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Get 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

Hail Grover!

Greetings!

Like you, I've listened in frustration to the myopic "debate" concerning the debt ceiling. The only goal I've heard clearly expressed is that we've got to slash spending to get our budget balanced, but the effects of that "balanced" budget are pretty hazy. One person who **has** expressed a clear vision of government is Grover Norquist, the Republican kingmaker who says he wants to "shrink government to the point where it can be drowned in a bathtub."

Grover **commands** Republican candidates to sign an oath of allegiance to oppose tax increases. Not to oppose bad programs, or to work toward a balanced budget, or to cut wasteful spending, but to oppose all tax increases, in all cases, however necessary, whatever the cost. And these candidates either sign the pledge or they find themselves facing a primary candidate who will.

Here's the oath sworn by House and Senate representatives...

I do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter: So help me God.

See anything about Grover Norquist in there? Me neither.

We borrowed the money for millionaire welfare in the form of tax cuts, unnecessary wars, Medicare part "D" give-aways and bailouts for the richest in our society, and now the Republican leadership wants to repay it on the backs of the poor and working class, gutting promised benefits and needed social programs. Our budget will never be balanced by cuts alone. The reality is we have a revenue problem **and** a spending problem. Responsible representatives must **balance** those two needs based on the interests of the people.

If your goal is a society that works for the vast majority of the people and lives within its means, that's a very complex task requiring creativity, flexibility, and the ability to make tough choices. If your goal is to drown government and the weakest of our society in a bathtub, then it's as easy as signing a pledge.

The actual governing of a society is always more complicated than the "two word culture" we live in, regardless of what Grover would have us believe.

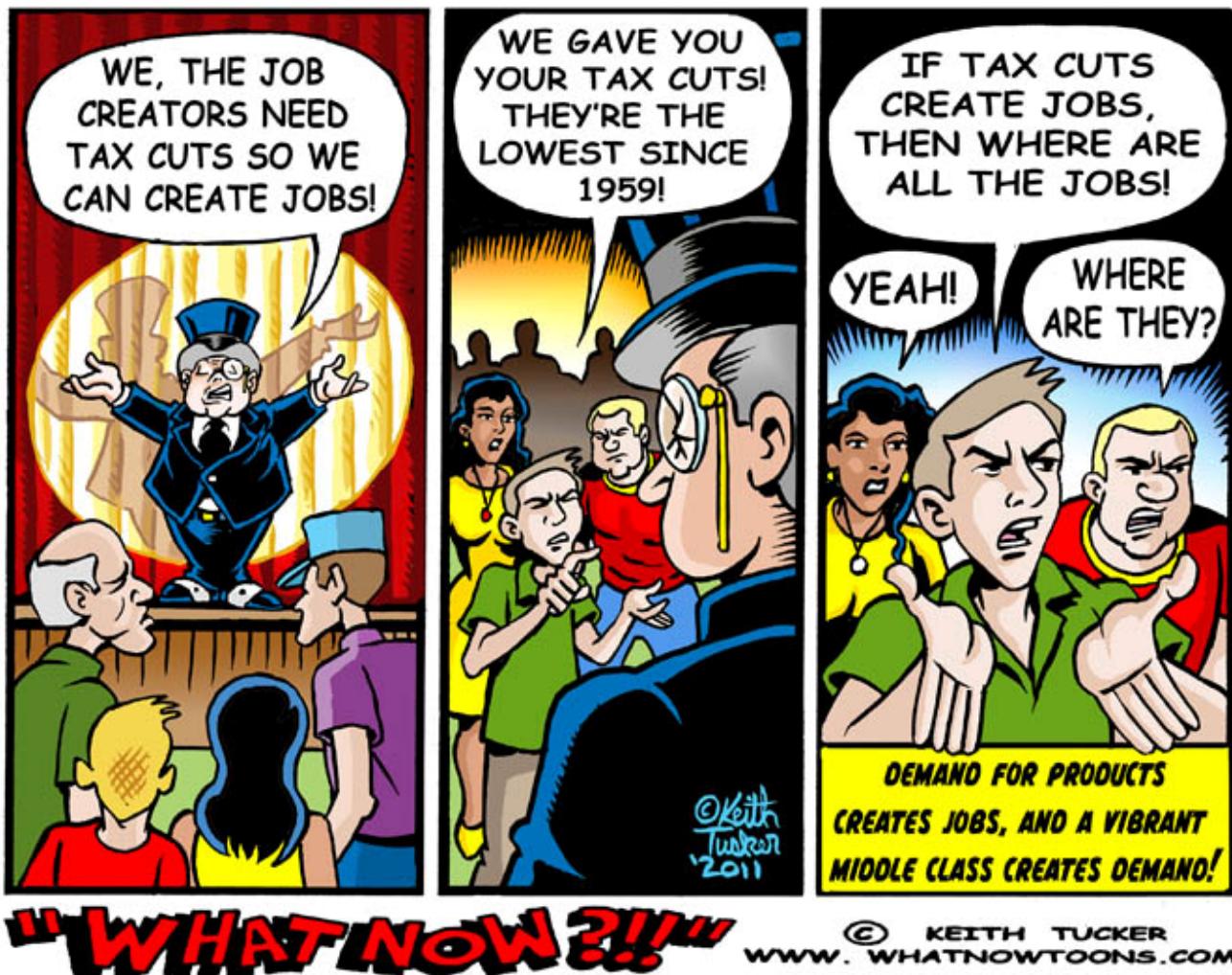
Make a great day,

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



"What NOW?!!" Toons

You can't see this one anywhere but here



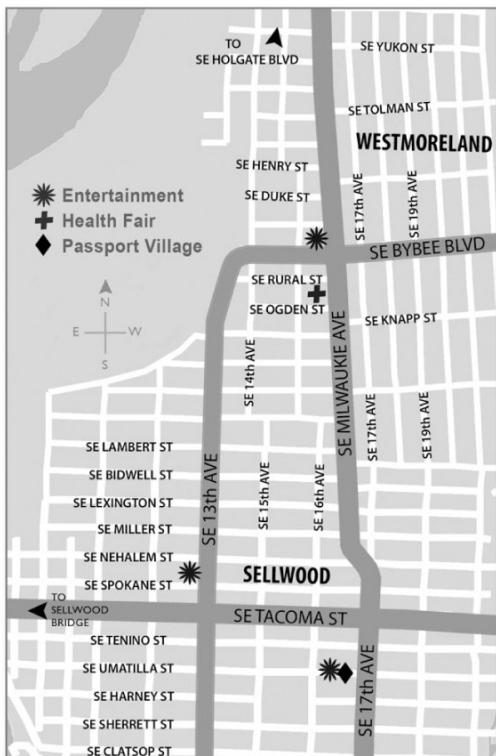
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www.whatnowtoons.com



Free Fun in Sellwood

5th Annual "Passport to Sellwood" Event

Our Sellwood/Westmoreland neighborhood is a wonderful place to live and do business. Even in a city known for its strong neighborhoods there's a special warmth and vibrancy that sets Sellwood apart, but this weekend, August 6th, you can expect even more. This weekend brings the [5th Annual "Passport to Sellwood"](#) event, a day filled with food, music and dancing at three stages, new discoveries, people finally getting out to enjoy the summer weather, and **THOUSANDS OF DOLLARS IN VALUABLE PRIZES!**



The centerpiece of the Passport event is the passport booklet itself, which you can get at just about any business in Sellwood. Now the fun begins... take the passport to any business in the area and get it stamped (no purchase required). The more stamps you get, the more prizes you can win!

- If you collect **10 stamps**, you can enter a **drawing for gift certificates** at over 100 neighborhood businesses.
- Getting **stamps from 16 or more businesses** bumps you to the next level, where you can enter **drawings for one of FOUR grand prizes**, including two nights for two at The Resort At The Mountain!
- The person collecting the **MOST stamps** wins a special **prize package worth \$900!**

Along with the festivities in the main business district, there are two other places you ought to know about...

- The **Passport Village** gives you a chance to meet some of the people and businesses who are outside the main walking area of Sellwood. Look for the big inflatable Oregonian Puppy, and listen for the music coming from the Passport Village stage all day.
- The **Community Health Fair** (from 10a-2p)brings you together with all the health and wellness businesses hidden throughout the neighborhood. Get FREE health screenings, \$5 bike helmets, music, a water slide, a teddy bear clinic, farmers market booths, and more.

Now, Passport is going to be fun no matter what, but we want all our Tom Dwyer Automotive clients to know the inside tips that will really push you over the top. Don't tell anyone, but...

- You get ONE passport stamp for going into any of the participating businesses, but there's a list of restaurants, cafes, and food carts in the Passport event brochure that will give you and **EXTRA STAMP** with a purchase.
- You can pick up **11 STAMPS** at once at Passport Village, where all the businesses represented there will gladly stamp your passport.
- Hidden throughout the neighborhood are 3 "Kaboom" stamps, worth **3 STAMPS** each. We can't tell you where they are (because we don't know) but many people won't know they exist at all.



That's all the basics but you can get more info on how to play, a list of all the participating businesses, and a list of all the prizes when you get the [Passport To Sellwood flyer](#) from the [Sellwood Westmoreland Business Alliance website](#), or when you pick up your copy on the day of the event. We hope to see you there, and GOOD LUCK!

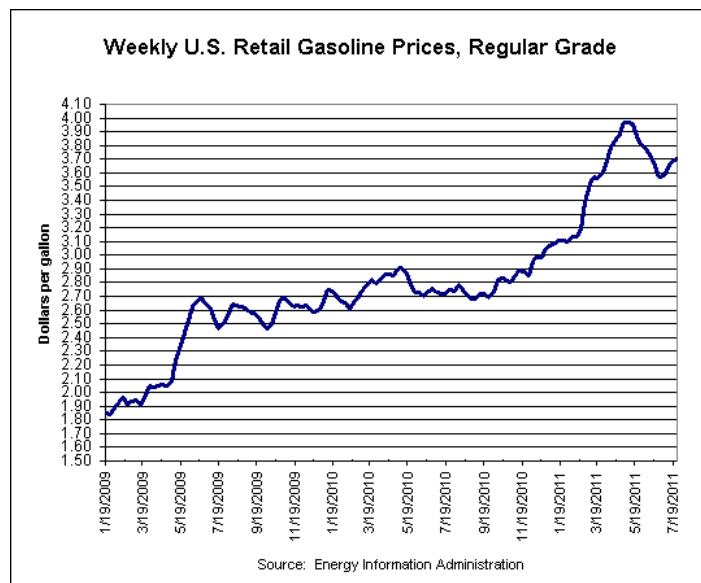


19 Gas Saving Tips

Simple tricks to stretch your gas dollars

Wow. Take a look at this graph. It shows the trend of the weekly average price of regular gas across the country. Is it any wonder that we're trying to squeeze the last pennies out of our tanks?

When clients ask us what they can do to maximize their mileage, we have one major piece of advice... keep your vehicle in top running condition. That means major things like keeping your engine in top shape, but also little things like keeping your tires properly inflated. But everyone always wants the inside scoop as well, the golden bullet that will make their SUV get 60mpg. There isn't one, but here is a list of tips culled from various sites around the web. The ones with numbers come from the New Hampshire Department of Environmental Services and www.fueleconomy.gov, and are based on \$2.91/gal gas. (Remember when that seemed expensive?) Some tips are from less rigorous sources and others are pretty unconventional, but put them all together and you'll know you're burning the fewest dinosaurs you can.



And that savings isn't just good for you... every gallon of gas burned contributes over 20 pounds of carbon dioxide, one of the greenhouse gasses that causes global climate change. Increasing fuel efficiency also reduces dependence on foreign oil, which currently pumps over \$2 billion a week out of the US economy.

Start with a fuel efficient vehicle

Selecting which vehicle to purchase is the most important fuel economy decision you will make. The difference between a car that gets 20 mpg and one that gets 30 mpg amounts to \$728 per year (assuming 15,000 miles of driving annually). If you're not in the market for a new car, and are a multiple car family, the simplest way to get better fuel economy might be to drive your most fuel-efficient vehicle more of the time.

Keep engine properly tuned

Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4.1 percent, though results vary based on the kind of repair and how well it is done. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent. **Cost Savings:** 12 cents/gallon

Avoid idling

Idling gets zero miles per gallon. Letting your vehicle idle for more than 30 seconds uses more gas than shutting it off and restarting. Don't start your car until you are ready to go, and keep winter engine warm-ups to about a minute. Avoid other warm-ups altogether if you can. The engine actually warms up more quickly once the car is operating, and will stay warm after stopping. Avoid drive-up windows – park and go inside instead. **Cost Savings:** 1.46 cents/gallon for every three minutes you avoid idling.

Keep tires properly inflated

More than one-quarter of vehicles are driving on deflated tires, and the average under-inflation of 7.5 pounds causes a loss of around 3 percent. Properly inflated tires are not only more efficient, but they're safer and last longer. Check pressure in all four tires every two weeks with an accurate, hand-held air pressure gauge. **Cost Savings:** 8.73 cents/gallon.

Keep your tires properly aligned

Poor alignment not only causes tires to wear out more quickly, but also forces your engine to work harder. **Cost Savings:** 29.1 cents/gallon.

Check and replace air filters

Your car's air filter keeps impurities from damaging the inside of your engine. Not only will replacing a dirty air filter save gas, it will protect your engine. Nearly one in four cars needs an air filter replacement. Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent. **Cost Savings:** up to 29 cents/gallon

Use recommended grade motor oil

You can improve your gas mileage by 1 percent to 2 percent by using the correct grade of motor oil (located in the owner's manual or on driver's side door). Also look for motor oil that says "Energy Conserving" on the American Petroleum Institute performance symbol to be sure it contains friction-reducing additives. **Cost Savings:** 3-6 cents/gallon

Drive smoothly and sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Avoid jack-rabbit starts and stops, and drive at a consistent speed once you're moving. Riding with your foot on the brake pedal will not only wear out brake pads but can also increase gas consumption by as much as 35%. **Cost Savings:** \$0.15-\$0.96/gallon

Observe the speed limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph. Each 5 mph you drive over 60 mph reduces

fuel economy by about 5 percent. Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas. **Cost Savings:** \$0.20-\$0.67/gallon

Use Cruise

Cruise control is a great tool, and it keeps the accelerator pretty steady. Use it on long stretches of land, whether in town or on the highway.

Use GPS

Nothing wastes gas like getting lost. Use GPS devices or smartphones to help find efficient routes, in single or among multiple destinations. If not, plan a route with Google Maps beforehand.

Minimize drag

Drag and weight reduce fuel efficiency. Using roof- or rear-mounted racks, driving with the windows open at higher speeds, and carrying heavy loads increase vehicle drag. Reduce aerodynamic drag and improve your fuel economy by using a removable rack and placing items inside the trunk whenever possible. Washing and waxing your car also makes a smooth, aerodynamic surface and increases efficiency. It may not sound like it would help much, but it's why swimmers and bicyclists shave their legs.

Remove excess weight

Avoid carrying unneeded items, especially heavy ones. An extra 100 pounds in the vehicle's trunk reduces a typical car's fuel economy by about 2 percent. Don't forget the junk in your own trunk counts, too! Getting into a health club and dropping pounds will actually increase your gas mileage, so there's one more motivation to be healthy. **Cost Savings:** 4.37 cents per gallon (assuming 100 pounds of weight removed, whatever the source).

Go for the shade

The hot summer sun that makes the inside of your car feel like a sauna also zaps fuel from your gas tank. "If you let your car bake in the sun there's going to be a greater amount of evaporative emissions that take place than if you park in the shade," says Jim Kliesch, at the American Council for an Energy-Efficient Economy. Park your car in the shade of a building or tree whenever possible. And buy a good windshield shade. A windshield shade blocks sunlight and helps to keep heat out of the inside of your car.

Check Your Gas Cap

It's estimated that nearly 17% of cars on the road have broken or missing gas caps. What's the big deal? Escaping fumes not only hurt fuel economy but release smog-causing compounds into the air. Loose, missing or damaged gas caps cause 147 million gallons of gas to evaporate each year, according to the Car Care Council. Avoid air pollution and improving fuel mileage is as easy as replacing a bad gas cap. **Cost Savings:** 1.46 cents/gallon

Don't top off

Don't bother topping off when filling your car's gas tank. Any additional gas is just going to slop around or seep out. Why waste your money paying for gas your car won't use? Stop pumping at the first indication that your tank is full when the automatic nozzle clicks off.

Think Locally

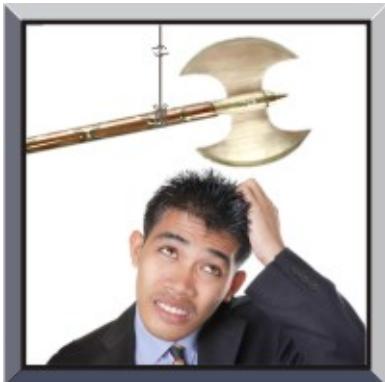
Find alternatives to activities that are more than 10 miles away, preferably ones that you can walk or bike to. Learn to love your neighborhood and your town.

Consolidate trips

Combining errands into one trip saves you time and money. Several short trips taken from a cold start can use twice as much fuel as a longer multi-purpose trip covering the same distance when the engine is warm. With a little planning, you can avoid retracing your route and reduce the distance you travel as well. You'll not only save fuel and reduce wear on your car, but you'll save your valuable time as well.

Just stop driving and sell your car

This may be the hardest to start doing, but can really get addictive and is definitely the biggest winner in gas-saving. Walk, bike, skateboard, or use public transport for local trips. If you have to have a car for long trips or hauling, think about renting, car-sharing, carpooling, or taxis.



Student Loan Hanging Over Your Head?

Client tells us about new program to reduce student loan debt

We have a wide variety of clients on our Courtesy Shuttle, leading to conversations on a wide variety of subjects. If you are one of the many people with high student loans then you'd probably be interested in one of Jeff's recent talks with a client who told him about Income Based Repayment (IBR) and Public Service Loan Forgiveness (PSLF), programs that can radically drop the amount that you eventually repay.

Income-based repayment is not the same as income-contingent repayment, but they are similar. Both cap the monthly payments at a percentage of discretionary income, but they use different percentages and different definitions of discretionary income. Income-based repayment is available for both the Direct Loan program and the federally-guaranteed student loan program, without doing loan consolidation. It caps monthly payments at 15% of monthly discretionary income (the difference between adjusted gross income and 150% of the federal poverty line that corresponds to your family size and your home state.) There is no minimum monthly payment.

As an example, consider a single person earning \$30,000 a year with \$40,000 in federal student loans. Using the 2009 poverty line of \$10,830, the monthly payment cap under IBR would be \$171.94 a month. This compares with \$319.50 under income-contingent repayment \$277.63 under extended 25-year repayment and \$460.32 a month under standard 10-year repayment.

The maximum repayment period is 25 years. After that, any remaining debt will be forgiven. Under current law, the amount of money written off is treated as taxable income, so you'll have to pay income tax on it 25 years from now. But can be well worth it for students who want to go into public service where low wages might not cover student loans.

Public Service Loan Forgiveness forgives debt after 10 years of eligible employment and qualifying loan payments. During the 10 years, it can be combined with IBR to keep the loan payments affordable.

Of course it's much more complicated than we can outline in four paragraphs, and there are downsides and qualifications. Here are several websites that can give you the information you need to see if IBR or PSLF is right for you.

[IBR Info](#)- "An independent, nonprofit source of information about new federal student loan payment and forgiveness programs", includes snappy video outlining the program.

[IBR and PSLF](#)- Gives a brief outline of both programs and how they work together

[IBR Calculator](#)- Let's you see what your payments and payoffs would be under IBR

[StudentAid.ed.gov](#)- Describes IBR and other Federal loan programs.

[FinAid](#)- A non-governmental website, this gives you several examples of IBR and some things to watch out for.

["How IBR will make you poorer"](#), Zac Bissonnette, AOL Daily Finance. He points to an example that shows that in order to reduce your monthly payments by 40%, you could increase the number of payments you make by 150%. Definitely a downside.



Shop Talk- The 2-review challenge

When you're considering working with a new company for the first time, it pays to do your research. Getting a referral from someone who's used their service may be the best way to find about a new company, but what if you don't know anyone who's used them? This is a common situation, and explains the popularity of the many review sites like Yelp, Angie's List, and others. They create a database of reviews from thousands of people on thousands of companies, and put the results at your fingertips.

As these sites have grown, so has their importance to the companies being reviewed. Having many reviews gives a tangible quality to a business' reputation. Good reviews may be the major driver of clientele for businesses like restaurants, barbers, or bookstores. Search engines like Google use the number and strength of reviews as a factor in determining the order businesses are ranked on search pages, and if you are bumped to the second search page you may never be found. For these and other reasons, on-line reviews have become the lifeblood of many small and medium sized businesses.

Each review site is a little different. Google used to use the total reviews from all sites to determine rankings; but because it now just uses the reviews from Google Places these reviews are particularly important. Sites like Yelp (one of our personal favorites) are free to use, and cover a wide range of companies. Angies List is a paid-subscription site, so you have to be a member to read or write reviews. Citysearch and Yahoo Local specialize in reviews about your immediate area. Sites like Car Talk or BBB cater to their own individual niches.

Another tidal wave of word-of-mouth referrals comes from social media like [Facebook](#) and [Twitter](#). While these platforms don't have the long-term staying power of the review sites, they have more immediacy and credibility. If you post "Anyone know a good dentist?" on your wall and one of your friends responds, you know you'll take that recommendation seriously.

This month, we'd like to ask you to consider posting a review of your favorite business. Please pick two places you love (it would be great if one of them was Tom Dwyer Automotive, but please pick someone else as well) and tell the world about them, either through a review site or on social media. It's quick, easy, and as you'll quickly find out, lots of fun. Just click one of the links below to get started, and thank you!



[\(Click here for a video on "How to write a Google review in less than 1 minute 30 seconds\)](#)



Health Notes-

Frankenfoods- Genetically Modified Foods Stalk The Earth

Genetically modified organisms (GMOs) are the result of cutting edge science. Since the dawn of the agricultural revolution people have been tweaking the genes of plants and animals, but until now they've been doing it in small steps through selective breeding. Now, breakthroughs in DNA and genetics have allowed us to make changes in the blueprint of life itself. These changes have brought obvious advantages such as disease and drought resistance, but the downsides may not be as obvious and may take years or decades to manifest. The companies that create the GMOs have little incentive to explore these drawbacks and the people who may be affected have little power to do so, with the result that the Frankenfoods are among us and, like it or not, we will all be living with the results. Here's an article that looks at what some of those results might be.

Avoid Genetically Modified Food: Doctors and Animals Alike Tell Us

Jeffrey M. Smith, Wellnessuncovered.com, Thu, 16 Sep 2010

The farmer grinned as he told the visitor, "Watch this!" He called his pigs, which ran frantically towards him to be fed. But when he scooped out corn and threw it on the ground, the pigs sniffed it and then looked up at the farmer with confused expectation. The farmer then scooped corn from another bin and flung it near the pigs, which ran over and quickly devoured it.

The farmer said, "The first corn is genetically engineered. They won't touch it."

It's not just pigs that swear off genetically modified organisms (GMOs). In South Africa, Strilli Oppenheimer's chickens won't eat genetically modified (GM) corn. Most buffalo in Haryana, India, refuse cottonseed cakes if made from GM cotton plants. Geese migrating through Illinois only munched sections of the soybean field that was non-GMO. When given a choice, elk, deer, raccoons, and rats all avoided GMOs. And even during the coldest days of Iowa winter, squirrels, which regularly devour natural corn, refused to touch the GM variety.

One skeptical farmer who read about the squirrels wanted to see for himself if it was true. He bought a bag full of GM corn ears, and another of non-GM, and left them in his garage till winter. But by the time he fetched the bags, mice had done the experiment for him. They broke into the natural corn bag and finished it; the GM cobs were untouched.

Doctors prescribe no GMOs

No one knows why the animals refuse GMOs, but according to a 2009 statement by the American Academy of Environmental Medicine (AAEM), when lab animals do eat GM feed, it's not pretty. "Several animal studies indicate serious health risks associated with GM food," says the AAEM policy paper, which

specifically cited infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system, among the impacts of eating GMOs. "There is more than a casual association between GM foods and adverse health effects," they wrote. "There is causation..."

Although we humans don't have a natural sense to stay away from GM foods, AAEM's position indicates that we should take a lesson from the animals. This renowned medical organization, which first recognized such dangers as food allergies, chemical sensitivity, and Gulf War Syndrome, called on all physicians to prescribe non-GMO diets to all patients.¹ They also called for a moratorium on GMOs, long-term independent studies, and labeling.

Former AAEM President Dr. Jennifer Armstrong says, "Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions." Renowned biologist Dr. Pushpa M. Bhargava and many others believe that GMOs may be a major contributor to the deteriorating health in America since GM foods were introduced in 1996.

GMOs on your plate

There are eight GM food crops: soy, corn, cotton, canola, sugar beets, Hawaiian papaya, and a little bit of zucchini and yellow squash. The two primary reasons why plants are engineered are to allow them to either drink poison, or produce poison.

Poison drinkers are called herbicide tolerant. Their DNA is outfitted with bacterial genes that allow them to survive otherwise deadly doses of toxic herbicide. The first five crops on the list above have herbicide tolerant varieties. The poison producers are called Bt crops. Inserted genes from the soil bacterium *Bacillus Thuringiensis* produce an insect-killing pesticide called Bt-toxin in every cell of the plant. That is found in corn and cotton. The papaya and squashes have virus genes inserted, to fight off a plant virus. All GM crops are linked to dangerous side effects.

Pregnant women and babies at great risk

GM foods are particularly dangerous for pregnant women and children. After GM soy was fed to female rats, most of their babies died - compared to a 10% deaths among controls fed natural soy.² GM-fed babies were smaller, and possibly infertile.³

Testicles of rats fed GM soy changed from the normal pink to dark blue.³ Mice fed GM soy had altered young sperm.⁴ Embryos of GM soy-fed parent mice had changed DNA.⁵ And mice fed GM corn had fewer, and smaller, babies.⁷

In Haryana, India, most of those buffalo that did consume GM cottonseed ended up with reproductive complications such as premature deliveries, abortions, and infertility; many calves died. About two dozen US farmers said thousands of pigs became sterile from certain GM corn varieties. Some had false pregnancies; others gave birth to bags of water. Cows and bulls also became infertile.

Eating poison in every bite

When insects take a bite out of the corn and cotton plants engineered to produce Bt-toxin, their stomach splits open and they die. Because that same toxin is used in its natural bacterial state as a spray by farmers for insect control, biotech companies claim that it has a history of safe use and can be incorporated directly into every plant cell.

The Bt-toxin produced in GM plants, however, is thousands of times more concentrated than natural Bt spray, is designed to be more toxic, has properties of an allergen, and cannot be washed off the plant.

Moreover, studies confirm that even the less toxic natural spray can be harmful. When dispersed by plane to kill gypsy moths in Washington and Vancouver, about 500 people reported allergy or flu-like symptoms.¹,
¹¹ The same symptoms are now reported by thousands of farm workers from handling Bt cotton throughout India.¹²

GMOs provoke immune reactions

GMO safety expert Dr. Arpad Pusztai says changes in immune status are "a consistent feature of all the [animal] studies."¹³ From Monsanto's own research to government funded trials, rodents fed Bt corn had significant immune reactions.^{1, 1}

Soon after GM soy was introduced to the UK, soy allergies skyrocketed by 50%. Ohio allergist Dr. John Boyles says "I used to test for soy allergies all the time, but now that soy is genetically engineered, it is so dangerous that I tell people never to eat it."

GM soy, corn, and papaya contain new proteins with allergenic properties.¹ In addition, GM soy has up to seven times more of a known soy allergen.¹ Perhaps the US epidemic of food allergies and asthma is a casualty of genetic manipulation.

Animals dying in large numbers

In India, animals graze on cotton plants after harvest. But when shepherds let sheep graze on Bt cotton plants, thousands died. Investigators said preliminary evidence "strongly suggests that the sheep mortality was due to a toxin...most probably Bt-toxin."¹ In one small study, all sheep fed Bt cotton plants died; those fed natural plants remained healthy.

In an Andhra Pradesh village, buffalo grazed on cotton plants for eight years without incident. On January 3rd, 2008, 13 buffalo grazed on Bt cotton plants for the first time. All died within three days.¹ Bt corn is also implicated in the deaths of cows in Germany, and horses, water buffaloes, and chickens in The Philippines.²

In lab studies, twice the number of chickens fed Liberty Link corn died; 7 of 40 rats fed a GM tomato died within two weeks.²¹ Those rats had refused to eat the tomato and had to be force fed.

Worst finding of all - GMOs remain inside of us

The only published human feeding study revealed that even after we stop eating GMOs, harmful GM proteins may be produced continuously inside of us; genes inserted into GM soy transfer into bacteria inside our intestines and continue to function.²² If Bt genes also transfer, eating GM corn chips might transform our intestinal bacteria into living pesticide factories.

Warnings by government scientists ignored and denied

According to documents released from a lawsuit, in 1991 - 92 scientists at the FDA repeatedly warned that GM foods might create allergies, poisons, new diseases, and nutritional problems.²³ But the White House

ordered the agency to promote biotechnology, and Michael Taylor, Monsanto's former attorney, headed up the FDA's GMO policy. That 1992 policy - still in effect today - declares that no safety studies on GMOs are required. Monsanto and other producers determine if their foods are safe. Taylor later became Monsanto's vice president, and was reinstalled at the FDA in 2009 by the Obama administration as the US Food Safety Czar.

Opting out as guinea pigs

Biologist Dr. David Schubert of the Salk Institute says, "If there are problems [with GMOs], we will probably never know because the cause will not be traceable and many diseases take a very long time to develop." In the 9 years after GM crops were introduced in 1996, Americans with three or more chronic diseases jumped from 7% to 13%.² Allergies doubled in less time. And the incidence of low birth weight babies, infertility, and infant mortality are all escalating. But without any human clinical trials or post marketing surveillance, we may never know if these or other disorders like autism, obesity, and diabetes, are triggered or made worse by GMOs.

We don't need to wait for more research to learn our lesson from the animals and the doctors. Consult the Non-GMO Shopping Guide (www.NonGMOShoppingGuide.com) to learn how to avoid GMOs. Even a small percentage of people choosing non-GMO brands could force the food industry to remove all GM ingredients. By doing so, you are not only being careful about your own health, you are being compassionate to the environment and future generations - since GMOs wreak long-term havoc in our ecosystem as well.

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20. Jeffrey M. Smith, *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, Yes! Books, Fairfield, IA USA 2007
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Source: <http://hippocratesinst.org/avoid-genetically-modified-food>



Drew's Kitchen

Shrimp and Snow Pea Stir-Fry

Hot rice makes the perfect bed for this stir-fry.

Ingredients:

3/4 pound tiny cooked shrimp
1 clove garlic
2 tablespoons vegetable oil
1 1/2 cups diagonally sliced celery
1 cup thinly sliced onion
1/2 teaspoon grated fresh ginger
2 cups Chinese snow pea pods
1 1/2 cups sliced mushrooms

1/3 cup water
1 tablespoon low-sodium soy sauce
1 tablespoon dry sherry
2 to 3 tablespoons lemon juice
2 teaspoons cornstarch
1/4 teaspoon salt

To Prepare:

- Rinse shrimp briefly with cold water; lightly pat dry with paper towel and set aside.
- In a large skillet or wok, heat garlic in oil for 1 minute; remove garlic.
- Add celery, onion and ginger; cook and stir 2 minutes.
- Add pea pods and mushrooms; cook stirring, 1 minute. Meanwhile, combine water, soy sauce, sherry, lemon juice and cornstarch; add with shrimp to vegetable mixture.
- Cook and stir until sauce boils and thickens; salt to taste and serve.
- Makes 4 servings



Sellwood Bridge Update

Drilling continues, and mystery dock is solved

Last month we told you that work has started on the new bridge, in the form of in-water drilling for soil samples. This month's update is boring... that is, boring for samples will continue in-water through the end of the week, and then move on-land at the parking lot of Sellwood Harbor Condominiums. Drilling hours are planned 730am to 5pm, but the core samples must be pulled all at once and the contractor may have to go slightly over this time, or else do it over again the next day.

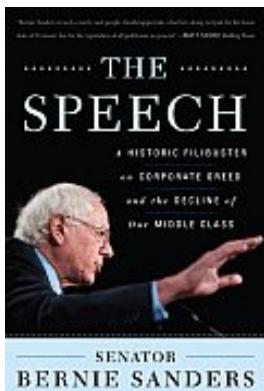
One interesting little tidbit popped up as well... a "Mystery dock" with three attached boats had appeared on the southwest beach of the bridge. No one really knew who was attached to these boats until the County Sheriff's River Patrol and the Portland Parks & Recreation security staff investigated and found that they were transient boats that moved along the river to avoid dock fees. Since there limits to how long a boat can dock at one spot, and because it's illegal to put a dock on park land, the boats were told to move along. Problem solved.



Book Spotlight

Welcome to our newest column!

One of the most popular features of our shop is our [bumper sticker, book, and video library](#). When it comes to the books, we have about 200 to choose from on topics ranging from politics to economics to health to... well, back to politics. That's a lot to choose from, so we started this column to help you know what's available, and what you might want to put on your own reading list. So, without further ado, the first book to step into our Book Spotlight is...



[**"The Speech" by Senator Bernie Sanders**](#)

On Friday, December 10, 2010, Vermont Senator Bernie Sanders walked on to the floor of the United States Senate and began speaking. It turned out to be a very long speech, lasting over eight and a half hours.

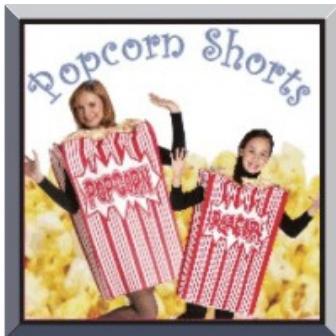
And it hit a nerve. Millions followed the speech online until the traffic crashed the Senate server. A huge, positive grassroots response tied up the phones in the senator's offices in Vermont and Washington. President Obama reportedly held an impromptu press conference with former President Clinton to deflect media attention away from Sanders' speech. Editorials and news coverage appeared throughout the world.

In his speech, Sanders blasted the agreement that President Obama struck with Republicans, which extended the Bush tax cuts for millionaires and billionaires, lowered estate tax rates for the very, very rich, and set a terrible precedent by establishing a "payroll tax holiday" diverting revenue away from the Social Security Trust Fund, and threatening the fund's very future.

But the speech was more than a critique of a particular piece of legislation. It was a dissection of the collapse of the American middle class and a well-researched attack on corporate greed and on public policy which, over the last several decades, has led to a huge growth in millionaires even as the United States has the highest rate of childhood poverty in the industrialized world. It was a plea for a fundamental change in national priorities, for government policy that reflects the needs of working families, and not just the wealthy and their lobbyists.

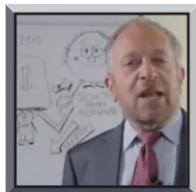
Finally, Sanders' speech—published here in its entirety with a new introduction by the senator—is a call for action. It is a passionate statement informing us that the only people who will save the middle class of this country is the middle class itself, but only if it is informed, organized, and prepared to take on the enormously powerful special interests dominating Washington.

[*\(Please click here for an archive of our past spotlighted books\)*](#)



Popcorn Shorts

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



Why the economy is failing- in just 2 minutes

Robert Reich may be most well known as Bill Clinton's Labor Secretary, but he also served in the Ford and Carter administrations and is an economist, author, and political commentator. He's also got a talent for conveying complex ideas quickly and simply. This [2:15 video](#) tells you why the economy is limping, and you can decide how to fix it. Oh, and did you know Bob could draw?



Which is faster... bike or plane?

In a race between a bike and a jet, who would win? Six bicyclists left from the same North Hollywood intersection at the same time as a person taking a Jet Blue commuter flight. Click [here](#) to see the results.



NASCAR opening prayer you won't believe

God may or may not take sides in sporting events, but it's traditional to start with a prayer anyway. When called to deliver [the invocation for the Nationwide Federated Auto Parts 300](#), Pastor Joe Nelms really stepped up to the plate. Any prayer in which the phrase "boogity, boogity, boogity" appears, but isn't necessarily the funniest part, is well worth listening to.



Portland man puts stop to unneeded brake job

Here's a story that shows the value of mechanical advice you can trust. A Portland man went into a shop for an \$88 brake special, but was told he needed \$582 of work. A little research showed he could have the work done for under \$70. [This report from Ed Teachout](#) gives you all the details of David beating Goliath, along with the shop's response when confronted with the research.



Oceans on the brink of mass extinctions

Oceans cover 71% of the Earth, and are home to almost half of the species on the planet. However, this critical resource is now in peril. In a study to be presented to the UN, 27 experts describe the situation... "We now face losing marine species and entire marine ecosystems, such as coral reefs, within a single generation." [This link will take you to an article](#) that summarizes the problem, and [this link will take you to a website with full details](#).



Tours of net-zero house of "Deep Green" moviemaker August 13

Matt Briggs, creator of the multi-award-winning film "[Deep Green](#)" is a Portland local, and his Lake Oswego home is an example of how existing homes can be retrofitted to be carbon neutral. He's offering tours of his home and bringing together experts on solar power, electric cars, and green tax incentives and financing to show us how we can do it ourselves. Free tours are August 13 from 1p to 5p; for more info click [here](#).

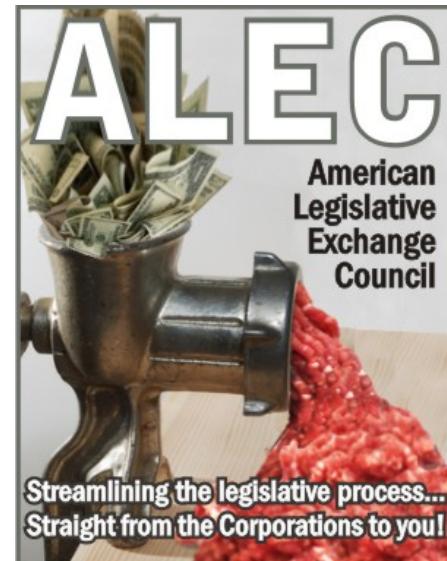


News To Make You Furious

Taking those annoying voters out of the legislative loop

Most people have heard the "[I'm Just A Bill](#)" song on Schoolhouse Rock on Saturdays. In this somewhat simplified version of the legislative process, we learned that laws originate with citizens who contact their elected representatives to help them solve problems in their daily lives. However, this outdated, cumbersome process is well over 200 years old, and the American Legislative Exchange Council (ALEC) has a much more modern way. They're aggressively taking us annoying citizens out of the legislative loop by providing a "forum" where representatives of industries and individual corporations write legislation and give it to state legislators for introduction in their states, all without mentioning ALEC. ALEC has quietly built a library of over 800 "model" bills on every conceivable legislative issue, and their alumni include luminaries like Wisconsin Governor Scott Walker, House Speaker John Boehner, House Majority Leader Eric Cantor, Senate Minority Whip John Kyl, and many more.

In July, 2011, a massive amount of internal ALEC data including model bills, resolutions, personnel, and more were leaked to [the Center for Media and Democracy](#), who built the website [ALECExposed.org](#) to make it available to the public at large. We've included a link to their site, but if you don't want to wade through all that text we've also included links to ALEC reporting from [The Nation](#) magazine, and two radio reports from [NPR](#) that can give you the basics to make you eye-buggingly, teeth-grindingly furious.



["Shaping State Laws With Little Scrutiny"](#) 7-minute audio-only report by Laura Sullivan for NPR's "[Morning Edition](#)", October 29, 2010

["Who's Really Writing States' Legislation?"](#), 32-minute interview with The Nation's John Nichols by Terry Gross for NPR's "[Fresh Air](#)", July 21, 2011

[ALEC Exposed](#)- Exhaustive ALEC website from Center for Media and Democracy

[ALEC.org](#)- ALEC's own website

This is the [main ALEC article from The Nation](#), and the articles below are sub-articles linked to this main one

- [Business Domination](#)
- [Sabotaging healthcare](#)
- [The Koch Connection](#)
- [Starving public schools](#)
- [Rigging Elections](#)