



## Tom's Tidbits

Can we solve ANY problems anymore?

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Two critical areas of concern for winter driving.



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How to clean up toxic eyesores in your neighborhood



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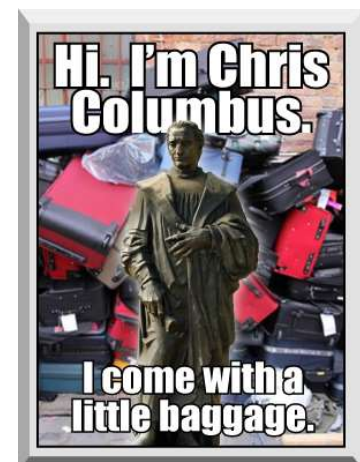
### Popcorn Shorts

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

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### News To Make You Furious

I'm Christopher Columbus. Here's my baggage.



# Tom's Tidbits

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Can we solve ANY problems anymore?



Greetings!

In [last month's newsletter](#), on the heels of the riots in Ferguson, Missouri, we offered several articles on abuses in the justice system. Since then Ferguson has faded from the headlines but the issues it brought out remain. Each day brings ghastly new stories of people being robbed, beaten, tasered, shot, abused, threatened, or killed by police and screwed by a court system sworn to protect them. I can't seem to let this go... It is an indictment of our larger society and our ability to solve ANY problems...

The wrongs resulting from the apparent collapse of our justice system should not be a situation where consensus is difficult to achieve. I think virtually all of us could agree that with egregious wrongs like "asset forfeiture" (pronounced "State-sponsored-piracy") as an example, something needs to be done; a corrupt justice system affects each of us individually. The news is full of instances of injustices foisted upon innocent citizens; these are not isolated or unknown incidents. Unlike some other problems, we have solutions to this and we should have the power to implement them. We may not yet be able to cure Ebola, or bring peace to the Middle East, or end racism, but we should be able to fix these types of problems; excessive police militarization, asset forfeiture, unnecessary police violence. This mission creep has been going on a long time, we're all aware of it, and it's getting progressively worse. Yet nothing is being done to correct it. Nothing changes. Are we incapable as a nation to make needed change happen at this point? When we all agree on something yet nothing changes, has the tanker become so large and unstable that it can no longer be steered or stopped? Meanwhile people's lives continue to be destroyed by obvious injustices.

If we can't solve these types of problems, problems we all agree on need to be fixed, what is the prospect for fixing other problems facing our country?

Take Care and Make a Great Day!

# What NOW?!! Toons

Our monthly check in with Keith Tucker



**"WHAT NOW?!!"**

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WWW.WHATNOWTOONS.COM



# Get Ready For Winter

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## Two Critical Areas Of Concern For Winter Driving



*(Originally appeared December, 2011)*

No one wants to be left on the side of the road in winter weather. It makes a great story for future holiday get-togethers, but it's a miserable experience everyone would rather avoid. Many of our clients worry about tough winter driving and call us asking how to be ready. This month we thought we'd talk about two critical areas of concern for any Winterization Service: your vehicle's engine cooling system and the battery/starter/charging systems...

### **What is engine coolant (antifreeze)?**

Some people may not know that coolant is the same thing as antifreeze. It's made of ethylene glycol (to prevent freezing or boiling) mixed with various other additives. Some of those additives provide "reserve alkalinity" to neutralize internal corrosion before it can start.

### **When should you change the coolant?**

New antifreeze is alkaline, usually between 8.0 and 9.0 pH (where 7.0pH is neutral). Antifreeze protects your engine as long as it stays above 7.0pH, but when it drops below 7.0 it starts to eat away your engine from the inside. Most new car maintenance schedules call for changes every three years or 60,000 miles, some professionals recommend every two years or 24,000 miles, and others think later model vehicles with bi metal engines should have yearly changes. Rather than using mileage or time menus, we think the best way to know if the coolant needs to be changed is to test it, determine the pH, and replace it if needed. As long as antifreeze is changed before the reserve alkalinity is depleted the cooling system should be no worse for wear. If you wait too long, however, you could have expensive internal corrosion in the radiator, water pump, hoses, heater core and engine.

### **When should you check your coolant system?**

The best time to inspect the overall integrity of the system hardware is when you change the coolant. Our procedure checks belts and hoses for cracks and wear, makes a visual inspection for leaks, pressure tests the radiator and cap, and checks the operation of your heater and defroster. The thermostat regulates the engine coolant temperature and should be changed if the system has been allowed to corrode, it is over 10 years old, it has been causing trouble, or the engine has been overheated. Replacements should be good quality units with the same temperature rating as the original. This is extremely important on late model vehicles with computerized engine controls, where fuel, ignition and emission functions are all affected by coolant temperature.

### **What's involved in a coolant flush?**

When the coolant is changed the whole system should be pressure tested for leaks first, then reverse flushed and refilled. It makes no sense to service a leaking system! The pressure test ensures the hoses and water pump are in good shape and there are no leaks in the system. Once the system is leak proof, we flush and refill the coolant. Chemical cooling system cleaners usually

aren't necessary, and we prefer not to use one unless the system has been badly neglected and is full of lime deposits. Once the old coolant is removed completely, the system should be refilled with a 50/50 mixture of ethylene glycol antifreeze and clean water. This provides freezing protection down to -34°F and boil-over protection to 265°F.

### **How does your charging system work?**

Many people think a vehicle's electrical power comes from the battery, but as long as the engine is running all of the power for the accessories is delivered by the alternator. The alternator is the heart of the charging system, converting the mechanical energy of the engine into DC electricity to power all the electrical accessories and maintain the battery. Batteries are actually loads on the charging system, and only supply power when starting the vehicle, when the accessory load (defroster, AC, headlights, etc.) exceeds the alternator capacity, or when the engine is at a very low idle. When alternators fail, vehicles switches to battery power and continue until the battery is dead.

Alternators are designed to maintain the charge of a functional battery, not to recharge a failing one. The quickest way to kill an alternator is to put it to work struggling to maintain a failing battery. It not only damages the alternator, but can also cause damage to the starter motor and starter contacts. When alternators are replaced it is critical to make sure the existing battery is in good shape or it can cause the replacement alternator to fail.

### **When should you replace your battery?**

Sometimes vehicles won't start with a failed alternator and low battery, but other times the vehicle starts fine and then fails on the road when the battery finally dies. If you are not sure how old your battery is, have it tested. You should consider replacing batteries over 5 or 6 years old even if it tests OK now. Most new vehicle batteries are rated for 36 months, and while a small number fail within this period, most will make it 4 or 5 years. It's rare for original equipment batteries to survive more than 5 years. Preventative replacement is important for batteries, because extremely hot or cold weather will reveal marginal batteries at the most inconvenient times.

### **What's involved in battery and alternator service?**

Maintenance and service of the electrical system should always start with a careful visual inspection of belts and pulleys, belt tensioners and idlers, battery exterior condition, the battery hold down, and the battery cable connections. Most of these defects would need to be corrected before deeper testing can be done. For example, a discharged battery can't be tested properly and would require several hours of charging to test it. With a visual inspection performed and problems corrected, actual testing of the electrical system can begin. Complete electrical testing should include:

- Testing the battery for resting voltage
- Testing the battery for capacity and reserve
- Testing alternator output and diode condition
- Testing the starter for excessive draw and electrical signature
- Testing the resistance of ground circuits
- Voltage drop testing

It is much better to replace a questionable battery than to risk the consequences, but all batteries are not created equal and cheap batteries are not a value. We have tested many brands in the

almost 30 years we have been servicing vehicles. We only stock high quality batteries like Interstate and AC Delco for most of the vehicles we service.

### **What can you do by yourself?**

We've seen major and avoidable expense caused by battery acid on electrical harnesses and other sensitive electronics near the battery. Battery acid is highly corrosive and can cause major damage to the battery tray, battery cables and power feeds, fuse and circuit breaker holders, battery hold downs, and anything else exposed to it. If you see fuzzy acid crystals growing on or near your battery, clean and neutralize everything that has come in contact with the acid. And, unfortunately, you'll probably need to replace the battery as well.

### **Do your electrical and coolant system need service?**

A large percentage of vehicles broken down on the side of the road are there because of electrical or cooling system related failures, but these are some of the most basic things you can do to prevent major problems with your vehicle. Checking these systems are standard parts of our comprehensive and seasonal inspections, so if you've seen us for either of those services then you're ready to go. If you're not sure, give us a call and we'll tell you the last time these services were done and when they're due again.

In many cases charging and coolant system failures can be prevented or repaired before a breakdown causes major inconvenience or larger expense, but it requires a careful inspection of the systems BEFORE problems become obvious. You don't want to be telling stories about this winter's unplanned breakdown... call us today and drive with confidence throughout the winter!

# What is a “Brownfield”?

## How to clean up toxic eyesores in your neighborhood



Ever heard of a ‘brownfield’? You probably drove past one today and didn’t even know it. They’re underused or abandoned properties with some kind of contamination; typically places like gas stations, dry cleaners, industrial sites, or landfills. Since these sites need expensive remediation they can be hard to sell and can sit idle for years as festering sores delaying the growth of surrounding areas. One of our clients works for the Oregon Public Health Division and we were surprised when she told us that there is government assistance available to help clean up these sites and make them productive once again. We weren’t surprised when she told us that Oregon is doing things a little differently than the rest of the country...

### What is a brownfield?

It doesn’t take much to qualify as a brownfield... a property just has to have perceived contamination and be abandoned or underutilized. If you’ve ever tried to sell a house (or buy one) with an underground oil tank, then you know exactly why these properties can be such albatrosses. Potential sellers may face more in cleanup than the property is worth, and few buyers want to take a risk on a property that might need expensive cleanup down the line. The property can’t be used, can’t be sold, and investment in it makes no economic sense, so it becomes an obstacle to any other neighborhood improvements. Brownfields can bring down values of other properties, starting a spiral that does no one any good.

### When did interest in brownfields begin?

Because of the drag brownfields create on neighborhood development, efforts to clean them up started at the federal level in the 1990s. An executive order provided resources for cleanup and redevelopment while also addressing environmental justice concerns in underrepresented communities. Cleanup efforts vary across the country and are supported to varying degrees by local and state governments. In Oregon, the state has brownfields programs at the Department of Environmental Quality (DEQ), the Business Development Division (Business Oregon) and at the Oregon Health Authority (OHA) under the Public Health Division. Since 2010, the OHA has received funding from a branch of the Centers for Disease Control and Prevention called the Agency for Toxic Substances & Disease Registry (ATSDR) to support community health projects related to brownfield sites. Metro and the Bureau of Environmental Services (BES) at the City of Portland have brownfields programs as well.

### What does the Public Health have to do with brownfields?

Oregon’s involvement of Public Health partners in brownfields cleanup is unusual, but the advantage is that Public Health can help with... well, with the public health aspects of brownfields! Public Health professionals provide expertise in toxicology, epidemiology, health data, GIS mapping, education, community engagement, and coalition building. Just as they do with other community health issues, Public Health creates coalitions of local citizens, governments, and businesses to ensure each project responds to the health and environmental needs of the community. For instance, if a community has a nearby brownfield, could they work together to redevelop it into a grocery store that supplies fresh fruits and vegetables the residents are missing? Or could they unite to build a community center with inter-generational, culturally adapted programs? Or what about a community garden, or a well-lit park with playgrounds and restrooms? All these possibilities and more can be realized with collaborative efforts from OHA, the counties, the City, community groups, DEQ and Business Oregon.



You can put OHA Public Health’s expertise to work for you right away. This PDF file will give you tips on healthy gardening if you think contamination might be a concern in your area.

### **What kind of projects has Public Health has been involved in?**

- OHA's first project was in the Linnton neighborhood in far NW Portland, home to the Portland Harbor superfund site, industrial brownfield sites, and not coincidentally, a large number of people. Public Health worked with the community to explore options for brownfield redevelopment that would support community health and provide access to the river at the same time. OHA facilitated the project over the course of a year, with monthly meetings culminating in a community photovoice project and furthering pursuits of two key brownfield sites (Kingsley Park and the former Linnton Plywood Mill).
- OHA's Brownfield Initiative and Environmental Health Assessment Program (EHAP) teamed up to examine the possibility of a park built on a former landfill in NE Portland's Cully Neighborhood. Public Health's involvement put the community in the driver's seat throughout the risk assessment process for the property. Other groups used a similar model with the City of Portland Brownfields Program to assess the [community garden site](#) within Cully Park (check out the great photos on this site!).
- OHA and other health partners are currently involved in supporting the community to develop ways to track the health benefits that will result from the park itself over time. The first phase of park development includes a [community garden](#), a [playground](#), a [tribal gathering garden](#), a basketball court, a youth soccer field, a picnic area, an off-leash dog area and walking fitness trails. Parking and pedestrian access improvement efforts are also underway.



- You can see more of the projects OHA and Public Health have been involved in by going to [www.healthoregon.org/ehap](http://www.healthoregon.org/ehap) and clicking on the link for "[Brownfields and Land Reuse Initiative](#)"

### **Can I get help cleaning up a brownfield?**

If you have a potentially contaminated eyesore blighting your neighborhood, and you and your neighbors would like to see it cleaned up or redeveloped, then there are local (Metro, City of Portland Brownfields Programs) or state (OHA, DEQ, Business Oregon) programs to help. It's even easy; just email or call the contacts below...

#### **Oregon Health Authority Brownfields Initiative:**

[www.healthoregon.org/ehap](http://www.healthoregon.org/ehap)

Kari Christensen, [kari.a.christensen@state.or.us](mailto:kari.a.christensen@state.or.us), 971-673-1211

Karen Bishop (EHAP) [karen.bishop@state.or.us](mailto:karen.bishop@state.or.us), 971-673-1219

#### **City of Portland Brownfields Program:**

<http://www.portlandoregon.gov/BES/35008>

Jenn Bildersee, [Jenn.Bildersee@portlandoregon.gov](mailto:Jenn.Bildersee@portlandoregon.gov), 503-823-7740



# On Time. On Budget

Nobody's perfect, but 98%-plus isn't bad at all



Every time you pick up your vehicle from our shop you'll find a pre-stamped postcard in your front seat. We encourage you to return these cards because we read every one and use your comments to improve our service to the rest of our clients. We have [collected over 14,500 cards to date](#), but the numbers for two particular questions caught our eye this month... we had ratings of 98.38% "On Schedule" and a 98.73% "On Estimate"! And the reason these numbers caught our eye? Because our numbers on the other questions, from "Satisfied With Your Service Experience" to "Understood The Recommended Repairs" were over 99%! Thank you all so very much, and we're proud of all our team members who work so hard to set this high bar!

To be completely honest, these response cards don't give a statistically accurate view of our client' opinions. We see about 125 to 140 cars a week, but we only get back about 100 cards per month. But people are far more likely to comment when they have a bad experience as opposed to a good one. If we got back 3700 cards in a month instead of just 100, we think our numbers would look even better!

To celebrate a little we thought we'd pass on our advice, and the advice of several other sources, about what to look for in an accurate estimates and how to ensure your repairs are delivered at the price you were promised. (And remember... we can do it over 98% of the time!)

## ["How Much Is THAT Gonna Cost?"](#)

*TomDwyer.com, July 2010*

Our best advice on virtually every aspect of auto repair estimates.

Describes all the types of estimates, how confident you can be in each type, how to take advantage of overlapping labor, and tells exactly how we can be so accurate with our estimates.

## [Consumer Reports Repair Shop Satisfaction Survey](#)

*Consumer Reports, June 2008*

We're proud of our satisfaction numbers, but should we be? Here's how the rest of the auto repair industry rates, both independents and dealers. (*Hint: We're on solid ground.*)

## ["Know How to Recognize an Accurate Auto Repair Estimate"](#)

*MyCheckEngineLight.net, July 2014*

A quick look at some of the different ways you can get estimates, and the upsides and downsides of each.

## ["11 Tips For An Accurate Vehicle Repair Estimate"](#)

*MyTwoDollars.com 2010*

If you like lists, this is a pretty good one to avoid the most common pitfalls

Click here to see the [complete results from 14,754 comment cards ratings](#), along with some of the best comments we've received



# **Drew's Kitchen**

## **Slow Cooker Beef Pot Roast Dinner and a Halloween Party surprise!**



BOO! Halloween is right around the corner, and Drew has two recipes to help you with any Halloween parties you might be planning. The Slow Cooker Pot Roast recipe will help you feed an army of ghouls, and the Meat Hand recipe will help reduce their appetite. Happy Halloween!

### **Slow Cooker Beef Pot Roast Dinner**

#### **Ingredients:**

- 1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3 ½ pounds)
- 1 envelope Italian dressing mix
- 2 large onions, each cut into 8 wedges
- 2 red bell peppers, cut into 1 ½" pieces
- ½ cup ready-to-serve beef broth
- 2 zucchini, cut into ¼" thick slices
- 2 ½ Tbsp cornstarch dissolved in 2 Tbsp water
- Salt and pepper

#### **Preparation:**

- Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4 ½ to 5 ½ quart slow cooker; top with pot roast.
- Add bell peppers and broth.
- Cover and cook on HIGH 5 hours, or on LOW 8 hours.
- Add zucchini
- Continue cooking, covered, 30 minutes or until pot roast is fork tender.
- Remove pot roast and vegetables. Strain cooking liquid; skim fat.
- Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.
- Carve pot roast into slices; season with salt and pepper, as desired.
- Serve with vegetables and gravy.

### **Halloween Meat Hand**

Believe it or not, this hideous thing is a meatloaf. It's a little complex, but if you're looking for something unique for your party then this definitely qualifies.

Find recipes for this and other unique stunt food

At "[NotMartha.org](http://NotMartha.org)"



# Shop Talk

How to prepare for winter driving...



## Tom Dwyer Winterization Service

**Get a minor interval service, oil change, and a pre-winter inspection, all for just \$50!**

Is your vehicle prepared for the cold weather? Well-maintained vehicles are normally ready for winter, but cold weather brings different automotive challenges than summer. Our Winterization Service lets you prepare for these demands and save money while you do it. **Schedule your vehicle for service before November 28, 2014** and get...

### Minor Interval Service including Oil Change

(up to 5 quarts conventional oil; synthetic oil is extra)

### Pre-Winter Inspection

*Our 90-point Inspection with extra focus on cold weather needs.*

*Some items vary by vehicle, but our inspection normally includes...*

Check Antifreeze/Coolant freeze point and pH, and fill as needed

Antifreeze/Coolant system pressure test (if indicated)

Battery and charging system test

Tire inspection (and rotation if needed)

Brake visual inspection and road test

Freeze-protected washer fluid

Windshield wiper check

And More!

## **+PLUS+**

If a serious issue is diagnosed with your anti-freeze/coolant system, then we can offer you a discount to fix it...

**Get an 50% off labor charges for Anti-Freeze/Coolant system service** (Up to \$150)

There are some restrictions... service must be **scheduled by November 28**, you must **tell us you want this offer when you schedule your service**, and you should **plan to leave the vehicle with us for the day**. This offer is **void after services are performed**, and this offer **cannot be combined with other offers**. Our salaried Service Advisors are always available at 503-230-2300 to answer any questions you might have, no matter what the season. Please give us a call or [just click here to request an appointment](#). We hope to see you soon!



## **Our Referral Reward program...**

Our Referral Reward program continues to be popular with our clients- 10 groups received checks this month, with several receiving checks for the second, third, and even tenth time! That means that as of this newsletter, 127 clients have helped the groups they care about to split \$4,391 in awards. Here's how the program works... Every time someone comes in and says they were referred by you, we write a check to the non-profit group of your choice (up to \$50). Not only will we make that donation, but your group will be eligible for quarterly and yearly awards as well. We hope you take this opportunity to share Tom Dwyer Automotive with someone you know, and share a little money with a group that can use it.



The Sellwood Bridge construction is critically important, but it's putting heavy pressure on our business. So far we've made it through without laying anyone off, but things are getting tighter and the bridge is still two years from completion. Please, if you have a friend, family member, or co-worker who hasn't tried our service yet, encourage them to come in. It will be a big help to us and take advantage of this [Referral Reward Program](#) to help someone else as well. We also have a generous [First-Time Client offer](#) to make your referral's first visit more affordable. If you like what you have found at Tom Dwyer Automotive, please help us continue providing the level of service and satisfaction you've come to expect. And from all of us here at the shop, thank you for your support over the years and thanks in advance for sharing what you've found with someone you know.

In the meantime, here are the groups who have benefitted in September...

[Family Dogs New Life Shelter](#) (third)  
[Janus Youth Programs](#) (second)  
[Multnomah Animal Control](#) (second)  
[Oregon Buddhist Temple](#)  
[Oregon Humane Society](#) (eight total)

[Oregon Food Bank](#) (ten total)  
[Tucker-Maxon Oral School](#)  
[Urban Excursions IndieGoGo project](#)  
[Well Arts Institute](#)  
[Willamette Riverkeeper](#)

## **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.



**October 14:** 291,703 Chrysler vehicles from 2008, including Dodge Charger and Jeep Grand Cherokee models, Recalled for the ignition key which may stick between positions; sticking

between ON and START could cause loss of certain electrical function, and between the OFF or ACCESSORY position, the engine will turn off.



**October 14:** 114 Jayco Jay Flight travel trailers from 2015, Recalled for inadequate venting for the gas range.

**October 14:** 72 Starcraft AR-One travel trailers from 2015, Recalled for inadequate venting for the gas range.

**October 10:** 220,423 Nissan Altima vehicles from 2013, Recalled for the hood latch which may corrode, causing the hood to unexpectedly open while driving.

**October 10:** 165,923 Mitsubishi vehicles from 2008-2011, including Lancer and Outlander models, Recalled for potential engine stalling.

**October 10:** 56 Subaru Outback vehicles from 2015 equipped with the trailer hitch assembly, Recalled for mounting nuts that may have been over-tightened, causing them to break.

**October 8:** 45,524 Omix Ada aftermarket floor mats for use in Chevrolet and GMC full size trucks and SUVs, Recalled for potentially interfering with the floor pedals.

**October 7:** 18,245 Chrysler Ram C/V Tradesman vehicles from 2013-2015, Recalled for air bags that may inadvertently deploy.

**October 7:** 7,598 Chevrolet Caprice vehicles from 2011-2013, Recalled for transmissions that may allow the vehicle to shift from "Park" without use of the ignition key or brake pedal.

**October 6:** 290,241 GM vehicles from 2010-2015, including Cadillac SRX and Saab 9-4X models, Recalled for a potential loose toe adjuster link which could cause loss of vehicle control.

**October 6:** 89,294 Chevrolet Spark vehicles from 2013-2015, Recalled for the hood latch which may corrode, causing the hood to unexpectedly open while driving.

**October 6:** 46,873 GM vehicles from 2008-2013, including Chevrolet Caprice and Pontiac G8 models, Recalled for the ignition which may allow the key to be knocked out of the run position.

**October 6:** 24,497 Dodge Ram ProMaster vehicles from 2014, Recalled for head restraints that may not properly limit an occupant's head movement during a crash.

**October 6:** 10,005 GM vehicles from 2004-2007, including Cadillac CTS-V and STS-V models, Recalled for a potential leak of fuel.

**October 6:** 1,787 Toyota FJ Cruiser vehicles from 2014 with the optional "Trail Teams Ultimate Edition" package, Recalled for potential loss of steering control.

**October 6:** 1,624 Dodge SRT Viper vehicles from 2013-2014, Recalled for air bags that may not deploy properly.

**October 6:** 304 Chevrolet Sonic vehicles from 2014, Recalled for air bags that may not fully deploy as intended.

**October 6:** 301 Ford vehicles from 2014-2015, including Ford Escape and Lincoln MKC models, Recalled for potential stalling.

**October 2:** 746,842 Ford vehicles from 2013-2014, including C-Max and Lincoln MKZ models, Recalled for air bags that may not function as intended due to a short circuit.

**October 2:** 690,000 Toyota Tacoma vehicles from 2005-2011, Recalled for fuel tanks that may leak due to being punctured.

**October 1:** 7,086 Trimas bar and basket carriers, Recalled for potentially being packaged without proper warning labels, increasing the risk of cargo separation.

**October 1:** 1,810 Mitsubishi i-MiEV vehicles from 2010-2014, Recalled for the brake vacuum pump which may stop working.

**September 30:** 190 Genera headlamps for use on 2013-2014 Acura ILX vehicles, Recalled for excessive heat temperatures that may cause smoke, melting, and fire.

**September 29:** 105,746 Harley-Davidson motorcycles from 2014, Recalled for a component in the clutch master which may fail, increasing the risk of a crash.

**September 29:** 1,384 Harley-Davidson motorcycles from 2015, For the fuel cap which may not properly seal, causing fuel to leak.

**September 25:** 132,624 Toyota Tundra vehicles from 2014, Recalled for the Curtain-Shield Air Bags which may not deploy properly.

**September 25:** 1,814 Audi Q7 vehicles from 2013, Recalled for a check valve which may allow engine oil to leak into the brake booster.

**September 25:** 29 Jayco fifth-wheel trailers from 2015, Recalled for incorrect cargo carrying capacity information on the label.

**September 24:** 95 Spartan Motors emergency vehicles from 2011-2015, Recalled for a potential surge in the engine, increasing the risk of injury.

**September 24:** 87 Spartan Motors emergency vehicles from 2014-2015, Recalled for potential engine stalling.

**September 24:** 12 Starcraft RV Launch travel trailers from 2015, Recalled for incorrect labels regarding tire pressure.

**September 23:** 47,912 Buyers Products warning triangles, Recalled for insufficient rigid joints at the base that may allow it to be blown over.

**September 23:** 389 Jayco Precept motor homes from 2014-2015, Recalled for wires in the front seats that may become damaged, increasing the risk of a fire.

**September 23:** 256 Forest River Coachmen 2150LE Prism motor homes from 2012-2015, Recalled for improper welding that may cause the liquid propane tank to fall off.

**September 23:** Certain GM vehicles from 2013-2014, including Cadillac XTS and Chevrolet Impala models, Recalled for air bags that may not deploy.

**September 22:** 188,723 Chrysler vehicles from 2011, including Dodge Durango and Jeep Grand Cherokee models, Recalled for potential stalling.

**September 22:** 132,921 GM vehicles from 2013-2015, including Cadillac XTS and Chevrolet Impala models, Recalled for brake pads that may remain engaged, which could result in a fire.

**September 22:** 388 TBC Wild Country Radial XTX Sport tires, Recalled for potential sidewall cracking and broken ply cords.

**September 19:** 1,139 Lincoln MKC vehicles from 2015, Recalled for visible air bubbles which could impact a driver's vision.

**September 19:** 64 Newmar Dutch Star motorhomes from 2014, Recalled for incorrectly wired headlight wiring harnesses which may cause both headlights and fog lights to go out.

**September 19:** 28 Adrian modified Ford E-150, E-250, and E-350 cargo vans from 2012, Recalled

for a potential propane leak, increasing the risk of a fire.

**September 18:** 5,300 Yamaha FZ09 motorcycles from 2014, Recalled for headlight harnesses that may disconnect or break, causing the headlight to go out.

**September 18:** 3,196 GM vehicles from 2011-2014, including GMC Savana CNG and Chevrolet Express CNG models, Recalled for potentially leaking natural gas, increasing the risk of a fire.

**September 18:** 1,290 Ford Transit vehicles from 2015, Recalled for potential brake fluid leakage.

**September 18:** 592 Ford Transit cargo vans from 2015, Recalled for sliding doors that may have been manufactured without epoxy reinforcement, which could cause the doors to unlatch and open during side impact crashes.

**September 17:** 25,483 Chrysler Fiat 500L from 2014-2015, Recalled for possible improper deployment of the air bags.

**September 17:** 8,070 Continental Tire motorcycle tires, Recalled for potential separation between the tread, belt, and carcass resulting in a loss of tire pressure.

**September 15:** 20,000 Toyota vehicles from 2008-2014, including FJ Cruiser and Tacoma models, Recalled for potentially listing incorrect tire inflation information.

**September 15:** 356 Grand Design RV Momentum fifth-wheel trailers from 2014, Recalled for suspension bolts that may shear, causing the axle springs to detach from the frame hanger.

**September 15:** Certain Chrysler 200 vehicles from 2015, Recalled for wiring that may melt due to excessive heat, increasing the risk of a fire.

# Health Notes

## Happy (and HEALTHY) Halloween



### 5 Tips for a Healthy Halloween

Wondering if it's possible to have a healthy Halloween? Here are some tips from dentists and nutritionists...

*Olivia B. Waxman, TIME.com*

Halloween is that sweet time of year when children can collect and eat as much candy as they want.

But with the obesity rate triple what it was a generation ago, and the number of cavities among children increasing for the first time in 40 years, some health experts consider the candy-focused holiday a nightmare. The American Dental Association (ADA) launched a "Stop Zombie Mouth" campaign, offering coupons for the game Plants vs. Zombies that parents can distribute to trick-or-treaters instead of candy so that kids are not as prone to developing cavities, or, as the dentists are calling them, "zombie mouths."

Based on the nutrition labels on popular candies, the average child accumulates 3,500 to 7,000 calories worth of treats on Halloween night, according to Donna Arnett, Ph.D., chair of the Department of Epidemiology at the University of Alabama-Birmingham's School of Public Health. According to a recent report, a 100-pound child who consumed all of those treats, or 7,000 calories, would have to walk for nearly 44 hours or play full-court basketball for 14.5 hours to burn those calories. And the dangers aren't just sweets-related: studies show that since children are walking neighborhoods in search of treats, there are more child pedestrian accidents on Halloween than any other day of the year.

Still, the holiday shouldn't be all spooks and no fun. If your children generally eat well all year long, then experts say that there is nothing wrong with letting them eat candy on Halloween night and a few mini pieces daily afterwards. The key, of course, is moderation. Family nutrition experts shared these tips with TIME Healthland about how parents can incorporate healthy foods, even workouts, into trick-or-treating — and some ideas for what to do with the rest of the loot when the trick and treating is over.

#### **Fill up before trick-or-treating**

If kids are full before they go trick-or-treating, then they will eat fewer pieces of candy afterwards. "Consider having your kids eat something healthy before they go out so they aren't tempted to eat the candy along the way," said Vandana Sheth, a registered dietician based in Los Angeles.

#### **Hand out non-sugary foods and toys**

Nutritionists suggest some more wholesome treats that parents could give trick-or-treaters. Kristi King, senior pediatric dietician at Texas Children's Hospital, thinks animal crackers, mini rice cereal or granola bars, whole grain cheddar cheese crackers, and sugar free hot chocolate packets, make good treats. Sheth recommends pretzels, apples, tangerines, fruit leathers, or a trail mix of whole grain cereals. She also says kids will usually take cool toys over candy if given a choice, so she advises parents to consider pencils, erasers, stickers, tattoos, glow sticks, and Play-Doh containers. "Often [children's] excitement is in collecting the candy, rather than eating the candy," Sheth said.

Sometimes it's what's on the outside that counts more than what is inside. "It's all in the packaging with kids," said Angela Lemond, a registered dietician in the Dallas area. "You can make healthy treats, but you

can package them in a really cool, spooky way that will make them more likely to consume it.” Lemond suggested freezing frozen yogurt in small paper cups and placing them in a cooler with dry ice for a spooky, smoky effect. Decorating the cooler to look like an old chest can make it more fun for kids to dig into the healthy treats.

Cheddar popcorn balls in a plastic baggie sporting a smiling face can be instant pumpkin heads that are also a hit with kids who won’t miss the sugar of a sweeter treat.

### **Trick-or-Treat and Exercise**

King encourages parents to make their children walk from house to house instead of driving them. Parents can even encourage siblings or friends to wear pedometers or activity meters and start a friendly competition for who can be the most active while they are collecting candy.

### **Keep your favorite sweets. Hide the rest...**

Some nutritionists suggest that a little goes a long way and say it’s best to allow kids to have 1-3 pieces of candy a day, starting with lunch at school, as an afternoon snack, or after dinner, making it a regular part of meals. The rest of the candy can go in the freezer so that it’s out of sight and out of mind.

Parents should be just as vigilant about their candy consumption as children, says Karen Ansel, a New York nutrition expert. “Kids go to school all day, and parents are often home with the candy lying around,” she said. “If you’re buying Halloween candy to hand out to trick-or-treaters, buy your least favorite ones so that you are not tempted to eat them.”

### **...Or give it away**

When children get back home from trick-or-treating, have them make two piles: one for the candy they want to keep, another for the candy they will not eat. Consider donating the second pile to a local senior citizens home, food pantry, Ronald McDonald House, or children’s hospital.

You can even make money off your stash and make a U.S. soldier’s day at the same time. This year, more than 1,000 dentists nationwide are buying candy from kids — \$1 per pound — and then shipping it to U.S. troops overseas via Operation Gratitude as part of a Halloween Candy Buy-Back program, started by Wisconsin dentist Dr. Chris Kammer. He says that soldiers will receive toothbrushes, floss, and mouthwash with each handful of candy so that they can brush thoroughly afterwards. “You can’t get a cavity in a short amount of time with a handful of exposures to candy,” he says.

In addition to the cash, participating dentists will also give kids treats, such as restaurant coupons and Xylitol gum made with a naturally-occurring sweetener that may prevent tooth decay and reduce cavities. “We replace some of their candy with a healthy candy alternative,” Kammer said. And in the process, children can learn a valuable lesson about giving.



# Sellwood Bridge Update

## Goodbye to the last old support



Here on the East End of the bridge, the concrete pour on Tacoma has been occupying our attention. It's a big jump in the project and we're glad to see it, but another milestone was quietly reached out in the river. The last concrete support from the old bridge was sliced up and barged away. Just like the bridge move it was probably not too exciting to watch in real time, but the [stop-motion video by Rich Morgan](#) is amazing. Just click the photo below to see it unfold....



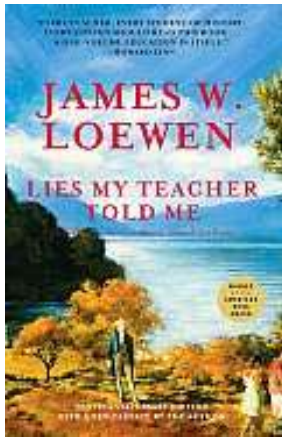
As always, Multnomah County maintains the definitive website on everything related to the Sellwood Bridge Replacement project, [www.sellwoodbridge.org](http://www.sellwoodbridge.org). Construction and closure alerts, archived information, and other resources are all available 24/7 for your convenience.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

# Book Spotlight

## Two Columbus Day Discoveries



This past Monday brought the somewhat awkward celebration of Columbus Day. In our News To Make You Furious this month we talked about a push to sanitize history and leave a panoply of heroes without flaw, at the cost of the warts-and-all truth and what it might teach us. Our Book Spotlight this month falls on two books by the same author, both of which shed their own light on exactly this strange tendency of modern history textbooks. Just click the link to be taken to [the Powell's website](#) for each book...



### [Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong](#)

by James W Loewen

(from Amazon.com...) This updated and revised edition of the American Book Award-winner and national bestseller revitalizes the truth of America's history, explores how myths continue to be perpetrated, and includes a new chapter on 9/11 and the Iraq War.

Americans have lost touch with their history, and in *Lies My Teacher Told Me* Professor James Loewen shows why. After surveying eighteen leading high school American history texts, he has concluded that not one does a decent job of making history interesting or memorable. Marred by an embarrassing combination of blind patriotism, mindless optimism, sheer misinformation, and outright lies, these books omit almost all the ambiguity, passion, conflict, and drama from our past.

In this revised edition, packed with updated material, Loewen explores how historical myths continue to be perpetuated in today's climate and adds an eye-opening chapter on the lies surrounding 9/11 and the Iraq War. From the truth about Columbus's historic voyages to an honest evaluation of our national leaders, Loewen revives our history, restoring the vitality and relevance it truly possesses.

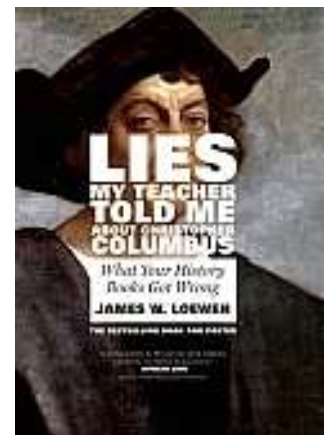
Thought provoking, nonpartisan, and often shocking, Loewen unveils the real America in this iconoclastic classic beloved by high school teachers, history buffs, and enlightened citizens across the country.

### [Lies My Teacher Told Me about Christopher Columbus: What Your History Books Got Wrong](#)

by James W Loewen

Some myths don't die, and lies are still being told about Christopher Columbus: that he "discovered" the Americas (not only was the land familiar to native inhabitants, but it had also been visited before by Europeans), that the land was sparsely populated by native people (there were fourteen million inhabitants in 1492), that those people were primitive (Europeans learned a lot and gained technology and agricultural skill from Native Americans), and that they submitted to Columbus' "God-like" authority (they submitted to the deadly smallpox and bubonic plague that Columbus' crew imported from Europe).

"*Lies My Teacher Told Me About Christopher Columbus*" disproves the myths about Columbus still enshrined in American textbooks with quotations from primary source material that sets the record straight. The poster and accompanying 48-page paperback book sum up the mistellings and reveal the real story in a graphically appealing and accessible format that shows the degree to which textbooks have "lied" by knowingly substituting crowd-pleasing myths for grim and gruesome historical evidence.



# Humorousness

## 29 People About To Have Very, Very Bad Days



Wise comedians tell us that humor comes from pain... other people's pain. By that definition, this month's Humorousness delves into humor about to happen...















# 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!



## **Think of this at your next MRI**

An off-duty cop in New York State went in for an MRI and placed his gun in the waiting area before the test. Unfortunately, when he attempted to place it on top of a cabinet 3 ft away from the magnet, it was immediately pulled into the bore and fired a round into the wall of the room at the rear of the magnet. Fortunately, no one was injured.

There's more detail on the story by [clicking this link](#), but the really great thing is that at the end of the article there's a video of a bunch of tech guys playing with an old MRI machine before they decommission it. You won't BELIEVE how strong that magnet is!



## **23 great cold-weather camping tips**

The cold weather is coming, and our clients are outdoor people even in winter. We found this list of [23 great cold weather camping tips on BuzzFeed](#), believe it or not. Some are pretty basic, but others are pretty clever. Tips on reviving dead batteries, how to make cowboy coffee, building a stove stabilizer, why to wrap your aluminum fuel bottle with duct tape, and about 19 more. Worth checking out!



## **Halloween goes to the dogs... again**

The scariest Halloween stories don't start with "Once upon a time", they start with "Back when I was a kid". Your kids will sit perfectly quietly through the spookiest haunted house stories, but try to tell them what Halloween was like when you were little and they'll run like Satan was after their candy. But things have changed. Halloween was just a candy fix for kids until the adults took over, and now even pets are getting into the act. So, without any redeeming value and with limited apology, we bring you one of the most popular articles we've ever run, a gallery of the best pet costumes we could find. Trick or Treat!



## **Living in a box down by the river... in style**

You may not be ready to jump into the "tiny house" movement full-time, but what about as a mountain cabin? A riverside fishing shack? A beachfront retreat? Then they're looking pretty good. Here's a gallery of some of the most amazing shipping container homes in the world. These homes usually cost about \$2,000 to build and are for the most part made of recycled materials. So not only are these house pretty affordable but they are environmentally friendly as well.

# News To Make You Furious

I'm Christopher Columbus. Here's my baggage.



Another Columbus Day has come and gone, doing nothing more useful than giving FOX News another chance to babble about lib's trashing a 'merikan icon. So why are we dragging the "holiday" into News To Make You Furious? Because Columbus is typical of a certain type of hero, and it's an infuriating one. When it comes to figures like Chris, we aren't fed lies so much as we're starved of the truth. We're fed narrow slices of a much broader story until the hero is only a caricature of the person who lived. And that narrative, once created, can't be challenged or re-examined... heroes must be always good, villains always bad, and anything that taints the prevailing view is heresy. A worldview that requires a sanitized history based on unchallenged lies to function should be offensive to everyone, so his month we bring you many, many stories about Columbus that you didn't hear in grade school. It's not "Columbus-bashing"; it's filling out the plastic hero

with the flesh-and-blood flaws of the real person. But trust us... once you get to know the real Chris, and find out how you've been lied to all these years, you'll be Furious...

Most of us don't really know much about Christopher Columbus... "1492, NinaPintaSantaMaria, proved the world was round, met by the Indians, discovered America. Didn't he die of syphilis?" While some know a few more details, for most of us that's about it and as it turns out, it's almost all wrong. The date and ships' names are right, but Columbus' contemporaries already knew the world was round. He wasn't met by the "Indians" because he wasn't in India as he thought, and he never actually set foot on the mainland US. The syphilis thing may or may not be true.

Historians know much more about Columbus than the "man on the street". There are ample written records of Columbus' life and voyages to know him as well as any historical figure can be known. Descendants of the natives who first encountered him also know him pretty well. Here are some views from both historians and descendants that give an entirely different view of the Admiral of the Ocean Sea...

## 8 Myths and Atrocities About Christopher Columbus and Columbus Day

*Vincent Schilling, Indian Country Today, October 2013*

"On the second Monday of October each year, Native Americans cringe at the thought of honoring a man who committed atrocities against Indigenous Peoples." So begins this catalog of just some of the atrocities committed by Columbus and his men. From rape and murder to slavery and pedophilia, it's not pretty...



## Christopher Columbus' Log Books

Get the full story in the words of the man himself from these two sources...

Swathmore College- [Christopher Columbus, Journal \(1492\)](#)

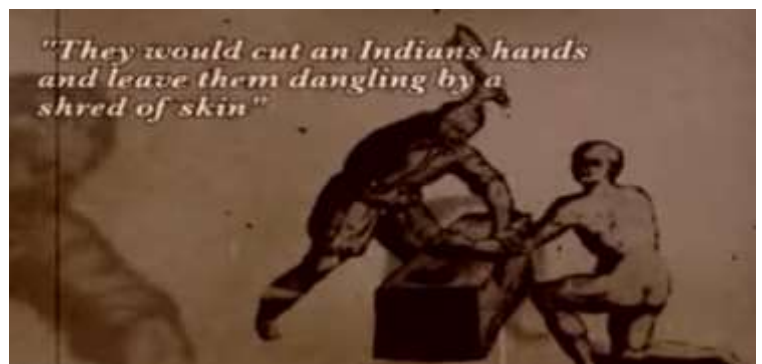
Fordham University- [Christopher Columbus, Extracts from Journal](#)

## The Truth About Christopher Columbus

*Christopher Minster, About Education*

If one must hate Columbus, it is far more reasonable to do so for other reasons. He was a slave trader who heartlessly took men and women away from their families in order to lessen his failure to find a new trade route. His contemporaries despised him. As governor of [Santo Domingo](#) on Hispaniola, he was a despot who kept all

profits for himself and his brothers, and was loathed by the colonists whose lives he controlled. Attempts were made on his life and he was actually sent back to Spain in chains at one point after his [third voyage](#). During his [fourth voyage](#), he and his men were stranded on Jamaica for a year when his ships rotted: no one wanted to travel there from Hispaniola to save him. He was also a cheapskate: after promising a reward to whomever spotted land first on his 1492 voyage, he refused to pay up when sailor Rodrigo de Triana did so, giving the reward to himself instead because he had seen a "glow" the night before...



If you like your clarified history in video form, then this clip from the documentary "The Canary Effect" could be for you.

## Time To Expose The Dark Side Of The Columbus Myth

*Max Benavidez, Los Angeles Times, December 1991*

U.S. schoolchildren learn that Columbus "discovered" America. The truth is that he stumbled upon a Caribbean island. The myth also propagates the notion that Columbus, with his European culture, civilized what had once been savages. In fact, within two generations of his arrival, massive numbers of people on the Caribbean islands he visited had died due to the diseases and brutality inflicted upon them by their European conquerors...

## Slavery, disease, death: the dark side of the Christopher Columbus story

*Jay Busbee, Yahoo News, October 2013*

## Columbus' Confusion About the New World

*Edmund Morgan, Smithsonian Magazine, October 2009*

The European discovery of America opened possibilities for those with eyes to see. But Columbus was not one of them.

## Five scary Christopher Columbus quotes that let you celebrate the holiday the right way

*Katie Halper, Raw Story, October 2014*

You've probably heard lots of great things about Christopher Columbus and tons of inspiring quotes from him about hard work, god, the sea etc. But those don't really capture what Columbus and the colonial expansion of which he was part were all about. So, without further ado, allow me to present these quotes that you may not have heard, from or about Christopher Columbus.