



This Month's Matters...

Tom's Tidbits

No change until THIS change...

"What NOW?!!" Toons

Keith Tucker's Special-To-Us Toon of the Month

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News To Make You Furious

Election Security

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 price 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

No change until THIS change...

Greetings!

DON'T FORGET! Elections November 8,2011 DON'T FORGET!

We've done quite a bit of [material on the Occupy movement](#). It's a critical issue for our Democracy, and whether it eventually succeeds or fails I think people should know what the protesters are saying. I fully support the goals of the movement, but we face a huge challenge to make change in an environment with corporations as people, money as speech and campaign finance corruption in play. It's not a lack of singular messaging that challenges the Occupiers; it's that no real change can happen while our governmental and legal framework is owned by the power of wealth

I pride myself as a logical person, and a logical order of operations is critical to any successful activity. We all see problems with our democracy, the function of government, our social contracts, education, healthcare, job opportunity, legal systems and more. We see these dysfunctions and inequities and want change, but where do we start? The Occupy movement is driving home the message that we are on an unsustainable path, and the majority needs to take a stand against the increasing trickle-down erosion. Awareness is the best starting point, because without knowing and accepting a problem a solution can never be formulated. Getting the majority aware and motivated is the best start but what's next? In my humble opinion the first on the list of needed corrections has to be [CAMPAIN FINANCE REFORM!](#)

Campaign finance reform must be one of the first steps in the complicated order of operations to restore a society that promotes the general welfare for the 99%. Campaign finance is not the only solution but it must be one of the first; there is no mechanism to fix things as long as our election system remains broken. With election fraud and voter suppression as increasingly key weapons being used against the majority we may soon have no hope to peacefully restore the aspiration of the "American Dream" and the reality of a healthy and sustainable society.

Our nation was founded to "promote the general welfare". Government was to be a servant to the people's will as expressed through elections, but our "representatives" no longer represent [us](#). Instead, they represent omnipotent and unaccountable wealth that floods the system and strangles government. We no longer have a limited representational democracy but are spiraling to [Kleptocracy](#) or [Corporatocracy](#).

With our current system, no matter how "good" a candidate is, they face a constant treadmill of fundraising for re-election as soon as they are in office. Placed in this position it is natural for candidates to represent those who fund them over those they are intended to represent. One answer to the problem is to publicly finance campaign funds. The bipartisan 2002 Campaign Finance Reform Act (aka the "[McCain-Feingold](#)" Act) and the bipartisan [Fair Elections Now Act](#) (moving through Congress) advocate this approach. A different solution is to require public funding for all federal elections. The cost could be covered by a mere \$3-\$5 check-off on one's annual income tax (equaling about .0002% of the pretax income for an individual making \$30,000). For the general election, the party nominee is eligible for a public grant of \$20 million if they limit spending to that amount and refuse private contributions. Candidates would be allowed to spend up to \$50,000 of their own money without it counting against the spending limit.

As long as elections are broken, corporations are people and money equals speech in America wealth will continue to rule the majority. I would gladly give more than .00002% of my income to restore real representational democracy!

Make a great day,



"What NOW?!!" Toons

You can't see this one anywhere but here



"WHAT NOW?!!"

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Occupy Portland

Report from the front lines of the Class War

Warren Buffett famously said "There IS a class war, and MY class is winning". The [Occupy](#) movement put that Class War into the streets, drawing clear battle lines between the top 1% and the rest of us. This month, "*Your Car Matters*" sent one of our intrepid reporters to [Occupy Portland](#) to get a firsthand look into the trenches of the Class War and talk to some of the people fighting it...

(Charles Letherwood, filed from Occupied Portland, November 1, 2011)-

On September 17, a [large group of people entered New York's Zuccotti Park](#) to

"occupy" Wall Street. Without leaders, they decided to speak to the media through consensus. Without specific demands, they issued "[A Modest Call To Action](#)" outlining the reasons they were there, and inviting others to join them. Even without a clear list of objectives enough people heard and understood their message that similar Occupations quickly sprouted in [cities around the country and around the world](#). Not surprisingly, Occupy Portland was one of earliest on the list and continues to maintain one of the most active groups. Their occupation of [Lownsdale and Chapman parks](#) (downtown on either side of the elk statue on Main Street) is now entering its fourth week.



The mainstream media largely ignored Occupy before settling on describing it as Fox News' worst nightmare... left-wing radical hippies a hairsbreadth away from violence. (This despite the fact that the Occupiers have always emphasized that the gathering is a NON-VIOLENT, CONSTITUTIONALLY PROTECTED petitioning of the government for redress of grievances, and their actions so far have overwhelmingly borne this out). They've been derided as unwashed, unemployed, uneducated, unrealistic, and more. OK, "unwashed" may be a pretty hard one to argue... living in a park for weeks can have that effect. But "unemployed" and "uneducated"? Those are the very root of the Occupier's complaints! And as for "unrealistic"; in a free society it's not unrealistic to expect government to be responsive to its people! So if the media picture of Occupy is inaccurate, what does the truth look like?

I've been to Occupy several times since it started, and it's been different every time. The hundreds of people able to camp in the park are only a small slice of the thousands who keep showing up for the various Occupy marches. While these sometimes-demonstrators are from every age and every walk of life, it's true that the long-term campers largely seem to be hippies of one flavor or another. One of the folks I talked with made a conscious connection to the protests of the 1960's- "We made a difference then. The US wouldn't have been out of Vietnam nearly as soon if the people weren't in the streets shouting. These are different issues, but I hope we can make a difference again." Many campers fit the stereotype of young hippie wannabes; teenagers who have adopted the tribal styles and bongos of their forebears and are in the streets because it's cool. But these young people are also there because they face serious issues of unemployment and student debt. There's also a contingent of homeless people, enjoying the free food and a place to sleep without being hassled.

But stopping there leaves a distorted understanding of the movement, and does a disservice to the message and the people. It glosses over the soldier who told the crowd that he had been ordered not to attend any of the Occupy rallies. "I've been a soldier for 14 years" he said, his voice shaking a little. "This is the first time I ever disobeyed an order. But I had to be here." It doesn't address the young woman I talked with whose mother was fired from her 30-year position without warning, given the severance package intended for the 10-year employees, and told to "go away". It ignores the man who stood to tell about having his life's savings wiped out, or the single mom who was working while she went to school but had nothing to look forward to but debt and unemployment. To show how easy it is to find people like these who break the media mold, I sat down and talked with three semi-random people during my latest trip to the camp. All were educated, none were on drugs, and all said they had bathed recently.

Carrie Medina, who had been camping in the park for about a week, was working at the Media Tent when I met her. Because her "day job" is in computers and can be done remotely, she has been free to spend up to 20 hours a day volunteering on Occupy. "That's been pretty typical for everyone volunteering on the project", she says. Communication, especially Facebook and Twitter, has been critically important both in organizing Occupy and matching a befuddled media with the fuzzy message coming from the camps. "We deal with all kinds of media reps here. Reporters who want the superficial story just hang around the fringes, but when someone wants to go deeper, they come into the camp and we connect them with people who can speak intelligently about our issues." Asked what brought her into the streets, she answered "I'm pretty lucky. I do have a home, and its quite nice compared with my tent. But finding out that JP Morgan, Chase, Citigroup, Bank of America, and Allied Financial took bailout money and then started illegally foreclosing on mortgage holders, I thought that was just disgusting. It's just not right." Carrie was also concerned with the higher education financing system. "I have student debt of my own. The education system is being sold to us as an investment that brings a return, but the reality is that many of us with \$30,000 to \$70,000 in debt can only find jobs paying \$12 an hour. You can't repay debts that big on an income like that." Carrie's final remarks summed up the issues of the Occupiers nicely... "I think the system as a whole is broken. We're systematizing greed, and enough people are starting to wake up that you get these displays of frustration. You see it expressed in different ways because we have so many people with their individual causes, but the underlying movement is that the economic system is disadvantaging the 99%, and we need real working solutions for change."



Near the Communications tent is the Food Service area, where volunteers keep a steady stream of donated food going for the campers. A.O. Noor Mohamed (I'll call him "Noor" in this article) recognized me from the 350.org "Moving Planet" event that Tom Dwyer Automotive helped sponsor in August. Noor is one of many supporters who is unable to spend the night ("my constitution does not allow it") but who comes the Camp every once in a while. His particular issue is homelessness, and he has been dividing his time between Occupy and the Right 2 Dream encampment on Burnside. Noor's solution to homelessness would involve people who live in on about a hundred acres as a community, putting their own sweat equity into the project. They would work to grow the food, raise the animals ("Other than pork, because I am a Muslim and I don't encourage eating of pork!"), and build the resources they'd need... a form of urban subsistence farming. Noor's feelings on housing and payment go back to his childhood. "When I lived in Kenya, our family owned some property. My mother's midwife, the lady who delivered us, her only son died and she was left with her grandson, who was six or seven. We let them live on the property free. She offered to pay, but I told her that when your grandson is old enough to earn money, THEN you pay us rent. I think that is what is missing in this country, and it's missing big time."



I found Wade Varner attempting to manage the chaos of the Engineering tent. Just like Carrie's Communication tent and every other function of Occupy, Engineering is a volunteer-run operation that relies on donations. "People just walk up and donate hundreds of dollars worth of stuff, and we're grateful for

every bit of it," he said. Wade's a disabled Vietnam Veteran who used to repair nuclear reactors for Navy subs, but like so many Vets he's currently homeless. I sat down to talk with Wade amid stacks of generators, batteries, cabling, and other esoteric supplies.

Wade has been with Occupy since the first General Assembly meeting, and he thinks it is long overdue. "I've wondered for years when the kids were going to get out and hit the streets. I mean we're getting screwed at every different angle here; what's wrong with these guys?" He believes fairness begins with a fair tax system. "Everyone should be taxed equally. The only reason the poor don't pay taxes is that they don't make enough money. Try raising a family of 4 on \$18,000 and you'll understand. But the guy who made the most money off the Fall made \$8.7 billion dollars because he bet against everything. He paid 15% on that. That's your retirement fund, your friend's house, and more." Wade lays much of the credit for Occupy Portland at the door of our Mayor. "Thank God we have a good mayor in Sam Adams. He told the police to back off and let us do our thing because it's our Constitutional right, just like it was for the Tea Party". Asked where he thinks the movement will go, Wade seems optimistic. "This whole thing

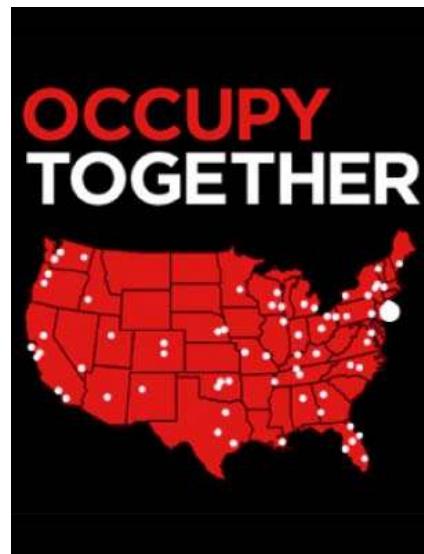
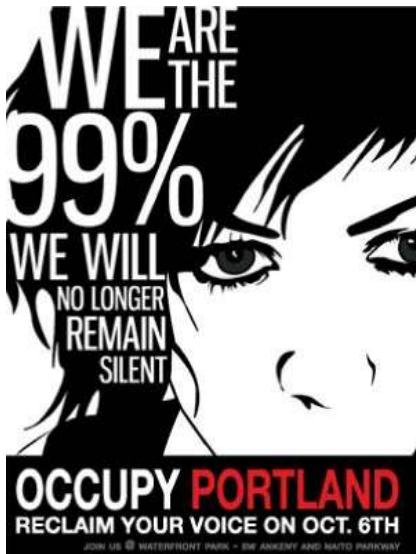
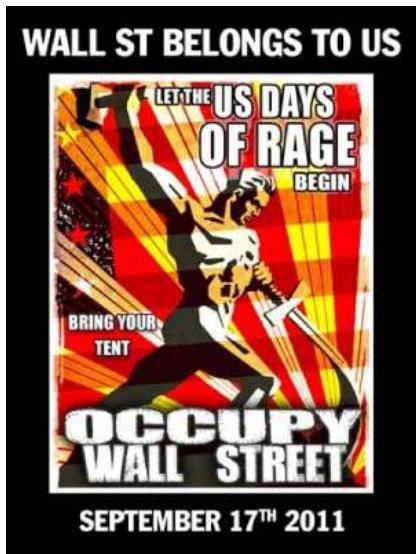
is about equality, and making sure America doesn't look like Bombay. Look, I'm a small businessman myself. I own Carnivore Café and Catering and Tie-Dye Café and Catering. I LIKE making money. But I give away a third of my money, and there's hundreds of people right out there that think the same way. I'm finally glad to see a few passionate people standing up."

Wade's optimism may be justified, as these passionate people seem to be generating wider support. An October 20 TIME poll surveyed people familiar with Occupy Wall Street, and found that sweeping majorities agreed with the movement's grievance that the gap between rich and poor has grown too large, including 85% of households making under \$50,000 per year and 65% of those making more than \$100,000 annually. Almost three-quarters of households earning up to \$100,000 backed the contention that the rich should pay more taxes. Even 52% of households making more than \$100,000 per year agreed. Seventy-three percent support a surtax on millionaires to help close the federal deficit.



The original Occupy protest in Wall Street could have easily degenerated into a NY version of "The Battle of Seattle", the episode when protests of the 1999 WTO meetings turned violent. Although the Seattle protestors may have had legitimate criticisms, whatever points they had were immediately lost in the glare of the riots. But the leaderless organization of Occupy learned from that, and as the movement spread across the country the emphasis on non-violent, peaceful protest became a mantra. The accusations of disruptive behavior were met with codes-of-conduct among the Occupy encampments. In Portland, with a clash between OccupyPDX and the Portland Marathon looming, the Occupiers decided to not just get out of the way but to help the Marathoners stage their event.

The protestors know their chant "The Whole World Is Watching", shouted at police to keep them aware of their own actions, applies to Occupy and their message as well. They know that they have been portrayed as nutcases, but the more the media tells the story the harder it will be to maintain that image. They know that the fewer distractions they offer the clearer and louder that message will be. And it's a simple and powerful message. As Wade Varner said, "It's all about fairness and equality for all of us, which is guaranteed by the Constitution. All the Tea Party folks talk about the Constitution? Well, this IS the Constitution. Freedom of speech. Freedom to assemble. This is it."





Robotic Invasion

Get to know our future overlords

You're far too sophisticated to think of C-3PO or Commander Data when you think about robots. You know that robots are boring mechanical arms that do repetitive welding on automotive assembly lines. Well, that may have been what robots were in 1985 but they've come a long way since then. If you haven't checked in on the progress of our future overlords, here's a sampler platter for you. Bet you can't find the one that's fake!



[Top robots at CES2011](#)



[Swarm Robots](#)



[Robotic Baby](#)



[Self-replicating robots](#)



[Swarm-based robots abduct child](#)



[Geminoid robot test](#)



[World Record Rubix Cube Robot](#)



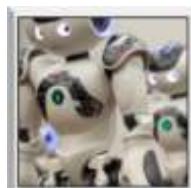
[Anaconda Firefighting Robot](#)



[Geminoid robot interview with creator](#)



[Laptop with robotic features](#)



[20 Robots dancing](#)



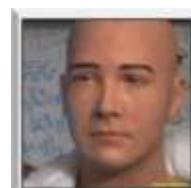
[Japanase female robot](#)



[BBC Reports- Holographic staff at airport](#)



[Yamaha prototype does Tai Chi](#)



[Message from Jules](#)

Who are those guys behind the counter?

Salaried Service Advisors keep us running smoothly



Where would you find just one person with all these qualities...

- Multi-tasking abilities of an aircraft landing controller?
- Patience and understanding of a therapist?
- Problem-solving skills of a rocket scientist?
- Decision-making skills of a business executive?
- Communication skills of a diplomat?
- Research skills of a librarian?
- Sensitivity and compassion Mother Theresa?
- Database skills of a cyber geek?
- Teamwork of a quarterback?
- Mechanical knowledge of an auto-industry veteran?

You can find four of them behind the computers here at Tom Dwyer Automotive Service...

As the sun is just peeking up over the horizon, and sometimes even earlier, our Service Advisors are starting their day. Dark or not, they open the office and shop, turn on the lights, fire up the air compressors, heaters and parts washer, start the coffee, wake up the cars that have been sleeping safe and sound in the shop all night, move them into the parking lot, bring up the computers, process the night drops, retrieve messages... it's busy, but just the start of another typical day. It is not uncommon for clients to arrive as early as 6:15 am and find us here preparing. At 7AM the doors open officially and the phone is usually already ringing. Some clients have just walked down their driveway to find that their trusted automotive buddy won't start and they can't get to work, so they need an appointment NOW. Other clients who need planned maintenance, oil changes, minor tweaks, or major repairs are checking to see if there's an open space on the schedule. Clients who already have appointments scheduled are starting to flow



through the door, dropping off their vehicle with the expectation of having it back by the end of the day or even earlier.

The most important task of a Service Advisor is to understand exactly what each client expects for their vehicle, when they need their vehicle back, and how much they expect to pay for

our services. Communication is everything and assumptions are deadly! The unasked question or the information not offered can cause us to miss a vehicle's problem or not fill a client's expectations and ruin the best attempt at great service. After getting the client's specific needs and vehicle symptoms, the information is documented in the system and the Repair Order goes to the shop. It's not out of the Service Advisor's hands yet, they must clearly communicate the client's concerns to the Technician who will actually perform the work. Our ASE-Certified Technicians check the vehicles' service history records, research recalls and technical service bulletins, then scan, poke, prod, inspect, and road test the vehicle to confirm service needs or diagnose problems. They document their findings and talk with the Service Advisor about their recommendations.

After consulting with the Technician and reviewing the client vehicle history and the newly supplied data, the Service Advisor's work continues; estimating the costs and time required for the service that is right for our clients and their individual goals, and contacting vendors for prices and availability for parts. We deal with over 20 different parts vendors, so finding the best part at the right price can be a very time consuming part of the job! Here at TDASI we use parts made by the manufacturer of the original part (OEM or original equipment manufacturer) for the vehicle, or a superior part when one is available. If an OEM part is



required but not available to us through the regular parts channels then it's time to start calling around to the dealers in the area (and sometimes outside the area) for the required part to fix the vehicle right the first time. We stand behind our work with a 24-month, 24,000-mile warranty so it is very important to us that we supply the best parts possible. After locating and pricing the parts, the labor costs are estimated by using industry-standard labor guides that provide approximate times required to perform needed services and repairs. This can also prove to be difficult as there are many variables not accounted for by labor guides. Outside forces such as hidden damage, aged brittle plastic, broken bolts, rust or corrosion can also take the best estimates and ruin them in hurry. We always do our best

to offer accurate estimates for complete repairs, not the "as low as" estimates so common in the auto repair industry.



So far, we know what is needed and approximately how much it would cost for the repairs. Now comes the part the Service Advisors like the least....giving good people bad news. After explaining the needs and conditions of the vehicle and the

costs and the time requirements of the repairs, the Service Advisor and Client work together to decide exactly what steps to take. While Service Advisors in other shops are routinely paid straight commission with few or no benefits, frequently have little technical knowledge, and take no personal responsibility for the services they sell, ours are different. The Service Advisors at TDASI take responsibility for the complete process; they understand the services they offer and they are never paid on commission so you can trust that their recommendations will be based on a real understanding of your needs and not their paychecks. When the Client and Service Advisor have decided on the repairs to be made, the repair order is edited to reflect the final work description, cost estimate, delivery time, and any necessary caveats, and the Technician is given the Repair Order and the authorization to begin work.

We always start by pulling any parts we can from our existing stock. For parts we don't stock, we are at the mercy of vendor inventories and their delivery schedules. Increasingly over the years vendor inventories are skeletal and even basic parts can be two days away or more. Often we make special runs to pick up parts from vendors when their delivery schedules conflict with our client's needs. The Technician now carries the responsibility for the critical service work but the Service Advisor is still involved, keeping an eye out for any changes or complications that could affect the repair, delivery time, or cost. When the vehicle is completed and tested, the Service Advisor documents the services performed and updates the client's vehicle records to reflect what has been done and why, and what still needs to be done and when. The Service Advisor now contacts the client to let them know their vehicle is ready and offers information about pickup options. Finally, when our client picks up their car, they are not directed to "go see the person at the pay window." The Service Advisors take the time to explain what was done and why, explain any precautions or break-in procedures, and offer information as to what might be expected for future services.



The Service process is complex and we are not in control of every variable, but we take responsibility for the problems that may occur. If a problem happens that changes the repairs we planned or if it affects the estimates we provided, we always call the client to get approval before proceeding. If a service is not completed in the time frame we promised we tell the client as soon as we know and offer rides or rental cars to help our clients keep up with their busy lives.

Maintaining our 97%-plus "on time" and "on estimate" record along with a 99+% customer satisfaction rate is no accident, but our goal is to deliver 100% client satisfaction! We hope that if our clients are satisfied with our service they tell their friends, co-workers and relatives. If we have missed our goal of 100% satisfaction we want them to tell us, so we can make it right and learn from our mistakes. We wanted you to know a little about what our Service Advisors do to plan and coordinate your repairs so you can help us provide you with the best client experience possible.



Shop Talk

How to stretch your auto repair dollars

It doesn't pay to be a coupon shopper when it comes to auto repair. If your brakes need to be fixed then

they need to be fixed NOW, not as soon as there's a coupon for it. On the other hand you have to budget your vehicle maintenance money, so you obviously want it to go as far as possible. Everyone faces this same problem, so we came up with the same Moneysaving Maintenance Programs we'd like to see for our own vehicles. They're designed to save

you money as well as increase the effectiveness of the maintenance work we do for you. We encourage you to sign up for one (or all!) of these programs to maximize the effectiveness of your auto maintenance dollars!

Start with the **Labor Lock Program**... it's FREE! Just like prices on everything, our shop labor rate will eventually go up. If you want to keep today's rate for as long as you stay with us then just tell us! If you bring your car in at least twice a year (which is a good idea anyway to let us keep up on the ongoing status of your vehicle) then today's shop rate is your shop rate forever.

Labor Lock Program
Pay today's prices for the rest of your life!
If you sign up to this program and come in for service **twice a year** (minimum \$250), you'll maintain the labor rate you started with as our labor rates inevitably increase.

1997 AND NEWER vehicles only.

Carbon Neutral Program
Your One-Year Registration includes...
Offset of your vehicle's carbon production with wind and solar power.
10% off labor costs for all repairs and services at Tom Dwyer Automotive.
Only \$30, \$50, or \$90 per vehicle
(depending on whether you drive a sippie, a drinker, or a guzzler)
1997 AND NEWER vehicles only.

Our **Carbon Neutral Program** is a one-year membership that offsets the carbon production of your vehicle for a zero carbon footprint. You also get 10% off labor costs as long as you're a member! For many repairs, the labor discount can pay for the membership fee in just one visit. And you can't beat the cool window cling sticker you get as a member!

Our **Planned Maintenance Package** is our most comprehensive plan, and will save you the most of your hard-earned money. We picked the services that are most important to keep your vehicle in top shape, bundled them together, and priced them at a steep discount. By paying for these critical services in advance you save 50% to 60% off their prices alone. You'll also have the peace of mind that planned, intelligent vehicle maintenance can give.

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

	Passenger, 100k miles	Station, 100k miles	Large vehicles, 100k miles
2 Minor Interval Services with synthetic oil	\$ 149.90	220.00	250.00
1 90-point inspection (Basic Inspection)	\$ 48.68	73.00	73.00
1 130-point inspection (Deep Inspection)	\$ 148.00	194.70	194.70
2 Tire rotation and balance	\$ 79.90	99.98	99.98
25% off diagnostic charges (up to \$100 per visit)			
Total normal charges	\$ 424.48	587.68	617.68
Cost to enroll	\$ 170.00	265.00	305.00
You Save	\$ 254.48	322.68	312.68
80% savings, 85% savings, 89% savings			

1997 AND NEWER vehicles only.

Vehicle maintenance is cheaper than repair, but that still doesn't make it cheap. As drivers ourselves we understand. There are ways to help you squeeze all the value from your money, but they can't help if you don't take action. Please, consider how these programs can benefit you, then sign up and start saving!

First-Time Clients ONLY!
Save \$75 to \$150 on our most thorough inspection!
We'll take \$75 OFF our normal \$150 if you just do the inspection. OR
We'll take \$150 OFF if you have at least \$250 of work done after the inspection.
Coupon **MUST BE PRESENTED BEFORE SERVICE** and **CANNOT BE COMBINED** with other offers.
Sorry, but not coupons are VOID AFTER THE SERVICE IS PERFORMED.
Expires December 31, 2011 Coupon Code FIRST2011
1997 AND NEWER vehicles only, please.

(Of course, if you have a friend or family member that could benefit from our service, we always have our First Time Client Offer to help start them on the road to coherent vehicle maintenance... the best way to save money in the long run!)



Health Notes-

The shocking truth about "fresh-squeezed" orange juice PART II

Last month we ran an [exposé about the seemingly innocent glass of orange juice on your breakfast table](#). From the processing that removes all the flavor (but allows storage of the juice for up to a year) to the chemicals they use to restore that flavor, it was apparently an eye-opener for a lot of people... the article was one of the most popular we've run! We know a good thing when we see it, so this month we bring you Part II of the Shocking Truth About Orange Juice!

(By Dr. Joseph Mercola, reprinted from [Mercola.com](#))

Why I Don't Recommend Fruit Juices

While oranges and fresh squeezed orange juice can be a good source of vitamins and other nutrients, it's also very high in *fructose*. In fact, one eight-ounce glass of orange juice has about eight full teaspoons of sugar and at least 50 percent of that sugar is fructose. That's almost as much as a can of soda, which contains approximately 10 teaspoons of sugar.

So one eight-ounce glass of orange juice will wallop your system with 25 grams of fructose, which is more than you should have the entire day. Since fructose is loaded into just about every processed food, it would be very difficult to avoid exceeding your daily fructose limit of 25 grams per day. Additionally fruit juice is far worse than the whole fruit, especially if it is not freshly juiced and is stored in containers, as the methanol in the juice will dissociate from the pectin and actually [increase your risk of M.S.](#)

Fructose has been identified as one of the primary culprits in the meteoric rise of obesity and related health problems, and while the majority of the problem is caused by the large quantities of high fructose corn syrup (HFCS) added to so many processed foods and beverages, naturally-occurring fructose in fruit is also best avoided if you're struggling with stubborn weight issues or any of the diseases I just listed.

When the sugar is combined in its natural form in the *whole fruit* it causes far less of a problem, as the fiber tends to slow its absorption and prevents over consumption. But once you remove the fiber, you end up with a different product. Additionally, a lot of the antioxidants are also lost in the process—especially if it has been pasteurized, which most store bought juices are.

Therefore, as a general recommendation, I suggest avoiding fruit juices as much as possible, as they will spike your insulin to a far greater degree than a piece of whole fruit. As an illustration of the difference between whole fruits and fruit juices, one [2008 study concluded that:](#)

"Consumption of green leafy vegetables and fruit was associated with a lower hazard of diabetes, whereas consumption of fruit juices may be associated with an increased hazard..."

As a standard recommendation for the average person, I advise keeping your total fructose consumption below 25 grams per day, with a maximum of 15 grams of fructose from whole fruit. However, if you're overweight or have any of the related health issues mentioned above, you'd be well served to cut that down to a total of 15 grams of fructose a day, *including* that from whole fruit. The table on the following page can help you calculate your fructose from fruit consumption.

Fruit	Serving Size	Grams of Fructose	Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0	Boysenberries	1 cup	4.6
Lemons	1 medium	0.6	Tangerine/mandarin orange	1 medium	4.8
Cranberries	1 cup	0.7	Nectarine	1 medium	5.4
Passion fruit	1 medium	0.9	Peach	1 medium	5.9
Prune	1 medium	1.2	Orange (navel)	1 medium	6.1
Apricot	1 medium	1.3	Papaya	1/2 medium	6.3
Guava	2 medium	2.2	Honeydew	1/8 of med. melon	6.7
Date (Deglet Noor style)	1 medium	2.6	Banana	1 medium	7.1
Cantaloupe	1/8 of med. melon	2.8	Blueberries	1 cup	7.4
Raspberries	1 cup	3.0	Date (Medjool)	1 medium	7.7
Clementine	1 medium	3.4	Apple (composite)	1 medium	9.5
Kiwifruit	1 medium	3.4	Persimmon	1 medium	10.6
Blackberries	1 cup	3.5	Watermelon	1/16 med. melon	11.3
Star fruit	1 medium	3.6			

Cherries, sweet	10	3.8	Pear	1 medium	11.8
Strawberries	1 cup	3.8	Raisins	1/4 cup	12.3
Cherries, sour	1 cup	4.0	Grapes, seedless (green or red)	1 cup	12.4
Pineapple	1 slice (3.5" x .75")	4.0	Mango	1/2 medium	16.2
			Apricots, dried	1 cup	16.4
Grapefruit, pink or red	1/2 medium	4.3	Figs, dried	1 cup	23.0

Health Dangers of Excessive Fructose Consumption

Numerous [studies have linked high sugar/fructose consumption to a long list of health problems](#). Not only will fructose raise your insulin to chronically high levels over time, it also metabolizes differently from other sugars. Both of these facts significantly contribute to the creation of chronic diseases. Thanks to the excellent work of researchers like [Dr. Robert Lustig](#), and [Dr. Richard Johnson](#), we now know that fructose:

Is readily metabolized into **fat**

- Tricks your body into gaining weight by fooling your metabolism, as it turns off your body's appetite-control system. Fructose does not appropriately stimulate insulin, which in turn does not suppress ghrelin (the "hunger hormone") and doesn't stimulate leptin (the "satiety hormone"), which together result in your eating more and developing insulin resistance.
- Rapidly leads to weight gain and abdominal obesity ("beer belly"), decreased HDL, increased LDL, elevated triglycerides, elevated blood sugar, and high blood pressure—i.e., classic metabolic syndrome. For example, in one study, eating fructose [raised triglyceride levels by 32 percent](#) in men.
- Over time leads to insulin resistance, which is not only an underlying factor of type 2 diabetes and heart disease, but also many cancers.
- Contributes to the development of gout by increasing the levels of uric acid in your body. In one [study, published last year](#), women who drank 12 ounces or more of orange juice a day doubled their risk of gout, and those who drank just six ounces of juice per day still increased their risk by 41 percent. A [similar study on men was published in 2008](#). In that study, men who drank two or more sugary soft drinks a day had an *85 percent* higher risk of gout than those who drank less than one a month. Fruit juice and fructose-rich fruits such as oranges and apples also increased the risk.

This is why I recommend paying equal attention to the fructose consumed in the form of fruit juices and even whole fruits, and not just that from soda and processed foods.

The Smoking Gun that Confirms Fructose as Major Health Hazard

The last bullet in particular is worth expounding on a little bit more. I became fully aware of the dramatic and devastating impact fructose has on your uric acid levels when I [interviewed Dr. Richard Johnson on this topic](#), last year. As it turns out, elevated uric acid levels is a MAJOR component of several chronic diseases that have also been linked to fructose consumption, such diabetes and heart disease, just to name a couple. Lo and behold, recent research indicates that fructose is the ONLY type of sugar that will raise your uric acid levels, which *really* strengthens the theory that excessive fructose consumption is at the very heart of most, if not all, of these diseases.

In fact, it is the specific pathways used to metabolize fructose that generates the production of uric acid (fructose typically generates uric acid within *minutes* of ingestion). These pathways are entirely different from those used by glucose, and other sugars.

According to Dr. Johnson's research, uric acid appears to take on a lead role in creating health problems when it reaches levels in your body of 5.5 mg per dl or higher. At this level, uric acid is associated with an increased risk for developing high blood pressure, as well as diabetes, obesity and kidney disease. He believes the ideal range for uric acid lies between 3 to 5.5 mg per dl, so getting your uric acid levels tested can further help you determine just how strict you need to be with limiting your fructose consumption.



Drew's Kitchen

Angels on Horseback

Thanksgiving is coming up, and that means food. Last year Drew brought you a [full Thanksgiving feast, from appetizers to Prime Rib](#), but this year we went a little lighter. If you're invited to a feast and are looking for something a little more interesting than Jello Salad, try this heavy appetizer. We're sure you'll like it, but no matter what you can't beat the name!

Ingredients

16-32 small oysters (or scallops), cut in half, shucked	16-32 wooden toothpicks
8-16 slices of thin-cut bacon	3-4 limes or lemon

Directions

- Working in batches if necessary, cook the bacon slices on medium low heat in a large frying pan, until only about halfway cooked, but not crispy. You need to pre-cook the bacon a bit or else when you cook them with the oysters the oysters will be overcooked by the time the bacon is crispy. Set the bacon aside to cool.
- Get a grill or broiler good and hot while you wrap the oysters.
- To make an angel on horseback, you wrap 1/2 a piece of bacon around the small oyster and secure it with the toothpick. Overlap the edges of the bacon by about an inch if you can.
- Grill or broil over high heat to cook the oyster and crisp the bacon, about 5-6 minutes on the first side, another 2-4 once you turn them over. You will need to turn them once or twice to get a good crispiness on all sides.
- As soon as they come off the heat, squirt with the lemon or lime juice and serve hot.
- Serves 4.





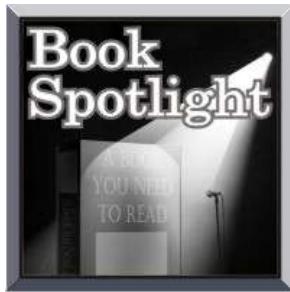
Sellwood Bridge Update

Wasn't there a building under the bridge?

Last month's Bridge Update was a hive of activity, but this month's is pretty quiet. Things will start ramping up in December, when in-water work will begin for the "[Shoo-Fly temporary detour bridge](#)". For those of you who just can't do without your monthly bridge fix, here's a little historical tidbit from the [County's Bridge Project](#) website about the construction they were doing last month...

"Some of the project's first field work took place this month when a building below the east approach to the bridge was demolished to make room for the new bridge. The former Oregon Door Company building was built in 1909 when the waterfront in the Sellwood area had many industrial buildings. When Multnomah County built the Sellwood Bridge in the 1920s, it lacked funds to buy the building that was in the path of the east approach to the bridge. The county bought an easement and constructed six columns for the bridge through the building. For the next 85 years, the building sat under the bridge. Eventually, it became an office building. This year, the county acquired the building and a parking lot for the bridge project. The new bridge will be built where the building stood and the old bridge will need to be demolished in a few years. A contractor removed the building in October, recycling its old growth timbers and other reusable parts. The six bridge columns inside the building are in good condition."





Book Spotlight

[The Family- The Secret Fundamentalism At The Heart of American Power](#)

Just about a year out from the 2012 elections and unbelievably, Herman Cain is the front runner for the Republicans. That will probably change as the reality of the election settles in, and everyone starts pushing their candidates for the big chair. It's one thing to stand up and argue with a person on the content of his argument or the coalition he represents, but the people to be really scared about are the ones who try to keep their support hidden. They hide because they know that if you knew about their involvement, your perception of their position or candidate would probably change. This month's book spotlight gives you a peek into one of these dark corners- how "The Family" has leveraged power in the political arena in Congress in the past. Don't expect that to change this election, but at least you'll be aware of one of the groups hiding in the shadows...

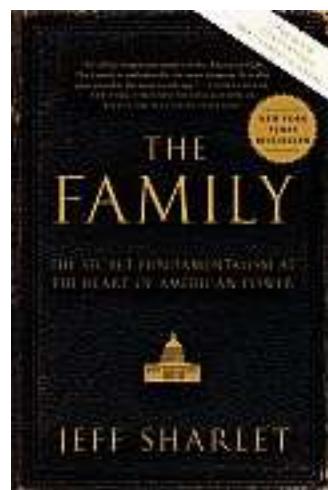
["The Family- The Secret Fundamentalism At The Heart Of American Power"](#) by Jeff Sharlet

They are the Family--fundamentalism's avant-garde, waging spiritual war in the halls of American power and around the globe. They consider themselves the new chosen--congressmen, generals, and foreign dictators who meet in confidential cells, to pray and plan for a leadership led by God, to be won not by force but through quiet diplomacy. Their base is a leafy estate overlooking the Potomac in Arlington, Virginia, and Jeff Sharlet is the only journalist to have reported from inside its walls.

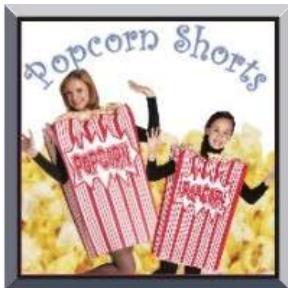
The Family is about the other half of American fundamentalist power--not its angry masses, but its sophisticated elites. Sharlet follows the story back to Abraham Vereide, an immigrant preacher who in 1935 organized a small group of businessmen sympathetic to European fascism, fusing the far right with his own polite but authoritarian faith. From that core, Vereide built an international network of fundamentalists who spoke the language of establishment power, a family that thrives to this day. In public, they host Prayer Breakfasts; in private, they preach a gospel of biblical capitalism, military might, and American empire. Citing Hitler, Lenin, and Mao as leadership models, the Family's current leader, Doug Coe, declares, We work with power where we can, build new power where we can't.

Sharlet's discoveries dramatically challenge conventional wisdom about American fundamentalism, revealing its crucial role in the unraveling of the New Deal, the waging of the cold war, and the no-holds-barred economics of globalization. The question Sharlet believes we must ask is not What do fundamentalists want? but What have they already done?

Part history, part investigative journalism, The Family is a compelling account of how fundamentalism came to be interwoven with American power, a story that stretches from the religious revivals that have shaken this nation from its beginning to fundamentalism's new frontiers. No other book about the right has exposed the Family or revealed its far-reaching impact on democracy, and no future reckoning of American fundamentalism will be able to ignore it.



(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

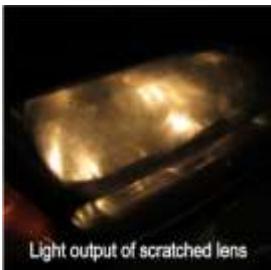
Headlight Polishing- Before and After



This year's summer is already a brief memory as we get ready to deal with the wet reality of winter. Good visibility is critical for winter driving safety! You know that now is a good time to replace those old wiper blades, and a good windshield cleaning can reduce nighttime glare. One more step you might want to take is headlight polishing. Road grime and repeated washing can severely scratch the lenses of your headlights and reduce the amount of light they put out. For less than \$50 we can polish out the scratches and return your headlights to nearly new condition, giving you more light and a better view of the road. Check out these before-and-after pictures from one of our recent clients' vehicles, then call us to schedule today!



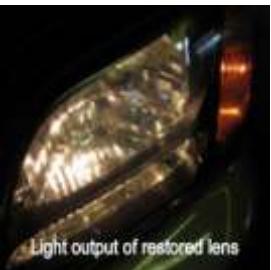
Worn and fogged headlight lens



Light output of scratched lens



Polished and restored lens



Light output of restored lens

Portland Humanist Film Festival



The mission of the [Center for Inquiry \(CFI\) Portland](#) is to foster a secular society based on science, reason, free inquiry, and humanist values. They promote critical thinking and humanist values through education, outreach and social services, and the [Portland Humanist Film Festival](#) is your chance to get to know them. Enjoy a weekend of movies and speakers designed to get you thinking for and about yourself. The Festival takes place November 11-13 at Cinema 21 on NW 21st, and here are just some of the films and speakers you can see...

The Ledge
Agora

The Hubble Ultra Deep Field In 3d
The Nature Of Existence
Are Humans Just Another Primate?
The Lord Is Not On Trial Today
Waking Life

8: The Mormon Proposition
The Fairy Scientist
The Invention Of Lying
Science Saved My Soul
Science As A Vaccine
Speaker: Dr. Josh Fost
Speaker: Dr. David Bradley

There's much more including movie descriptions, speaker bios, and most importantly ticket information on the festival website at www.HumanistFest.com, or you can email them at info@humanistfest.com.

Tom Dwyer's Holiday Plans



Sorry to mention it, but Thanksgiving and Christmas are on the way. We thought we'd let you know well in advance about our holiday schedule as well as a couple of our annual features.

- Thanksgiving Day is Thursday, November 24. We'll be closed Thanksgiving Day, but **open on November 25**.
- Christmas falls on a weekend this year. Christmas Eve is Saturday and Christmas Day is Sunday. We'll be **open Friday December 23rd** and **closed on Monday the 26th**.
- The first day of 2012 will be Sunday, January 1. We'll be **closed on Monday, January 2**.
- With the new year you'll be looking for a new calendar. Our **Tom Dwyer Shop Calendar** (recognizing small non-profit groups) did so well last year that we're doing it again this year. Stop by for your **free copy** starting in mid-November.
- For many years now, Christmas at Tom Dwyer Automotive has meant **FREE COFFEE SEASON**. Nancy at [Schondecken Coffee Roasters](#) packages up small bags of coffee for all our clients, and we'll have them waiting for you here at the shop again this year. **Take home a bag FREE with any service, starting December 19** and going through New Year's Day.

Reach out and touch someone... meaningfully



As a company [we're active in many causes and organizations](#) because we believe businesses must give back to their communities in order to be successful. Surprisingly not all companies agree, but people are realizing that every dollar they spend is a vote for the type of companies they want in the marketplace. Do you buy the cheapest possible product from the polluting corporate conglomerate, or do you spend a little more and buy from the regional company that invests in pollution control equipment? Do you buy lunch from the international burger chain or the neighborhood food cart? These choices add up.

If you're one of these conscious consumers, we'd like to introduce you to a company that one of our clients told us about during their shuttle ride. [CREDO Mobile](#) is a cell phone company that donates a portion of each of your phone bills to groups working in civil rights, economic and social justice, the environment, peace and international freedom, and voting rights and civic participation. [The groups that receive this money](#) are selected by member voting, and have received over \$67 million since 1985. (To give you an idea of how this company thinks, [their statement of support for Occupy Wall Street](#) is prominently posted on their home page). Next time you're looking at your cell phone plan, don't just consider the plan minutes and coverage area- think about what company you're voting for, and where your money goes.

Roller Coaster Ride Through Free Enterprise



Remember the old educational videos they used to show on the days your regular teacher was sick? Here's one of them, a 1955 presentation of the National Education Program Workshop. Join your bubbly instructor Clifton L. Ganus, Jr. as he takes you on a [roller coaster ride through the free enterprise system](#). If you ignore the part where Jesus and the Bible endorse the free market, you'll see a totally different presentation and defense of capitalism than we get today... a system that Clifton defends because it fairly divides the wealth of society and makes goods and services available to all. Might be worth trying again.



News To Make You Furious

One man, one vote... more or less

Elections are the foundation of democracy. Even when we have to hold our noses to do it, we cast our votes with confidence that they will be accurately tallied and faithfully reported. What happens if that confidence is misplaced? Stalin was credited as saying "It doesn't matter who votes, or how, it matters who counts the votes." Do the people who count OUR votes try to be accurate, or do they try to get a particular outcome?



Election fraud is not the same thing as voter fraud. In voter fraud, people who are not registered or not legally able to vote for other reasons cast illegitimate ballots. In election fraud, the total of the votes is adjusted to change the election. Voter fraud changes elections in groups of ones, twos, or tens. Election fraud changes it in groups of hundreds or thousands. Both are illegal and wrong, but voter fraud stands a much smaller chance of changing an election than election fraud. Election fraud becomes a likely, wide-scale threat when the processes used in elections aren't secure.

No matter where you stand on the political spectrum, it would seem that election security is an issue everyone can get behind. After all, who wouldn't want secure, accurate elections? Well, because this is "News To Make You Furious", we'll tell you... Diebold, the manufacturers of the touch-screen machines widely used in State and Federal elections across the country. They have zealously defended their "proprietary" software on their machines as a business secret, and have touted the secure nature of their machines. Bull pucky. Their right to business secrets is overwhelmed by the right of our country to accurate elections, and their "iron-clad" security has been pierced repeatedly.

What are some of the problems with the Diebold machines?

The [Argonne National Laboratory Vulnerability Assessment team](#) evaluates security threats for our government. They performed a hack on machines similar to the ones to be used for the 2012 election and were found that it could be done "with just \$10.50 in parts and an 8th grade science education." Even more alarming, it's believed that the hack can be carried out without any trace of tampering having occurred.

Here's the testimony of a computer [programmer that it is easy to program a hack for electronic voting machines](#), and that Tom Feeney tried to pay him to do it. Feeney was Speaker of the House of Florida at the time, and went on to represent Florida in the US House of Representatives from 2003-2009.

One of the hacks of the Diebold machines even has a name. The [Hursti Hack](#) is named after Harri Hursti, one of its creators. This Wikipedia page tells you all about it.

This [report outlines the specific vulnerabilities](#) of the Diebold touch-screen voting machines.

Here's an article on [more severe flaws](#) in Diebold voting machines

Most of the above hacks require physical interaction with the machine, a significant (but not unbeatable) obstacle to tampering. But technology marches on, and new improved [hacks can be done by remote control](#).

Here's two papers on the state of election security from IEEE, one of the largest computer engineering and technology associations. [Election Security: Perception and Reality](#) by David Evans and Nathanael Paul, and [Hack-a-Vote: Security Issues with Electronic Voting Systems](#)

What groups are working to ensure election integrity?

The [ACE Electoral Knowledge Network](#) is an in-depth resource that "...promotes credible, and transparent electoral processes with emphasis on sustainability, professionalism and trust in the electoral process". Their website is focused on international elections (although the material also applies to US elections), and includes an encyclopedia with over 10,000 pages on electoral systems, legal election frameworks, direct democracy, and more.

[Election Integrity](#) works to promote election verification, demystification of election processes, and democracy-building. Their section on exit polling is particularly interesting.

[BlackBoxVoting.org](#) describes itself as "America's Elections Watchdog Group", and their website contains a wealth of info on latest election news, investigations, and more. If you find that interesting, you'll probably also like [BlackBoxVoting.com](#).

The [Open Voting Foundation](#) advocates building elections systems based on open source software, rather than proprietary software

How will it all end?

Badly. This [hidden camera video](#) shows an encounter between one voter and an electronic voting machine in the 2008 election.