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DON'T end money in politics... at least not this way!

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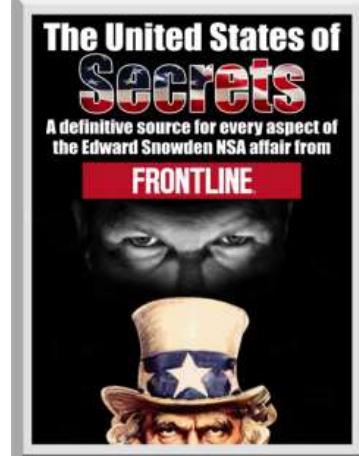
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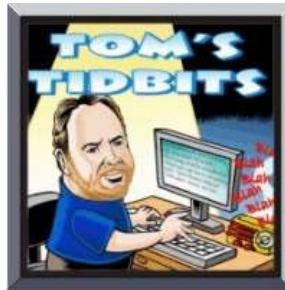


# Tom's Tidbits

DON'T end money in politics... at least not this way!

Greetings!

Bills to amend the Constitution are finally moving through the [Senate](#) and [House](#) that are supposed to address what I see as one of the most crucial issues facing our country... the toxic doctrine of Corporate Personhood. I WANT to cheer and shout, I WANT to feel good that something is being done at last! But I can't. I just CAN'T! I find myself fundamentally disagreeing with people I respect, bill co-sponsors Senators Wyden and Merkley and Representative DeFazio among others, because at BEST, these bills would only fool an inattentive public into wrongly believing a problem they don't follow or fully appreciate has been solved. At worst they would do massive harm, entrench the very doctrine they are theoretically trying to overturn, and drive an even bigger stake into the heart of our failing democracy.



Both bills support an amendment that would authorize Congress to "...regulate the raising and spending of money and in-kind equivalents with respect to Federal elections." See the problem? The PROBLEMS?

While the flood of money into our political system is devastating, it makes absolutely no sense to put regulation of that flood into the hands of the very POLITICIANS WHO BENEFIT FROM IT! The problem is NOT that we have incorruptible and level-headed statesmen eager to enact sensible reform if only they weren't hobbled by a technicality. No, the problem is that we have venal and greedy politicians who are eager to lick the boots of anyone who might toss them a dime. Meaningful reform is not possible if the "reformers" are already bought-and-paid-for. And even if it WERE possible, nothing would prevent future Congresses from legislating to change it again!

The more fundamental problem is that this amendment wouldn't affect the many other issues that spring from the concept of Corporate Personhood. The amendment if passed would not speak to; "religious freedom" for corporations, "political speech", "corporate accountability" or any of the myriad of problems Corporate Personhood poses to true representative democracy. Can corporations be jailed or executed, bear arms or vote, and if not why not?

Corporate sponsored election fraud of the type we're facing isn't a stand-alone issue, so it can't be tackled as such. Corporations ARE independent ENTITIES, and it's only sensible to treat them that way. But a corporation is not a PERSON, and shouldn't be treated as such! Of course humans are individual entities too, but they are so much more. Humans have formal and informal obligations to others in society, but a corporation's sole obligation is to itself. A corporation's only ethical imperative is "maximize profit at all costs", but a human's varied and conflicting ethical imperatives must be balanced, sometimes even at the expense of the individual. Humans have dreams and aspirations, and we all know how sharply these dreams are curtailed by the reality of death. Corporations' dreams extend no further than expanding market share and they know that death will never inconvenience them.

Dogs, corporations, and humans are all individual entities, but they aren't all people. Personhood requires more than individuality, at a minimum it also requires consciousness and accountability. We should no more grant personhood to corporations than we should to dogs; not because we hate them, but because neither has earned the rights or accepts the responsibilities. With personhood dogs would at least still be our friends, but corporations have demonstrated that they would be nothing more than immortal sharks, plundering our society's blood and treasure. Money in politics MUST be addressed, but Corporate Personhood is the dangerous fallacy that must be ENDED. These bills don't do a thing in that direction. Don't be fooled!

Want to contribute to REAL reform?  
Support Move to Amend or Wolf Pac,  
two of the groups pushing a simple and  
effective "Corporations are not people  
and money is not speech" amendment!

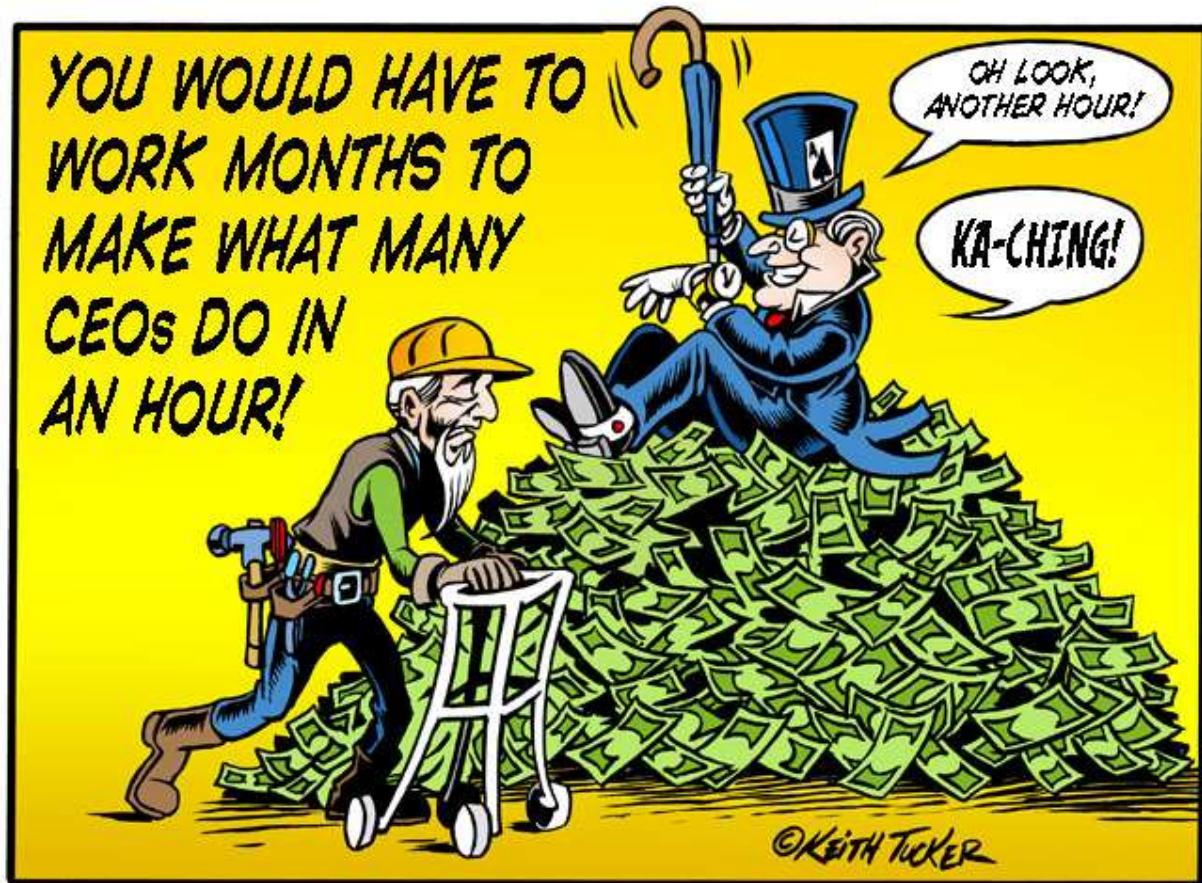


Take Care and Make a Great Day!

*Tom*

# What NOW?!! Toons

Our monthly check in with Keith Tucker



**"WHAT NOW?!!"**

© KEITH TUCKER  
www.whatnowtoons.com

# Dr. Sam Wants YOU!

Join the fight for Single-Payer healthcare in Oregon!



Stripped of its ideological distractions, Single Payer health care seems the simplest, most effective way to deliver a complex, expensive, and critical service. But how to prove it? Lawmakers in Salem are limping towards single payer, but to get there they need evidence that the system will deliver as promised. The Oregon legislature just authorized a study to evaluate four different health care delivery models, but they didn't provide the \$200,000 necessary to carry it out. That's why Mad As Hell Doctors has stepped in to raise the money for the study. One of the Mad Doctors, Dr. Sam Metz, took time this month to explain the study, why it's the next step to single payer, and how you can help make it a reality...

## What is HB 3260?

Oregon lawmakers worry the Affordable Care Act (ACA, or "ObamaCare"), even if working perfectly, will fail to address the needs of Oregon's families, physicians, and employers. Reports from the Congressional Budget Office, the Commonwealth Fund, and Massachusetts' real-world experience all indicate the ACA will not provide assured access, reduce costs, or improve health. Before proposing an alternative to the ACA, lawmakers need to study their options, and Oregon HB 3260 would let them do just that. It authorizes the [Oregon Health Authority](#) (OHA) to supervise a study of four options to finance universal health care in Oregon. When the study is complete, the OHA will submit its report to the legislature with its recommendation from the options.

Experience in other states confirms the value of this type of financing study in motivating legislators and voters. Without solid, real-world information, legislators tend to avoid controversy and voters tend to act irrationally. Vigorous support of the HB 3260 study is the first and essential step to provide Oregon with a cost-effective health care plan that includes everyone.

Though the legislature passed HB 3260, they didn't provide state funding for it so it will depend on private financing to proceed. The cost is estimated at \$200,000. This figure is based on the costs of similar health care financing studies

in other states, discussions with organizations that conducted similar studies, and with the individuals who commissioned those studies.

Two state legislatures already passed measures establishing statewide universal health care – Vermont will implement its plan in 2017; the California legislature, unfortunately, saw its proposal vetoed (twice) by then governor Schwarzenegger. In both cases, state studies authorized by the legislature were considered essential in providing legislators and voters with the information and confidence needed to take action. HB 3260 will provide us with that information here in Oregon.

## What will be studied

The four options to be examined in the HB 3260 are:

1. Implementation of **the Affordable Care Act** including private health insurance exchanges and the Oregon Health Care Transformation process.
2. Implementation of the **Affordable Care Act with the addition of a public option** and including the Basic Health program of the Affordable Care Act.
3. **Publicly financed, privately delivered single payer health care**, decoupled from employment.
4. A plan selected by the OHA that makes available to every Oregonian essential

health benefits, including preventive care and hospital services, using **private insurance and privately delivered health care**

The OHA is permitted to study **other options** as permitted by funding.

### **Who will conduct the study**

The format of the HB 3260 study is based on those of other studies, notably Vermont. To date, there are 28 other studies of universal health care in the US – nine of them national and 19 state studies from 15 states. Studies were conducted by two government agencies and fourteen private consulting firms. All demonstrate that a well-designed financial system can provide universal health care for no more than is being spent now.

After funds are collected, the OHA will select the organization to conduct the study. Two organizations have already expressed interest in the study: the [College of Public Health at Oregon State University](#), and the [Optumas group in Arizona](#) which conducted a similar study for Kansas.

### **Where is the fundraising now**

The Health Care for All Oregon Education Fund (HCAOEF) supports universal health care by making it easy to donate funds for this study. To do so, they created a dedicated webpage at [OregonStudy.org](#). Unlike Kickstarter, Indie Go-Go and other websites with administrative costs, all funds go to the study. This funding drive will be by word of mouth, so it depends upon friends telling friends that there's a way to make single payer a reality. This study won't be funded by just big contributors or corporate largesse. Right now, in a very real way, single payer in Oregon comes down to the actions of individuals. People like you are the only way it's going to happen.

### **How you can contribute**

Please visit the HCAOEF webpage at [OregonStudy.org](#) to learn more about the study and to contribute. The page includes links that discuss the import of the study, the complete text of the legislation, and more detail on other state studies. Contributions will be sent to the Northwest Health Foundation (NWHF), the fiscal agent for the study. When full funding is complete, the NWHF will make these funds available to the OHA. Because HCAOEF and the NWHF are both 501(c)3 organizations, all contributions are tax deductible.

**To Contribute Online:** You can make online contributions at the [donation section of OregonStudy.org](#). The site accepts both credit cards and checks.

**To Contribute By Mail:** Contributions can also be made by mail to the NWHF. Please make your check out to the "Northwest Health Foundation Fund II", note it for "HB 3260 Health Care Financing Study", and send it to:

**Northwest Health Foundation  
221 NW Second Ave, Suite 300  
Portland, OR 97209.**

Contributors to the HB 3260 study so far include the Oregon Medical Association, the Oregon Primary Care Association, the Oregon Public Health Association, the National Physicians Alliance, SEUI locals 49 and 503, numerous small business owners, and individuals concerned about health care in Oregon.

### **To go even further...**

The full, detailed information on HB 3260 is available at [OregonStudy.org](#). For any additional information, please contact Dr. Samuel Metz, MD of PNHP Portland, by email at [HB3260@samuelmetz.com](mailto:HB3260@samuelmetz.com) or by phone at (503) 754-1329. If you'd like to have Dr. Metz or another of the [Mad As Hell Doctors](#) speak to your group about single payer, they'd be glad to make someone available. In the end, though, everything depends on YOU! Talk to your friends, please contribute, and join the fight to bring SINGLE PAYER TO OREGON!

# Insider tips for Northwest summer adventure

Our suggestions for your Oregon and Washington road trips



It's here! It's here! Summer's here! OK, not officially until June 21<sup>st</sup>, but don't quibble... right now Memorial Day is behind us and sunny days are ahead. For our purposes, that means SUMMER'S HERE! Have you made your vacation plans yet? Planning on heading to Disney, the Grand Canyon, or New York? WHY? We already live in one of the world's most beautiful places, a destination spot for everyone else on the planet. Why go anywhere else? To help you get the most out of a local Northwest summer, we're bringing you a selection of vacation spots, festivals, events, and destinations for summer fun throughout Oregon and Washington. See if you can a new adventure spot you never considered. And when Fall finally arrives, remember to send us a postcard and you'll be entered in our Summer Postcard contest to win fabulous prizes. Details are in

this month's Shop Talk column!

## Travel in Oregon

### Seven Wonders of Oregon

TravelOregon is running a tourism campaign based on the "Seven Wonders of Oregon". The gorgeous video for the campaign is here; well worth a watch.

### Travel Oregon Travel Guides

For Oregon travel, [TravelOregon.com](http://TravelOregon.com) is the place to start. Their full website has info on every nook and cranny of our fair state, but the [Travel Guides page](#) has suggestions for Oregon itself, Food trips, Bikeways, Scenic drives, Indian country, and much more.

### Trip Advisor- Oregon

This page has guides to 78 of the cities, towns, burgs, and wide-spots-in-the-road throughout Oregon. Wherever you find yourself in Oregon, something interesting is going on nearby.

### Oregon.com

A guide to the whole state with links to lodging, travel, attractions, and living in Oregon. It's a little more for people considering moving here, but there are still some features you might enjoy this summer.

### Travel Portland

You don't even need to leave the city limits for an amazing adventure. Travel Portland will give you the inside dope on the Rose City from kids' activities to food carts.



Umpqua Hot Springs, about 4 hours southeast of Portland in the Umpqua National Forest. And it's free!

## [Portland's Daily Vacation Schedule](#)

This page has an event for virtually every day throughout the summer and beyond. If you haven't made advance plans but find yourself with a free day, then this calendar will help you figure out how to use it.

## [Travel in Washington](#)

### [Washington Recreation](#)

If you're heading across the Northern Border during the summer, then the folks at Experience Washington will be glad to help.

### [Washington Visitors Guides](#)

Just like Portland, Washington has a complete selection of guides for anyone vacationing in the state. Choose from Evergreen Escapes, Best of the Northwest, and more.

### [Scenic Washington State](#)

Scenic Washington State is another alternative for Evergreen State fun. Their site features deals and packages along with some tips to well-hidden places of interest. Have you heard of Hank's Harvest Foods or the Olive Marketplace in Walla Walla? You will if you check out this site.

### [TripAdvisor- Washington](#)

The TripAdvisor people have Washington covered even better than Oregon, with guides to 108 towns and communities.

## [Travel in the Northwest and Beyond](#)

### [Hiking Hot Springs in the Pacific Northwest](#)

One of our favorite local-adventure-vacation ideas is a tour of the regions hot springs. If that sounds good to you, then pick up this guide before you head out. It describes over 130 of the finest natural hot soaking pools and 85 scenic hikes that either lead to or begin near springs. Covered are Oregon, Washington, Idaho, and British Columbia

### [Road Trip Nirvana](#)

If you're planning to get out of our region, Brian DeFrees set the mark to beat. He took a 12,225 mile trip around the country, and documented the whole trip in a 5 minute video.

### [Best highways in the world](#)

Jalopnik, one of our favorite sites, has a list of the 10 best highways in the world. Our own Pacific Coast Highway was number 2 on the list... something to check out?

# How To Protect Your Summer Road Trip

Why planning ahead keeps you in the driver's seat



*(originally published June, 2012)*

You may be packing the kids into the minivan for a trip to Disney, piling in with your friends for a drive to Burning Man, or heading to Boston to see an old flame, but if you're planning a road trip you'll be joining millions of other people in this year's great Summer Driving Exodus. You have at least one thing in common with all these folks... absolutely nothing will ruin your trips more completely than an automotive breakdown. Here's the single most important thing you can do to insure safe, fun, and smooth summer driving... Bring your vehicle in for service NOW, at the START of the summer, well BEFORE you plan on heading out.

Why is this so critical to protecting your vacation? You know that your vehicle needs to be in top shape, but sometimes people put off their vehicle check until the day before they leave. Here are some reasons this practice can put your trip in jeopardy...

## **Last minute appointments can be hard for us to accommodate.**

You're not alone in wanting to get your car checked out for the summer, so this is the busiest time for any auto shop. We are certainly no exception. During the summer rush we are frequently scheduled 2 or 3 days out on our appointment calendar, and sometimes even farther. This can present real problems getting your vehicle in if you have a short window of availability. As an example, one of our clients called on a Wednesday to have his vehicle serviced Thursday for a Friday trip. Unfortunately, we were already full for the week and we weren't able to help him in that instance. We hate saying "no" to any of our clients, and planning ahead helps us avoid having to say "no" to you.

## **Quick turnarounds don't leave any room for the unexpected.**

An issue particular to short repair deadlines is that there is no margin for error if something unexpected pops up. For instance, some engine leaks can take two days to repair. We can't fix it, much less fix it right, if you drop it on a Friday and need to leave Saturday. Suppose you have a problem that would be a quick and easy fix, but the only replacement part available has to come from Tulsa? Little glitches like this can put your vehicle out of commission and ruin your vacation, and they're all the more frustrating because they're completely avoidable. Please, call us with enough time to give you the quality service you expect and deserve!

## **You'll need a couple days to make sure the repair worked.**

We fix most vehicle problems on our first attempt, but that's no comfort if you are the rare person that needs to bring your vehicle back. Repairs can fail for many reasons- parts may be faulty, the original diagnosis may have been wrong, problems may develop in a related system after the first repair, or the original problem may have masked another problem that no one knew about. As just one example, a replacement alternator may test well and work fine for days before it suddenly

fails. Our 24-month/24,000-mile local and 12-month/12,000-mile nationwide warranty will cover you, but you don't want to test it out on your vacation! The only way to be sure repairs are successful is to drive long enough to make sure they hold up in the real world. Always leave a couple days of margin for a shakedown period before you head out of town.

**Advance planning is important, but don't "risk it" if you see a problem coming.**

If you are getting ready to go and your vehicle starts doing anything that makes you nervous, call us before you hit the road. We take break-downs and emergencies without appointment at any time, and we'll always do our best to get you back on the road in time for your trip. Even if there's not enough time to fix an issue, we may at least be able to keep you from breaking down or get you into a rental car.

**Rely on us if you DO run in to problems on the road.**

If you're our client, then we will help you any way we can, anywhere you are. We might not be able to send our Courtesy Shuttle to Minnesota to pick you up, but we can give you complete vehicle information over the phone if you have a breakdown. If you find yourself broken down and don't know if the local shop is giving you good advice, we'll be glad to offer our opinion. Also, our work carries a nationwide warranty for 12-months or 12-thousand miles. If you are out-of-town and have a problem, or if you can't reach our shop, call 877-252-4609 and explain what's happening. They'll refer you to a local shop that will take care of you.

**Give us a call if you have ANY questions.**

Many questions can be solved with a quick call to 503-230-2300 or email to [tomdwyer@tomdwyer.com](mailto:tomdwyer@tomdwyer.com). Our salaried Service Advisors will be glad to discuss any vehicle concerns you might have. If you're in doubt about anything, a quick call could save a lot of vacation headaches.

# Drew's Kitchen

## Dijon Grilled Chicken Burritos



### Ingredients:

- $\frac{1}{2}$  cup Dijon mustard
- 2 tbsp white wine
- 1 tbsp lemon juice
- $\frac{1}{2}$  tsp crushed dried tarragon leaves
- $\frac{1}{4}$  tsp garlic powder
- 1 $\frac{1}{2}$  pounds boneless, skinless chicken breast halves
- 3 yellow, red or green bell peppers, sliced into rings
- 1 large red onion, sliced into rings
- 10 6-inch flour tortillas, warm
- Lettuce, optional

### Preparation:

- In a medium bowl, mix mustard, wine, lemon juice, tarragon and garlic powder; reserve  $\frac{1}{3}$  cup until serving time. Add chicken to remaining sauce and toss to coat thoroughly. Cover and marinate in the refrigerator for at least 30 minutes.
- Prepare barbecue according to manufacturer's directions. Grill chicken 5 to 10 minutes on each side until cooked through. Place bell pepper and onion on grill during the last five minutes of cooking. To serve, slice chicken into strips; divide chicken, lettuce, bell pepper and onion among warm tortillas; serve with reserved mustard sauce.

### Special Drew's Kitchen Tip!



Searching for the perfect Father Day gift? Check out [this link](#) for indispensable grilling tools. Cool!

# Shop Talk

Save over \$300... and we're just getting started



## **Save up to \$310 on AC Diagnosis and Repair**

The blistering summer heat will be here before you know it, so this month we're bringing you a TWO-PART offer to help you keep your cool AND keep your dollars...

**Schedule your vehicle for AC service before July 3 and you'll get FREE AC Diagnosis (up to \$110) AND 25% off Labor on AC repair! (up to \$200)**

If your AC is not up to speed then let us find out NOW, before it ruins your big summer road trip. If you schedule your vehicle for AC service before July 3, we'll diagnose any problems for FREE (up to \$110). If we find any problems and you decide to have them fixed, you can keep on saving... we'll take 25% off Labor charges (up to \$200)! That all adds up to cool comfort and as much as \$310 back in your pocket, and those savings can help buy a lot of summer fun! Don't sweat about it... call 503-230-2300 and talk with one of our salaried Service Advisors for all the details, or just click [here](#) to request an appointment. Let your road to summer fun begin with us!

## **Postcard Contest**

If your summer doesn't look like it will be full of excitement, then you just haven't looked far enough. Have you even considered our summer Postcard Contest? Send us a postcard from the beach, mountains, great aunt Gertie's backyard, or anywhere else your summer adventure takes you. We'll choose the best one (in our best editorial judgement) and give the winner \$50. Be impressive, though, because you'll be up against some stiff competition... that's the winner from our 2010 contest at right! Send your postcards to:



Tom Dwyer Automotive Services  
530 SE Tenino, Portland, 97202

**Contest closes September 15, 2014, and the best postcard wins \$50!**

## **Free Carwash Season is in full swing**

Have you come by for YOUR free carwash during FREE CARWASH SEASON yet? To make up for our dusty parking lot we offer coupons for free Washman car washes from May 15 through September 15. These are only for services over \$100, but that's a pretty low mark to hit with auto repair! Come on by and pick up your ticket to a shiny summer ride!



## Referral Reward

Wow! 21 weeks of our Referral Reward program are in the rearview mirror, and our clients are really getting the most out of it! [Thanks to our friends referring their friends, we've been able to donate over \\$1,790!](#) You can join the fun and help a group you care about by just referring a new client to our shop! For every new client who comes in and tells us you sent them, we'll donate 20% (up to \$50) of the qualifying purchases from their first invoice to the non-profit group of your choice. There's more... each quarter we'll choose one group to get an additional \$200, and at the end of the year pick one group for a final \$500 award to their cause! Naturally there are a few restrictions, but you can read all those at our [Referral Reward Webpage](#).



Here are the groups our clients have chosen to support our shop most recently...

[Clackamas Women's Services](#)  
[Underdog Railroad Rescue](#)  
[Lake Oswego Schools](#)

[Basic Rights Oregon](#)  
[Habitat for Humanity](#)  
[Portland Rescue Mission](#)

[Mercy Corps](#)  
[SOLVE](#)  
[Portland Community College](#)

## 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. The last month's recalls are below, but clicking the button at right will take you to the full list at the NHTSA website.



**June 9: 183,425 Ford Taurus vehicles from 2010-2014,**  
Recalled for the license plate lamp assembly which may corrode as a result of water intrusion, increasing the risk of a fire.

**June 9: 17,726 Dodge Ram ProMaster from 2014,**  
Recalled for water intrusion that may cause circuit corrosion, disabling numerous things such as air bags and turn signals.

**June 9: 6,120 Chrysler vehicles from 2014, including Dodge Durango and Jeep Grand Cherokee models,**  
Recalled for the adaptive cruise control that may cause unintended continued acceleration.

**June 9: 4,141 Fiat 500e Battery Electric Vehicles from 2013-2014,**  
Recalled for a potential short circuit which could cause the service fuse to blow.

**June 9: 101 Keystone Dutchmen Infinity fifth wheel trailers from 2014,** Recalled for the interior steps which may fracture.

**June 5: 740,878 Ford vehicles from 2008-2011, including Mercury Mariner and Ford Escape models,**  
Recalled for a potential loss of power steering assist, increasing the risk of a crash.

**June 5: 179,027 Ford Explorer vehicles from 2011-2013,**  
Recalled for a potential loss of power steering assist, increasing the risk of a crash.

**June 4: 50,000 Toyota Highlander vehicles from 2014,**  
Recalled for improper software that may cause the front passenger seat belt force limiter to malfunction.

**June 3: 334 Nissan vehicles from 2014, including Nissan Pathfinder and Infiniti QX60 models,** Recalled

for lug nuts that may fall off, which may result in tire separation.

**June 3: HME Ferrara Intruder Ember Cab and Chassis emergency vehicle from 2013**, Recalled for the latch plate of the seat belt which may become partially engaged with the buckle.

**June 2: 370,000 Toyota Sienna vehicles from 2004-2011**, Recalled for the carrier cable which may corrode, causing the spare tire to separate from the vehicle.

**June 2: 82,579 Ford all weather floor mats sold for vehicles from 2006-2011, including Ford Fusion and Lincoln MKZ models**, Recalled for potential interference with the accelerator pedal.

**June 2: 14,529 UCI-FRAM Group ignition switches for GM vehicles**, Recalled for the switches that may move out of the run position, turning off the engine or causing the air bags to not deploy in the event of a crash.

**June 2: 231 Toyota Highlander vehicles from 2014**, Recalled for seats that may have been manufactured incorrectly, causing the seats to come out of their tracks.

**May 29: 6,209 Federal Couragia tires**, Recalled for potential shoulder cracks.

**May 29: 1,644 Nissan Rogue vehicles from 2014**, Recalled for incorrect bolts which could fall out and result in a loss of vehicle control.

**May 29: 152 Forest River fifth wheel trailers from 2014**, Recalled for incorrect labels regarding weight, which could result in tire failure.

**May 28: 112 E-One emergency vehicles from 2013-2014, including Cyclone II and Quest Fire Fighting models**, Recalled for software that may have a defect that affects the electric operations.

**May 28: 98 Gillig accelerator pedals sold as aftermarket parts**, Recalled for springs that may break, causing unintended acceleration.

**May 28: Certain Ford E-350 vehicles from 2008-2010 modified by Advanced Wheels of Technology for wheel chair lifts**, Recalled for roll stop latches on the outer barrier of the lifts which may become bent or misaligned.

**May 27: Updated Recall: 1,131,113 GM vehicles from 2004-2008**, Recalled for the transmission shift cable which may fracture, potentially causing a vehicle rollaway.

**May 27: 58 Chevrolet Silverado and GMC Sierra vehicles from 2015**, Recalled for a potential engine fire.

**May 23: 184,244 Suzuki Forenza and Reno vehicles from 2004-2008**, Recalled for a potential fire risk.

**May 22: 67,416 Circle Seal Controls compressed natural gas fuel tanks**, Recalled for potential fuel leaks, increasing the risk of a fire or explosion.

**May 21: 1,339,355 GM vehicles from 2009-2014, including Buick Enclave and Chevrolet Traverse models**, Recalled for the flexible steel cable connecting the seat belt to the front seating positions which may fatigue and separate.

**May 21: 218,000 Chevrolet Aveo vehicles from 2004-2008**, Recalled for a potential fire risk.

**May 21: 19,225 Cadillac CTS vehicles from 2014**, Recalled for wipers that may be inoperative.

**May 21: 1,420 BMW R 1200 GS motorcycles from 2013**, Recalled for a possible oil leak from the transmission.

**May 21: 1,402 Cadillac Escalade vehicles from 2015**, Recalled for air bags which may only partially deploy.

**May 21: 214 Chevrolet Optra vehicles from 2004-2008**, Recalled for a potential fire risk.

**May 20: 6,400 BMW X5 SAV vehicles from 2014**, Recalled for child locks that may disengage.

**May 19: 137,500 Hyundai Tucson vehicles from 2011-2014**, Recalled for air bag assembly in the steering wheel which may come loose from its mounting.

**May 19: 211 Nissan LEAF vehicles from 2014**, Recalled due to missing welds on the front structural member assembly.

**May 19: 65 Open Range LF319 fifth wheel trailers from 2014**, Recalled for a potential gas leak.

**May 16: 2,440,524 GM vehicles from 2004-2012, including Chevrolet Malibu and Pontiac G6 models**, Recalled for voltage fluctuations which can cause numerous conditions, including brake lights not illuminating when the brake pedal is pushed.

**May 16: 103,158 Chevrolet Corvette vehicles from 2005-2007**, Recalled for the potential loss of low beam headlamp illumination.

**May 16: 31,000 LiquidMetal Motorsports Kronk wheels**, Recalled for possible cracking, which could result in tire failure.

**May 16: 8,208 GM vehicles from 2014, including Buick Lacrosse and Chevrolet Malibu models**, Recalled for front brake pads which may detach from the caliper, causing a reduction in braking.

**May 15: 140,067 Chevrolet Malibu vehicles from 2014**, Recalled for a hydraulic boost assist that may become disabled, requiring additional brake pedal effort and a lengthened stopping distance to slow or stop the vehicle.

**May 15: 477 GM vehicles from 2014, including Chevrolet Silverado and GMC Sierra models**, Recalled for a potential loss of steering.

**May 13: 581,986 Ford Escape vehicles from 2013-2014,**  
Recalled for doors that may be difficult to close or  
may possibly open while driving.

**May 12: 644,850 Chrysler vehicles from 2010-2014,**  
including Chrysler Town and Country and Dodge Grand  
Caravan models, Recalled for the vent window switch  
which may overheat, resulting in a fire.

**May 12: 594,785 Ford vehicles from 2013-2014,**  
including C-MAX and Escape models, Recalled for

potential delayed deployment of the side-curtain roll  
over air bag during a crash.

**May 12: 223 MV Agusta motorcycles from 2014,**  
including Rivale 800 and F3 675 models, Recalled for  
the swingarm pin bolt which may fail.

**May 12: 107 Winnebago motorhomes from 2014-2015,**  
Recalled due to potential leakage from the brake  
hose.



You probably know that avocados are an excellent source of healthful fats, but this whole food may also have other unique health benefits. To learn more, the Hass Avocado Board (HAB) is supporting clinical research to investigate various health effects of avocado consumption, particularly its benefits for cardiovascular disease, weight management, diabetes, and its ability to enhance your body's absorption of nutrients. The first of these HAB-supported studies was published in November, 2012. The small UCLA-led pilot study found that eating one-half of a fresh medium Hass avocado with a hamburger (made with 90 percent lean beef) significantly inhibited the production of the inflammatory compound Interleukin-6 (IL-6), compared to eating a burger without fresh avocado.

According to lead author David Heber, MD, PhD, the findings offer "promising clues" about avocado's ability to benefit vascular function and heart health. As reported by *Medical News Today*:

*"The researchers observed a significant peak (approximately a 70 percent increase), of IL-6 four hours after the plain burger was eaten, but less effect on IL-6 (approximately a 40 percent increase) over the same time period when fresh avocado was eaten with the burger.*

*Additionally, the study found that when fresh Hass avocado was eaten with the burger it did not increase triglyceride levels beyond what was observed after eating the burger alone, despite the extra calories and fat from the fresh avocado...*

*The pilot study also reported that the difference in peripheral arterial blood flow (the movement of blood to different parts of the body, as measured by PAT), a predictor of vascular health, after eating the hamburger meal compared to the hamburger-fresh avocado meal was approaching statistical significance...*

*PAT scores significantly decreased (signifying reduced blood flow) only after the plain burger was eaten (approximately a 27 percent drop, on average) compared to a burger with fresh avocado (approximately a 4 percent drop, on average, signifying less reduction in blood flow).*"

### **Avocados – A Real 'Super Food'**

Avocados, which are actually classified as a fruit, are rich in monounsaturated fat that is easily burned for energy. Personally, I eat a whole avocado virtually every day, which I usually put in my salad. This increases my healthy fat and calorie intake without seriously increasing my protein or carbohydrate intake. (See Nutrition Facts Panel below.) It is also very high in potassium and will help balance your vitally important potassium to sodium ratio.

As I've mentioned before, eliminating grain carbs is one of the best ways to support your health and maintain your weight, but when you cut down on carbs, you need to increase your intake of healthy fats. Avocados are an excellent source, along with organic raw butter, coconut oil, and organic pastured eggs, just to name a few.

There's also evidence suggesting that limiting your intake of protein can be helpful for long-term good health and the prevention of cancer. At the very least, most people are consuming far too much poor-quality protein, such as beef and animal products from livestock raised in confined animal feeding operations (CAFOs). Here again, if you cut down on protein, you need to replace lost calories with healthy fats such as avocados, coconut oil, olives, olive oil, butter and nuts.

Overall, most people would do well to get upwards of 50-70 percent fat in their diet (along with high amounts of vegetable carbs, moderate-to-low amounts of high-quality protein, and very little, if any, carbs). According to the California Avocado Commission, a medium Hass avocado contains about 22.5 grams of fat, two-thirds of which is monounsaturated. They're also very low

in fructose, which is yet another boon, and provide close to 20 essential health-boosting nutrients, including:

- Fiber
- Potassium (more than twice the amount found in a banana)
- Vitamin E
- B-vitamins
- Folic acid

Avocados are one of the safest fruits you can buy conventionally-grown, and most experts do not believe you need to purchase organic ones. Their thick skin protects the inner fruit from pesticides. Additionally, it has been rated as one of the safest commercial crops in terms of pesticide exposure,<sup>3</sup> so there's no real need to spend extra money on organic avocados, unless you can afford it.

### **The Many Health Benefits of Avocados**

Avocados have a long list of potential health benefits. For example, besides its anti-inflammatory properties, previous research from Japan suggests this powerful fruit may also help protect against liver damage. In one study,<sup>4</sup> laboratory rats were fed avocado and 22 other fruits. The rats were then given D-galactosamine, a potent liver toxin that interferes with cell synthesis and results in cell death. The rats fed avocado suffered the least amount of liver damage. The chemical-induced liver injuries resemble those caused by viruses, so the researchers suggested avocado could potentially offer support in the treatment of viral hepatitis. According to one lead author Hirokazu Kawagishi, Ph.D:

"Besides offering taste and nutrition, avocados seem to improve liver health. People should eat more of them."

Due to its beneficial raw fat content, avocado enables your body to more efficiently absorb fat-soluble nutrients (such as alpha- and beta-carotene and lutein) in other foods eaten in conjunction. One 2005 study,<sup>5</sup> found that adding avocado to salad allowed the volunteers to absorb three to five times more carotenoids antioxidant molecules, which help protect your body against free radical damage. Other research has found that avocados:

- Contain compounds that appear to inhibit and destroy oral cancer cells.
- Can help improve lipid profiles in both healthy individuals and those with non optimized HDL/total cholesterol levels. In one study,<sup>6</sup> healthy individuals saw a 16 percent decrease of serum total cholesterol level following a one-week long diet high in monounsaturated fat from avocados. In those with elevated cholesterol levels, the avocado diet resulted in a 17 percent decrease of serum total cholesterol, and a 22 percent decrease of both LDL-cholesterol and triglycerides, along with an 11 percent increase of the so-called "good" HDL cholesterol.



This chart will give you all the basics on avocados; available at [Mercola.com](http://Mercola.com)

### **The Best Way to Peel an Avocado**

Did you know there are many ways to skin an avocado? Well, there are, and how you de-skin your fruit can have a bearing on the nutrients you get from it. In 2010, the California Avocado Commission issued guidelines for getting the most out of your avocado by peeling it the right way:

The UCLA research showed that in California avocados, the greatest concentration of beneficial carotenoids is in the dark green fruit of the avocado closest to the peel. 'The Commission's public relations outreach to encourage consumers to 'nick and peel' their California avocados and to eat that dark green area of the fruit has resulted in 33 million consumer impressions,' said Jan DeLyser, vice president of marketing for CAC. 'This 'nick and peel' message is also valuable information for produce departments to share with their shoppers.' To preserve the area with the greatest concentration of antioxidants, you

basically want to peel the avocado with your hands, as you would a banana:

1. First, cut the avocado length-wise, around the seed
2. Holding each half, twist them in the opposite directions to separate them from the seed
3. Remove the seed
4. Cut each half, lengthwise
5. Next, using your thumb and index finger, simply peel the skin off each piece

### **How to Get More Avocado into Your Diet**

While avocado is commonly eaten raw, on salad or alone, with nothing but a dash of Himalayan salt and some ground pepper, for example, there are many other ways to include avocado in your

diet. For example, you can use avocado in the following ways:

- Use as a fat replacement in baking. Simply replace the fat called for (such as oil, butter or shortening) with an equal amount of avocado
- Use as a first food for babies, in lieu of processed baby food
- For hundreds of unique recipes that include avocado—from salads to dessert whip and everything in between – check out the [California Avocado Commission's website](http://CaliforniaAvocadoCommission.com)

### **Avocado Facts and Trivia**

*From [AvocadoPundit.com](http://AvocadoPundit.com)*



- Avocados contain up to 25% fat, and an average avocado contains 300 calories and 30 grams of fat.
- Avocados are a good source of both soluble and insoluble fiber (with some sources claiming it is the richest fruit in fiber content). Due to their texture, they're good as a first food for babies
- Avocados belong to the Laurel family, the same of the laurel and cinnamon trees
- The place with the highest avocado output in the US is Fallbrook, California. This is the Avocado Capital of the World!
- California boasts 7,000 avocado groves. San Diego County produces 60% of California avocados, with Florida being the second main producer in the US
- When avocados were discovered by Spanish conquistadores, they were used a source of indelible ink: the avocado seed yields a milky substance that turns red when oxidized. Some documents painted with this red ink are still intact today.
- During Super Bowl Sunday, in the US, about 50 million pounds of avocados are consumed. According to some nutrition magazines, that is enough to cover an area the size of a football field, to a depth of nearly 12 feet
- Mexico is the world's top producer of avocados, with California coming in second
- Avocados are also called "alligator pear," because of their alligator skin texture and pear shape
- There are currently around 80 different avocado varieties, with the most popular being "Hess"
- Folk wisdom believed that a Mayan princess ate the very first avocado, and it gave her magical powers
- The Aztec word for avocado was *ahuacatl*, which means "testicle tree"
- Spanish explorers could not pronounce *ahuacatl*, so they called the avocado *aguacate*, which is believed to be the etymology of the word *guacamole*. The sauce itself was copied from the Aztec avocado sauce called *ahuaca-hulli*.
- Avocados have the highest protein content of any fruit
- Lots of producers use the tree as a warehouse: avocados, when ripe, do not fall off and do not soften excessively, so the fruit can be kept there for several months.
- It is estimated that avocados have been cultivated, in Central America, for almost 7,000 years
- European sailors traveling to the New World used avocados as a substitute for butter, due to its high fat content and texture which made it easier to spread.
- A single, healthy avocado tree can produce from 150 to around 400 fruits in a single year

# Sellwood Bridge Update

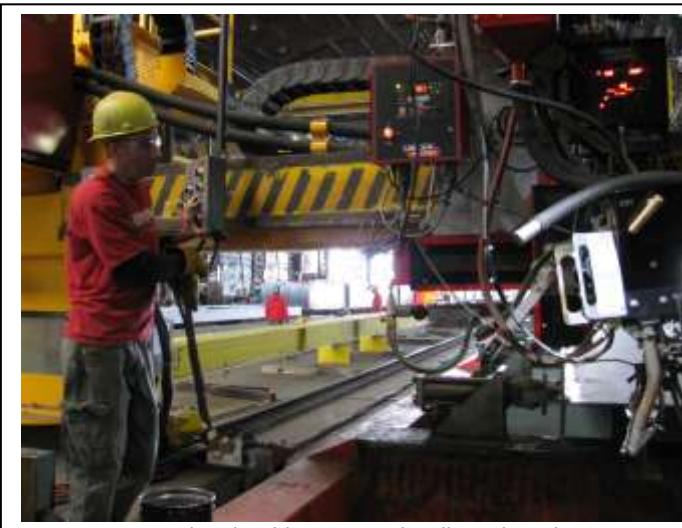
## A Peek At What's Coming Up



The third bridge closure went according to the pattern set so far... the inconvenient closure happens, the work goes smoothly, and the bridge opens ahead of schedule. It's a slightly unexpected, but very nice pattern to have for a gigantic, complex construction project! To relive the golden moments of the support installation we bring you these photos of our own, and we'd also like to direct you to [David Ashton's excellent article](#) on the episode for the [Sellwood Bee](#), the local paper that's been following the Bridge reconstruction from the very first public meetings.



With the supports in place, we're beginning to get feel for what the new bridge will look like. One of the next major visual changes will be when the gigantic steel arches are put in place. Those arches are already under construction at Thompson Metal Fab in Vancouver. Each arch rib is about 300 feet long and weighs 400 tons. They are so heavy that a naval architect will need to develop the plan for loading them in sections onto a barge, to ensure the barge remains stable. The folks at the Sellwood Bridge Replacement project brought us a look at just how titanic these arches will be...



Overhead welding unit with Sellwood steel



Sellwood steel arch assembly indoors



Welder seen through bridge steel



Sellwood steel arch stretches outside factory

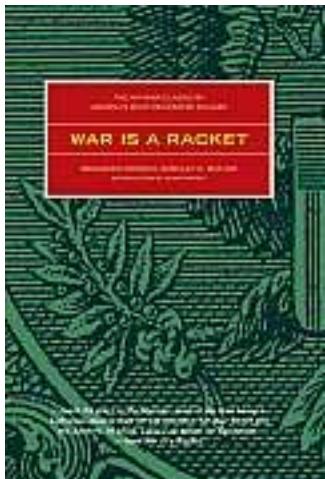
As always, Multnomah County maintains the definitive website on everything related to the Sellwood Bridge Replacement project, [www.sellwoodbridge.org](http://www.sellwoodbridge.org). Construction and closure alerts, archived information, and other resources are all available 24/7 for your convenience. If you're looking for something that's not on the website, you can contact Mike Pullen (mike.j.pullen@multco.us, 503-209-4111) or visit [www.sellwoodbridge.org](http://www.sellwoodbridge.org).

# Book Spotlight

## “War Is A Racket” by General Smedley Butler



We've got a short read for you this month, but a relevant one. As the latest VA scandal unfolds politicians are stumbling over each other to decry the way we treat our vets, but we were recently reminded that the United States has never given our veterans the respect they deserve when they got home. When the Bonus Army marched on Washington in 1932 to demand the money they were promised after the war, our United States Government met them with tear gas, tanks, and guns. No money. General Smedley Butler addressed the crowd that day, and years later went on to write a classic book that explains why the shabby way the vets were treated shouldn't have been any surprise. This month we bring you the General's book, a re-enactment of his speech on the subject, and actual footage from his speech to the Bonus Army.



### “War Is A Racket” by General Smedley Butler

*(Synopsis from Wikipedia; click the book cover to go to the Powells.com site)*  
War Is a Racket is the title of two works, a speech and a booklet, by retired United States Marine Corps Major General and two time Medal of Honor recipient Smedley D. Butler. In them, Butler frankly discusses from his experience as a career military officer how business interests commercially benefit (war profiteering) from warfare.

After his retirement from the Marine Corps, Butler made a nationwide tour in the early 1930s giving his speech "War is a Racket". The speech was so well received that he wrote a longer version as a small book with the same title that was published in 1935 by Round Table Press, Inc., of New York. The booklet was also condensed in *Reader's Digest* as a book supplement which helped popularize his message. In an introduction to the *Reader's Digest* version, Lowell Thomas, the "as told to" author of Butler's oral autobiographical adventures, praised Butler's "moral as well as physical courage".



The real General Butler addresses the marchers of the Bonus Army



General Butler's full “War Is A Racket” speech delivered by a re-enactor

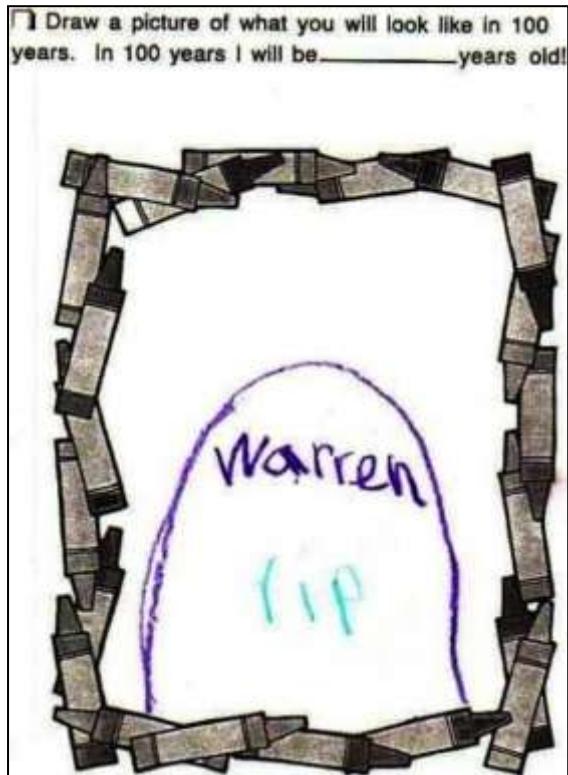
# Humorousness

Kids say the darndest things



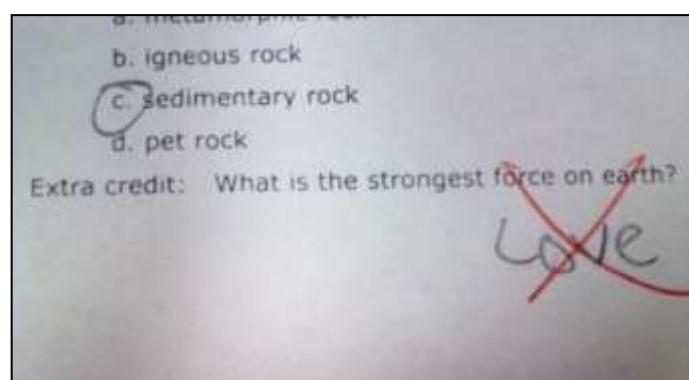
Everyone has funny stories about their kids. We laugh about them year after year, and pass on as true the stories of our friends' kids, but these stories have probably grown with each retelling. Are kid jokes ever... true? Does it matter? Does a funny story "not count" as a joke if it didn't really happen exactly as you told it? Hmm. We tackle this thorny joculo-philosophical question in this month's Humorousness as we bring you some great kids' answers to homework and test questions. We hesitated because some of them are obviously (to us) fake, and it seemed a little cheap to pass them on. But then we realized that we were laughing out loud at so many of them that even if they were faked, they were certainly funny. We might not be able to solve philosophical questions, but that's not our job. Our job is to make you laugh with these ["Test Answers That Are Totally Wrong But Still Genius"](#). Enjoy!

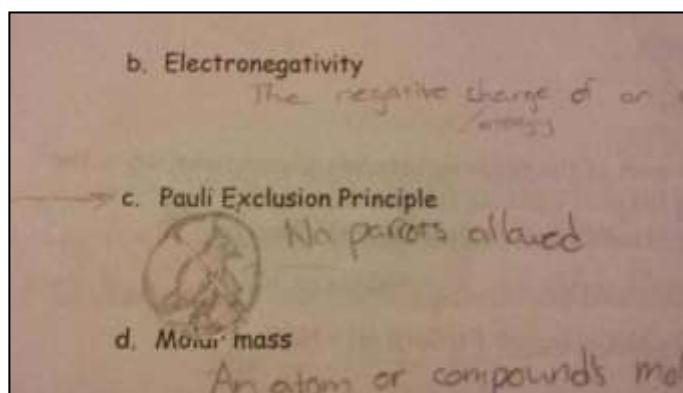
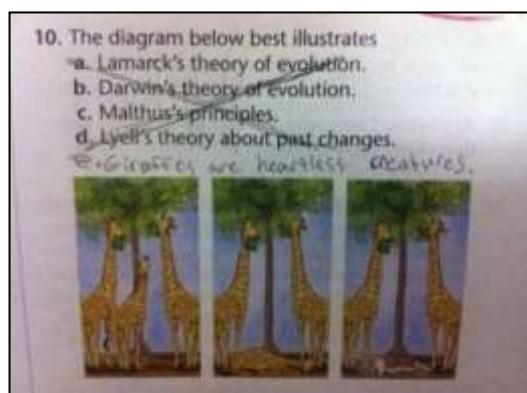
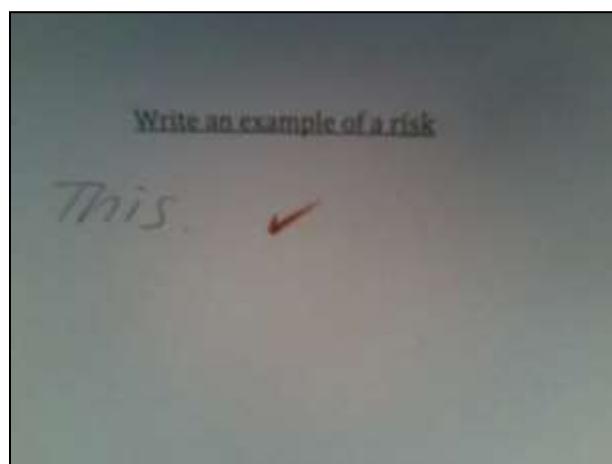
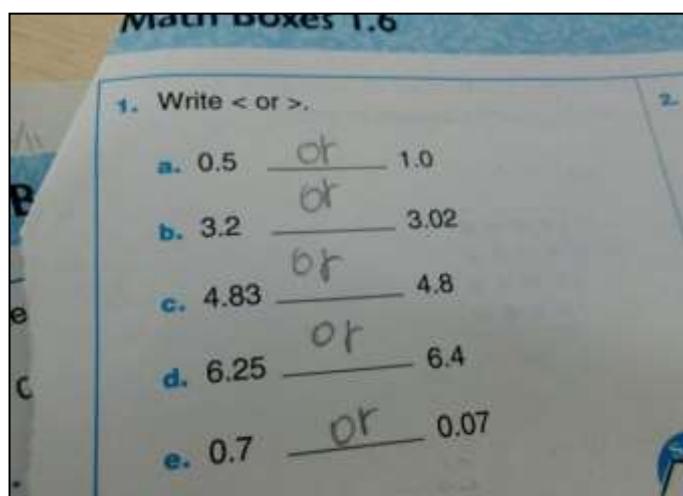
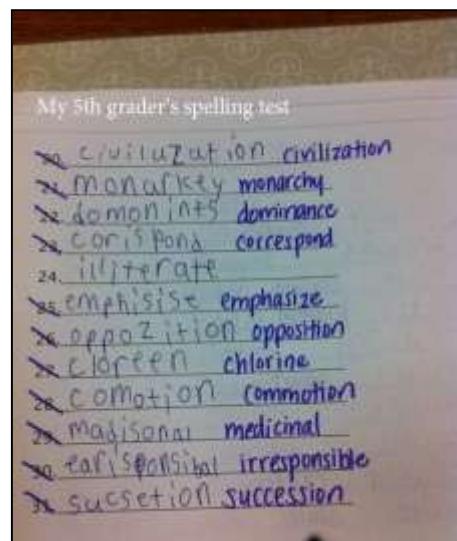
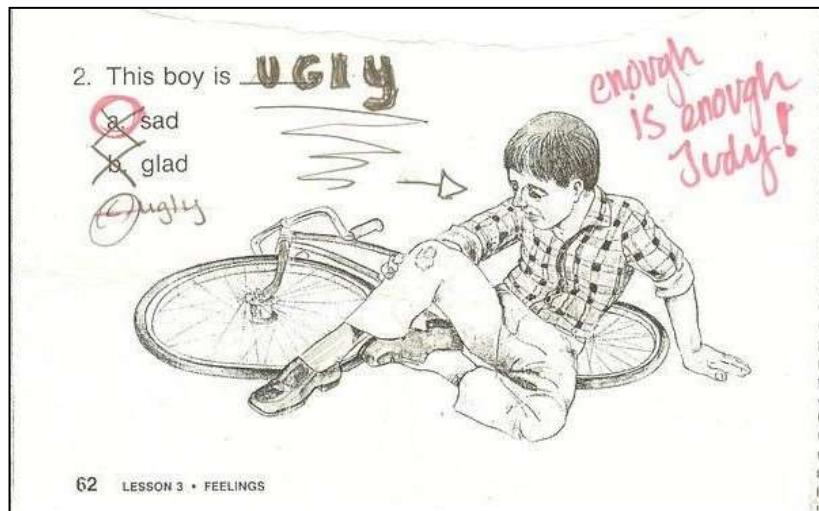
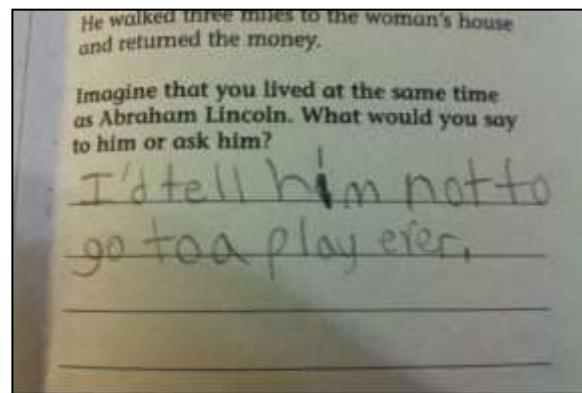
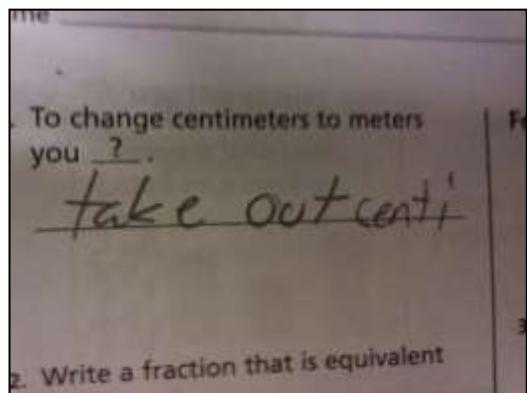
(By the way, we're only showing you a few of the best in this printed version of *Your Car Matters*. You can catch them all on the ['Current Newsletter'](#) tab of our website, or at their [original location here](#).)



Give a brief explanation of the meaning of the term 'hard water'.

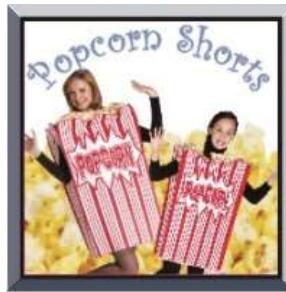
Ice





# 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!



## [Disconnected Connections](#)



When it comes to statistics you know that "Correlation does not equal causation", but when you see two graphs that track each other precisely, bump for bump, it's hard not to suspect a linkage. [Tyler Vigen shows us why we should keep our suspicions in check](#). He's trolling massive databases to find unrelated graphs that link up with scary precision. An example... Did you know the number of people who died by becoming tangled in their bedsheets correlates with the total revenue generated by US skiing facilities with over 96% accuracy? Kinda hard to explain, but check his site and it will be obvious. And surprising!

## [John Oliver Makes Net Neutrality Interesting](#)



John Oliver's new show, "Last Week Tonight", is providing some stiff competition for Stewart and Colbert. In a recent show, he did the impossible... [he made the critical issue of Net Neutrality clear, interesting, and funny](#). We've all gotten used to the incredible intellectual power of the Net, and The Man has gotten used to its incredible money-making power. Now The Man is trying to take it for himself, and guess who will suffer? It's a hard issue to wrap your mind around, and even harder to get wound up about it, but few issues will affect your day-to-day life more. Sit back and listen to John and it will all make sense, and you'll know why it's so important NOT to stay neutral on Net Neutrality.

## [A Computer That Can Think? Maybe...](#)



In 1950, mathematical superman Alan Turing proposed a test to determine if a computer was actually capable of thought. The test required the computer to interact in a natural language (but text-only) conversation with a judge. If the judge could not tell if he was dealing with a human or a computer then the computer passed the test. For 64 years no computer passed (though some have come arguably close), but this month in a Turing Test marking the 60<sup>th</sup> anniversary of Alan Turing's death, [Russian chatbot Eugene Goostman may have done it](#). Does 2014 mark the dawn of machine intelligence? Click to find out!

## [When NOT To Scrimp](#)



Everyone likes to save a little money, but there's a reason "Penny wise and pound foolish" is such an old saying. A failure in an inexpensive part can completely destroy an expensive system... just look at the \$2 billion space shuttle Challenger, destroyed by an inexpensive O-ring. The folks over at AlterNet have a list of 5 less critical [places where it's a good idea to step up and spend a little more](#) for peace of mind. (If you're looking for some wise places to spend or save on auto-repair issues, just give us a call at 503-230-2300 and we'll be glad to tell you our own suggestions to make your auto repair dollars go as far as they can... and not farther.)

# News To Make You Furious

# Frontline: United States of Secrets



Slightly over a year ago the world was introduced to Edward Snowden, an obscure contractor (aren't they all?) who had a few things to say about the way things were running over at the NSA. Since then, Snowden has been called everything from "hero" to "savior of democracy" to "traitor" to "grandiose narcissist" to, and we're not kidding, "a cross-dressing Little Red Riding Hood". Angel or devil, his revelations have sparked a national conversation about privacy vs. security, transparency vs. accountability, government power vs. citizen involvement that never would have happened without them. But after a full year, it can be hard to keep everything Ed's said straight. How to keep up?

Frontline, the PBS show offering some of the best in-depth reporting anywhere, put together an exhaustive resource on the Snowden affair called “The United States of Secrets” that’s a veritable buffet of Fury. Start with an appetizing primer on NSA

technology before choosing your main course. Will it be their full-length television reports? Ways to protect your personal data? NSA history? Legal options? Why not sample them all; there's enough to satisfy the appetite of anyone hungry for knowledge. Wash it all down with a very special dessert- an interactive timeline from Al Jazeera of every event in the whole sordid story. It's enough to turn your stomach, to give you indigestion, to fill you "up to here", but most of all it's enough to make you Furious. Guaranteed!

