental and sustainable causes, shows the level of commitment that Tom Dwyer Automotive has in doing what is right. To champion progressive causes in an industry that is as slow to come around as the auto industry, takes vision and leadership. Tom Dwyer Automotive Services can be held up as a model of sustainable and ethical business practices that the entire auto repair industry needs to emulate.



## Shop Talk- Planning for summer trips makes a difference.

(Note: We ran this article in last month's Shop Talk, but so far in June we've had a surge of people getting their cars serviced and leaving on a trip the next day. When we're trusted with their vehicles we make sure they're safe and ready, but the article below will tell you why waiting till the last minute can lead to problems. With the summer driving season here, we thought this article was important enough to run again. If you missed the first time, please check it out this time!)

Summer driving season is on the way, and you may be one of the many people who are planning at least one summer road trip. If you are, you're probably also planning on having your vehicle checked before you hit the road. That's a good idea, but there can be potential problems with having service done on your vehicle under a tight schedule or just before a big trip. A little planning can make a good idea even better.

**Call well before you need the actual work done.** There can be scheduling problems if you wait until you're ready to go before having your vehicle serviced. We recently had a client who called on Wednesday to have his vehicle serviced Thursday for a Friday trip. Our calendar was booked, and we unfortunately weren't able to help him in that instance. We are frequently scheduled 2 or 3 days out on our appointment calendar, and sometimes even farther in the busy summer months.

Another issue with must-deliver-that-day deadlines is that there is no room if anything goes wrong. Suppose we find the leak that's going to leave you stranded, but it's a two-day repair? There's no time to fix it, much less fix it right. Suppose your plasma deregulation valve is broken, and the nearest replacement has to come from Seattle? Now your car is up on the rack and your vacation plans are changing in a way you won't like. Please, make sure you call us with enough time to do your vehicle service right to meet your needs!

**Leave time to ensure the repairs were done right.** Sometimes a vehicle can be in for repair, but the original problem might not be fixed correctly or a new one may develop. The resulting breakdown is extra frustrating, and not something you want to experience on vacation. Sometimes the parts used in a repair can be defective, but the fault might not show for several days. For example, a replacement alternator may test OK and work fine for days and then fail. Also, there's also the potential we could make a mistake. At Tom Dwyer Automotive Service we work hard to insure this possibility is remote (and if it does our warranty covers you nationwide) but we really don't want you to spend your vacation getting being towed into a new town and tracking down a repair shop. Be sure to have your work done with time for a good local road-test before heading out of town.

We take in emergencies and break downs without an appointment at any time, but if you have the option you should always schedule as far in advance of your departure date as practical. Having your vehicle serviced 7 to 10 days before a trip would be a good goal. You planned the trip way in advance; plan to have the vehicle serviced way in advance too. When scheduled in advance you'll get the appointment you want, there's ample time for parts procurement, services can be completed without pressing deadlines, and you'll have time to confidently test your vehicle long before you're ready to actually hit the road.



## Health Notes-

Our country has been manipulated into a nation of drug users

Adapted from an article by Dr. Joseph Mercola; <http://www.mercola.com>

From 1992 to 2002, the number of prescriptions written increased 61 percent and the number of prescriptions written for opiates increased by almost 400 percent. According to the latest [statistics from the Kaiser Health Foundation](#), the average American, aged 19 to 64, now takes more than 11 prescription drugs!

This is a significant problem, which is the exponentially increased health risk of mixing multiple drugs. The word 'polypharmacy' means "many drugs," and essentially refers to instances where an individual is taking too many drugs. This situation used to be primarily a concern for the elderly—in the US, the [average senior fills more than 31 prescriptions per year](#). But over the past several years, even children as young as three are increasingly being prescribed four or more drugs!

This brings up another problem, as the more drugs you mix together, the greater the chances of serious side effects. People (of all ages) taking [psychiatric drugs appear to be particularly prone to polypharmacy](#), which is particularly disturbing since each and every one of these drugs are quite potent and potentially dangerous when taken all by itself.

### **You are Responsible for Your Health**

You need to force change the current drug paradigm. I don't think doctors will change their prescribing ways anytime soon—it's what they're trained to do. In many cases, it's ALL they do! You have to take responsibility for your health, and question the drugs prescribed to you. Ask yourself (and your doctor)

- Do you really need that drug?
- Is it prescribed appropriately, or is it being prescribed for an off-label use?
- What are the side effects?
- Is it addictive?

These are but a few of the most common-sense questions you need to ask before you swallow any pill.

### **Prescription Drugs Cause More Deaths than Illegal Drugs**

In addition to exorbitant health care costs for drugs and their subsequent side effects, the cost in terms of lives has also skyrocketed. Opioid painkillers alone — opium-like drugs that include morphine and codeine — now claim more than 13,800 lives each year. This means prescription painkillers have surpassed both heroin and cocaine as the leading cause of fatal overdoses.

More than [700,000 people visit U.S. emergency rooms each year as a result of adverse drug reactions](#).

According to the U.S. Food and Drug Administration (FDA), adverse drug reactions from drugs that are [properly prescribed and properly administered cause about 106,000 deaths per year](#), making prescription

drugs the fourth-leading cause of death in the U.S. The death toll from illegal drugs -- is about 10,000 per year -- indicating the magnitude of the problem the pharmaceutical industry is propagating.

#### **A Very Real Side Effect: a 25 Percent Chance of Premature Death**

Three years ago, an [analysis of federal data by the nonprofit Institute for Safe Medication Practices \(ISMP\)](#) offered up some truly shocking information. In the first quarter of 2008, fatalities from adverse drug reactions accounted for 23 percent of all adverse reaction reports!

#### **There are NO Absolutely Safe Drugs**

A clear majority of people have been successfully brainwashed into thinking that FDA-approved drugs can safely and effectively treat every possible ailment under the sun.

Unfortunately, studies are frequently biased, [results are skewed](#), and drugs are put on a fast-track to be approved long before anyone knows whether they're safe. In essence, it's all a gamble, and there are NO 100 percent safe drugs.

#### **Should You Medicate or Not?**

Ultimately, it's *your* body, and the decision to medicate yourself for an ailment is yours alone.

However, I urge you to research any drug your doctor prescribes before you take it. Do not just take your doctor's word for its safety. Most physicians have little information to offer you aside from what they've been told by their [drug reps](#). Make sure you are aware of the potential side effects of the drug, read the package insert, and remember that even if it lists a side effect as rare, it can still happen to you. Then decide whether the potential benefits truly outweigh the potential risks. Also remember that a large number of drugs are vastly over-prescribed and unnecessary.

#### **What is Health?**

What does "health" mean to you? Does your idea of being healthy include taking a dozen medications or more? If you make drugs a *last* option instead of a first choice, you will have taken a major step in the right direction. "Health" does NOT equate to "suppressing symptoms of disease." Rather, true health means having a body that actually functions as it should... And the only way to get there is by addressing the root causes of any symptoms of disease you may have—not covering them up with a drug. The "problem" with this mindset, however, is that the medical- and pharmaceutical industries can't make any money through this strategy. If you get rid of the underlying cause of a disease, you effectively cure it and all symptoms go away. If you have no symptoms, there's no reason to take medications to suppress those symptoms.

People take drugs in the belief that they're doing something beneficial to their health when in fact there's not a single drug on the market that is designed to cure anything. The only thing a drug can do is address a particular symptom or set of symptoms. And, if you don't address the root cause, your problem *never goes away!* This is how you get stuck in the mindless never ending loop of polypharmacy.

#### **Basic Health Strategies that Can Address a Large Number of Health Problems**

There are many health conditions that can be prevented or effectively treated with lifestyle changes alone, yet if you go to a typical doctor, you'll walk out with one or more prescriptions. Examples of health problems that typically don't require drug intervention include: [Diabetes](#) , [Heart disease](#), [High blood pressure](#) , [High cholesterol](#), and [Insomnia](#). I realize it may require a massive shift in thinking to realize that your body can heal itself, and that drugs typically only hinder the process. But I can't stress enough the importance of this most basic principle:

*Disease can only be resolved by addressing its root cause!*



What many people fail to realize is that it is possible to maintain optimal health by simply avoiding unnecessary drugs and by understanding the fundamentals of good nutrition and exercise. Remember you can Take Control of Your Health by:

- [Eliminating fructose and most grains](#)
- Eating unprocessed, high-quality foods, organic if possible, right for your [nutritional type](#)
- [Eating your food as close to raw](#) as possible
- Consuming enough [omega-3 fats](#)
- [Exercising regularly](#)



## Drew's Kitchen **Roasted Herbed Chicken**

Summertime is grill time, and here's a recipe that will be as welcome on the grill as it will be in your oven.

### *Ingredients:*

1 1/2 – 3lb. broiler-fryer chicken	3 cloves garlic, minced
2 Tbsp. butter	1/4 tsp. salt
3 Tbsp. lemon juice	1/4 tsp. pepper
1 tsp. dried thyme, crushed savory or sage	

### *To grill directly:*

- Rinse chicken; pat dry with paper towels. Tie legs to tail and twist wing tips under back.
- Melt butter; stir in lemon juice, herb, garlic, salt and pepper. Brush onto chicken.
- Grill until no longer pink. Brush occasionally with remaining herb mixture during the first 45 minutes. If desired, garnish with fresh thyme.
- Serves 4 to 6.

### *To grill indirectly:*

- In a covered grill arrange medium-hot coals around a drip pan.
- Test for medium heat above the pan. Place poultry, breast side up, on the grill rack over the drip pan but not over the preheated coals. Lower the grill hood.
- Grill for 1 to 1 1/4 hours or until no longer pink and the drumsticks move easily in the sockets. Add more coals to maintain heat as necessary.

### *To roast:*

- Place chicken, breast side up, on a rack in a shallow roasting pan.
- Roast, uncovered, in a 375° oven for 1 1/4 to 1 1/2 hours or till no longer pink and the drumsticks move easily in their sockets.



## Sellwood Bridge Update

### Looking forward after the Clackamas vote

Last month's vote by Clackamas on the Sellwood Bridge funding measure was a blow, but the Bridge Replacement project is slowly grinding on. We went to an informational meeting held at SMILE (Sellwood Moreland Improvement League) in which the County explained the current state of the project to interested neighborhood members. Here's some of the notes...

- The meeting was hosted by Mike Pullen, the public affairs coordinator for Multnomah County. Mike's been on the project since the beginning, keeping everyone posted on progress. Representatives from the construction contractors were there as well.
- The \$22 million from Clackamas County was a one-shot possibility, and it almost certainly won't be revisited. Funding breakdown is as follows...
  - \$127 million - Multnomah County VRF (\$19 per year vehicle registration fee)
  - \$80 million - City of Portland (new revenues from the Oregon Jobs and Transportation Act)
  - \$30 million - State of Oregon (Jobs and Transportation Act) for Highway 43 interchange
  - \$11 million - Previously secured federal funds remaining after planning phase
  - ~~\$22 million - Clackamas County VRF (\$5 per year vehicle registration fee)~~
  - \$20 million - Federal funds (requested)
- The County will continue with the bridge replacement despite the loss of the Clackamas County money. They are too far along, and the bridge replacement is too important, to stop.
- Bridge project timeline is as follows...
  - Planning- 2001-2009
  - Design and Preparation- 2010-2011
  - Construction- 2012-2015We are currently on track with this schedule
- Here are some of the things coming up through the summer...
  - June- County will be asked to approve construction and land-use permits and to pick the option for the detour bridge (more below)
  - Summer- Final permits will issue. County will execute purchases of land for project. Late summer/fall range will see 60% design completion
- Moving into Fall and Winter, here's what to expect...
  - Final funding in place from all sources
  - In-water construction begins December 2011, continues through July 2012
- The original construction plan called for building the new bridge while the old bridge remained open. The idea was to build the south half of the bridge while traffic was routed onto the north lane of the existing bridge. Then, when the south part was complete, traffic would be routed onto the south part while the north half of the bridge was built. When the north part was complete, a closure would occur while the old bridge was removed and the two new halves are seamed together. There were several problems with this approach

Both the southern and northern halves need to be strong enough to support the traffic flow while the other half is built. This essentially means building two bridges.

Temporary work platforms need to be constructed on both sides of the bridge. This means more in-water work (with the associated environmental damage) as well as expense.

Construction crews would be exposed to increased danger while in close proximity to the traffic flow

- The new plan, the "Shoo Fly" option (See our [April Sellwood Bridge Update](#)), relieves many of these problems. In the Shoo Fly, temporary supports would be built 40 feet north of the existing bridge. Then, the existing bridge would be cut and slid over onto the new supports to be a temporary bridge while the new bridge is constructed in its final position. The old bridge and temporary supports would be destroyed when the new bridge is complete. This has several advantages over the original plan.

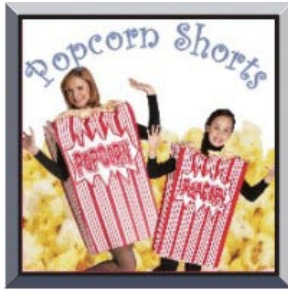
It would be a much faster technique, resulting in time savings (good for the neighbors) and cost savings (good in light of the Clackamas shortfall). Using the Shoo Fly technique could cut ONE FULL YEAR off the final construction time.

It wouldn't require construction of the temporary platforms, again resulting in time and cost savings and less environmental impact.

There would be less danger to the construction crews because they would never be in the traffic flow

- Of course, the Shoo Fly comes with its own set of problems. In this case, it has to do with the temporary approaches that would be required to access the relocated Sellwood Bridge while the new one is built. The County Commissioners will decide between the competing Shoo Fly options later this month.
- Along with our concern as a Sellwood neighbor, you might imagine we have some concerns as the one of the closest businesses to ground zero. We asked the contractors what steps they will be taking to ensure that our clients have continued easy access to our shop. They said they would be taking extra care, operating so closely to homes and businesses, to keep the access clear.
- There will be closures of the bridge, although they will be brief and sporadic. The contractors said that a well-informed public is an easy public to work with, so on all their projects they make sure that they are in constant communication with anyone who may be affected by their work. They promised to give us (and everyone else) at least a 1-week notice before a closure.
- One idea we brought up was a real-time web cam positioned to see the bridge during construction. One of the contractors said this was now standard-operating-procedure for all their projects, so you can expect one for the Sellwood. It will have a feed to the County's project website, and we'll have a link on ours as well.

We know that the Bridge project is critically important for the safety and development of the whole region. We also know that it will be inconvenient for our clients and ourselves while it's being built. As the construction gets closer, we'll continue to keep you updated so you know how it will affect you. We're also considering several things we can do minimize the impact for our valued clients. We'll be asking you for input on our ideas, or any you might have yourself, in the months to come. Until then, watch this space for the latest on our shabby neighbor!



## Popcorn Shorts

Cool and important stuff that's too short for a big article

## Sellwood Riverfront Park Concerts start in July



Now that the weather may actually be changing, it's time to think about the beautiful summer evenings. In Sellwood, that means the [Sellwood Riverfront Park Concerts](#). Here's this year's lineup...

**July 11-** TooLoose Cajun/Zydeco Band (Louisiana dance tunes)

**July 18-** La Descarga Cubana (incendiary Havana salsa)

**July 25-** Soul Vaccination (hot soul & funk)

**Aug 1-** The Strange Tones (sonic blues)

We'll be there with our booth again this year, so stop by and say Hi. And, because it was so successful last year, massage therapist [LISA COLLINS](#) will be back to give **FREE 10 MINUTE MASSAGES!** Can you think of a better way to spend the evening?

## Free Carwash Season Is Going On Now



[Wash](#). Don't miss out, come in today!

Beautiful evenings aren't the only thing that summer brings. The dry weather will bring the dust back to our parking lot. We wrote an [article explaining why we don't pave the lot or wash cars](#), but our solution to the problem is Free CarWash Season from May 15 to September 15. Bring your car in for service (minor services like oil changes don't count) and pickup a free coupon for a car wash at [WashMan Car](#)

## The Green Thing



These kids today... they think they know everything. Now that environmental consciousness is hugely important to children and teens, they think that everyone else needs to be educated. That may be true for many people, but as this short-but-funny story shows maybe what we need to be educated on is the environmental aspects of what people have been doing for many, many years.



## **Ta Ta Transparency**



*(from Willamette Week)* Oregon is one of only four states that allow unlimited political donations from any person or group. The public's only counterweight is Oregon's campaign finance reporting system, which is one of the most transparent in the country. Of course, it's now under fire from the State Legislature. SB270a, which has passed the Senate and is currently being considered by the House, would slash many of the penalties that make our finance reporting system work...

## **Simple App Lets You Take Money From An East Coast Banker's Pocket**



In 2010, Tom Dwyer Automotive was a proud supporter of Move Your Money Day, an event which encouraged people to move their money from out-of-state corporate banks to local banks and credit unions. This would keep the capital and interest working for us locally. It's been over a year, and if you haven't moved your money yet what are you waiting for? Here's an app that makes finding a LOCAL credit union or bank quick and easy. Just input your zip code and you're off!



## News To Make You Furious Drinking the Monsanto Kool-Aid

Monsanto is one of the largest producers of genetically modified seeds in the world. India, the second most populous country in the world and constantly plagued by hunger, is an obviously attractive market. Match made in heaven? Not exactly. Monsanto targeted its patented BT Cotton seeds (genetically modified to resist pests and disease and including a terminator gene that requires yearly purchase of new seed) to the poverty-stricken illiterate rural farmers of India. Heavy ad campaigns convinced the farmers to take out loans at extortionate rates to pay for the seeds, which cost 1000 times more than conventional varieties.

The first problem occurred when pests and disease destroyed much of the crop that was guaranteed to be pest-and-disease resistant. "No matter," said Monsanto, "our **BT 2** seeds will be much better! Please buy some now!" The second problem occurred when the crops failed because of lack of irrigation. It seems that **Monsanto neglected to mention that their seeds required up to 50 TIMES the water of natural varieties, and** on a rigid schedule. This was an insurmountable problem for rural farmers without artificial irrigation systems who depend on rain to irrigate their crops.

Thankfully, Monsanto was able to weather the massive crop losses. The Indian farmers were not so lucky. Faced with the loss of everything they had, and looking at families condemned to a life of begging with no way out, a wave of suicides has been sweeping through the Indian farm belt.

The predominant method of choice? The same insecticide that proved so useless on the Monsanto cotton.

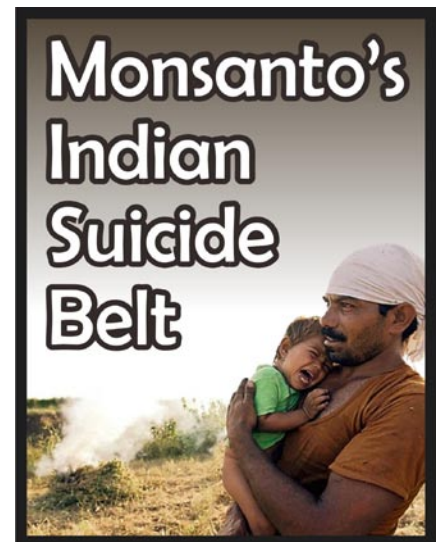
[Copy of article](#) from Hindustan times (Includes graph of suicide rates) Pradip Kumar Maltra

[The GM genocide: Thousands of Indian farmers are committing suicide after using genetically modified crops](#) Andrew Malone, Nov 2008, DailyMail.UK

[Seeds of Suicide- India's Desperate Farmers](#) Frontline report, video, July 26, 2005

[The Farmer Suicide Belt of India \(Includes Video\)](#) May 8, 2009 at 06:25 am, NowPublic

[Blog from Kishor Tiwari](#), GM Suicide Activist/Advocate



[250,000 farmers have committed suicide and chemical-intensive methods have devastated the land Now India's poorest women are growing a quiet revolution: Seeds of hope](#) 15 May 2011, Herald Scotland

[Bhumi Vardaan Foundation](#), Founded by Prince Charles to help small farmers convert to organic produce by providing training facilities and marketing support in India and overseas.

[Farmer suicide belt makes a killing \(Includes Video\)](#) Updated Jun 10, 2007 at 01:14pm IST; Piyush Pushpak, CNN-IBN