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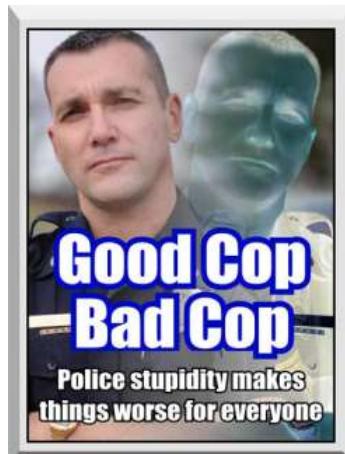
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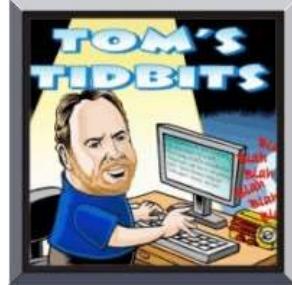
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Tom's Tidbits

An informed citizenry is a pesky thing



Greetings!

Issues combine this month to illustrate ways our society is damaged...

We are systematically being deprived of the information we need to function as a democracy. To people who don't know that Social Security isn't broken, draconian cuts intended to "save" it may make sense. To people who don't know where their food comes from, they can't make the choice NOT to buy the GMO "Frankenfoods" that profit corporations like Monsanto. Informed citizens are critical and democracy no longer seems to function when it comes to making laws...

Inability to get vital information caused Washington's initiative 522 to fail. 522 would have required labeling of GMO products so consumers could make informed decisions about what they eat. It looked like 522 was headed for a win when it started, but money talks. Opponents dumped \$20.1 million into the campaign (.003% came from in-state contributions) against supporters' \$7 million (22% came from in-state contributions), and the measure was defeated 55-45. It's too late to do anything about it now, but we're still left with the (now less informed) choice of what to eat. Our Health Notes this month may be helpful. People who know the food industry, from cancer researchers to biotech specialists, will tell you what foods they avoid. It's not the comprehensive information we need, but maybe it's the best information we can get.

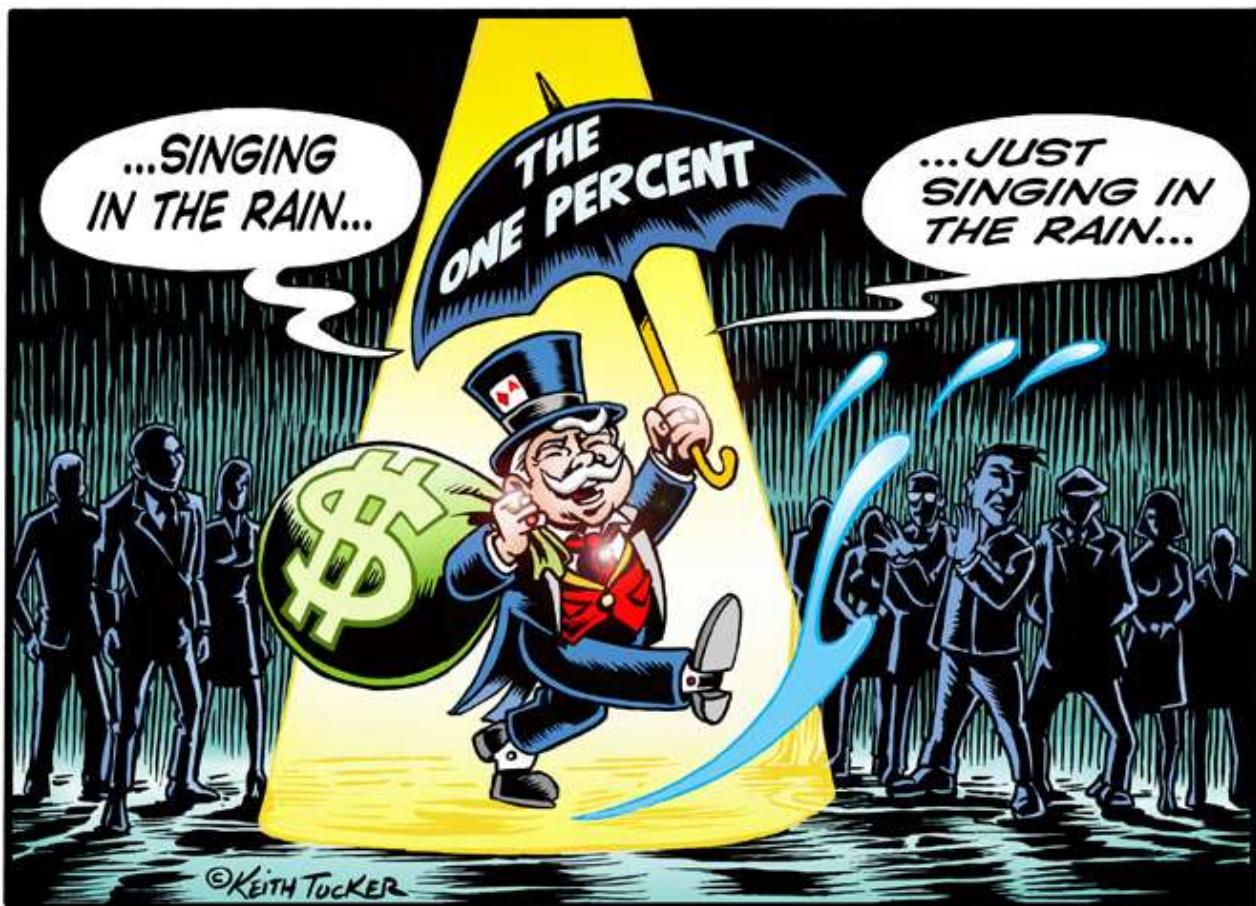
KPOJ was Portland's sole Progressive talk station before it was unceremoniously closed three days after Obama's re-election. In "Little Beirut", KPOJ was the only outlet for Progressive thought in a sea of conservative noise, and with its voice silenced PDX is left with Limbaugh, Hannity, Michael Berry, and even less talented shills to learn about the issues that affect our lives every day. KPOJ, like every other broadcast entity in America, is licensed to "broadcast in the public interest" and faces license renewal in 2014. In this Information Age nothing is more "in the public interest" than an open exchange of relevant information, but despite KPOJ stifling this flow their license will be renewed. I think this is too important an issue to just let it slide by quietly, so I'm asking you to help raise awareness on the issue. We have started a petition against the license renewal, and I hope you will join me in this easy way to make our voices heard.

Laws are no longer written by our representatives, and government barely even pretends that our opinion matters anymore. Thomas Jefferson said "information is the currency of democracy", but that's only important if democracy matters. If the decisions are being made in the interest of private profit rather than public good, than an informed citizenry isn't important... it's a hindrance. In current politics, informed citizens aren't viewed as an asset... they're nettlesome.

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

What NOW?!! Toons

Keith Tucker makes Robert Reich funny!



"WHAT NOW?!!"

© KEITH TUCKER WWW.WHATNOWTOONS.COM

What does this have to do with Robert Reich? He wrote an article on Huffington Post with solid numbers and reasoning on why increasing revenue, not increasing cuts, is the only way to rebuild our shattered country.

Why We Must Raise Taxes on the Rich, by Robert Reich

Why bother with certified techs?

A perfect example of how smart techs deliver



We employ the most qualified people available in our shop and behind the counter because we believe the best people deliver the best service. While that may be true, it can be hard to find an example that clearly illustrates the idea. However, the uncommon execution of a common Subaru repair offered the perfect chance to show exactly how training and experience matter to the speed, precision, and ultimately the quality of your repairs. It's a simple look at the value of craftsmanship, and we want to share this example with you this month...

Chad Daley is an ASE-Certified-Master Technician and Subaru Factory-Certified Master Technician who has been with us since 2010. He's developed a few tricks over the years and one of his recent jobs, changing a timing chain on a Subaru, illustrated one of them. Timing chains and belts can be a very complex, in-depth repair. They require removing the front of the engine (or engine covers) and replacing a critical component, the belt or chain that coordinates the movements of pistons and valves to within thousandths of a second. There are lots of opportunities for error, and any small mistake can cause serious engine damage.



As you might imagine, there's a lot of nuts and bolts that go into a repair like this. As an example the Subaru Outback has more than 50 fasteners of multiple lengths and thread types on the chain cover alone. It is critical that each specific fastener be returned to its proper place, be installed in a specific sequence, and torqued to exact specifications. It's easy for the fasteners to get mixed up, and it can be a time-consuming process to keep them all straight.



Because he's done so many repairs like this one, Chad has developed ways to head off the problems he's learned to expect. For jobs like this he creates a reusable schematic pattern of the timing chain cover with punched holes for each of the fasteners, and notes each hole with the installation sequence and torque specifications. He then plugs each fastener into the board as he removes it. Now, rather than a box of mixed bolts he has a ready guide for reassembly and a backup to prevent error. It's easy to set the

whole board aside while he does the rest of the repair, and since each fastener is secured to the board there's no chance of accidentally losing one. Chad's expertise, creativity, and efficiency in developing methods like this ensures quality, accurate repairs and happy clients.

"Automotive Technician" is now one of the most demanding fields anyone can train for. It requires an in-depth knowledge of mechanical, electronic, and computer systems that must be constantly updated to keep up with new technologies and new vehicles. But it's more than just raw knowledge. Technicians face complex mechanical challenges that frequently don't have obvious solutions, and they need understanding and vision to solve these problems successfully. We invest a lot in the equipment and facilities necessary for a modern shop, but without the right people no shop can be successful.

Many repair shops may have a single ASE-Master-Certified Technician to oversee things, and a staff of uncertified or minimally experienced personnel to do the bulk of the work. At Tom Dwyer Automotive Services, currently half of our 10 Technicians are ASE-Master-Certified and the other half maintains multiple ASE-Certifications. This may seem like overkill, but we think it's the only way to provide consistent quality for our clients.



KPOJ Sports Is Coming Back!

Would you like to offer your opinion?



Yes, Thanksgiving and Christmas are coming like a freight train but that's not the only thing happening this time of year. It's also time for radio stations to renew their licenses. All radio and TV stations are licensed by the FCC for eight years, and they expire in groups by state. The licenses for all Oregon radio stations expire in 2014 and the stations had to have their renewal applications in to the FCC by October 1. If you'd like to object to the renewal then your deadline is coming up too... January 2, 2014. If you'd like to go on the record about KPOJ's renewal, then we'd be very, very glad to help...

Now, let us say from the start that KPOJ will have their license renewed. It's a forgone conclusion. No matter what we, the public, say or want, it will happen. The FCC has blatantly failed to enforce the mandate of stations to "serve the public interest", and it shows no sign of starting. According to the FCC, ClearChannel, the owner of KPOJ (and itself owned by Mitt Romney's Bain Capital) owns 1172 radio stations and 35 TV stations across the country. They're an 800-pound gorilla that's guaranteed to get whatever they want when it comes to licenses. And in an era where 6 companies control almost every media outlet available, and where Citizens United has made it possible for them to bribe (sorry, "contribute to") every public official who might make changes at the FCC, our public-servant regulators are unlikely to suddenly grow a spine. And yet, we still feel that the public should be heard.

There are two ways to protest a license. The first is to file a "petition to deny", a formal legal objection to the renewal. (CREW, Citizens for Responsibility and Ethics in Washington, filed a petition to deny renewal of three broadcast licenses for FOX stations in Washington DC and Baltimore. Here's a link to their petition so you can see how involved these things are.) There are several requirements for this type of petition listed on the FCC website...

- A person must be a "party in interest" and have "standing." That means, generally, that the person must have more than a passing interest in the station.
- He or she must be a regular listener or viewer or have some other contact with the station that gives the petitioner a real stake in outcome of the renewal process.
- A petition must be supported by an affidavit of a person or persons with personal knowledge of the allegations of fact contained in the petition.
- A petition to deny license renewal must be "timely." That is, as noted above, a petition to deny must be filed at least one month prior to the license expiration date.
- Failure to include a certification that a copy of the petition was also mailed to the station and the affidavit may result in dismissal of the petition to deny.

For those people unable to blow money on an attorney for an unwinnable cause, the FCC has provided a way for the unwashed masses to participate in this charade of regulation. Again, from the FCC website...

"A person or entity opposing the grant of a radio station's license renewal application may file an informal objection against the license renewal application at any time prior to staff action on the license renewal application. An informal objection is less formal than a petition to deny, but some requirements still apply. It may take the form of a letter signed by the objector and mailed or delivered

to one of the FCC addresses above. An informal objection need not contain the affidavit required for a petition to deny. It should, however, contain sufficient information to establish any violation alleged. Additionally, an informal objection not received by the time the station's license renewal application has been granted by the Commission will not be considered."

Also, in the interests of full disclosure, if you'd like to file Positive Comments you must file by the petition-to-denry deadline date at the Commission Secretary's address on the website.

So, what to do when you need to be heard but no one will listen? You create a petition. We went to iPetition.com and created the one below...

Thomas Jefferson called information "the currency of democracy", but today's data blizzard doesn't equate to information. Bias, unreliability, and outright deception are pervasive. Political talk radio notoriously presents just one side of a many-sided discussion, and KPOJ once served to counterbalance that monolith.

Radio stations only exist because the public sets rules for scarce broadcast spectrum, creating the value that translates into ad revenue. In return they are obligated to act in the public interest by serving the informational needs of that public. By switching to Sports (the third such station in Portland) and dropping its Progressive talk format (the only one in Portland) KPOJ abrogated its responsibility to serve the public. They manifestly failed to act in the most basic public interest, and should have no right to reap the rewards of a society they do not contribute to.

We, the undersigned, ask the FCC not to renew KPOJ's broadcast license.

**To sign this petition, please go to
<http://www.ipetitions.com/petition/deny-kpoj-license-renewal>
or go to "ipetitions.com" and search for "KPOJ"**

Our goal is 5000 signatures; right around the number of people who signed the SaveKPOJ petition when the station closed. We will collect signatures until December 31, 2013, and then send the petition to the FCC. We'll all see what reaction, if any, they have.

We encourage you share this petition with everyone you know on every platform you can think of. If you want to email or mail us something additional to include, our email address is TomDwyer@TomDwyer.com and our snailmail address is 530 SE Tenino St, Portland, OR, 97206. If you'd like to send your own thoughts separately from this petition, your comment should identify the station's call sign (KPOJ), city and state (Portland, OR), the station's facility ID number (53069), and the license renewal application file number (BR20130930BBC). Mail an original and one copy of your comments to:

Office of the Secretary
Federal Communications Commission
445 12th Street SW
Room TW-A325
Washington, D.C. 20554
Attention: Audio department

If you'd like to dig deeper into the process, here are some links that may be useful...

[How to Challenge a Radio Station's License Renewal](#)

[Glossary of FCC terms](#)

[Contact info for the FCC](#)

[The Public and Broadcasting \(full document, html\)](#)

[Support the CREW petition](#)

[CLEAR CHANNEL: the Media Mammoth that Stole the Airwaves](#)

[Example of formal petition to deny](#)

[Public Participation in the License Renewal Process](#)

[CREW files petition with FCC seeking to deny renewal of News Corp's Fox Broadcast Licenses](#)

Thank you in advance your support and participation in this effort. Maybe if we can bring a little attention to the issue of media consolidation and propaganda then the station's loss won't have been completely in vain. And, look at it this way... our friend may be dead, but we can at least have a little fun at the wake!



BEFORE WE GO...

In our last-minute verification of some of the station information with the FCC, we spoke with a wonderful lady named Penelope who gave us some quick, unofficial stats and information you might be interested in...

- Less than 2% of broadcast license renewal applications are denied. Usually the denials are for misrepresenting information to the FCC, not for content or complaints.
- There is ONE administrative law judge to handle ALL the renewal cases. When Penelope started about 40 years ago, there were four.
- Staff in her section has dropped from 2800 people to 1800, and continues to shrink. The workload, however, continues to rise.

We were promised news on flying Death Robots

Six months later, all's still silence



Bombshells continue to drop from Eric Snowden on the NSA. Vacuous reassurances seem to come just as quickly, as the Legislative, Executive, and Judicial branches rush to tell us his revelations were unnecessary to prompt action and that they were really just about to make the needed changes anyway. Is Snowden really just a case of stealing the government's thunder, or is it possible that our government is prone to take no action of any kind no matter how grimly important the issue is? Hmm. Well, let's look at their track record on a similar issue. Like the NSA warrantless and unaccountable surveillance, the US drone program started with the best of intentions, but rapidly

got out of control as unknown government officials made unaccountable and unexamined decisions. When the program came to light we were promised greater transparency and a return to the rule of law. Six months later, ProPublica is able to tell us how well that's been going...

6 Months After Obama Promised to Divulge More on Drones, Here's What We Still Don't Know

by Cora Currier, ProPublica, Nov. 5, 2013, 2:23 p.m.

(This story was updated Nov 6 to reflect new developments.)

Nearly six months ago, President Obama promised more transparency and tighter policies around targeted killings. In a [speech](#), Obama vowed that the U.S. would only use force against a “continuing and imminent threat to the American people.” It would fire only when there was “near-certainty” civilians would not be killed or injured, and when capture was not feasible.

The number of drone strikes has [dropped](#) this year, but they’ve continued to make headlines. On Friday, a U.S. drone [killed the head of the Pakistani Taliban](#). A few days earlier came the first [drone strike in Somalia in nearly two years](#). How much has changed since the president’s speech?

We don't know the U.S. count of civilian deaths

The administration says [that it has a count of civilian deaths](#), and that there is a “[wide gap](#)” between U.S. and independent figures. But the administration won’t release its own figures. [Outside estimates of total civilian deaths](#) since 2002 [range](#) from just over 200 to more than 1,000. The Pakistani government has given [three different numbers](#): 400, 147, and 67. [McClatchy](#) and the [Washington Post](#) obtained intelligence documents showing that for long stretches of time, the CIA estimated few or no civilian deaths. The documents also confirmed the use of [signature strikes](#), in which the U.S. targets people without knowing their identity. The CIA categorized many of those killed as simply “other militants” or “foreign fighters.” The Post wrote that the agency sometimes designated “militants” with what seemed like circumstantial or vague evidence, such as “men who were ‘probably’ involved in cross-border attacks” in Afghanistan.

The administration reportedly [curtailed](#) signature strikes this year, though the new guidelines don’t necessarily preclude them. A White House factsheet released around Obama’s speech [said](#) that “it is not the case that all military-aged males in the vicinity of a target are deemed to be combatants.” It did

not say that people must be identified. (In any case, the U.S. has not officially acknowledged the policy of signature strikes.)

Attorney General Eric Holder [confirmed](#) only that four Americans have been killed by drone strikes since 2009: [Anwar al Awlaki](#) and his sixteen-year-old son, [Abdulrahman, Samir Khan](#), and [Jude Kenan Mohammed](#). Holder said that only the elder Awlaki was “specifically targeted,” but did not explain how the others came to be killed. Although Obama said that this disclosure was intended to “[facilitate transparency and debate](#),” since then, the administration [has not commented on specific allegations of civilian deaths](#).

We don't know exactly who can be targeted

The list of groups that the military considers “associated forces” of Al Qaeda [is classified](#). The administration has [declared](#) that it targets members of Al Qaeda in the Arabian Peninsula, and “elements” of Al Shabaab, but there are still questions about how the U.S. determines that an individual belonging to those groups is in fact a “continuing and imminent threat.” (After the terror alarm that led to the closing of U.S. embassies this summer, officials [told the New York Times](#) they had “expanded the scope of people [they] could go after” in Yemen.) This ties into the debate over civilian casualties: The government would seem to consider some people legitimate targets [that others don't](#).

[Amnesty International](#) and [Human Rights Watch](#) conducted in-depth studies of particular strikes in Pakistan and Yemen, respectively. They include [eyewitness reports](#) of civilian deaths. (Most of the deaths investigated happened before the Obama administration’s new policies were announced, although the administration has not said when those guidelines went into effect.) The reports also raised questions of the [legality](#) of specific [strikes](#), questioning whether the deaths were all unavoidable casualties of legitimate attacks. It [does not appear](#) that the U.S. plans to expand strikes against Al Qaeda to other countries – officials have reportedly told Iraq, for example, [it won't send drones there](#). But the U.S. has established [a surveillance drone base in Niger](#), and fed information from drones [to French forces fighting in Mali](#).

We don't know if the U.S. compensates civilian casualties

CIA director John Brennan suggested during his confirmation hearing that the U.S. made [condolence payments](#) to harmed families. But there is little evidence of it happening. U.S. Central Command [told ProPublica that it had 33 pages](#) related to condolence payments – but wouldn’t release any of them to us.

We don't always know which strikes are American

While unnamed officials sometimes confirm that strikes came from U.S. drones, other attacks may be from [Pakistani, Yemeni, or even Saudi](#) planes. (It’s also worth noting that the U.S. has also [used cruise missiles](#) and [Special Forces raids](#). But the bulk of U.S. counterterrorism actions outside Afghanistan in recent years appear to rely on drones.)

We don't know the precise legal rationale behind the strikes

Some members of Congress have seen the legal memos behind targeted killing of U.S. citizens. But lawmakers [were not granted access](#) to all memos on the program. Legislation [pending in the Senate](#) would require the administration to give the Intelligence Committees a list of such legal opinions. Other congressmen have introduced [bills with](#) more reporting requirements for targeted killings. (Proposals for a “[drone court](#)” for oversight have not gotten very far.) It’s far from clear that any of that additional oversight would lead to public disclosure.

The government and the American Civil Liberties Union and the New York Times are [still locked in court battles](#) over requests for drone documents. While a judge has ruled the CIA [can no longer assert the “fiction”](#) that it [can't reveal if it has any interest](#) in drones, the agency [hasn't been compelled](#) to release any information yet. The government has also so far fought off disclosure of legal memos underpinning targeted killings.

And here are some things we've learned through leaks and independent reporting:

How the U.S. tracks targets:

Documents provided by Edward Snowden to the Washington Post [detailed](#) the NSA's "extensive involvement." Lawyers in a terrorism-related case [also uncovered reports](#) that government surveillance of their client may have led to a drone strike in Somalia. *The Atlantic* [published](#) a detailed account of Yemen using a child to plant a tracking chip on a man who was killed in a U.S. strike.

What people in the countries affected think:

The [Pakistani government's cooperation](#) with at least some U.S. [drone strikes](#) – long an open secret – has now [been well-documented](#). Public sentiment in the country is [vividly anti-drone, even when violent Taliban commanders are killed](#), and politicians [continue to denounce them as American interference](#). Limited polling in the region most affected by drones is contradictory, with some saying that at the very least, [they prefer drones to the Pakistani military](#) campaigns. Life in those areas is between a drone and a hard place: Residents told Amnesty International of the psychological toll from drones, and they [also facereprisals](#) from militants who accuse them of spying.

Yemen's president continues to [openly embrace U.S. strikes, though the public generally opposes them](#) – particularly those strikes [that hit lower-level fighters](#), or those whose affiliations with Al Qaeda aren't clear. Foreign Policy [recently detailed](#) the aftermath of an August strike where two teenagers died. Their family disputes they had any link to terrorism.

The physical infrastructure:

More of the [network of drone bases](#) across the world has been revealed – from the [unmasking of a secret base in Saudi Arabia](#) to the fact that drones [had to be moved off the U.S. base in Djibouti](#), in the Horn of Africa, after crashes and fear of collision with passenger planes.

The CIA's role:

The administration had reportedly planned to scale back the CIA's role in targeted killing, moving control of much of the drone program to the military. But the CIA reportedly still handles [strikes in Pakistan](#) and [has a role in Yemen as well](#). Officials told Foreign Policy yesterday that the transition [won't happen anytime soon](#).

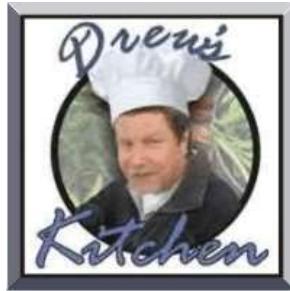
The history of the programs:

Revelations continue to change our understanding of the contours of the drone war, but two books published this year offer comprehensive accounts – *The Way of the Knife*, by Mark Mazzetti of the New York Times, and *Dirty Wars*, by Jeremy Scahill.

So, given what we know and don't know about the drones, and where we learned it, are there any lessons we can draw concerning the Snowden revelations?

Drew's Kitchen

Southern sweet potato casserole with praline topping



Thanksgiving is the ultimate food-lovers holiday. Drew, like all of us, is looking forward to the succulent turkey, the delectable dressing, and the take-you-back-to-Mom's-kitchen mashed potatoes. There's one more veteran on this list of mouth-watering staples... the candied sweet potatoes. This month Drew brings you the ultimate sweet potato casserole for your Thanksgiving feast, with a special emphasis on the praline topping it needs to be truly worthwhile.

Traditional Southern Sweet Potato Casserole- *Reposted from [Deep South Dish](#)*

Prep time- 10 minutes Cook time- 40 minutes Serves about 6 - Double for the holidays.

Base casserole-

Ingredients

- 3 to 4 large sweet potatoes, cooked and mashed (about 3 cups). May substitute (3) 16 oz. cans of candied yams, but adjust sugar down to taste.
- 1/2 cup of unsalted butter
- 3/4 cup of granulated sugar, or to taste
- Pinch of salt
- 2 large eggs, beaten
- 1/4 cup of half and half
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1 teaspoon pure vanilla extract
- 3 cups of mini marshmallows

Instructions

- Preheat oven to 375 degrees F. Butter a 1-1/2 to 2 quart casserole dish; set aside.
- Mash the cooked and cooled sweet potatoes until smooth; add the butter, half the sugar, pinch of salt and all of the half and half, cinnamon, ginger, nutmeg and vanilla extract; stir well and taste.
- Add the remaining sugar as needed to taste. Add the eggs and combine well. Pour into the casserole dish. Cover and bake at 375 degrees for about 30 minutes, until heated through well.
- Remove, uncover and spread marshmallows on the top, bake uncovered about 10 minutes longer, or until marshmallows are nicely browned. (Marshmallows will puff up as they cook so for insurance, you may want to bake the casserole on an aluminum foil covered pan.)

Praline Topping:

This is enough praline topping for the casserole above, doubled. Reduce by half for the 6 serving size.

Ingredients

- 1/3 cup unsalted butter, melted
- 1 cup packed light brown sugar
- 1/3 cup all purpose flour
- 1 cup finely chopped pecans
- Whole pecan halves for garnish, optional

Instructions

Melt the butter. Meanwhile mix the brown sugar, flour and pecans in a small bowl. Pour the butter into the brown sugar mixture and stir with a fork until well mixed. Eliminate the marshmallows and sprinkle the pecan mixture all over the top of the casserole. Bake at 350 degrees F for about 45 minutes to 1 hour. Allow to sit for 5 minutes before serving. Garnish with whole pecan halves after removing from the oven, if desired.

Shop Talk

Our Holiday schedule, Auto Amnesty, and an important tip



Holiday shop schedule

Unbelievably, the Holidays are upon us again. Here's what our schedule will be for the season...

Thanksgiving, Thursday, November 28-

We'll be **CLOSED** on Thanksgiving Day, but **OPEN** November 27 and 29.

Christmas, Wednesday, December 25-

We'll be **CLOSED** on Christmas Day, but **OPEN** December 24 and 26.

New Years, Wednesday, January 1-

We'll be **CLOSED** on New Year's Day, but **OPEN** December 31 and January 2.



Free Coffee Season

A long standing and very popular holiday tradition is our Free Coffee Week, so you can look forward to it again this year. During Christmas week, December 23-27, pick up a bag of locally-roasted Schoendecken's coffee with any service. It's our way of saying thanks, and Happy Holidays!

MAINTENANCE TIP- Clean those leaves off your windshield!

November's beautiful leaves aren't as pretty when they end up packed into your hood cowling, the space between your hood and your windshield. They're especially ugly when they cause damage to your vehicle. If you leave them unattended, leaves can clog drains in your cowling resulting in water draining into the interior of your vehicle where it can cause expensive damage. Delicate electronics, clogged cabin air filters, and mildewed carpets are just the most likely possibilities. Take a few moments to scrape that goo away and you'll be less likely to need our services!

Automotive Amnesty means 15% off labor charges!

Although we don't offer coupons, we do occasionally have special offers to help our clients with the expense of rational automotive maintenance. Our Automotive Amnesty offer to clear out old repair recommendations is continuing to be popular, so we're extending it for another month. Save 15% off labor charges on those stale recommendations if you have them fixed NOW!

- Discount applies to labor charges only, not parts
- Discount is capped at \$100 maximum
- Recommendations must have been in your file before November 19, 2013
- You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE!
- Offer is VOID AFTER SERVICE IS COMPLETE!
- Service must be scheduled before December 19, 2013

It's just that simple. Don't put off the repairs critical to your convenience and safety... come in now, while Amnesty is still available! And don't forget, we do have several moneysaving programs to save you money throughout the year.

Your reviews and referrals matter

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



Latest Automotive Recalls

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



- **November 12:** 36,710 Chrysler Dodge RAM 4500 and 5500 trucks from 2008-2012, Recalled for the left tie rod assembly, which may break, causing a loss of steering.
- **November 12:** 8,370 Chrysler Dodge RAM 1500, 2500, and 3500 trucks from 2014, Recalled for warning lights that may not illuminate, causing the driver to not be warned of potential problems and increasing the risk of a crash.
- **November 12:** 436 Harley-Davidson Trike motorcycles from 2014, Recalled for potential loss of brake fluid due to an incorrectly machined part.
- **November 7:** 91,559 Jeep Grand Cherokees from 2014, Recalled for potential loss of ABS and ESC, as well as loss of illuminated warnings in the dashboard display, increasing the risk of a crash.
- **November 7:** 2,962 Orbit Baby G2 Car Seat Bases, Model No. ORB822000, with batch numbers A0840, A0860, or A0880, Recalled for the StrongArm Knob component of the Orbit Baby G2 Car Seat Base, intended to secure the seat's base, which may become detached or spin, keeping the seat from being properly secured.
- **November 6:** 2,286 Maxzone Auto Parts headlamps made for 2004-2008 Ford F-150 trucks, Recalled for failing to conform to Federal Safety Standards, potentially reducing visibility for drivers.
- **November 5:** 43,500 Hyundai Genesis vehicles from 2009-2012, Recalled for brake fluid which may not protect against corrosion, reducing brake effectiveness.
- **November 5:** 4,295 Aluminum Trailer Company trailers from 2008-2013, including Quest and Raven models, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 5:** 432 Charmac trailers from 2006-2007, including Cargo and Horse trailers, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 5:** 7,056 Stealth trailers from 2009-2014, including Steel Blackhawk and Aluminum Daytona models, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 5:** 4,761 Eagan Manufacturing doors from 2006-2013, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 4:** 344,187 Honda Odysseys from 2007-2008, Recalled for software that may cause the sudden application of the brakes without the brake lights going on, increasing the risk of a crash.
- **November 4:** 4,231 Emmett Door RV doors from 2006-2013, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 4:** 1,103 American Hauler cargo trailers from 2006-2010, Recalled for door locks that may jam, locking individuals inside without an exit.
- **November 1:** 18,972 GM Chevrolet Silverado and GMC Sierra vehicles from 2014, Recalled for not conforming to Federal Safety Standards in regards to head restraints, which may not properly protect occupants.
- **November 1:** 36,272 Cargo Craft trailers from 2006-2013, Recalled for door locks that may jam, locking individuals inside without an exit.



Washington Initiative 522 would have labeled products containing GMO ingredients as... well, as having GMO ingredients. It wouldn't have banned them, restricted them, or interfered with them in any way, it just would have given you information about what you were eating. Massive spending by a handful of companies ashamed to tell us what was in their products sent 522 down in flames, so now we're all a little less informed than we could have been. So, what should we eat? This article from EatLocalGrow.com (an excellent resource in itself; we highly recommend it) gives you tips from the experts on the foods they avoid themselves...

8 Foods That Food Experts Won't Eat

From EatLocalGrow.com

Food scientists are shedding light on items loaded with toxins and chemicals—and simple swaps for a cleaner diet and supersized health. Experts from different areas of specialty explain why they won't eat these eight foods.

Clean eating means choosing fruits, vegetables, and meats that are raised, grown, and sold with minimal processing. Often they're organic, and rarely (if ever) should they contain additives. But in some cases, the methods of today's food producers are neither clean nor sustainable. The result is damage to our health, the environment, or both. So we decided to take a fresh look at food through the eyes of the people who spend their lives uncovering what's safe—or not—to eat. "Their answers don't necessarily make up a "banned foods" list. But reaching for the suggested alternatives might bring you better health—and peace of mind.

1. The Endocrinologist Won't Eat: Canned Tomatoes

Fredrick Vom Saal, is an endocrinologist at the University of Missouri who studies bisphenol-A.

The problem: The resin linings of tin cans contain bisphenol-A, a synthetic estrogen that has been linked to ailments ranging from reproductive problems to heart disease, diabetes, and obesity. Unfortunately, acidity (a prominent characteristic of tomatoes) causes BPA to leach into your food. Studies show that the BPA in most people's body exceeds the amount that suppresses sperm production or causes chromosomal damage to the eggs of animals. "You can get 50 mcg of BPA per liter out of a tomato can, and that's a level that is going to impact people, particularly the young," says vom Saal. "I won't go near canned tomatoes."

The solution: Choose tomatoes in glass bottles (which do not need resin linings), such as the brands Bionaturae and Coluccio. You can also get several types in Tetra Pak boxes, like Trader Joe's and Pomi. Exposure to BPA Causes Permanent Damage In Offspring

2. The Farmer Won't Eat: Corn-Fed Beef

Joel Salatin is co-owner of Polyface Farms and author of half a dozen books on sustainable farming.

The problem: Cattle evolved to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. But more money for cattle farmers (and lower prices at the grocery store) means a lot less nutrition for us. A recent comprehensive study conducted by

the USDA and researchers from Clemson University found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid (CLA), calcium, magnesium, and potassium; lower in inflammatory omega-6s; and lower in saturated fats that have been linked to heart disease. “We need to respect the fact that cows are herbivores, and that does not mean feeding them corn and chicken manure,” says Salatin.

The solution: Buy grass-fed beef, which can be found at specialty grocers, farmers markets, and nationally at Whole Foods. It’s usually labeled because it demands a premium, but if you don’t see it, ask your butcher.

3. The Toxicologist Won’t Eat: Microwave Popcorn

Olga Naidenko, is a senior scientist for the Environmental Working Group.

The problem: Chemicals, including perfluorooctanoic acid (PFOA), in the lining of the bag, are part of a class of compounds that may be linked to infertility in humans, according to a recent study from UCLA. In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Studies show that microwaving causes the chemicals to vaporize—and migrate into your popcorn. “They stay in your body for years and accumulate there,” says Naidenko, which is why researchers worry that levels in humans could approach the amounts causing cancers in laboratory animals. DuPont and other manufacturers have promised to phase out PFOA by 2015 under a voluntary EPA plan, but millions of bags of popcorn will be sold between now and then.

The solution: Pop organic kernels the old-fashioned way: in a skillet. For flavorings, you can add real butter or dried seasonings, such as dillweed, vegetable flakes, or soup mix. Make it organic and use coconut oil. If you’re still eating microwave popcorn, you’re not fully grasping the health consequences!

4. The Farm Director Won’t Eat: Nonorganic Potatoes

Jeffrey Moyer is the chair of the National Organic Standards Board.

The problem: Root vegetables absorb herbicides, pesticides, and fungicides that wind up in soil. In the case of potatoes—the nation’s most popular vegetable—they’re treated with fungicides during the growing season, then sprayed with herbicides to kill off the fibrous vines before harvesting. After they’re dug up, the potatoes are treated yet again to prevent them from sprouting. “Try this experiment: Buy a conventional potato in a store, and try to get it to sprout. It won’t,” says Moyer, who is also farm director of the Rodale Institute (also owned by Rodale Inc., the publisher of Prevention). “I’ve talked with potato growers who say point-blank they would never eat the potatoes they sell. They have separate plots where they grow potatoes for themselves without all the chemicals.”

The solution: Buy organic potatoes. Washing isn’t good enough if you’re trying to remove chemicals that have been absorbed into the flesh. Budget tip: Organic potatoes are only \$1 to \$2 a pound, slightly more expensive than conventional spuds.

5. The Fisheries Expert Won’t Eat: Farmed Salmon

Dr. David Carpenter, director of the Institute for Health and the Environment at the University at Albany, published a major study in the journal Science on contamination in fish.

The problem: Nature didn’t intend for salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT. According to Carpenter, the most contaminated fish come from Northern Europe, which can be found on American menus. “You could eat one of these salmon dinners every 5 months without increasing your risk

of cancer," says Carpenter, whose 2004 fish contamination study got broad media attention. "It's that bad." Preliminary science has also linked DDT to diabetes and obesity, but some nutritionists believe the benefits of omega-3s outweigh the risks. There is also concern about the high level of antibiotics and pesticides used to treat these fish. When you eat farmed salmon, you get dosed with the same drugs and chemicals.

The solution: Switch to wild-caught Alaska salmon. If the package says fresh Atlantic, it's farmed. There are no commercial fisheries left for wild Atlantic salmon. [Farmed Fish vs. Wild Fish: How Healthy Is The Fish At Your Favorite Grocery?](#)

6. The Cancer Researcher Won't Drink: Milk Produced With Artificial Hormones

Rick North is project director of the Campaign for Safe Food at the Oregon Physicians for Social Responsibility and former CEO of the Oregon division of the American Cancer Society.

The problem: Milk producers treat their dairy cattle with recombinant bovine growth hormone (rBGH or rBST, as it is also known) to boost milk production. But rBGH also increases udder infections and even pus in the milk. It also leads to higher levels of a hormone called insulin-like growth factor in milk. In people, high levels of IGF-1 may contribute to breast, prostate, and colon cancers. "When the government approved rBGH, it was thought that IGF-1 from milk would be broken down in the human digestive tract," says North. "There's not 100 percent proof that this is increasing cancer in humans," admits North. "However, it's banned in most industrialized countries."

The solution: Buy raw milk or check labels for rBGH-free, rBST-free, produced without artificial hormones, or organic milk. These phrases indicate rBGH-free products. [Why Do Humans Still Drink Milk?](#)

7. The Biotech Specialist Who Won't Eat Conventional Soy: GMO Unfermented Soy

Michael Harris is biotech specialist who has directed several projects within the biotech sector including those for genetically engineered food. He has been a consultant, manager and director for companies such as Xenon Pharmaceuticals and Genon Corporation.

The problem: Genetically engineered food is a cause of great concern due to the manipulation of DNA and genetic code including transfers from one species to another. [Fermented Soy Is The Only Soy Food Fit for Human Consumption](#) and since almost 90% of soy in the world is genetically modified, if you are not ensuring sources are organic, long-term health problems are inevitable, especially since soy has been found to affect hormonal balance and even cause cancer.

The solution: Check labels to ensure soy is Non-GMO or organic and never consume unfermented sources. If possible contact the company to find out exactly where the Non-GMO soy was obtained.

8. The Organic-Foods Expert Won't Eat: Conventional Apples

Mark Kastel, a former executive for agribusiness, is codirector of the Cornucopia Institute, a farm-policy research group that supports organic foods.

The problem: If fall fruits held a "most doused in pesticides contest," apples would win. Why? They are individually grafted (descended from a single tree) so that each variety maintains its distinctive flavor. As such, apples don't develop resistance to pests and are sprayed frequently. The industry maintains that these residues are not harmful. But Kastel counters that it's just common sense to minimize exposure by avoiding the most doused produce, like apples. "Farm workers have higher rates of many cancers," he says. And increasing numbers of studies are starting to link a higher body burden of pesticides (from all sources) with Parkinson's disease.

The solution: Buy organic apples or apples from a farmer that you trust!

Sellwood Bridge Update

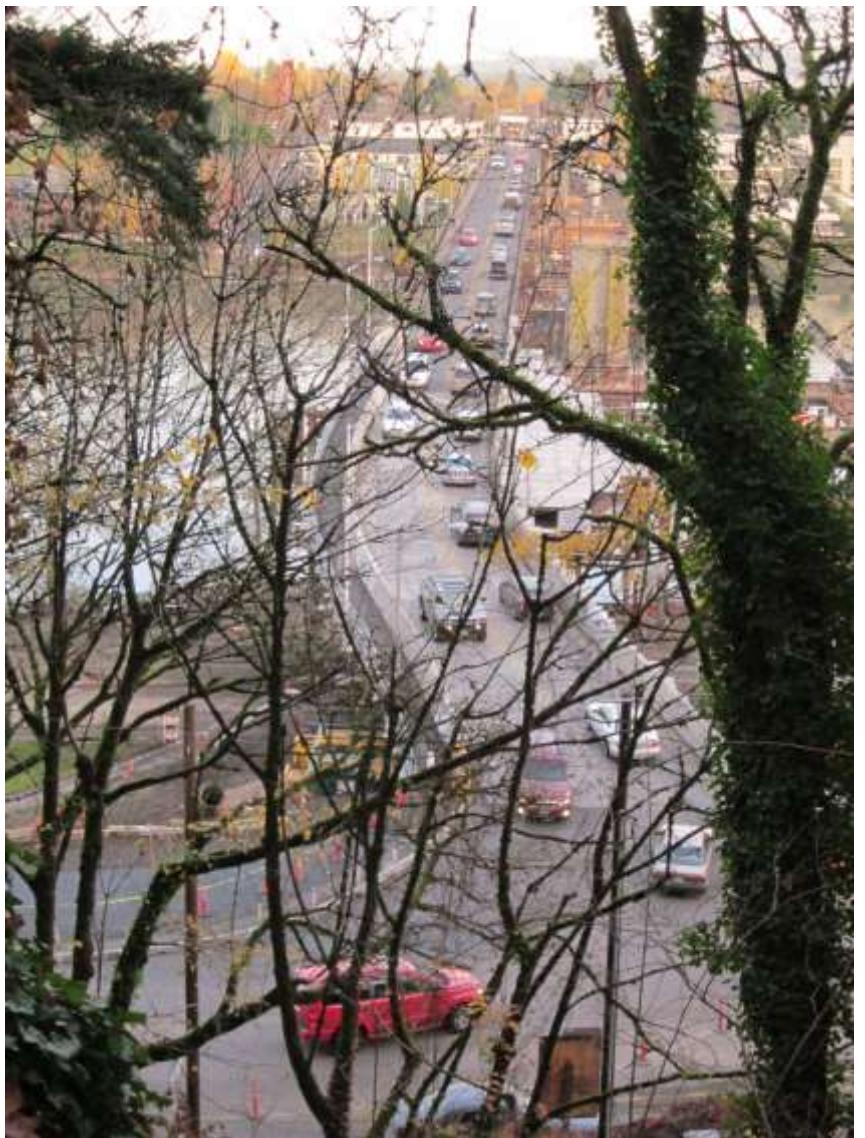
A different way to look at things



Another month, more construction on the Sellwood Bridge. It's still going on, it's still a little inconvenient, it's still not unbearable, and it's still going on for a few more years. In the meantime, we still have in-progress pictures for you. The first picture is from our usual vantage point, but we tried something different this month... we journeyed over to the wilderness of the West side, went up into the cemetery, and got three interesting shots from a perspective most people don't get to see. Enjoy!



This picture from the northeast bank shows the full construction area. Missing from last month is the army of cranes that used to line the south side of the bridge.



View from the cemetery directly east along the bridge alignment.
Traffic doesn't look all that bad, and this was taken just as rush hour
was starting.



View from the northwest bank



View of the new road into the cemetery

Book Spotlight

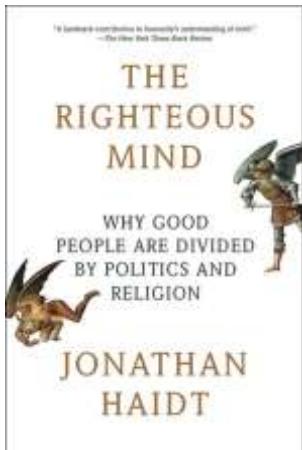
“The Righteous Mind” by Jonathan Haidt



It's no secret that we live in a world of an increasing political divide. We all watched the recent government shutdown from our respective corners, most people stunned that our country could be brought to its knees by a small cult of radicals, but those same radicals stunned that the rest of the country couldn't see that we were on the greased slide to Armageddon.

What is the difference, and what does it mean for our country? Social psychologist Jonathan Haidt, (among many others) is contributing to a fascinating body of research on the subject. "For the first time in our history," he says, "the parties are not agglomerations of financial or material interest groups, they're agglomerations of personality styles and lifestyles. And this is really dangerous. Because if it's just that you have different interests, that doesn't mean I'm going to hate you. It just means that we've got to negotiate, I want to win, but we can negotiate. If it's now that 'You people on the other side, you're really different from me, you live in a different way, you pray in a different way, you eat different foods than I do,' it's much easier to hate those people. And that's where we are."

“The Righteous Mind” by Jonathan Haidt



In his book “The Righteous Mind”, Haidt explores this divide from the point of [moral foundations theory](#) and suggests some ways it might be bridged. We normally send you to the Powells.com website for our Book Spotlights ([and clicking here will do exactly that](#)) but this time we have two alternatives you might try as well.

Mother Jones Interview

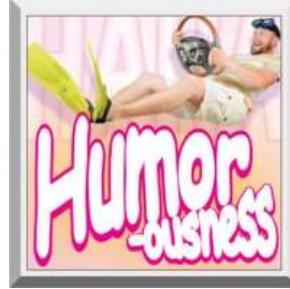
This first [link is to an interview Haidt did with Mother Jones Magazine](#). It gives you a great outline of the basics of his work with supporting charts and graphs. Most importantly, it includes an audio version of the interview that really gets into the nitty gritty. If you're not going to read the book (shame on you!) then this is a good way to get an overview.

Take part in actual research on moral foundations

[This second link may be even more interesting](#). A group of professors and students (including Haidt) from three universities built a website to help people examine their own moral underpinnings as well as to gather information for research on moral foundations. There are about 20 different questionnaires you could answer on topics including Consumer Values, “Not-Quite-Everyday Behaviors” (pot use, casual sex, etc.), Justice, Behavioral Inhibition, Ideal Politicians, Moral Scenarios, and much more. You always wondered who they survey for these kind of things... now it can be you.

Humorousness

Thanksgiving humor... not a turkey in the bunch



For Thanksgiving, the All-American Holiday, we turned to Readers Digest, the All-American gazette, for our jokes this month. Dig in, and if you want seconds you can have more at the Readers Digest website, RD.com.

Horn of Plenty When a music student brought his French horn to my shop for repair, he complained that the instrument "felt stuffy" and he couldn't blow air through it. It's not unusual to find partial blockages in brass instruments if small items get lodged in the tubing, but when I tested the instrument, the horn was completely blocked. After much probing and prodding, a small tangerine dropped out of the bell. "Oh," said the musician when I handed him the fruit. Seeing the bewildered look on my face, he explained, "My mom used the horn for a cornucopia in a Thanksgiving centerpiece."

Holiday Heavyweights The checkout clerk at the supermarket was unusually cheerful even though it was near closing time. "You must have picked up a ton of groceries today," a customer said to the checker. "How can you stay so pleasant?"

"We can all count our blessings," the clerk replied. "The hardest part of this job is the turkeys and the watermelons. I just thank God that Thanksgiving doesn't come in July."

The Turkey Wishbone My grandfather always had the knack of saying the right thing. One Thanksgiving we explained to my younger brother the custom of breaking the turkey wishbone. Eager to have his wish come true, little Philip was bitterly disappointed when he saw that he held the small end of the bone, while his grandfather had the larger part.

"That's all right, my boy," said his smiling grandfather. "My wish was that you would get yours."

Guest Relations Our eldest daughter, Ann, invited her college roommate to join our large family for Thanksgiving dinner. As families sometimes do, we got into a lively argument over a trivial subject until we remembered we had a guest in our midst. There was an immediate, embarrassed silence.

"Please don't worry about me," she said. "I was brought up in a family too."

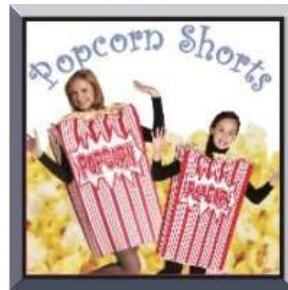
Tollbooth Timer I worked on a toll road, answering the phone, collecting money and issuing toll tickets. One Thanksgiving Day, a woman called to ask about road conditions on the turnpike. After I said everything was A-okay, she told me a friend was coming for dinner. Then came the stumper. "If my friend just left from exit twelve," she asked, "what time should I put the turkey in?"

"Where's Aunt Florence?" After Thanksgiving dinner, the adults gathered in the living room to exchange reminiscences, while the children went into the family room to play. Suddenly our hostess noticed that an elderly relative was missing. "Where's Aunt Florence?" she asked.

From across the room came a masculine drawl, "Oh, she's with the kids, bridging the generation gap."

Popcorn Shorts

Cool stuff that's too small for a big article



Just like it says, Popcorn Shorts is about the kind of things we think are really interesting, but don't really need a large article to explain them. From the sublime to the ridiculous, check in here for crunchy bits of info you'll love to munch. By the way, much (but not all) of our delicious Popcorn comes from articles we've posted on [our Facebook page](#). If you're on Facebook, please stop by and "Like" us and we'll keep a fairly-constant-but-not-frequent-enough-to-be-annoying stream of these coming to your virtual door!



Occupy Portland continues the fight



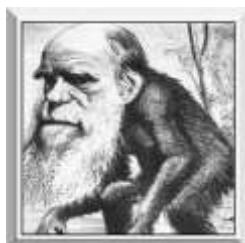
The parks are empty, but the people galvanized by Occupy Portland are still making their presence felt. The Occupy Portland Elder Caucus has two events you should know about this month- "[To Sleep, Perchance to Dream](#)", a winter gear drive for Portland's homeless community, and "[Face to Face with S. Brian Willson](#)", an afternoon with a Portland-based peace and justice speaker. The links above will take you to the Facebook page for each event, or you could just call or come by our shop for details.

What to eat when you're broke



Our Health Notes article this month is "8 Foods That Food Experts Won't Eat" from a website called EatLocalGrown.com. It's such a good resource on good, healthy food that we thought we'd also share their article on "[What to eat when you're broke](#)". That's an increasingly important question for everyone, but especially for people on SNAP (Food Stamps) where the weekly per-person benefits range from \$28.97 in Minnesota to \$53.41 in Hawaii. This article can't tell you how to stay fed on that amount, but it can tell you how to be hungry in a healthier way.

Creationism in the world of science



In July, Virginia Heffernan wrote an article entitled "[Why I'm a creationist](#)". Many people are (and to each their own, but Virginia is a NY Times science and technology writer. It got us thinking about people with no love or understanding of science being in positions to guide or explain it, the prime example being the [US House Committee on Science](#). With that in mind, we offer two great links clarifying the science and dispelling the misconceptions on two debates central to today's science deniers, written by actual scientists.... [Evolution](#) and [Climate Change](#). Dig in!

Take part in an actual scientific study



Our Book Spotlight this month talked about Jonathan Haidt's important work on moral foundations theory. Of course, more interesting than reading about research is participating in it, [so click here to help Haidt's team gather information on moral foundations](#). There are about 20 different questionnaires you could answer on topics including Consumer Values, "Not-Quite-Everyday Behaviors" (pot use, casual sex, etc.), Justice, Behavioral Inhibition, Ideal Politicians, Moral Scenarios, and more. You always wondered who they survey for these kind of things... now it can be you!

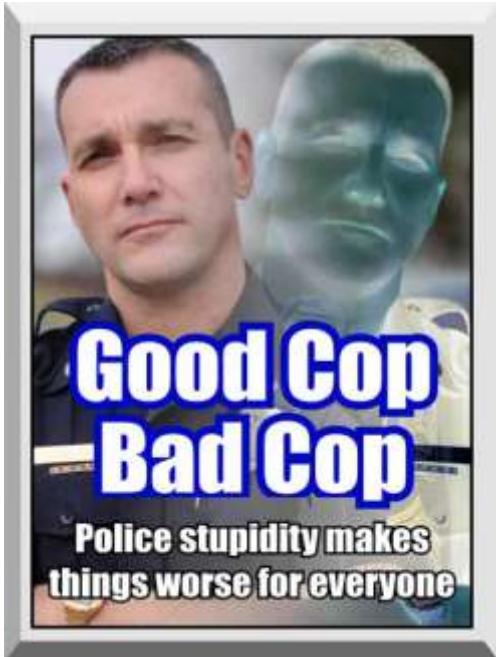
News To Make You Furious

Good cop, bad cop



There are few jobs tougher than being a police officer. Day in and day out, police see people at their worst. Every interaction they have with the public is a risk to their lives. Sure, the vast majority are non-violent, but a cop never knows which car they pull over houses an evil jack-in-the-box with a gun and a grudge. The

job means long hours, high risk, low pay, and only a small part of the respect it deserves. Because police officers are so essential, and because they risk so much each and every day, we believe cops deserve everyone's full and unwavering support.



Except... well, not all cops are good cops. We don't mean an officer that's had a long day and is rude to someone when issuing a ticket. We don't even mean someone who kills someone in a split-second decision gone wrong; that's an agonizing and unavoidable part of the job. But, there's an increasing number of stories and videos of cops who are just being jerks, and sometimes dangerous or even deadly jerks. Here are links to just a few of the recent standouts from individual cops and entire agencies from across the country...

[Philly Cop Stops Black Man, Tells Him 'All You Do Is Weaken the F---ing Country'](#)

[When Did "Serve And Protect" Become "Seize and Profit"?](#)

[Border Patrol Will Continue Using Lethal Force on Rock-Throwers](#)

[Third New Mexico victim of humiliating cavity searches comes forward](#)

[Today's Drug War Outrage: Man Dies In Jail Cell After Misdemeanor Pot Offense](#)

[Border Agents Probed Woman's Vagina and Anus Without Consent In Fruitless Search For Narcotics](#)

If our job is to make you Furious then these links should just about do it. But that's not really all, because as bad as these cases (and too many more) are, they aren't the end of the story. The most infuriating thing isn't JUST that these wastes of skin are destroying public confidence, endangering citizens, and endangering their fellow officers. No, the worst part is that there isn't an equivalent flood of police chiefs, mayors, or other front-line cops coming out to condemn them. Instead, we're treated to stories like this one...

[Disgraced campus cop who doused students with pepper spray during peaceful Occupy protest awarded \\$38K settlement over 'psychiatric injuries'](#)

If the people with power to change it don't condemn this cowardice and thuggery, then it is, by definition, acceptable. And a society settles for this level of malfeasance should rightly make you Furious.