

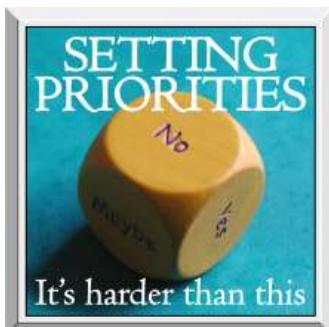


Tom Dwyer Automotive Services Monthly Newsletter for November, 2015

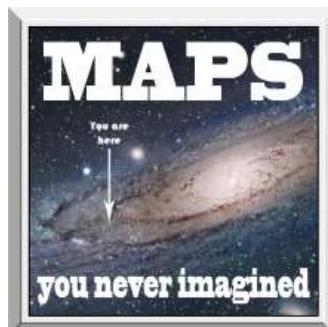
Tom's Tidbits

Waging a smarter response

Our Feature Articles



They can't ALL be the most important
How we determine auto repair priorities



Maps you never imagined
A new way to look at the world



TPP Finally Released
It's finally here, so let's take an in-depth look

Our Monthly Columns

"What NOW?!!" Toons

Keith Tucker's Toon-of-the-Month

Drew's Kitchen

Smoky ham and split pea soup

Shop Talk

Yes, you DO have the right to repair your vehicle

Health Notes

This is what happens when you eat sugar

Sellwood Bridge Update

Major Westside traffic change

Book Spotlight

"Power, Faith, and Fantasy" by Michael Oren

Humorously

You might be an Oregonian if...

Popcorn Shorts

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

- An undreamed of use for duct tape
- Best idea of the century!
- The British are coming! And they aren't paying taxes!
- Which candidate agrees with YOU?

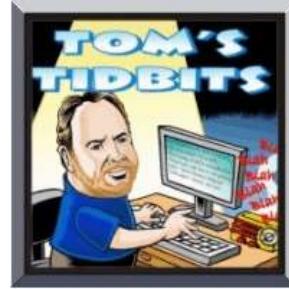
News To Make You Furious

Torture doesn't go away if you ignore it.



Tom's Tidbits

Waging a smarter response



Greetings!

We join the rest of the world this week in support of the victims of the French terrorist attacks. At least 129 people were killed, over 350 were injured, a nation left deeply traumatized, and now the entire civilized world agonizes along with them. The zealots who perpetrated these attacks can't be dealt with as rational people. The execution of random civilians as a way to advance a political, religious, or economic cause cannot be countenanced.

Sun Tzu's famous advice, "If you know others and know yourself, you will not be imperiled in a hundred battles", reinforces the essential power of understanding your enemy to defeat them. Not *agreeing* with them, not *sympathizing* with them, but *understanding* them.

ISIS did not spring up from a vacuum to strike Paris. Tragically, as wrong as they are, ISIS is shaped by the violence and suffering that has become an everyday reality in their world. From the CIA-sponsored Syrian Civil War of 1949 to Bush's criminal idiocy to Obama's collateral-damage-rich drone war, ISIS is a result of the chaos of permanent war.

The Paris massacre commands the headlines, while [Wikipedia lists 74 attacks](#) with hundreds of casualties throughout the Middle East that barely make the back page. Unemployment is staggering, economies are decimated, cities are rubble, governments are corrupt, and futures are bleak, short, or non-existent. Tragedies like the Paris attacks are all too familiar to the citizens of Iraq, Syria and other countries in the region. Their suffering somehow does not grab Western attention, nor does our hand in creating it.

If we are to defeat ISIS we must first understand the forces that drive their increasing numbers. Western actions are NOT an excuse or justification for the actions of ISIS or its jihadi brethren! However, as we contemplate more war in that region, we must understand and take responsibility for the role we have played in creating the chaos endemic to the region. Perhaps, if we understand what created and drives ISIS, we may also understand that bullets and bombs alone cannot defeat them.

Faire un grand jour!

Digging Deeper...

[U.S. Intervention In The Middle East](#), Information Clearing House, June 2004

[US destabilization policy toward the Middle East: A Historical perspective](#), The Daily Journalist, Sep 2015

[1098-2004- The Middle East and the West, A troubled history](#), multimedia from NPR, Nov 2015

[US Foreign Policy in the Middle East- Intervention Timeline](#), UMWBlogs.org

[Iran, the United States, and a Political Seesaw](#), The New York Times, Apr 2012

[Timeline of US Policy & Intervention in the Middle East](#), The End of History, Sep 2013

[You Can't Understand ISIS If You Don't Know the History of Wahhabism in Saudi Arabia](#), Alastair Crooke on Huffington Post, Aug 2014

[It's Paul Krugman vs. Noam Chomsky: This is the history we need to understand Paris, ISIS](#), Patrick Smith in Salon, Nov 2015

What NOW?!! Toons

Our monthly check-in with Keith Tucker

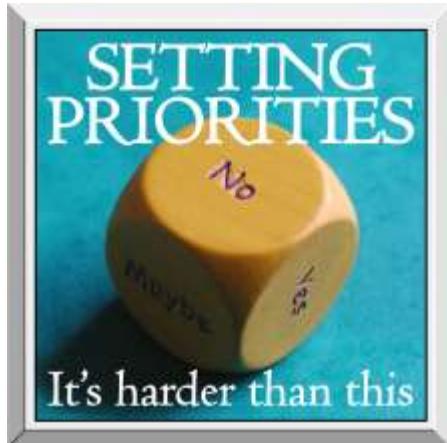


"WHAT NOW?!!"

© KEITH TUCKER
WWW.WHATNOWTOONS.COM

They can't ALL be the most important

Auto repair prioritization



We think we offer the highest quality auto service possible, but is that our *greatest* value to you? Our most valuable feature may be the way we manage records, inspect, and then *prioritize* our recommendations, making sure your vehicle gets the services it needs most, in the most effective order, on a schedule that makes sense, and with the least impact on your budget. That level of service is not the norm in an industry driven by [flat rate](#) and [commission](#). How much value is there in services provided for cheap that were not needed, not performed properly or not a priority?

First level of decision... to fix or not to fix?

When a vehicle comes into our shop behind a tow truck, the priority is pretty obvious... fix the breakdown and get back onto the road safely, quickly, and confidently. But even in this straightforward situation there's a decision to be made: [is the value of the vehicle worth the cost of the repair?](#) Newer or low-mileage vehicles with few existing problems are not in question, but you should carefully consider costly repairs on older, high-mileage vehicles with other known problems. Our Service Advisors can help with this most basic of prioritization decisions by consulting vehicle records to tell you what pending issues, if any, might affect your repairs. If we don't have any service history or list of recommendations on file for you, then we can guide you to the appropriate inspections or diagnostics necessary to get the real-world information you need to make this real-world decision.

Deciding between competing priorities

Aside from the basic fix-or-don't-fix question, there may be a question of competing priorities. At any given time vehicles may have ongoing issues of varying severity, importance, and expense. When we do our [Inspection for Repair](#) (designed to get a detailed picture of the actual mechanical condition of a vehicle) we determine the needs to keep a vehicle safe, breakdown free and operating properly. These vary from wear items like brake pads or tires, to fluid seeps or leaks, to serious problems like failed or soon-to-fail major mechanical systems. There may be a sizable list, but we almost *never* recommend addressing all these issues at once! Instead, we build a prioritized list of recommendations that you can address over time, and as your budget allows. We rank our recommendations in three groups...

Safety- Compromised braking systems, worn or damaged tires, and many other things could make your vehicle a danger to its occupants and others. If we find valid safety issues with your vehicle we'll bring them to your attention and recommend fixing them before doing anything else. Priority one is safety!

Breakdown prevention- Beyond safety, a vehicle should perform reliably and well. It shouldn't leave you stranded when you least expect it. When we find a system is starting to fail we'll usually recommend fixing it before it actually gives out, but when balancing priorities not related to safety we'll try to provide some indication of if a repair can wait or not.

Maintenance- Proper maintenance of your vehicle can reduce the need for repair. Keeping fluids, belts and hoses replaced on schedule, filters replaced, tires rotated and brakes and other systems inspected etc. can all extend the service life of the vehicle and save costs down the road.

Expendables like wiper blades, headlights, or marker lights also need occasional replacement and ongoing oversight. These preventative services are vital, but we may need to prioritize them in accordance with Safety or Breakdown issues.

Our advice is shaped by your goals

[Your auto ownership goals drive our repair and maintenance advice.](#) Our recommendations will vary depending on your ownership plans. Is it a vehicle you plan to own long-term, pass to family or sell next year? Here's a good example... imagine your older vehicle car has some oil seeping from around a rear main engine seal. It's not critical right now, but oil seeps turn into oil leaks and leaking oil can become a problem. Replacing a rear main seal can open an expensive can of worms. It's a problem, but is this seeping oil a current repair priority? Well, it depends entirely on you. If you plan to own the vehicle for many years we would likely recommend monitoring the situation while you put aside money for the repair, and then fixing it when the seep becomes an active leak. However, if you're planning to sell the vehicle soon then we probably would NOT recommend the repair. An oil seep is not a safety issue that would endanger a buyer, and the increased sale value of the car probably wouldn't cover the repair cost. We'd probably suggest you sell the car as-is, but encourage the buyer to have the vehicle inspected prior to purchasing it.

YOUR budget plays a HUGE role in prioritization.

We can prepare an organized, prioritized list of possible repairs, but knowing what needs to be done and paying for it are two completely different things. [Sometimes money is tight, and you just don't have the capacity to do everything, or even the top-level things, all at once.](#) We understand, so once we have the list of "needs" we work with you to decide not only which of them are most critical, but which of the most critical items you can afford. A very, very frequent question from our clients is "I have X dollars to spend on my vehicle. How should I spend it?" That's where you can rely on us most. We make sure that a limited budget is spent in the most effective way to achieve your goals.

If you have an absolutely critical issue but just don't have the money to even consider it, [we do offer credit](#) through an outside company. Our Advisors can help you with that, too.

OUR budget plays NO role in prioritization.

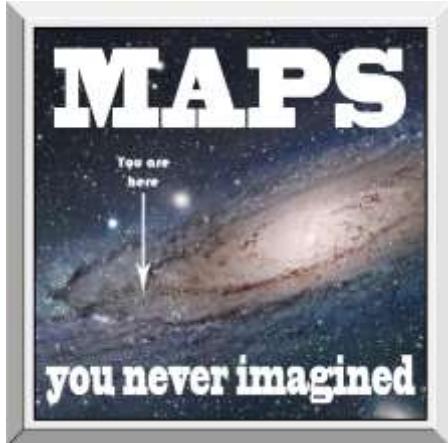
Most shops in the auto repair industry have commissioned Service Advisors, meaning the more they sell, the more they get paid. This can easily corrupt the advice of even the most well-meaning Advisor! [Our Service Advisors are paid hourly](#), so their only motivation is to recommend the services you need for YOUR goals, not theirs. Our Advisors give you the same advice they would give their own friends and family.

There's no formula for success

There is no cookie-cutter process to determine what's most important for your vehicle. [Wise prioritization depends on your goals and budget](#) as well as the experience, expertise, and motivations of your Service Advisor. At Tom Dwyer Automotive Services, we believe a collaborative and transparent approach to auto repair is the best way to achieve success. It may be an art to choose among competing mechanical priorities, but one thing makes it easier... we always remember that YOU are our FIRST priority!

Maps you never imagined

A new way to look at the world



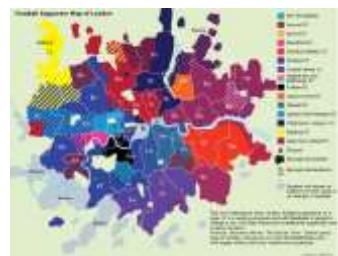
Master map maker Mark Monmonier said "Not only is it easy to lie with maps, it's essential. A map, by its very nature, must distort reality." We can see one obvious lie in one of the most famous maps, the Mercator projection of the globe, which radically distorts the sizes of countries the further they get from the equator. But even if maps are inherently wrong they can be incredibly useful too, allowing us to focus on one important factor to the exclusion of

less important ones. Maps give us a new way to look at the world, and since that's always a good thing we're bringing you this selection of some of the most unique and fascinating maps we've ever seen...

We've given you a couple maps from each site to whet your appetite, but each link has many more maps to explore. Get ready to stretch your mind!

[**If you thought Apple's maps were weird, look at these- *The Guardian***](#)

From left to right- Map of the moon's resources, map of global rail lines, and maps of London soccer team supporters



[**Urban Planning: Cities seen from space- *DNews***](#)

From left to right- Shanghai at night, London and Tunisia during the day



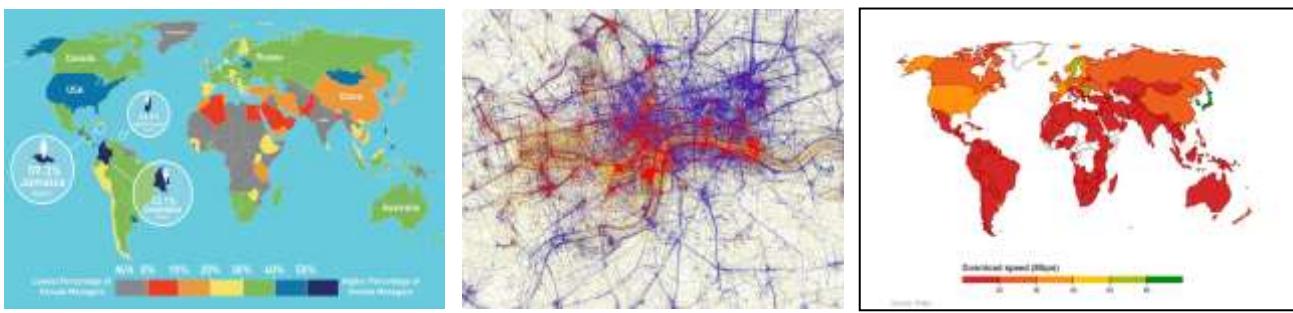
[40 more maps that explain the world](#) - Washington Post

From left to right- Major shipping routes in the colonial era, population map by economic status, and the spread of anatomically modern humans throughout the world



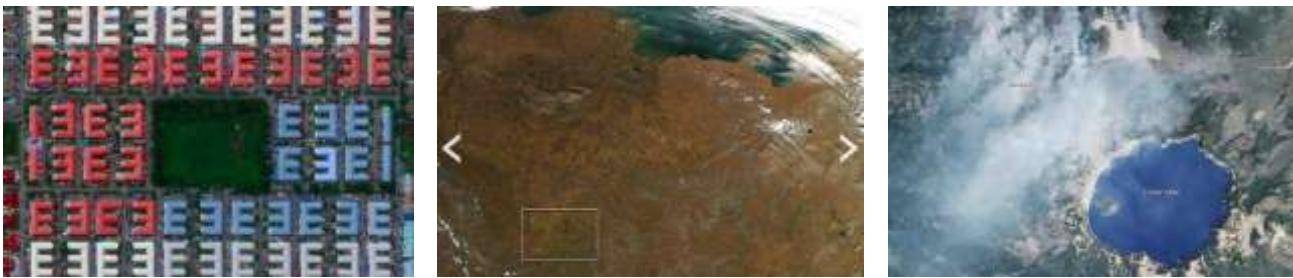
[19 thought-provoking maps that will change how you see the world](#) - The Independent

From left to right- Places where your boss is most likely to be a woman, tourist photo map of London, countries with the fastest internet connections



[Earth Shots: Must See Planet Pics](#) - DNews

From left to right- Residential buildings in Malaysia, fall leaf change across Siberia, and smoke over our own Crater Lake



[34 unusual maps you absolutely need to see to understand our world](#) - Just Something

From left to right- Worldwide breast cup size, the 22 countries in the world Britain has not invaded, population density



[Pop! Goes the World: 7.2 Billion and Counting](#)- *Big Think*

From left to right- World population map for 2005, world population for 2015, and one of the many breakdown maps by region



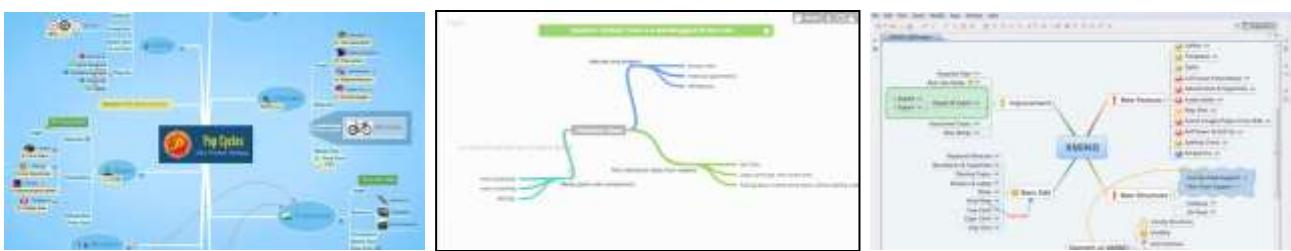
[A Collection of Very Strange Maps](#)- *109*

From left to right- US map of distance to nearest McDonalds, Chicago's gangland in 1931, earth with water removed



[5 best mind mapping tools](#)- *LifeHacker*

Maps aren't just guides to the world outside, they can be great tools to help us understand the world inside as well. This article will guide you to the 5 best mindmapping tools to help you with brainstorming and organization. From left to right, MindJet, Coggle, and XMind



In closing, if you still want more, we have a book recommendation for you as well...

[Strange Maps: An Atlas of Cartographic Curiosities](#) by *Frank Jacobs*

An intriguing collection of more than one hundred out-of-the-ordinary maps, blending art, history, and pop culture for a unique atlas of humanity. Spanning many centuries, all continents, and the realms of outer space and the imagination, this collection of 138 unique graphics combines beautiful full-color illustrations with quirky statistics and smart social commentary. The result is a distinctive illustrated guide to the world. Brimming with trivia, deadpan humor, and idiosyncratic lore, Strange Maps is a fascinating tour of all things weird and wonderful in the world of cartography.



TPP FINALLY RELEASED!

V1

It's finally here, so let's take an in-depth look!



We've complained loudly for the past several months that the content of the Trans-Pacific Partnership (TPP), the 12-country trade pact that would govern 40% of the world's economy, was secret. For all the years of negotiation, for all the people praising or denouncing it, no one actually knew what they were talking about. When TPP received fast track authority in June (Congress must approve or disapprove the deal without amendment within 90 days) not one of the Senators who voted knew what they were voting for. Well, no longer! On Nov 9, New Zealand became the first TPP country to release the agreement, followed by the US hours later. Now we can finally look at it, but the first look isn't pretty...

Perhaps unsurprisingly, we won't have many valuable things to *add* to the subject of international trade agreements. Our task in this article will be to direct you to some of the documents and opinions, both pro and con, as experts and politicians come to terms with the reality of the TPP. Keep an eye out... we have less than 90 days before Congress votes on TPP!

TPP Overview

Let's start with the actual TPP document. For just about anything these days, a great place to go for a general overview is Wikipedia. [Their article on the Trans-Pacific Partnership](#) tells us "The Trans-Pacific Partnership (TPP) is a trade agreement among twelve Pacific Rim countries concerning a variety of matters of economic policy, about which agreement was reached on 5 October 2015 after 7 years of negotiations." Those 7 years of negotiation were secret, but the veil was lifted on Nov 9. Slightly more in-depth than Wikipedia, but hopefully still mostly balanced, is the Guardian UK, which has a good basic orientation to the TPP [here](#). Finally, [NPR has a good story](#) on the pros and cons of TPP.

And here, after years of lurking in the dark, is the [FULL TEXT OF THE TPP](#).

If you don't want to read the full 5500 pages, (and who really does?) here is a [summary of the Trans-Pacific Partnership's 30 chapters](#) as outlined by the Office of the United States Trade Representative.

Where do the Presidential candidates stand on TPP?

Here is a detailed summary of all the [Presidential Candidates positions on TPP](#). Below are their individual positions, along with links explaining each one. We linked to the candidates' campaign page where possible, but sadly, most candidates chose not to address TPP as a specific issue on their sites. If there was no info there then we linked to news articles on their positions.

Sanders- [Opposes](#)
Clinton- [Opposes](#)
O'Malley- [Opposes](#)
Bush- [Favors](#)

Trump- [Opposes](#)
Huckabee- [Opposes](#)
Paul- [Unclear](#)
Santorum- [Opposes](#)

Christie- [Opposes](#)
Cruz- [Unclear](#)
Carson- [Favors](#)
Rubio- [Favors](#)

Kasich- [Favors](#)
Fiorina- [Opposes](#)
Graham- [Favors](#)
Jindal- [Unclear](#)

What are some of the analyses so far?

The release of the actual TPP text has changed few minds... the vast majority of those who favored it before still do and those who opposed it still do as well. This fact influences the way we've presented both sides

below. While both sides now have the ammunition of specifics, we broadly found that those “in favor” didn’t fire that ammunition... they generally favor “free trade” and believe TPP advances that goal, but didn’t offer any specifics from the new text to bolster their position. On the other hand, those “opposed” found plenty of specifics to illustrate that TPP is exactly what they’ve dreaded all along. On the “pro” side we’ve presented the most representative quote we could find from each organization. On the “con” side, we presented general evaluations as well as some of their specifics if available. All groups are linked so you can get their position directly from them.

All IN FAVOR say “aye”

The White House

“The TPP will have a profound impact on how we help small businesses expand, how we support online entrepreneurs who are just getting off the ground, how we promote gender equality for women, how we invest in the developing world, how we protect our most endangered species, and how we make great progress in the fight for human rights.”

Office of the United States Trade Representative

“TPP will make it easier for American entrepreneurs, farmers, and small business owners to sell Made-In-America products abroad by eliminating more than 18,000 taxes & other trade barriers on American products across the 11 other countries in the TPP—barriers that put American products at an unfair disadvantage today.”

American Legislative Exchange Council (ALEC)

“Drawing on ALEC’s guiding free market principles, this resolution calls on Congress to support negotiations for a high standard, comprehensive Trans-Pacific Partnership (TPP). The TPP is a multilateral trade framework currently being negotiated by nations on both sides of the Pacific. These nations are at varying levels of development and the agreement has the flexibility to expand to accept new members. The TPP has the potential to become the benchmark against which future trade frameworks will be measured for years to come.”

US Coalition for TPP-

“It is critical that the United States helps define how the world does business in the future. The TPP is the most expansive trade agreement the United States has negotiated in two decades, and was initiated to address many of the challenges and barriers unique to today’s global economy. The final agreement is worthy of serious review and understanding. If it meets our high expectations, it has tremendous potential to help improve America’s competitiveness and create a more level playing field for our industries and workers.”

Progressive Coalition for American Jobs-

“Now that the final trade agreement is available for everyone to review, it’s clear the TPP not only contains the strongest protections for American workers, wages, and the environment of any trade agreement in history — it positions our nation and our workers to compete in the global economy. We look forward to a robust discussion on the merits of this deal in the weeks and months ahead.”

TradeWorks (New Zealand)

“We are TPP enthusiasts. The benefits of TPP could be substantial for New Zealand. TPP stands to create our largest free trade area. It could transform the way we business in the Asia-Pacific region, and help build growth and jobs.”

All OPPOSED say “nay”

[Thom Hartmann Full Show 11/9/15: Exposing the Disastrous TPP](#)

Our favorite pundit Thom Hartmann digs into the details of TPP with a panel of guests...

“With the details of the Trans-Pacific Partnership (TPP) no longer secret Thom discusses what’s in the trade deal with Public Citizen’s Melinda St. Louis, radio host and author Ari Rabin-Havt, and the U.S. Business and Industry Council’s Kevin Kearns”

[Domestic Manufacturers Call Full Text of TPP Agreement a "Very Bad Deal for America."](#)

1. Lax rules on importation of foreign-made autos and auto parts into the United States.
2. False expectations for labor and environmental enforcement among trading partners.
3. A failure to address Value Added Taxes (VAT).
4. A complete disregard by President Obama of bipartisan Congressional instructions to address currency manipulation on the part of America's trading partners.
5. The TPP offers no real benefit for the U.S. economy.
6. The TPP's complex series of rules and regulations serve to benefit each country's "national champion" companies and industries, with the big winners in the U.S. being the major Wall Street banks, insurance companies, and multinational manufacturer-outsourcers.

[Trans-Pacific Partnership Text Released - a Look at What's Inside](#)

(Long-form interview on Free Speech Radio news)

“I’d say, upon reading the text this morning, I was shocked by not surprised. We’ve been concerned about the TPP for years and now that we can actually read the text, it’s clear why it was kept in secret for so long. Particularly the intellectual property chapter reads like a laundry list of demands from unpopular industries, where they’re pushing for policies that they know they could never get through if they were done through traditional political means or in the light of day. So from our perspective, the TPP poses a grave threat to people’s online freedom of speech, access to information, and basic things like access to medicine and affordable healthcare. And we’re very concerned, not only about the outcome, but about the process.”

[Public Citizen- TPP Initial Analyses](#)

17 page document with initial findings from TPP text. Includes specific critiques of

1. Market Access	6. Exceptions	11. State-Owned
2. Rules of Origin	7. Food Safety	Enterprises
3. Procurement	8. Patents	12. Various Chapters
4. Environment	9. Investment	
5. Labor	10. Copyright	

[Electronic Frontier Foundation- The Final Leaked TPP Text Is All That We Feared](#)

“Our analysis here is limited to the copyright and Internet-related provisions of the chapter, but analyses of the impacts of other parts of the chapter have been published by WikiLeaks and others.”

Binding Rightsholders Rules vs. Soft User Guidelines

Trade Secrets

Expansion of Copyright Terms

Top-Down Control of the Internet

Ban on Circumventing Digital Rights Management

ISP Liability

Criminal Enforcement and Civil Damages

[ThinkPol- TPP: Chapter By Chapter Analysis](#)

“Civil society is going through the text with a fine-toothed comb to uncover provisions that threaten the rights, freedoms and the well-being of the participating countries’ citizens. The following is a compendium of the analysis we have found to date. We will be updating as regularly as more details become available.”
Includes chapters on...

Investor-State Dispute Settlement

Electronic Commerce

Temporary Entry for Business Persons

Intellectual Property

[**Full Text of TPP Trade Deal Revealed -- and Critics Say It's Even Worse Than They Thought**](#)

Report by Goodman and Gonzalez on Democracy NOW

[**Sierra Club: TPP Text Is “Concrete Evidence” Of Toxic Deal**](#)

Multilateral Environmental Agreements Rollback
Weak Conservation Rules
Climate Change Omission
Lack of Enforcement

New Rights for Fossil Fuel Corporations to Challenge
Climate Protections
Locking in Natural Gas Exports and Fracking

[**National Farmers Union Says TPP Will Fail Family Farmers and Ranchers**](#)

“While NFU will continue to analyze the text of the agreement, we already know TPP includes no enforceable language to address currency manipulation, an effective maneuver used by our competitors to immediately tilt the playing field in their favor, even after signing an agreement of this scope and magnitude, having the potential to completely wipe out any gains... If we enter this agreement, our trade deficit, already exceeding \$500 billion per year, will continue to rise, not fall. This enormous deficit will continue to drag down our economy, export even more US jobs and dash the hopes for coming generations.”

[**TPP Ignores Workers' Needs and Fails to Address Weaknesses from Past Trade Agreements**](#)

Abby McGill, Campaigns Director, International Labor Rights Forum

“The agreement makes no progress on enforcement, ignoring common-sense proposals like requiring the parties to conduct timely, impartial investigations of allegations of non-compliance and firm deadlines for implementing necessary reforms.

Requests to prohibit the trade of goods made with forced or child labor and to establish mechanisms to seize such goods at the border came out with the TPP merely “discouraging” trade in goods made with these egregious human rights violations.

Requests to include protections for migrant workers, such as regulating labor recruiters or prohibiting confiscation of passports, were wholly ignored, despite well-documented, systemic exploitation of migrant workers in a number of TPP countries.”

[**After Text Release, Environmental Groups Speak Out on Trans-Pacific Trade Deal**](#)

Includes response to full text from many environmental groups, including

Sierra Club	Center for International Environmental Law	Oil Change International US Climate Plan
Defenders of Wildlife	Friends of the Earth	Center for Biological Diversity
Natural Resources Defense Council	Greenpeace	Green America
Environmental Investigation Agency	Food & Water Watch	SustainUS
350.org		

Drew's Kitchen

Smoky ham and split pea soup



Smoky Ham and Split Pea Soup

Ingredients:

- 1 pound dried green split peas, rinsed and drained
- 1 ½ cups cubed peeled Yukon Gold potatoes
- 5 garlic cloves, chopped
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped peeled carrot
- 1 large bay leaf
- 1 tsp. freshly ground black pepper
- ¾ tsp kosher salt
- 2 pounds smoked ham hocks
- 6 cups water
- ½ cup light sour cream

Preparation:

- Layer peas and next 9 ingredients (through ham) in order listed in a 6-quart electric slow cooker. Gently pour 6 cups water over top. Cover and cook on LOW for 8 hours.
- Remove ham hocks from slow cooker. Remove meat from bones, and cut into bite-sized pieces; discard skin and bones. Discard bay leaf.
- Coarsely mash soup to desired consistency, adding additional hot water to thin, if desired. Stir in chopped ham. Divide soup evenly among 8 bowls; top each serving with 2 tbsp sour cream.

Cooking time

Hands-on time 15 min; Total cooking time 8 hrs 15 min

Makes (8) 1¼-cup servings.

Nutrition

304 calories; 4.6g fat (1.9g sat, .2g mono, .3g poly), 22g protein, 45g carb, 16g fiber, 24mg chol, 3mg iron, 594mg sodium, 76mg calcium.

-Recipe by Deb Wise in Cooking Light, October 2015

Shop Talk

Yes, you DO have the right to repair your vehicle



Comment of the Month

Brendan P. said, "You guys came in below estimate for an expensive set of repairs, finished the job earlier, much earlier than anticipated, and I left confident the work has been done right- how do you improve on that?"

Thanks Brendan. It's not always easy to deliver price, speed, and quality all at once, but we try our best to make sure they all come together every time!



Referral Reward Program

Our Referral Reward Program, in which we make donations to the non-profit group of your choice every time someone comes in based on your referral, had another great month. We were able to make 5 donations this month totaling \$188 to the following groups...

[Friends of Tryon Creek](#) by Jake P.

[backline](#) by Wendy M.

[Operation Nightwatch](#) by Bill S.

[Willamette RiverKeeper](#) by Melanie G.

[Oregon Humane Society](#) by Dee H.

That makes **\$3925 in donations to 66 groups in 2015 alone**, and \$9555 to 150 groups since the program began. The next milestone comes next month when we'll make our next quarterly award of \$200 to one deserving group. If your favorite group isn't in the running, refer a new client to us today!

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!



[Victory! Carmakers Can't Use The DMCA To Make Working On Your Car Illegal](#)

From Jalonik, Oct 2015

Possibly the most bizarre application of the Digital Millennium Copyright Act finally got the exemption car enthusiasts deserve.

Recently some automakers (with support from the EPA of all places) tried to argue that they own the code in your car, and messing with that code would violate their copyright, but the government just struck that down! Well, they at least offered an exemption... as the Library of Congress' U.S. Copyright Office ruled,

“reproducing and altering the computer programs on ECUs for purposes of facilitating diagnosis, repair and modification of vehicles” is totally cool.

Specifically, the Copyright Office said such copies and mods constitutes “noninfringing activity as a matter of fair use and/or under the exception set forth in section 117 of the Copyright Act, which permits the owner of a copy of a computer program to make certain copies and adaptations of the program.”

The full text of the LoC’s ruling can be found [here](#), and the victory statement from the Electronic Frontier Foundation, which made the petition to give gearheads the right to tune their cars without carmakers bearing down on them, can be found [here](#).

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.



Health Notes

This is what happens when you eat sugar



This article originally appeared in Time Magazine. It's well worth checking out [their website version of the article](#), which includes many more vintage sugar ads as well as a video about sugars effects and a quiz to test your knowledge of comparative sugar content between different foods. Good info as we head into the Thanksgiving Holiday!

This Is What Happens to Your Body When You Eat Sugar

David Zinczenko with Stephen Perrine, Time Magazine Online, Oct 2015

Here's a quick question: How many spoonfuls of high-fructose corn syrup did you eat yesterday?

Oh, you don't recall slurping down any of the hyper-sweet corn extract? Well, you did—about eight teaspoons' worth, according to the U.S. Department of Agriculture. In fact, the average American consumed 27 pounds of the stuff last year.

But while 8 teaspoons of artificially manufactured syrup may seem like an awful lot, it's only a drop in the sugar bucket. The USDA's most recent figures find that Americans consume, on average, about 32 teaspoons of added sugar every single day. That sugar comes to us in the form of candies, ice cream and other desserts, yes. But the most troubling sugar of all isn't the added sugar we consume on purpose; it's the stuff we don't even know we're eating.

In recent years, the medical community has begun to coalesce around a powerful new way of looking at added sugar: as perhaps the number one most significant health threat in America. But what exactly is “added sugar,” and why do experts suddenly believe that it’s the ISIS of nutrition?



When they talk about “added sugar,” health experts aren’t talking about the stuff that we consume from eating whole foods. “Added sugars are sugars that are contributed during the processing or preparation of foods and beverages,” says Rachel K. Johnson, PhD, RD, professor of nutrition at The University of Vermont. So lactose, the sugar naturally found in milk and dairy products, and naturally occurring fructose, the sugar that

appears in fruit, don't count. But ingredients that are used in foods to provide added sweetness and calories, from the much-maligned high fructose corn syrup to healthier-sounding ones like agave, date syrup, cane sugar, and honey, are all considered added sugars.

That's because naturally occurring sugars, like what you find in an apple, come with their own health posse—fiber, which slows the digestion of the sugar and prevents it from spiking insulin response and damaging your liver, two serious side effects of added sugar. "It's almost impossible to over consume fructose by eating too much fruit," says Johnson. Consider this: You'd need to eat six cups of strawberries to get the same amount of fructose as in one can of Coke.

Fortunately, giving up added sugar has been shown to have several dramatic and rapid impacts on your health. In a newly released study, children who cut added sugars from their diets for just 9 days showed dramatic improvements in cholesterol and blood sugar levels.

On the flip side, adding sugar to your diet can quickly put your health into a spiral: People who consumed beverages containing high fructose corn syrup for two weeks significantly increased their levels of triglycerides and LDL cholesterol (the "bad" cholesterol), plus two proteins associated with elevated cholesterol and another compound, uric acid, that's associated with diabetes and gout. So found a 2015 study in the American Journal of Clinical Nutrition.

In fact, in a 2014 editorial in the journal JAMA Internal Medicine, the authors made a bold statement: "Too much sugar does not just make us fat; it can also make us sick."

The more added sugar that sneaks its way into your diet, the less healthy food you'll eat the rest of the day. That's the finding of a

2015 article in *Nutrition Review*, which looked at dozens of studies conducted between 1972 and 2012. The researchers found that a higher intake of added sugar was associated with poorer diet and a lower intake of micronutrients.

That's in part because of how sugary foods retrain our taste buds and mess with our bodily systems. When even tomato sauce is laced with sweetener, we then need greater and greater doses of sugar in order for the flavor to register. That leads us to seek out candies and baked goods at the expense of real food.

But it's not just a matter of taste. A sugar rush creates an overflow of insulin into the system to try to manage the toxic substance. Because it can create an overreaction within the body—too much insulin pulling too much sugar out of the bloodstream—it can lead to crash that sends us seeking another immediate sugar rush, the kind that no whole food can satisfy.

The most powerful effects, however, aren't on our bodies. They're on our brains. In one study, researchers measured the levels of oxytocin, a feel-good hormone that helps us feel satisfied, in the brains of rats. When rats that ate a low-sugar diet were given a meal high in sugar, their oxytocin levels didn't change. But when they were given the high-sugar diet regularly, their brains began to show lower levels of oxytocin activity. In other words, the more we're bombarded with added sugars, the more chronically unsatisfied we feel, and the more we need to eat. An editorial in *JAMA Internal Medicine* asked, "Why are we consuming so much sugar despite knowing too much can harm us?" The answer: "The high prevalence of added-sugar consumption...is very likely influenced by and a result of addictive behaviors incited by reward system activation after overeating highly palatable foods."

Sellwood Bridge Update

Major Westside traffic change

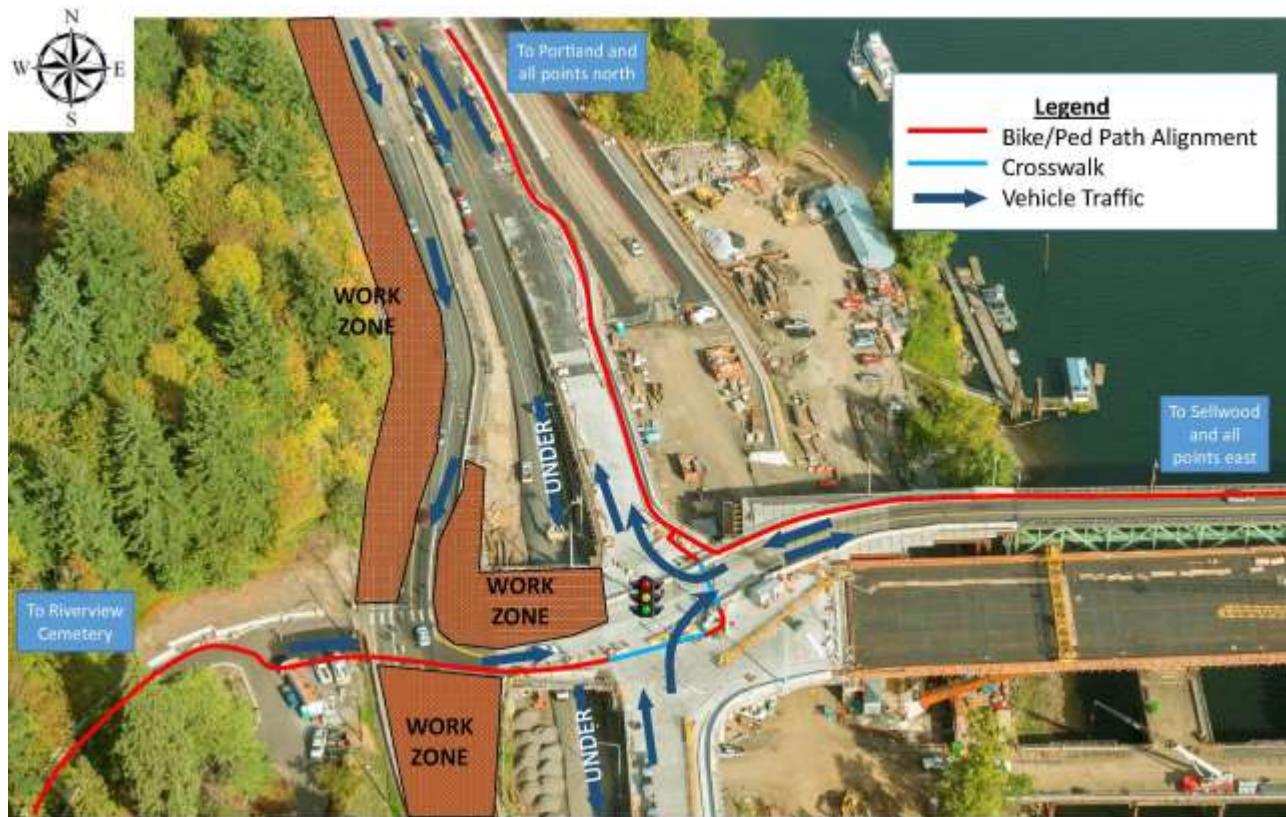


The existing Sellwood Bridge is open and running smoothly, but the NEW Bridge opening is still a way off. If you just can't wait, though, you can drive on part of it TODAY! The press release below was a in advance of the big change, but tells you all you need to know...

Nov 12, 2015

"The contractor is preparing for a major traffic change this month when the northbound lane of Hwy. 43 will shift onto the new interchange ramps and the southbound through lane will be routed under the new bridge (see [article](#) on project website). In the new stage, southbound traffic will use the right outside lane (not the left lane used now) to access the bridge. The left lane will be for through traffic. The southbound TriMet bus stop by the cemetery will close on Nov. 16 and not reopen until summer 2016. Shifting the traffic will create space for the contractor to build the second through lane under the bridge. The tentative date for the traffic change is Tuesday, Nov. 17, weather permitting. An email will be sent to our project list and posted to the project website when the date is confirmed."

And here is how the new traffic will flow, temporarily, on the west side...



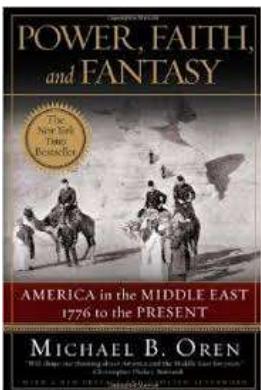
As always, Multnomah County maintains the definitive website on everything related to the Sellwood Bridge Replacement project, www.sellwoodbridge.org. Construction and closure alerts, archived information, and other resources are all available 24/7 for your convenience. If you're looking for something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

Book Spotlight

"Power, Faith, and Fantasy" by Michael Oren



As Tom pointed out in his Tidbits this month, the history of terrorism and the Middle East didn't start last year, last decade, or even last century. The US has been involved there for 230 years and for good or bad, that involvement has implications for the people and politics in the region. In a battle of ideals knowledge is power, and understanding our enemy is the first step to defeating them instead of just killing them. As always, just click the link to go to the Powells.com page for this month's selection...



["Power, Faith, and Fantasy" by Michael Oren](#)

[Review from Goodreads](#)- This best-selling history is the first fully comprehensive history of America's involvement in the Middle East from George Washington to George W. Bush. As Niall Ferguson writes, "If you think America's entanglement in the Middle East began with Roosevelt and Truman, Michael Oren's deeply researched and brilliantly written history will be a revelation to you, as it was to me. With its cast of fascinating characters—earnest missionaries, maverick converts, wide-eyed tourists, and even a nineteenth-century George Bush—Power, Faith, and Fantasy is not only a terrific read, it is also proof that you don't really understand an issue until you know its history."

[Review from Foreign Affairs Magazine](#)- In this elegant and engaging overview of U.S. involvement in the Middle East from the Barbary Wars through the current quagmire in Iraq, Oren, an Israeli historian, explores the peculiar blend of "power, faith, and fantasy" that has guided U.S. policy. From the beginning, there was faith that "God's American Israel" would redeem the Holy Land from Muslim infidels and that the modern world's first republic would inspire the peoples of the Middle East to throw off the yoke of Oriental despotism. There was also fantasy embedded in a popular culture shaped by Thousand and One Nights, nineteenth-century travelogues, and Hollywood feature films, all of which presented the region as "a theater of myth." And finally, there was power, which arrived gradually during the twentieth century as the United States emerged as a force to be reckoned with. Oren makes a compelling case that Woodrow Wilson's ambivalent response to Arab and Zionist calls for self-determination after World War I, Harry Truman's swift recognition of Israel three decades later, and every American response to crisis in the Middle East, from Suez in 1956 through the 1967 Six-Day War to the Islamic upheaval in Iran in 1979, were filtered through these lenses.

He concludes with a brisk account of the ongoing "Thirty Years' War" with radical Islam. For Ronald Reagan and his successors, faith in the goodness of the United States' intentions has collided repeatedly with fantasies about a region cursed by exotic peoples and evil leaders. The end of the Cold War raised the specter of a "clash of civilizations" between Islam and the West, in which the United States seemed to possess such a preponderance of power that the contradictions between faith and fantasy could be easily resolved by military force. After Osama bin Laden brought down the World Trade Center on 9/11, Washington attempted just such a resolution. Had George W. Bush been able to read this magnificent new book before he launched Operation Iraqi Freedom in March 2003, however, he might well have realized just how dangerous it has been to shoot first and ask questions later in the Middle East over the past 200 years.

Humorousness

You might be an Oregonian if...

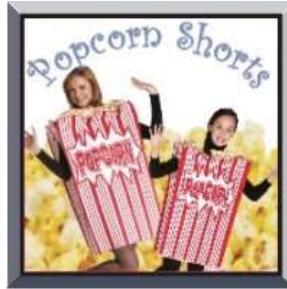


Jeff Foxworthy hit it big in the 90's with his "[You Might Be A Redneck](#)" one liners, but we haven't heard much from him in a while. That is, until we saw these "[You Might Be An Oregonian](#)" jokes online. They're purportedly from Jeff, and although we weren't able to authenticate that we were able to authenticate that they are just as funny, and just as spot-on, as his redneck jokes. Enjoy, and try not to wince too much...

- If someone in a Home Depot store offers you assistance and they don't work there, you might live in Oregon.
- If you've worn shorts, sandals and a parka at the same time, you might live in Oregon..
- If you've had a lengthy telephone conversation with someone who dialed the wrong number, you might live in Oregon.
- If you measure distance in hours, you might live in Oregon.
- If you know several people who have hit a deer more than once, you might live in Oregon.
- If you have switched from 'heat' to 'A/C' and back again in the same day, you might live in Oregon.
- If you install security lights on your house and garage but leave both doors unlocked, you might live in Oregon.
- If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you might live in Central, Southern or Eastern Oregon.
- If you design your kid's Halloween costume to fit over a 2 layers of clothes or under a raincoat, you might live in Oregon.
- If driving is better in the winter because the potholes are filled with snow and ice, you might live in Oregon.
- If you know all 4 seasons: almost winter, winter, still winter, and road construction, you might live in Oregon.
- If you feel guilty throwing aluminum cans or paper in the trash, you might live in Oregon.
- If you know more than 10 ways to order coffee, you might live in Oregon.
- If you know more people who own boats than air conditioners, you might live in Oregon.
- If you stand on a deserted corner in the rain waiting for the "Walk" signal, you might live in Oregon.
- If you consider that if it has no snow or has not recently erupted, it is not a real mountain, you might live in Oregon.
- If you can taste the difference between Starbucks, Seattle's Best, and Dutch Bros, you might live in Oregon.
- If you know the difference between Chinook, Coho and Sockeye salmon, you might live in Oregon.
- If you know how to pronounce Sequim, Puyallup, Clatskanie, Issaquah, Oregon, Umpqua, Yakima and Willamette, you might live in Oregon.
- If you consider swimming an indoor sport, you might live in Oregon.
- If you know that Boring is a city and not just a feeling, you might live in Oregon.
- If you can tell the difference between Japanese, Chinese and Thai food, you might live in Oregon.
- If you never go camping without waterproof matches and a poncho, you might live in Oregon.
- If you have actually used your mountain bike on a mountain, you might live in Oregon.
- If you think people who use umbrellas are either wimps or tourists, you might live in Oregon
- If you buy new sunglasses every year, because you cannot find the old ones after such a long time, you might live in Oregon.
- If you know the state flower is mildew, you might live in Oregon.
- If you feel guilty throwing aluminum cans or paper in the trash, you might live in Oregon.
- If you use the statement "sun break" and know what it means, you might live in Oregon.
- If you know more people who own boats than air conditioners, you might live in Oregon.
- If you feel overdressed wearing a suit to a nice restaurant, you might live in Oregon.
- If you consider swimming an indoor sport, you might live in Oregon.
- If, in winter, you go to work in the dark and come home in the dark - while only working eight-hour days, you might live in Oregon.
- If you are not fazed by "Today's forecast: showers followed by rain," and "Tomorrow's forecast: rain followed by showers.", you might live in Oregon.
- If you have no concept of humidity without precipitation, you might live in Oregon..
- If you can point to at least two volcanoes, even if you cannot see through cloud cover, you might live in Oregon..

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!



Undreamed of use for duct tape



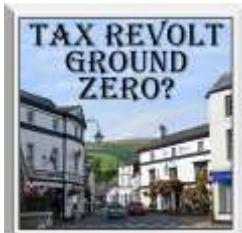
In compiling our Humorousness column this month ("You Might Be An Oregonian If..."), we visited the website of Jeff Foxworthy. It's really fun and there are a lot of great laughs, but one of his readers had sent a story that really stood out. Seems he was on a fishing trip in Alaska when a bear destroyed the small plane parked near their campsite. This could have been a story about hardcore survival in the wilderness, but it's even scarier... [it's a story about fixing AND FLYING an airplane with a sheet of plastic and some duct tape](#). Not possible? Look at the pictures...

Best idea of the century!



In the Indian state of Gujarat, farming water flows through almost 12,000 miles of open irrigation canals. Evaporation is a major problem, but so is the inconsistent and expensive electrical supply throughout India. Here's the idea that solves both problems... [solar panels on top of all the irrigation canals](#). The electricity advantage is obvious, but there are other benefits... the panels reduce evaporation, the water in the canals keeps the panels cool and operating at higher efficiency, and no expensive land deals were needed to find a place for the panels. It's a demonstration project now with less than a mile covered, but stay tuned!

The British are coming! And they aren't paying taxes!



Large corporations famously avoid paying taxes by moving their "operations" offshore using a thousand accounting tricks unavailable to small businesses. Until now. Independent traders in the Welsh village of Crickhowell are staging the Powys Tax Rebellion in protest. They've banded together to create a zero-tax plan modeled on the plans of the Big Boys, and they are making it available to other towns in the UK. They don't necessarily want to avoid taxes themselves, but they hope to draw attention and close the loopholes the Big Boys use. Possibly coming to a town near you!

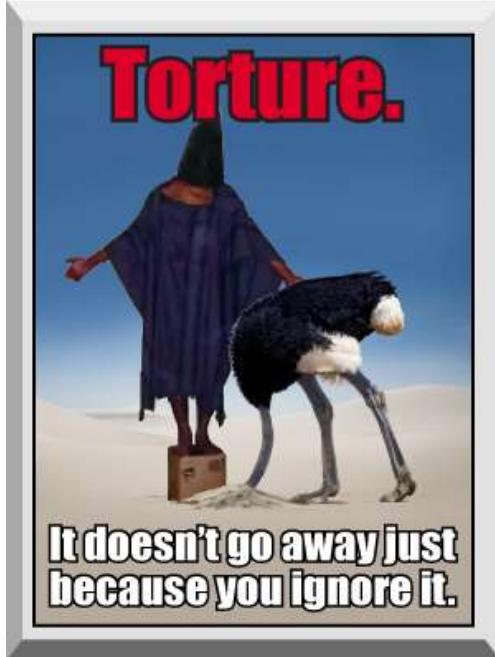
Which candidate agrees with YOU?



You may already be backing a particular horse in the 2016 race, but when you drill down do they really represent your views? This [quiz from ISideWith.com](#) asks for your detailed responses to many current issues, and then measures the candidates against your answers. Fill it out and it will tell you which politician agrees with YOUR agenda! Our Dwyer Guinea Pig tried it... 98% Bernie, 93% Hillary, 80% O'Malley, 53% Webb, and 39% Rand Paul. From the bottom, he matched only 9% with Rubio, and 8% with Fiorina. You may be surprised exactly who YOU match up with!

News To Make You Furious

Torture doesn't go away if you ignore it



Government documents can be pretty dry reading, but almost a year ago the Senate Select Committee on Intelligence (SSCI) released a report that was a blockbuster. Well, technically, they released a 525-page executive summary of a 6000-page classified report on the CIA's post-911 program of torture, abuse, and secret prisons (Torture Report). The central conclusion was the CIA interrogation methods were much more brutal and less effective than described to the public and to Congress under oath. But you know what? After a year no one, not even the officials it was sent to, has read the actual report. And that's no accident; it's a deliberate strategy to bury crimes and malfeasance without ever having to face the ugly truth. The deeper you dig the more pointlessly partisan the issue gets, until the only sensible response is to get Furious...

If you don't remember what the executive summary found (and after all, it has been a year), then here are [7 key points from the CIA Torture Report](#), courtesy of the NY Times...

- The C.I.A.'s interrogation techniques were more brutal and employed more extensively than the agency portrayed.
- The C.I.A. interrogation program was mismanaged and was not subject to adequate oversight.
- The C.I.A. misled members of Congress and the White House about the effectiveness and extent of its brutal interrogation techniques.
- Interrogators in the field who tried to stop the brutal techniques were repeatedly overruled by senior C.I.A. officials.
- The C.I.A. repeatedly underreported the number of people it detained and subjected to harsh interrogation techniques under the program.
- At least 26 detainees were wrongfully held and did not meet the government's standard for detention.
- The C.I.A. leaked classified information to journalists, exaggerating the success of interrogation methods in an effort to gain public support.

We try to avoid pointing partisan fingers, but partisanship is undeniably involved here. Republican apologists have fought examination of the Bush administration's post-911 crimes at every turn, and the Torture Report was certainly no exception. The report was compiled and distributed under SSCI chair Diane Feinstein and the Democrats, but the Republicans took over the Senate in the last election. New SSCI chair Richard Burr immediately made the unprecedented demand that all copies of the report be returned to the Senate. And that's where the lawyers come in.

The ACLU filed a Freedom of Information Act (FOIA) request that the CIA and Departments of Defense, Justice, and State release the full classified report. That's fine; the ACLU, SSCI, CIA, DOD, DOJ, DOS, POTUS, and RNC could fight it out in acronym court. But here's something you may not know about FOIA... it doesn't apply to Congressional records. FOIA can reach into the *Executive* Branch (including the CIA) but Congress, the *Legislative* Branch, is immune. By trying to claw back the report into the Senate, Burr is trying

to lock it up so it dies a slow death of obscurity. He was supported in May when a judge ruled that even though the report was distributed to the Executive Branch it still remained a Congressional record. Of course the ACLU appealed, and a result is expected this year. But why aren't officials even *reading* the report? Because Senator Burr is getting (perhaps) unwilling help from the Department of Justice (DOJ). If, for example, a State Department official opened, read, and summarized the report, then that could lead a judge to determine the document belonged to the Executive branch rather than the Legislative. To prevent "influencing the outcome of the lawsuit" the DOJ has ordered that NO ONE open or read the report. They are "maintaining the status quo" until a final ruling is made... the report can't be opened by the Executive branch, but it isn't being returned to the Senate either until a judge makes a final decision. The result is this pivotal report is languishing in office safes throughout Washington, being actively ignored.

The *fact* that our country systematically tortured is a gross failure of our presidency, legislature, judiciary, and overall society. At some level we all stand condemned. However, we can't punish the guilty, exonerate the innocent, condemn the cowards, or praise the heroes until we know who they are and what they did. We can't prevent torture from happening again until we understand how it happened the first time. It's said that "the wheels of justice grind slow but grind fine", but it's also said that "justice delayed is justice denied". We should rightly expect a prudent pause for investigation rather than a rush to the gallows, but the Torture Report took almost 6 years to create and it has sat unread for another year on top of that. The longer we wait the further the events recede into the past, and the less likely justice will ever be done at all.

Digging Deeper...

[Classified Report on the C.I.A.'s Secret Prisons Is Caught in Limbo](#), Mark Mazzetti and Matt Apuzzo in the NY Times, Nov 2015

[Who's Afraid of the Torture Report?](#), Ashley Gorski and Noa Yachot on Common Dreams, Nov 2015

[Does Torture Work? The C.I.A.'s Claims and What the Committee Found](#), Apuzzo, Park, and Buchanan in the NY Times, Dec 2014

[Senate Torture Report- FOIA](#), ACLU Website

[Executive Summary of The Senate Committee's Report on the C.I.A.'s Use of Torture](#), Senate Select Committee on Intelligence, Dec 2014