

YourCarMatters

Tom Dwyer Automotive Services
October 2012 Newsletter

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"What NOW?!!" Toons

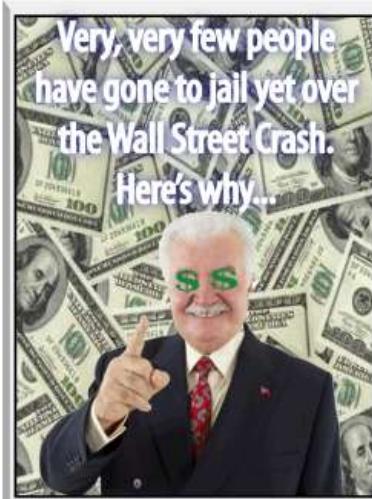
Our special Toon-of-the-Month

Popcorn Shorts

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

- Warp Drive isn't just for Star Trek anymore
- Understanding Bain Capital with Robert Reich
- What microchip should your child use?
- You MUST love thy neighbor

News To Make You Furious



Tom's Tidbits

The election is here. It's time to vote... an to party!



Greetings!

Another election is just weeks away. Although the media is still painting the two parties as equivalent, I see some real differences. I'm well aware of President Obama's shortcomings... his failure on single payer, abandoning the Unions in Wisconsin, and the destroying our Constitution with the NDAA are just a few. But as I look at him, I see someone who has stood for four years against the false accusations, baseless arguments and record filibusters thrown at him, and he's still standing with dignity. He's not perfect at all, but he is pretty damn good.

People or party, I think the choice this year is stark. But if you are one of the very few people who haven't picked a party yet, I hope I can convince you that one party is right for you... the 2nd Quadrennial Tom Dwyer Automotive and KPOJ Radio Election Night Bash. Doors open at 6pm on election night at the historic Bob White Theater, 6423 Southeast Foster Road, for a night of fun and political wonkery. KPOJ is joining us as host this year, and Tapatio Catering will be generously supplying the food. If you were there last time you know how much fun it was, and if you missed it last time you don't want to make the same mistake twice. Please join us to mark the start of another four years, for better or for worse!

Please take the time to consider all the issues you can, with all the information you can find. Weigh the personalities of the candidates as well as the objectives of their parties. Consider their histories, their priorities, and the people who speak for each position. Take the time cast an informed ballot that you'd be proud to defend to your grandchildren. I promise, I'll do the same.

And don't miss the 2nd Quadrennial Tom Dwyer Automotive and KPOJ Radio Election Night Bash!

Take Care and Make a Great Day!

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

What NOW?!! Toons

See it FIRST in Your Car Matters!



IN 2006, THE REPUBLICAN CONTROLLED CONGRESS PASSED LEGISLATION THAT ORDERED THE US POSTAL SYSTEM TO PRE-FUND IT'S RETIREE HEALTH BENEFITS PLAN 75 YEARS IN ADVANCE!



"WHAT NOW?!!"

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Chatting With the Mailman

More jaw-dropping information on the Postal Service shafting



One of the most interesting things that happen here at the shop is when we get feedback from our listeners or readers on something we've talked about, and that's the case with this article. Most people have heard rumblings that the Post Office is in trouble, but the troubles facing today's Post Office aren't the result of market pressures. They are, in part, the result of a Bush-era Congressional edict requiring the Post Office to pre-fund retiree health *benefits 75 years in advance*, and to do it in a *10-year period*. This issue has been on Tom's radar for a while and he's done a couple radio spots on it. It was one of these spots that caught the attention Ted Lulich, trustee and regional steward for Branch 82 of the National Association of Letter Carriers (NALC), and prompted him to add more fuel to the fire.

We sat down with Ted and Kevin Card, Secretary Treasurer of NALC Branch 82 and President of the State Association of the NALC. "We aren't broke. We don't need a bailout", said Kevin. "We've been a completely self-sufficient service for years."

It may need a brief history lesson to tell us how they got here. The Post Office was still a cabinet-level agency in 1970, but that made little difference to postal workers themselves. They were forbidden by law from engaging in collective bargaining, and had been informally attempting to obtain better working conditions and a raise. When Congress gave the postal carriers a 4% raise at the same time they gave themselves a 41% raise, it was too much. The postal workers went on strike on March 18, 1970.

It became one of the largest wildcat strikes in US history, crippling the nation's mail system, disrupting distribution of government checks, documents, and draft notices, and dropping the value of the stock market. President Nixon called out 24,000 military personnel to begin distributing the mail, but they met with limited success. When the Postmaster General agreed to recognize and negotiate with seven unions, the employees ended the strike and negotiations began on March 25. They agreed to a general wage increase of six percent retroactive to December 27, 1969 for all federal employees, plus an additional eight percent increase for postal workers that would take effect if the parties could agree on legislation reorganizing the Post Office Department and if the legislation could be enacted.

That additional 8% was a big carrot, so management and the unions agreed to work together. On April 16, 1970, they announced agreement on a plan that became the Postal Service Reorganization Act of 1970. Workers won the right to negotiate, but the Post Office went through some major structural changes. It was no longer a cabinet-level agency, but instead became a corporate-like,

quasi-independent agency separate from the Federal government but under the oversight of Congress.

That change from inside-the-government to outside-the-government is one of the pivotal outrages of the retiree pre-funding requirement. The USPS used to pay into two federal retirement programs for its employees- the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS). “Right now, we have overpayments of \$50-\$75 billion in CSRS and another \$6.9 billion in FERS” said Ted. “Transferring the money that ALREADY EXISTS IN THESE ACCOUNTS would completely wipe out the pre-funding requirement the USPS currently faces and leave us ample operating capital for decades to come.” However, since Congress has plundered the money from these accounts it is unable to hand it back, and has no plans to do so.

While the pre-funding requirement is a burden faced by no other governmental agency or private company, it’s not the only bizarre regulation the USPS operates under. Did you know that they operate on a year to year budget? This means that at the end of the year, any losses they have are put on the books to be paid the next year. What about profits? “When it comes to the Post Office, there are none”, said Kevin. “Any profit we make is given to the US Treasury.”

But neither Kevin nor Ted wanted to dwell on the injustices the USPS is fighting. They were both optimistic about the future, and wanted to talk about what the Post Office is doing to be ready for it. They started by acknowledging the real issues they face- “Email, paperless billing, and other electronic communication have certainly taken a huge chunk out of our mail volume”, said Ted.

“We realize that, and we’re responding aggressively to the new reality. But we’re doing it effectively, and we have been for many years.” For instance, immediately after the Reorganization the Post Office set a goal of self-sufficiency by 1991. They achieved it in 1982. “We get no tax money at all for operating expenses” said Kevin. “All the money we get comes from the sale of postage. This is even more impressive when you consider that much of the mail we carry is unpaid- Congressional subsidies for the blind, congressional franking, military mail, and others.”

Far from being a bloated bureaucracy, the USPS is a model of efficiency. In 2006 they had an operating budget of \$78 billion, and 6 years later they’ve reduced the budget by 20% to \$62 billion. “Most of this savings has come from automation,” Kevin said. “It’s the efficiency that has allowed us to reduce the number of clerk positions. Most of our carriers used to spend half their time sorting and half their time delivering their mail. Now it comes mostly sorted, and they can spend more of their time actually on their routes.” Ted came up with one of the most amazing indicators of efficiency- “We’ve added over 15,000,000 households to our delivery area in just the last 14 years, but we’re handling that increased workload with the same staff levels we had in 1978.”

Despite all the doom and gloom about the USPS’s future, Kevin and Ted seemed most excited about the possibilities that future might hold. Each had a program they were particularly interested in. Kevin told us about the antidote delivery test program that had been such a success. “One of the big threats facing our country is the threat of biological warfare. If a terrorist were to release a pathogen in a city, it could be a huge logistical problem to get everyone in the area

into treatment in a timely manner. Any delay could cost lives. However, the letter carriers go to every address every day, and they know the people on their routes. They would be ideally placed to deliver antidotes to everyone they serve. Pilot programs in Tampa and Philadelphia proved this would work. This is something no other agency or company is equipped to do."

Ted told us about a way for the Post Office to earn extra money, lots of it, if only Congress would let them do it. "We were approached by Walgreens about a project to deliver prescriptions from pharmacies to people who can't go pick them up by themselves. The patient would phone in their prescriptions, and then the letter carrier would pick them up at the pharmacy and deliver them to the patient's door. This would result in same-day delivery, or even delivery within a matter of just hours. Wal-Mart and CVS are also interested in the program, which is estimated to bring in \$5 billion or more to the Post Office each year."

Kevin and Ted are bullish on the Post Office because they know where they are, what they can do, and where they want the USPS to go. "Year after year, postal workers are the most respected Federal workers", said Ted. "The US Postal Service is the most trusted and most efficient postal service in the world, far beyond the privatized systems of Europe. Service quality plummeted, and rates went up there between 50 and 200% when the post offices switched to privatization. It costs .61 to carry a letter in Canada right now." Kevin summed things up well... "The Post Office can't cut its way to success, but we can and must become more efficient to stay up with the times. The country depends on us, even UPS and FedEx count on us as 'last mile' carriers to deliver to the areas where they can't make a profit. The problems we're facing aren't problems of the Post Office, they're problems created by Congress that Congress can fix. They aren't Red or Blue problems, they're American problems. And they need a solution that America will want to live with."

Election Night Means Just One Thing

Our 2nd Quadrennial Election Night Bash, of course!



Just four years ago, America was deciding one of the most pivotal elections in our history. We stood at a crossroads... continue George Dubya Bush's disastrous march toward a police-state oligarchy, or try a new tack with an unproven Senator from Illinois. The results of that election have been mixed, but one unambiguously good thing that came out of it was the Tom Dwyer Automotive Election Night Bash.

We had gathered with about a thousand of our closest friends at Greek Cuisina to ring in the new

president because no matter which way it went we knew we'd be better off with like-minded people around. This year, the election looks like it will be a nail-biter again and we want you to join us for the big finish.

KPOJ 620-AM will be joining us as hosts for this year's blow-out, which will be held at the newly renovated Bob White Theater at 6423 Southeast Foster Road in Southeast Portland. Tapatio Catering will be supplying the food, and we'll have a few treats to give away as well.

It's the party that's too big to hold every year, it's the party you've heard about, it's the ONLY place for political wonks to be on election night, and it's the party that's as fun as the name is long. It's the Tom Dwyer Automotive Services and KPOJ Radio 2nd Quadrennial Election Night Bash, and it's the one party you can't afford to miss! Please check our website frequently as the big day approaches, and we'll keep you posted on all the details. We look forward to seeing you there!

Summer Contest Roundup

Featuring the kid's "Car of the Future" contest!



Each summer we run a few contests to give you something to do when the barbeques and swimming run out. This year we had a Postcard Contest, an Explain This Image contest, and of course our Car of the Future Coloring Contest at the Sellwood Concerts in the Park. Now that summer is little more than a sunburned memory we thought it was time to bring you up to speed on our winners...

We had two in-shop contests this year, but the results were pretty disappointing. The first was our **Postcard Contest**, where we asked you to send us a postcard from wherever your summer

adventure took you. The second was something new for us, an **Explain This Image contest** where we asked you to give us the best caption you could come up with for this somewhat unusual (but real) picture of an inflatable duck. \$50 was at stake



in each contest, and we had the same winner for both... no one. That's right, with cash on the table and a low bar for entry, no one entered either contest. We're not discouraged, though, so we'll probably try it again next year. Start sharpening your pencils now!

We had a much more enthusiastic response on our Car of the Future contest, as we do every year. We have a booth each year at the Sellwood Concert in the Park, and we run a coloring contest for the kids stuck spending the evening with their parents. There's a small group gathered around the table each night for most of the show, so the little bambinos apparently appreciate the gesture. We appreciate the amazing creativity they show each year! Our winners this year each received a gift certificate to Wallace Books and a certificate for a Minor Interval Service here at the shop. So, without further ado, turn to the next page for the top three visions of our automotive future from our top three winners!

Rena A.

\$25 certificate

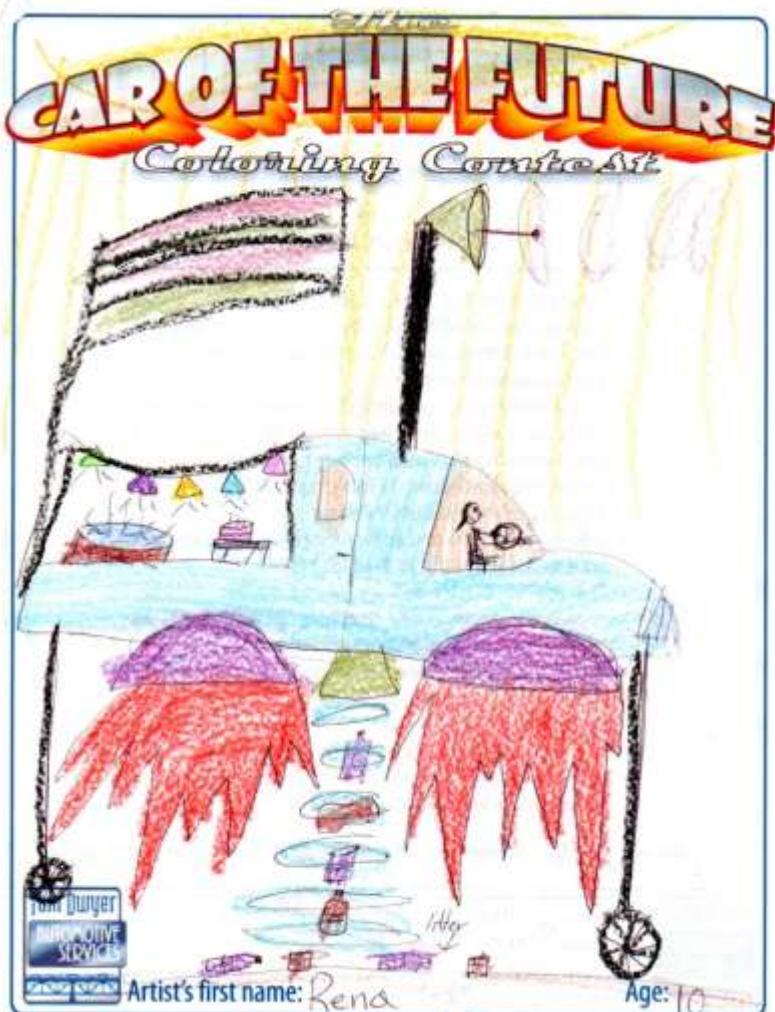
Sofia S.

\$20 certificate

Claire P.

\$15 certificate

Make sure you check out these and all the entries on our website at <http://tomdwyer.com/2012/home/summer-contest-roundup/?preview=true>.



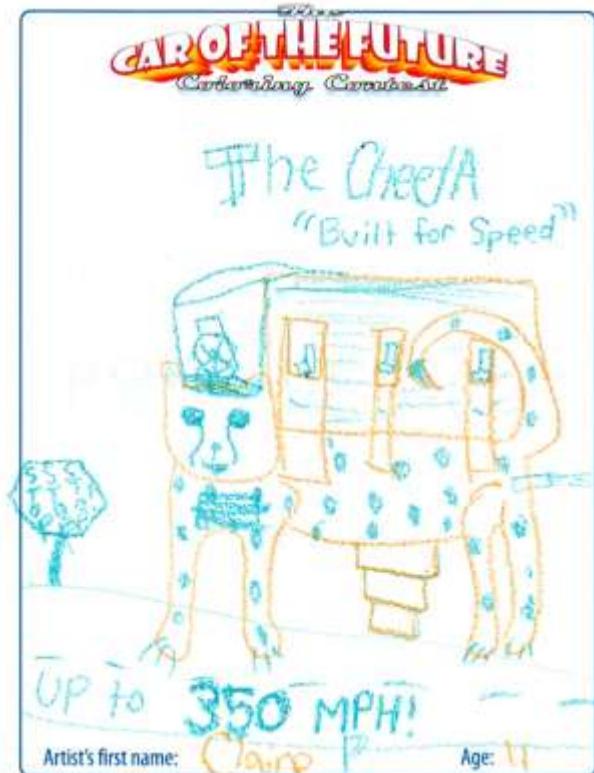
First Place

Rena A.
\$25 certificate

Second Place- Sofia S., \$20 certificate

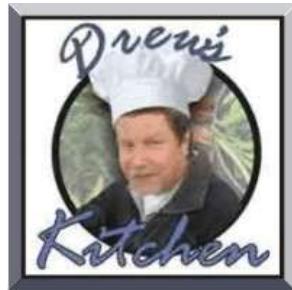


Third Place- Claire P., \$15 certificate



Drew's Kitchen

Halloween Treat- Spaghetti Pie



Everyone's thinking candy and pumpkins, but Halloween means parties as well. If you want something new and different to scare your ghoulish guests, then this may be just the Halloween treat you're looking for.

Ingredients

6 oz. spaghetti	$\frac{1}{4}$ cup chopped green pepper
2 Tbsp butter or margarine	1 8-oz can (1 cup) tomatoes, cut up
1/3 cup grated parmesan cheese	1 6-oz can tomato paste
2 well-beaten eggs	1 tsp sugar
1 cup cottage cheese (8 oz)	1 tsp dried oregano, crushed
1 pound ground beef or bulk pork sausage	$\frac{1}{2}$ tsp garlic salt
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ cup shredded mozzarella cheese (2 oz)

Directions

- Cook the spaghetti according to package directions; drain (should have about 3 cups spaghetti).
- Stir butter or margarine into hot spaghetti.
- Stir in parmesan cheese and eggs.
- Form spaghetti mixture into a "crust" in a buttered 10-inch pie plate
- Spread cottage cheese over bottom of spaghetti crust.
- In skillet, cook ground beef or pork sausage, onion, and green pepper till vegetables are tender and meat is browned.
- Drain off excess fat.
- Stir in undrained tomatoes, tomato paste, sugar, oregano, and garlic salt; het through.
- Turn meat mixture into spaghetti crust.
- Bake, uncovered, in 350° oven for 20 minutes.
- Sprinkle the mozzarella cheese atop.
- Bake 5 minutes longer or till cheese melts.
- Makes 6 servings

ShopTalk

Fire strikes the Tom Dwyer team



Shop Talk is usually about things you should know to get the most out of our service here at Tom Dwyer Automotive, but this month we'd like to ask you to help us support one of our own.

You all know Ken Bartz, our Shop Manager for many, many years. He and his family are going through a tough time right now... their apartment was recently destroyed in a fire. The fire started from an overheated laptop in the apartment above and burned through the floor into theirs. Fortunately no one was hurt, but they've lost almost everything they owned and they could really use some help. They're OK on clothing and basic needs for now, and insurance will help going forward, but as you can probably imagine there will be a gap before they can get back on their feet. We've already passed the hat here at the shop, but we need a little bigger hat... if you can spare a couple bucks, please give us a call at the shop and we'll get it to him. Your generosity is greatly appreciated!





Some people claim that canola is the healthiest of oils, even better than olive and coconut oils. Others say it is a genetically engineered monster that is 100 times more toxic than soy. Who is right?

-by Bruce Fife, N.D. Originally printed online at www.coconutresearchcenter.org in the Healthy Ways Newsletter, Vol 9, No.2. Reprinted from the Well Being Journal, Vol 21, No.6

Whenever I shop for food I always read ingredient labels. I won't buy anything until I know what's in it first. There are certain ingredients that I especially look for and avoid. One of these is canola oil. I won't touch it.

If you go to the grocery store or even a health food store you will see all types of foods proudly proclaiming they are made with canola oil. You see it in every type of food imaginable from frozen dinners and cookies to salad dressings and mayonnaise. In order to avoid trans fats in hydrogenated oils, many restaurants are now using canola oil for high temperature deep frying. You can even buy it by the bottle for home use.

Canola oil has gained a reputation as one of the "good" fats because it is primarily a monounsaturated fat, like olive oil, which is regarded as one of the healthiest of all the fats. Many people claim canola oil is even better than olive oil because, next to flaxseed oil, it contains one of the highest amounts of omega-3 fats. Omega-3s are believed to help prevent heart disease. Olive oil contains no omega-3 fats. Canola also has less saturated fat than olive oil and a higher percentage of polyunsaturated fat (see chart below). Because of these things, canola oil has received a great deal of recognition as the "premiere" monounsaturated fat and is aggressively promoted as a health food by food producers. But how healthy is it really?

Food producers have learned from years of experience that if they present a poor quality food as healthy, it will become a best seller. That is the situation with canola oil. The truth is, canola oil is not a healthy oil at all. In fact, it is one of the unhealthiest oils you could ever eat and you should avoid anything and everything that contains it. Let me explain why.

Canola oil is not a natural oil. It is a man-made oil never before seen in nature or eaten by humans until a few years ago thanks to the wonders of modern chemistry and biological manipulations. There is no such thing as a canola plant or a canola seed. Canola oil comes from hybridized, genetically modified rapeseed plants. In other words, it is a man-made variety of rapeseed. The name rape-seed is a fitting description to its unsavory character. The oil from natural rapeseed contains toxic substances known as glucosinolates and a particularly nasty fatty acid called erucic acid. Bugs won't eat rapeseed. The glucosinolates are natural insecticides with a bitter disagreeable taste. It is known to cause metabolic disorders in animals and, therefore, is not fit for animal or human consumption. In fact, it is illegal to sell rapeseed oil for human consumption.

Much of the caution against using rapeseed oil is due to its erucic acid content. Erucic acid is a 22 carbon long chain monounsaturated fatty acid. Animal studies have shown that erucic acid causes fatty deposits in the heart and cardiac fibrosis.¹⁻² Cardiac fibrosis is an abnormal thickening of the heart valves and loss of flexibility, which can lead to valve dysfunction and heart failure. Erucic acid also lowers the ability of the heart to produce the energy it needs to function properly, again increasing risk of heart failure.³ These effects can be observed even when erucic acid is reduced to as little as 2 percent.

Rapeseed grows very well in cool climates such as in northern Europe and Canada. Most commercial crops don't fare well in these climates. Realizing the economic potential, Canadian plant breeders set out to develop a more palatable and safer rapeseed plant to use as animal feed that can thrive in the cool Canadian climate. Their primary goal was to reduce the glucosinolates but in so doing they also removed a gene responsible for producing most of the erucic acid. Natural rapeseed oil contains as much as 50 percent erucic acid. This new rapeseed oil had less than 5 percent, which would allow it to be sold as human food and greatly increase its marketing potential.

Originally, the new rapeseed oil was referred to as "LEAR" oil for "Low Erucic Acid Rapeseed." Fearful that consumers might question the sanity of eating "rapeseed oil" the developers coined the name "canola oil." The name is an acronym for "Canadian Oil Low-Acid" (Can. O. L. A.). The name "canola" rhymes with "granola" suggesting a natural or healthy product. Give a product a fancy new healthy sounding name and it is sure to sell well. It was immediately marketed as a heart-friendly monounsaturated oil with all the benefits of olive oil but even better because it has less saturated fat and up to 10 percent omega-3 fatty acids. Promoters praised canola oil as the ultimate healthy oil.

"Food grade" rapeseed oil (canola oil) is not entirely erucic acid-free. It is illegal to sell rapeseed oil for human consumption if it contains more than 2 percent erucic acid by weight in the USA and more than 5 percent in Europe. Although most of the erucic acid has been removed, would you want to eat an oil that contains even a small amount of a toxin that attacks the heart? Studies have shown that even as little as 2 percent can have detrimental effects on the heart and circulatory system. This is one of the reasons why canola oil is not allowed as an ingredient in baby food. It is also not recommended for breastfeeding mothers because erucic acid is deposited in the mother's milk fat. If canola oil is not good for babies, why would it be any better for adults?

A number of studies have evaluated the health effects of consuming canola oil. While it may help reduce total cholesterol and LDL (so-called bad) cholesterol like most other vegetable oils do, it also decreases HDL (good) cholesterol.⁵ HDL cholesterol is believed to protect against heart disease and, therefore, reducing it increases the risk of heart attack and stroke. So, despite the spin promoters put on it, canola provides absolutely no benefit for the cardiovascular system.

When fed to lab animals canola oil causes an increase in blood pressure, promotes insulin resistance, increases risk of stroke, causes kidney lesions, and shortens life span.⁶⁻¹⁰ While all these effects are observed in animals, do you really want to be consuming a man-made oil that causes such problems? The reason for these conditions are not necessarily due solely to the fatty acid content of the oil, but may be caused by other yet unidentified substances unique to canola oil.

One thing canola oil does is cause blood cells to become excessively rigid. When blood cells lose their flexibility they cannot fold and squeeze through the many miles of tiny capillaries dispersed throughout our bodies. Consequently, circulation is hindered and blood pressure rises. This character of canola oil is not caused by erucic acid but is believed to be a consequence of the unique phytosterols naturally found in the oil.¹²⁻¹³ These sterols are absorbed into the blood cell membranes causing them to stiffen up. This hardening of the cell membrane may also affect permeability—the cells ability to absorb nutrients and expel waste, thus hindering their function. Since red blood cells carry oxygen throughout the body and remove carbon dioxide waste, this could pose a serious problem to overall health.

Because canola oil is composed mostly of monounsaturated fatty acids, it is believed to be more heat stable than most other vegetables oils that are composed predominately of polyunsaturated fatty acids. But studies show it produces free radical mutagenic byproducts just as readily as other vegetable oils when used in cooking.

One of the supposed benefits of canola oil is its high omega-3 content. This “benefit,” however, is another reason why you shouldn’t eat it. Omega-3 fats are very delicate and highly sensitive to heat. That’s why you never heat flaxseed oil. The same is true with canola oil. It should never ever be heated, because when omega-3s are heated they quickly oxidize (become rancid) and produce cell-destroying molecular entities known as free radicals. This causes the polyunsaturated oils in it, including the omega-3s, to oxidize into free radicals and some to transform into toxic trans fatty acids. All the beneficial omega-3s in the oil are destroyed and turned into harmful substances.

The omega-3 polyunsaturated fatty acids in canola oil are the first to oxidize when the oil is heated and they do so very easily. The free radicals produced wreak havoc on the body. Antioxidants are quickly used up defending the body against these rogue molecules. After consuming canola oil the body’s protective antioxidant reserves are significantly depleted.¹⁵ For example, Canadian researchers found that when they fed piglets formula containing canola oil the animals developed a vitamin E deficiency, even though the formula contained adequate vitamin E.¹⁶ Vitamin E is one of our major antioxidant nutrients. A deficiency can lead to numerous health problems including anemia, muscle degeneration and weakness, and fibrocystic breast disease, as well as increase the risk of heart disease and cancer.

Alpha linolenic acid (ALA) is the omega-3 fatty acid found in flaxseed, canola, and other vegetable oils. When consumed, ALA is converted to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the same type found in fish. These latter two are the omega-3 fatty acids our bodies need and want.

When canola oil is heated, all the ALAs it contains are lost. None are converted to EPA or DHA. Therefore, the original omega-3 content in canola oil is totally lost. Not only are the omega-3 fatty acids destroyed, but they have been transformed into very harmful substances.

There is no such thing as a “healthy” form of canola oil. Even if you use canola oil straight from the bottle as a salad dressing it has already been

heat damaged. Canola oil is processed under high temperatures (over 300 degrees F/150 C). During the processing the ALAs are destroyed and trans fatty acids are created. Trans fatty acids are the most detrimental fats in our diet. Eating them greatly increases risk of diabetes, heart disease, stroke, and autoimmune diseases. Even though the producers claim the oil contains a minimal amount of trans fatty acids (about 0.2 percent), research at the University of Florida measured levels up to 4.6 percent in store brands.¹⁸ This is a large enough amount to be seriously concerned about, especially since the US Institutes of Medicine a few years ago publically stated that “no” amount of trans fatty acids are safe to consume. It is this statement that has led restaurants and food manufactures to reduce the amount of trans fatty acids in their foods.

Further damage is done to the oil when it is used in cooking either at home, in restaurants, or at a bakery. Canola oil is commonly used in cooking, including high-temperature deep frying. If you eat at restaurant that claims it does not use oils with trans fatty acids but fries its food in canola oil, you are eating trans fatty acids. You might as well fry the food in Crisco shortening. When canola is cooked, you are taking a bad oil and making it even worse.

That’s not all. There’s still more to be concerned about. Virtually all the canola oil sold in stores or used in the food processing industry is genetically engineered. In other words, it has had genes replaced with genes from other plants or even bacteria or fungi. One of the reasons for doing this is to make the plants more tolerant to chemical pesticides. This way, farmers can dump tons of pesticides onto the genetically altered rapeseed plants without killing them. It is believed that using more pesticides will reduce insect damage, thus increase crop yields. This is why you will not find any canola oil that is marked “certified organic,” because it has all been genetically altered and heavily sprayed. The oil produced from these plants is also more likely to contain pesticide residue.

Safety studies have not been done on genetically engineered foods. We have no idea how altering the genes in foods can affect our health. We do know however, that in some cases they can cause

sickness and death and are dangerous to the environment. You can learn more about the dangers of genetically modified foods here.

Don't be fooled by food company propaganda promoting canola oil as a healthy choice. It's one oil that is definitely not fit to eat. ■

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Sellwood Bridge Update

Construction slows down for the Fall



Despite the army of cranes surrounding the Sellwood Bridge, work on it is about to slow as a ban on in-water work takes effect in October. (Any work that disturbs the river bottom has to be put on hold to avoid harming the salmon migration). The Shoo-fly move, when the existing bridge is moved over to become the temporary bridge during construction, has been moved until early next year. We'll keep you posted as that date gets closer... it should be quite a show! In the meantime, here is the latest Field Work notice and some pictures of the construction area.

River Work

Work Bridge – Pile driving for two work bridges is expected to continue seven days a week through October 15. The contractor is working to place 60 piles for each bridge during this in-water work period. On October 8 the contractor will drive several piles for the eastside column of the detour bridge near the riverbank in front of Riverplace. The photo to the right shows river piers for the new detour structure and the beams that will be used to shift the old river spans to the detour bridge.

West Side Work

Traffic Impact – The contractor plans to flag traffic at the west end of the bridge on Saturday night, October 6 during boring for the foundations for the west approach of the detour bridge. This work will impact traffic between 7 pm Saturday and 6 am on Sunday. Work continues on other westside approach spans.

Landslide Work – Landslide stabilization work continues north and south of the bridge. Next week the contractor will construct, drill and install additional shear piles and install a set of ground anchors.

East Side Work

Traffic Impact – On October 9 and 10 flaggers will stop bridge traffic for several minutes while a crane places several 90-foot long steel beams that will form the deck for the east approach to the detour bridge. The contractor is building the east approach from the river to the east (see photo at right).

The contractor is completing the new end wall of the southern unoccupied townhouse at Riverpark condominiums. On the south side of the bridge, the new gated south entrance to Sellwood Harbor condominiums is expected to be completed by October 16. Then work will shift to the north side of the complex and the north entrance will be closed.

Construction Work Hours: Work hours through October 15 are 7 a.m. to 6 p.m. Monday through Saturday and 9 a.m. to 6 p.m. on Sunday. Work hours for eastside condominiums are 8 a.m. to 5 p.m. weekdays.

For Project Information: For project information, contact Mike Pullen (mike.j.pullen@multco.us, [503-209-4111](tel:503-209-4111)) or visit www.sellwoodbridge.org. View live construction from our two web cams at www.sellwoodbridge.org/?p=construction-camera.

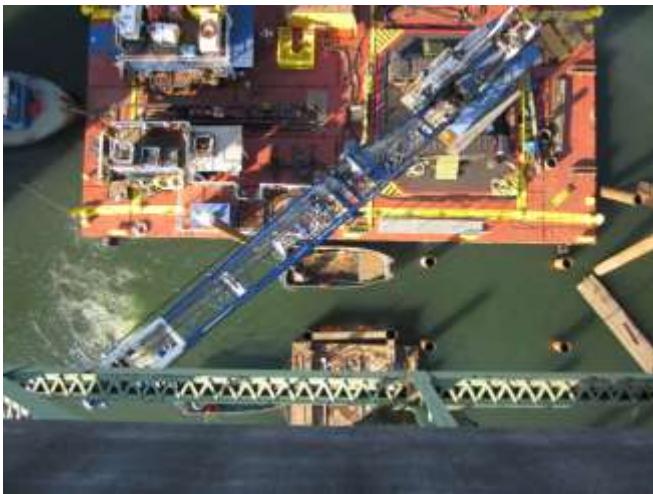
Don't forget ...

Multnomah County is set to keep you updated on the bridge construction 24/7. Their website at SellwoodBridge.org has full project information, archives, and other resources. Probably the most interesting thing on the site is the cameras set up to cover the new bridge construction. The link at left takes you to the [live camera](#), and there's also a [time-lapse video](#) that will condense the each day's construction progress into just a few minutes.





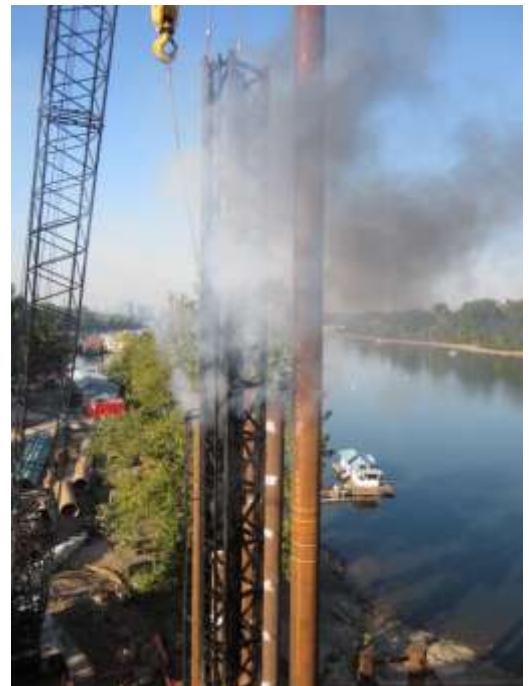
The new construction management trailer complex in the lot across from our shop. See us way in the back?



View from the bridge to construction platforms below



Supports for the temporary bridge are taking shape



New pilings being driven

Book Spotlight

Guest Book Spotlighter- Neil deGrasse Tyson



This month we turn over the task of finding fascinating books to a guest. Neil deGrasse Tyson, astrophysicist, director of the Hayden Planetarium, and popularizer of science, was asked in an online forum “which books should be read by every single intelligent person on the planet?” Here’s what he came up with along with his reasons for each. We agree with some, disagree with others, and think he missed several of the best ones, but it’s an interesting list and we could all certainly do worse. Do you have a better list to suggest?

- 1.) ***The Bible***- “to learn that it’s easier to be told by others what to think and believe than it is to think for yourself.”
- 2.) ***The System of the World*** by Isaac Newton- “to learn that the universe is a knowable place.”
- 3.) ***On the Origin of Species*** by Charles Darwin- “to learn of our kinship with all other life on Earth.”
- 4.) ***Gulliver’s Travels*** by Jonathan Swift- “to learn, among other satirical lessons, that most of the time humans are Yahoos.”
- 5.) ***The Age of Reason*** by Thomas Paine – “to learn how the power of rational thought is the primary source of freedom in the world.”
- 6.) ***The Wealth of Nations*** by Adam Smith- “to learn that capitalism is an economy of greed, a force of nature unto itself.”
- 7.) ***The Art of War*** by Sun Tsu- “to learn that the act of killing fellow humans can be raised to an art.”
- 8.) ***The Prince*** by Machiavelli- “to learn that people not in power will do all they can to acquire it, and people in power will do all they can to keep it.”

Tyson concludes by saying: “If you read all of the above works you will glean profound insight into most of what has driven the history of the western world.”

Humorousness

82 things you should never, ever do.



Here's the biggest collection we could find (from our cyber friends at Bored.com) of strange warning labels that have appeared on various products. The sad thing about product warnings is that they are usually put on a product in response to some misuse of the product that landed the manufacturer in court. For example, one of our intrepid *Your Car Matters* reporters told us about a man who sued a lawnmower company for his injuries because they didn't warn him not to pick up the mower and use it to cut his hedge. The lawnmower now carries the appropriate warning. With that story in mind, think of all the mistakes that resulted in these (purportedly real) warnings...

Cardboard windshield sun shade:

Warning: Do Not Drive With Sun Shield in Place.

Infant's bathtub:

Do not throw baby out with bath water

Package of Fisherman's Friend throat lozenges:

Not meant as substitute for human companionship

Disposable razor:

Do not use this product during an earthquake

Bottle of shampoo for dogs:

Caution: The contents of this bottle should not be fed to fish

Curling Iron:

Warning: This product can burn eyes

Hair Dryer:

Do not use in shower

Hair Dryer:

Do not use while sleeping

Hand-held Massaging Device:

Do not use while sleeping or unconscious

Case of a chocolate CD in a gift basket:

Do not place this product into any electronic equipment

A toilet at a public sports facility:

Recycled flush water unsafe for drinking

Pair of shin guards made for bicyclists:

Shin pads cannot protect any part of the body they do not cover

Container of Underarm Deodorant:

Caution: Do not spray in eyes

Aim-n-Flame fireplace lighter:

Do not use near fire, flame, or sparks

Toner cartridge for a laser printer:

Do not eat toner

13-inch wheel on a wheelbarrow:

Not intended for highway use

Can of self-defense pepper spray:

May irritate eyes

Novelty rock garden set called "Popcorn Rock":

Eating rocks may lead to broken teeth

A Frisbee:

Warning: May contain small parts

A toilet bowl cleaning brush:

Do not use orally

A birthday card for a 1 year old:

Not suitable for children aged 36 months or less

Heated seat cushion:

Warning: Do not use on eyes

Microwave Oven:

Do not use for drying pets

Electric Cattle Prod:

For use on animals only

Can of air freshener:
For use by trained personnel only

Silly Putty:
Do not use as ear plugs

Knife sharpening stone:
Warning: knives are sharp!

Deodorant:
Do not use intimately

Rat Poison:
Warning: has been found to cause cancer in laboratory mice

Portable stroller:
Caution: Remove infant before folding for storage.

Dashboard of a mail truck:
Look before driving

Children's cough medicine:
Do not drive car or operate machinery

Sign at a railroad station:
Beware! To touch these wires is instant death. Anyone found doing so will be prosecuted

Bottom of a supermarket dessert box:
Do not turn upside down

Package of dice:
Not for human consumption

Bottled Drink:
Twist top off with hands.
Throw top away. Do not put top in mouth

Shipment of hammers:
May be harmful if swallowed

Manual for an SGI computer:
Do not dangle the mouse by its cable or throw the mouse at co-workers

Stamped on the metal barrel of a .22 calibre rifle:
Warning: Misuse may cause injury or death

Electric Thermometer:
Do not use orally after using rectally

Packaging for a chain saw file, used to sharpen the cutting teeth on the chain:
Turn off motor before using this product

6x10 inch inflatable picture frame:
Not to be used as a personal flotation device

Box of bottle rockets:
Do not put in mouth

Wrapper of a Fruit Roll-Up snack:
Remove plastic before eating

Box for a car jack:
For lifting purposes only

Instructions for a cordless phone:
Do not put lit candles on phone.

Small print from car commercial which shows a car in the ocean:
Do not drive cars in ocean

Small print from a car commercial which shows a vehicle "body-surfing" at a concert:
Always drive on roads. Not on people

Bus Stop:
No stopping or standing

Church Sign:
These rows reserved for parents with children

Bag of Fritos:
You could be a winner! No purchase necessary. Details inside

Credit card statement:
Payment is due by the due date

Laundromat triple washer:
No small children

Sign in front of a newly renovated ramp that led to the entrance of a building:
Take care: new non-slip surface

Box of Pills:
Take one capsule by mouth three times daily until gone

Instructions on the packaging for a muffin at a 7-11:
Remove wrapper, open mouth, insert muffin, eat

Can of black pepper:
Instructions: usage known

Bag of cat biscuits:
Simply pour the biscuits into a bowl and allow the cat to eat when it wants

Car Manual:
In order to get out of car, open door, get out, lock doors, and then close doors

Espresso Kettle:
The appliance is switched on by setting the on/off switch to the 'on' position

T.V. manual:

Do not pour liquids into your television set

Label on a hammer:

Caution - Do not use this hammer to strike any solid object

VCR box:

Instructional video on hooking up VCR included

Toilet brush:

Do not use for personal hygiene

Black rubber fishing worm:

Not for human consumption

Orange Juice Can:

100% pure all-natural fresh-squeezed orange juice from concentrate

Depend Adult Diapers:

Step into underwear and pull them on just like regular underwear

Furniture Wipes:

Do not use for a baby wipe

Stickers to put on the seat of a potty training toilet:

This is not a toy. Stickers require adult supervision

Lawnmower:

Warning: When Motor Is Running - The Blade Is Turning

Instructions on the bottom of a grocery store pizza:

Do not turn upside down

Bottom of a Coca-Cola bottle:

Do not open here

Bottle of bathtub cleaner:

For best results, start with clean bathtub before use

Container of lighter fluid:

WARNING: Contents flammable!

Box of household nails:

CAUTION! - Do NOT swallow nails! May cause irritation!

Microwave popcorn, packaged so that the directions cannot be read unless you open the plastic and unfold it:

Direction #1: Remove plastic

Drink bottle label:

Do not peel label off

Woolite carpet cleaner:

Safe for carpets, too!

Box of Frosted Cheerio's:

The logo, "Tastes so good this box never closes," is located just underneath another announcement: "To close: place tab here."

Sterno:

Do not use near fire or flame

Container of salt:

Warning: High in sodium

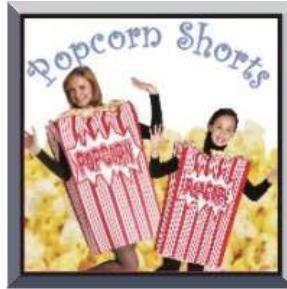
Hose Nozzle:

Do not spray into electrical outlet

Popcorn Shorts

Cool stuff that's too small for a big article

Just like it says, Popcorn Shorts is about the kind of things we think are really interesting, but don't really need a large article to explain them. From the sublime to the ridiculous, check in here for crunchy bits of info you'll love to munch. Bet you can't eat just one!



Warp Drive isn't just for Star Trek anymore



Einstein showed that it is *impossible* for anything to move faster than light. This ultimate speed limit has been proved over and over again and it now underlies every aspect of modern physics. We *know* it's true... except

that maybe it's not. A theory proposed by Mexican physicist Miguel Alcubierre involves compressing space in front of a spacecraft so that the same speed covers more distance, effectively letting the ship cheat the speed limit. This has been thought to involve massive amounts of energy (on the scale of the output of stars) far beyond our capacity to generate, but that may be changing. How far are you from owning your own starship? Check out these links...

[NASA working on faster-than-light drive capable of WARP TEN](#)

[Warp Drive May Be More Feasible Than Thought, Scientists Say](#)

[NASA Actually Working on Faster-than-Light Warp Drive](#)

Understanding Bain Capital with Bob Reich



Mitt has pulled a lot of money from Bain Capital, which in turn has pulled a lot of money from just about everyone else. This is some of the most complex financial technology around, but the Republicans have boiled it down to calling him a "job creator". Did Mitt create jobs? Did he bring value to our world, or did he plunder value already there? Robert Reich has put out several videos explaining the basics of complicated economic topics, [and this one explaining Bain Capital's business model](#) is one in the series. You won't be able to go to work for a hedge fund when you're done watching, but you may have a better grasp of financial vampirism.

What microchip should your child use?



Big Brother is coming to a school near you, and he's coming quick. Here's a story from Texas about students in San Antonio who are being required to carry student ID's that have embedded microchips to constantly track their location. Touted as a way to control truancy, they are issued to every student in the school regardless of their attendance record. Students who don't want to carry the ID are being denied the opportunity to participate in activities like school elections. Here are several links to the story:

[Texas School District Reportedly Threatening Students Who Refuse Tracking ID, Can't Vote For Homecoming](#)

[Texas schools punish students who refuse to be tracked with microchips](#)

[Texas public schools and a warning to the nation](#)
[Texas High School Forces Students to Wear Traceable ID Cards](#)

[High-tech chip tracking is here](#)

[Kids Tagged With RFID Chips? The Creepy New Technology Schools Use to Track Everything Kids Do -- And the Profit Motive Behind It](#)

You MUST love thy neighbor

Ayn Rand's popular these days, in part because her denial of any societal obligation is convenient to the right wing's goals. Turns out that society may be less of a matter of opinion and more of a matter of biology. An interesting [study from the University of Lincoln suggests we may be biologically hardwired to love our neighbors](#), or at least that the nearer they are to us the less we want to see them in pain. Something to talk about over the back fence!

News To Make You Furious

No one's gone to jail over the Wall Street crash.
Here's why.



A Rare Look at Why the Government Won't Fight Wall Street

by Matt Taibbi in Rolling Stone, September 18

The great mystery story in American politics these days is why, over the course of two presidential administrations (one from each party), there's been no serious federal criminal investigation of Wall Street during a period of what appears to be epic corruption. People on the outside have speculated and come up with dozens of possible reasons, some plausible, some tending toward the conspiratorial – but there have been very few who've come at the issue from the inside.

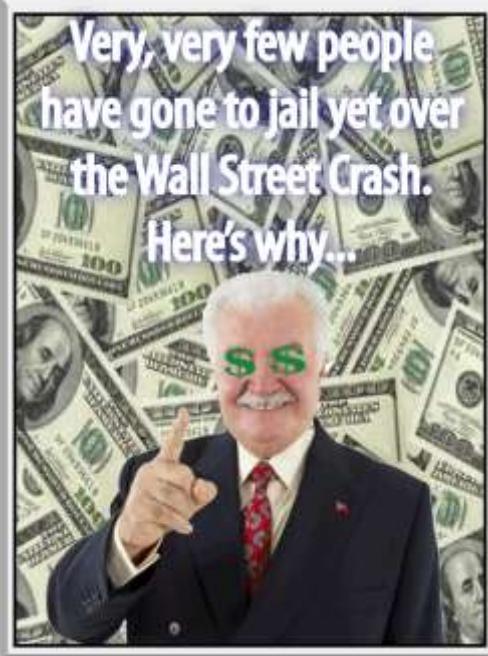
We get one of those rare inside accounts in [The Payoff: Why Wall Street Always Wins](#), a new book

by Jeff Connaughton, the former aide to Senators Ted Kaufman and Joe Biden. Jeff is well known to reporters like me; during a period when most government officials double-talked or downplayed the Wall Street corruption problem, Jeff was one of the few voices on the Hill who always talked about the subject with appropriate alarm. He shared this quality with his boss Kaufman, the Delaware Senator who took over Biden's seat and instantly became an irritating (to Wall Street) political force by announcing he wasn't going to run for re-election.

"I later learned from reporters that Wall Street was frustrated that they couldn't find a way to harness Ted or pull in his reins," Jeff writes. "There was no obvious way to pressure Ted because he wasn't running for re-election."

Kaufman for some time was a go-to guy in the Senate for reform activists and reporters who wanted to find out what was really going on with corruption issues. He was a leader in a number of

areas, attempting to push through (often simple) fixes to issues like high-frequency trading (his advocacy here looked prescient after the "flash crash" of 2010), naked short-selling, and, perhaps most importantly, the Too-Big-To-Fail issue. What's fascinating about Connaughton's book is that we now get to hear a behind-the-scenes account of who exactly was knocking down simple reform ideas, how they were knocked down, and in some cases we even find out why good ideas were rejected, although some element of mystery certainly remains here.



There are some damning revelations in this book, and overall it's not a flattering portrait of key Obama administration officials like SEC enforcement chief Robert Khuzami, Department of Justice honchos Eric Holder (who once worked at the same law firm, Covington and Burling, as Connaughton) and Lanny Breuer, and Treasury Secretary Tim Geithner.

Most damningly, Connaughton writes about something he calls "The Blob," a kind of catchall term describing an oozy pile of Hill insiders who

are all incestuously interconnected, sometimes by financial or political ties, sometimes by marriage, sometimes by all three. And what Connaughton and Kaufman found is that taking on Wall Street even with the aim of imposing simple, logical fixes often inspired immediate hostile responses from The Blob; you'd never know where it was coming from.

In one amazing example described in the book, Kaufman decided he wanted to try to re-instate the so-called "uptick rule," which had existed for seventy years before being rescinded by the SEC in 2007. The rule prevents investors from shorting a stock until the stock had ticked up in price. "Forcing short sellers to wait for the price to tick up before they sell more shares gives a breather to a stock in decline and helps prevent bear raids," Connaughton writes.

The uptick rule is controversial on Wall Street – I've had some people literally scream at me that it doesn't do anything, while others have told me that it does help prevent bear attacks of the sort that appeared to help finally topple already-mortally-wounded companies like Bear Stearns and Lehman Brothers – but what's inarguable is that Wall Street hates the rule. Hedge fund types or employees of really any company that engages in short-selling will tend to be most venomous in their opinions of the uptick rule.

Anyway, Connaughton and Kaufman were under the impression that new SEC chief Mary Schapiro would re-instate the uptick rule after taking office. When she didn't, Kaufman wrote her a letter, asking her to take action. When that didn't do the trick, he co-sponsored (with Republican Johnny Isakson) a bill that would have required the SEC to take action.

Nothing happened, and months later, Kaufman gave a grumbling interview to *Politico* about the issue. One June 30, the paper's headline read: "[Ted Kaufman to SEC; Do Your Job.](#)"

The next day, the Blob bit back. Connaughton was in the basement of the Russell building when a Senate staffer whose wife worked for Shapiro shouted at him. From the book:

"Hey, Jeff, you're in the doghouse." He meant: with his wife.

"Why?" I asked.

"That *Politico* piece by your boss."

I was taken aback but tried to downplay the matter. "We just want the SEC to get its work done."

"Remember," he said. "We all wear blue jerseys and play for the Blue Team. I just don't think that helps."

When Connaughton told Kaufman over the phone what the staffer said, Kaufman exploded. "You call him back right now and tell him I said to go fuck himself in his ear," Kaufman said.

Similarly, when Kaufman tried to advocate for rules that would have prevented naked short-selling, Connaughton was warned by a lobbyist that it would be "bad for my career" if he went after the issue and that "Ted and I looked like deranged conspiracy theorists" for asking if naked short-selling had played a role in the final collapse of Lehman Brothers. Naked short-selling is another controversial practice. Essentially, when you short a stock, you're supposed to locate shares of that stock before you go out and sell it short. But what hedge funds and banks have discovered is that the rules provide "leeway" – you can go out and sell shares in a stock without actually having it, provided you have a "reasonable belief" that you can locate the shares.

This leads to the obvious possibility of companies creating false supply in a stock by selling shares they don't have. Without getting too much into the weeds here, there is an obvious solution to the problem, which essentially would be forcing companies to actually locate shares before selling them. In their attempt to change the system, Kaufman and Connaughton discovered that the Depository Trust Clearing Corporation, the massive quasi-private organization that clears most all stock trades in America, had come up with just such a fix on their own. Kaufman recruited some other senators to endorse the idea, and as late as 2009, Connaughton and

Kaufman were convinced they were going to get the form. "I said to Ted, 'We're going to change the way stocks are traded in this country.'"

But before the change could be made, Goldman, Sachs issued "data" showing that there was "no correlation" between naked short selling and price movements. When Connaughton asked an Isakson staffer what the data said, the staffer, intimidated by Goldman, replied, "The data proves we're full of shit." Connaughton looked at the data and realized instantly that it was a bunch of irrelevant gobbledegook, even firing off an angry letter to Goldman telling them the tactic was beneath even them.

But Goldman's tactic worked. A roundtable to discuss the idea was scheduled by the SEC on September 24, 2009. Of the nine invited participants, "all but one" were for the status quo. Connaughton expected the DTCC representatives to unveil their reform idea, but they didn't:

Afterwards, I went over to [the DTCC representatives] and asked, "What happened?" Sheepishly, and to their credit, they admitted: "We got pulled back." They meant: by their board, by the Wall Street powers-that-be.

Essentially the same thing happened in Kaufman's biggest reform attempt, the amendment to the Dodd-Frank bill he co-sponsored with Ohio's Sherrod Brown, which would have broken up the Too-Big-To-Fail banks. But the Brown-Kaufman amendment, which was really the meatiest thing in the original Dodd-Frank bill, the one reform that *really* would have made a difference if it had passed, just died in the suffocating mass of the Blob. The key Democrats one after another failed to line up behind it, and in the end it was defeated soundly, with Dick Durbin, the number two man in the Democratic leadership, giving it this epitaph: "a bridge too far."

Again, those interested in understanding the mindset of the people who should be leading the anti-corruption charge ought to read this book. It's the weird lack of concern that shines through, like Khuzami's comment that he's "not losing sleep" over judges reprimanding his soft-touch

settlements with banks, or then Southern District of New York U.S. Attorney Ray Lohier's comment that the thing that most concerned him – this is the period of 2008-2009, the middle of a historic crimewave on Wall Street – was "cyber crime."

On the outside we can only deduce the mindset from actions and non-actions, but Connaughton's actually seen it, and with the book you get to see it too. It's scary and definitely worth a read.

Read more:

<http://www.rollingstone.com/politics/blogs/taibblog/a-rare-look-at-why-the-government-wont-fight-wall-street-20120918#ixzz29822bx52>