



## Tom Dwyer Automotive Services 2016 November Newsletter

### Our Feature Articles

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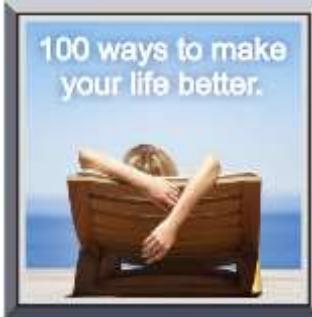
#### **CNBseen**

Because a life is worth more than a \$2 lightbulb



#### **Referral Reward Quarterly Winner**

We had our own electoral nailbiter, but there's a winner



#### **100 Life Hacks!**

Our picks of the Intertubes' best life advice

### Our Monthly Columns

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#### **Tom's Tidbits**

Can the Mail save Representative Democracy?

#### **"What NOW?!!" Toons**

Keith's Election Toon

#### **Drew's Kitchen**

Best Fried Chicken

#### **Shop Talk**

A comment without words?

#### **Health Notes-**

For optimal health, savor life

#### **Sellwood Bridge Update**

The long strange trip is almost over

#### **Book Spotlight**

"The Populist Explosion"  
by John B. Judis

#### **Humorousness**

Late Night election

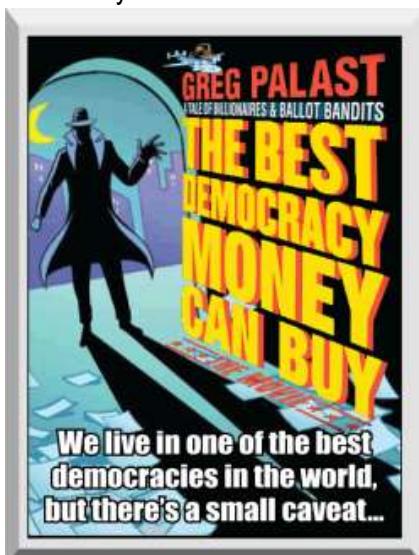
#### **Popcorn Shorts**

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

- Running your Xbox on water
- The ultimate atlas of the weird and wonderful
- Carl Sagan on building bridges
- Inside a nuclear fireball... with a stopwatch

#### **News To Make You Furious**

The Best Democracy Money Can Buy



# Tom's Tidbits

## Can the Mail save Representative Democracy?



Aristotle saw two ways of maintaining societies with great wealth discrepancies: either reduce the inequality or reduce democracy. By and large he thought reducing inequality and increasing participation (except, of course, for the poor, women and slaves) was the better way to go, an idea assumed by most political theorists including de Tocqueville, Adam Smith, and even Thomas Jefferson among others. That is, until our own Founders had to put it to the test. In drafting the Constitution James Madison balked on pure Democracy and created a representative Republic instead, limiting democracy to the wealthy landowners of the time. We may have expanded the voting franchise beyond Madison's dreams, but our society still faces the fundamental tensions now increasing, as inequality and declining democracy both roll on unchecked.

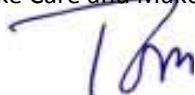
How can we the people affect any change, much less long-term desirable change, as we limp along with a failed election system for an ill-informed electorate that can't take the time required to vote? Tackling an ill-informed electorate is one thing, but if... IF our goal is to increase democracy, then the most basic challenges involve getting citizens to the polls and securely and verifiably counting their votes. This election has brought charges of an untrustworthy electoral system on a national basis, but not in Oregon! We've had vote-by-mail since the original experiments in the 1980s, and now we're pioneering automatic voter registration too. Oregonians seem to understand; getting people to vote and then accurately accounting for that vote is key to strong Democracy. A national-level vote-by-mail election process could help revitalize our democracy.

The immediate benefits of a national vote-by-mail system would be far reaching. Millions of dollars and man hours saved; secure vote and tabulation, higher voter participation. Other benefits would follow; citizens who see their vote treated with respect would be more confident their vote has value, so would begin to value it more highly themselves and may be motivated to become the better educated and involved electorate we need. After voting by mail for years I can no longer imagine the lost income and joy of standing in line for hours to exercise my rights and duties as a citizen. Waiting is one problem, but then there's the difficulty of trying to actually cast an informed vote in a booth while other people wait impatiently behind me. There's no ability to reality-check with friends, no internet to do research for informed decisions, and no time to ponder difficult choices. What does the language of this bill actually mean, or who is this candidate I've never heard of? I know how tough it would be for me to prepare all my votes in advance, and I can only imagine the numbers of voters who have no clue who and what is on the ballot when they finally enter the booth.

It really astounded me to see the cadre of mainstream political insiders from both parties rush to defend the integrity of our current broken electoral system from claims of a rigged election. Who could defend this hodgepodge mess we have now? What power keeps the superior method of vote-by-mail from spreading to other states? Who gains by maintaining a broken election system and a counting process that uses a mix of machine types and tabulators many of which are far from secure and can't be audited when the need arises? In the end it doesn't matter where the opposition to a trustworthy and inclusive voting system comes from. In a democracy, any force working to corrupt the voting process is an enemy of every citizen.

Our current broken election system is not sustainable. We need a secure, verifiable, uniform, nation-wide system, not one that requires voters to waste an entire day waiting before rushing through the booth to cast a possibly ill-considered vote, which then can't be verified once it's cast. We face a staggering array of issues threatening our nation and even our world... Climate Change, the decline of the Middle Class, Citizens United and the rise of the Corporatocracy, endless war, health care, police abuse, prisons for profit, ineffective education, corrupt government... need I go on? All these issues need to be addressed and addressed now, and fighting to build an election system we can all trust is a first step to affect change.

Take Care and Make a Great Day!

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

## Digging Deeper

[Vote By Mail](#) on Fairvote.org

[Electoral College Is 'Vestige' Of Slavery, Say Some Constitutional Scholars](#), Kamala Kelkar on PBS Newshour, Nov 2016

Vote By Mail on Fairvote.org

[Electoral College Is 'Vestige' Of Slavery, Say Some Constitutional Scholars](#), Kamala Kelkar on PBS Newshour, Nov 2016

[Wyden Introduces National Vote By Mail Act](#), Senator Ron Wyden Website, Nov 2016

[Why Hasn't Voting By Mail Spread?](#) Paul Taylor on the Governing Magazine website

[Vote From Home, Save Your Country](#) by Phil Keisling in Washington Monthly, Jan 2016

# What NOW?!! Toons

Keith Tucker's Election Toon



**"WHAT NOW?!!"**

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WWW.WHATNOWTOONS.COM

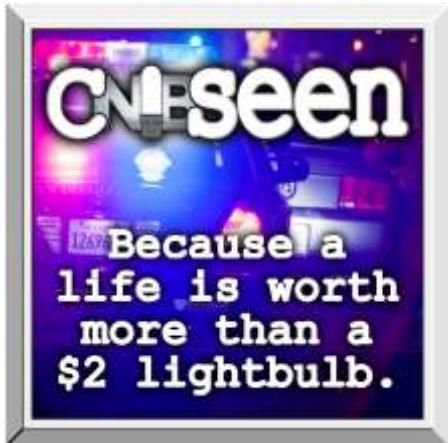


**"WHAT NOW?!!"**

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# We're Proud to Introduce CNBSeen

Because a life is worth more than a \$2 lightbulb



Among the many problems facing our country, the abomination of unjustified police shootings may be one of the most serious and intractable. The story is hauntingly familiar... a person is pulled over on the pretext of a small infraction like a burned-out tail light, which quickly escalates to arrest, tasing, or death. There's no quick or obvious solution to the problem and the response for many is to watch from the sidelines in impotent horror, but not Don Merrill. He created CNBSeen, a non-profit group with the mission of changing burned-out vehicle lights for free in poor and minority neighborhoods, reducing the potential of stops for minor violations. We are proud to be sponsors of CNBSeen as it

begins conducting its first events so we thought we'd introduce you to Don, tell you a little more about CNBSeen, and maybe even give you a way to get involved yourself...

For some people a burned-out taillight is a minor maintenance issue but for others, it's the first step toward a potentially deadly confrontation. When Philando Castile was shot in a Minnesota traffic stop he was just the latest in a long line of names, which was one part of the story that particularly struck Don Merrill. Don had a long history in news and media including years with Armed Forces Radio and Television and as a public relations specialist for the Federal Government, working for commercial radio and newspapers, and freelance writing for feature and investigative reports. His position with Portland's KBOO radio exposed him to even more stories of police abuse and corruption than the typical corporate radio newscaster might ever know about. Don was tired of a shocked public shaking their heads at these atrocities but then do nothing to fix them, so he decided to stop talking and do something, anything, to help.

Since so many of these shootings seemed to begin with a traffic stop of a person of color for a minor (sometimes nonexistent) violation, Don made a simple plan... go into neighborhoods where people of color lived and replace their burned out tail lights for free. An idea is one thing, but simple or not, making it real is something more. Don began by reaching out to potential partners and a friend told him Tom Dwyer Automotive was a good place to start. Since police and judicial abuse have been so important to Tom for so long, we were eager to lend our support.

The next step was beginning to contact churches or other neighborhood organizations to find a place to hold the first bulb-changing, and that's where CNBSeen is now. They've had a good response so far and two churches in the Irvington area have expressed interest in hosting an event. The vision is this... assuming it's held at a church, CNBSeen would make an announcement at services the week before the planned event. For the actual day-of they would show up with a supply of the most commonly used bulbs and replace burned out bulbs free for all comers. If a vehicle needed a bulb that CNBSeen didn't have, the owner would be issued a card for the cost of the bulb that could be given to any participating auto shop or auto parts store.

Don's idea of a *non-profit group* to change vehicle bulbs is new, but Unity Autoworks owner Brandon Jefferson started [offering free replacement bulbs from his Minnesota shop](#) in July. When he and Don talked together about their respective solutions, Brandon's thoughts closely mirrored Don's own feelings about the project: "We can't fix everything, but this is one less reason for people to get pulled over."

You can hear Brandon's ambivalence, and he's actually out there changing bulbs! It's a feeling that has become familiar to Don as he introduces the idea of CNBSeen to a wider audience. "When I tell people about it I get two reactions... the first is 'Wow, what a great idea!' The second is 'But that won't really fix the problem, will it?'" And of course, it won't. We'll never know if Don's program saves even one life by preventing one unnecessary traffic stop, but we do know it will keep attention on the problem and help keep the conversation going toward a solution. Besides, as Don said, "Anything we can do other than sit on our couch and bitch is better than nothing!" and this will get a lot of people off their couches.

If you'd like to learn more about CNBSeen, we have a few things to direct you to. One day very soon they will have a website with everything you'd expect, but they're so new that that's not quite off the ground yet. In the meantime, you can hear [Don Merrill explain the details of CNBSeen and the motivations behind it in a podcast from Hatch Innovation "Changing Taillights to Avert Tragedies"](#). You can also see [Don \(and a representative from Tom Dwyer Automotive\) in a recent panel discussion organized by The Remedy Club](#). Finally, if you follow Twitter then you can follow Don at @CNBSeenNow.

Set against the ghastly, pervasive, oppressing, and deadly problem of police abuse, CNBSeen is nothing. It's easy to dismiss because we know from the outset that it can't solve the problem it was created to solve. But it exists because another problem, the problem of apathy, has been solved in at least one person. Don Merrill had enough, he's mad as hell, and he's not gonna take it anymore. By taking a stand he's spreading that solution, and that's a success for CNBSeen no matter what the future brings. We are pleased, privileged, and proud to announce we're helping Don Merrill to light a small candle rather than curse the darkness.

**<http://hatchthefuture.org/2016/08/htf-019-changing-taillights-to-avert-tragedies/>**

# **Our Referral Reward Quarterly Winner**

We had our own electoral nailbiter, but we have a winner!



In the midst of one of the most surreal elections to ever take place in America we were quietly conducting our own little experiment with Democracy here at the shop. In our Referral Reward Program we make donations to the non-profit group of your choice for every client referral you make. We don't just donate once though; each group is also eligible for quarterly and yearly awards as well. We picked the quarterlies and yearlies ourselves at first, but opened the yearly award to voting last year and started doing the same with the quarterly this year. This first election was a four way tie until the very last minute, when one vote determined the winner of the \$200 award. We're proud to say our winner is...

We'd announced this voting well in advance and promoted it on Facebook, through our client-only emails, here at the shop, and at every event we attended for the last month. While most of the eligible groups got at least one vote, the four early and clear leaders were Oregon Food Bank, Oregon Humane Society, KBOO Radio, and Planned Parenthood. They jockeyed for number one throughout the voting but at the very end all four groups were tied with five votes. Not having an Electoral College of our own we were prepared to draw a name out of a hat to break the tie, but then, with less than a half hour to go before voting officially ended, one client called to cast the tiebreaking vote. Thanks to them democracy remains intact, and it is with a clear conscience that we can officially announce the Tom Dwyer Automotive Services Referral Reward Quarterly Award Winner is...

## **Planned Parenthood of the Columbia/Willamette**

Planned Parenthood Columbia Willamette (PPCW) is the largest non-profit family planning and reproductive rights organization in Oregon and Southwest Washington.

Since 1963 their mission has been to provide, promote, and protect access to sexual and reproductive health care. PPCW has provided a broad range of sexual and reproductive health care, family planning and other medical services; trained and educated community members on issues of sexuality; and advocated for the protection of reproductive rights and freedom in Oregon and Southwest Washington.

Each year, more than 58,000 women, men and teens visit one of PPCW's seven health centers. PPCW provides a wide range of education programs and health care services, including low-cost birth control, emergency contraception, gynecological exams, breast cancer screenings,



cervical cancer detection and treatment, sexually transmitted disease (STD) testing and treatment, vasectomy, and pregnancy testing and options counseling. Less than five percent of PPCW services are for early abortion care.

## History

Planned Parenthood Columbia Willamette is an affiliate of Planned Parenthood Federation of America (PPFA). While Planned Parenthood as a national movement began in 1916, PPCW was founded in 1963 as Planned Parenthood Association of Portland. The Ethical Study Society, a branch of the American Humanists, called the first meeting to organize a Planned Parenthood affiliate in November of 1962. A steering committee was formed, and a Board of Directors elected in May of 1963. Jesalee Fosterling was the first President of the Board.

Our first health center opened its doors in October of 1963 in space sublet from the Interfaith Counseling Center in downtown Portland. From 1963 through 1965, the health center was staffed entirely by volunteers, with services, counseling and education all under supervision of the volunteer health center director, Jeanne Radow. In the fall of 1965, Dr.

Jessie Laird Brodie became Executive Director and our first paid staff member.

In January of 1966 we moved to a renovated storefront at NE 6th and Broadway, and Jesalee Fosterling became Executive

Director in 1968. From 1966 to 1969 we secured new funding for services to low income people from the Office of Economic Opportunity, Health Education and Welfare, Oregon State Health Division and United Way, increasing our base of support to include government contracts, including Title X funding. This additional support made it possible to expand programs and hire additional staff. During this time we established several satellite health centers in the Portland neighborhoods of Albina, Brooklyn and Columbia

Villa; eventually these health centers closed or were turned over to the Multnomah Health Division.

In September 1971 we moved to larger, more efficient space at SE 12th and Morrison. We added pregnancy testing and colposcopy services, and the number of clients we served increased. We hired our first full-time Medical Director, Dr. Tom Britton. In 1978 PPCW became the first family planning health center in the country to install in-house computerized data for patient services. Because we were the first to use in-house computerized patient tracking, Federal Region X of the Department of Health and Human Services eventually contracted with PPCW to manage all Title X data until 2000.

The decade of the 1980s saw geographic expansion outside of the city of Portland. We opened health centers in Vancouver in 1981 and

in Beaverton in 1984. The Portland health center and administrative offices moved in 1983 to 3231 SE 50th, a building given to us by Cascade



Health Plan. Along with the purchase of the Vancouver site in 1984, these buildings provided PPCW with a sense of permanence in the community.

In March of 1990 we opened a new site in a shopping center in Gresham and purchased the Beaverton health center site, which we had been leasing. In July of 1992, we opened a new health center in Northeast Portland and in June of 1993 a health center in Salem. The Salem health center

became the first PPCW center to offer abortion services. In October of 1998 we expanded services to Central Oregon, opening a new health center in Bend.

PPCW entered a time of unprecedented growth in 2000. As a result, more than twice as many low-income women, men and teens now rely on Planned Parenthood, accessing a wider range of reproductive and sexual health care options and medically accurate sex education and outreach. From 2002-2005, PPCW opened four new health centers and completed significant renovations on the remaining five facilities. In October 2003, PPCW completed our most ambitious capital project to date, the Charla Richards-Kreitzberg Health Center in Salem, replacing our formerly leased. This center was PPCW's first from-the-ground-up construction project.

In November 2002, PPCW established a "virtual" Online Health Center with the launch of our Nurse Advice Line. Current services offered by the Online Health Center include information and appointment setting for all services at all health centers, Contraception Online and Emergency Contraception Online described below.

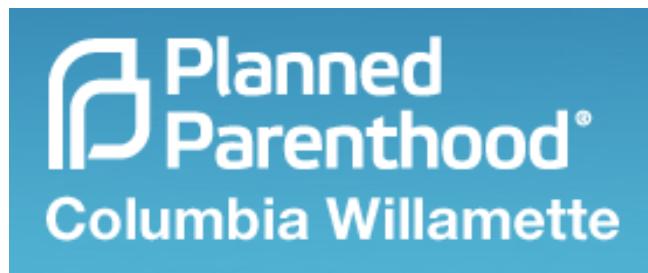
In December 2003, PPCW opened a second southwest Washington health center, the Salmon Creek Express Center. Express Centers are smaller satellites to our larger health centers, providing a limited range

of basic services (contraceptive care, pregnancy testing, HIV and other sexually transmitted infection testing) right in the neighborhoods where they are needed.

In June 2004, PPCW moved the Gresham health center to a new, 50 percent larger location in a medical office building in the historic Old Town area. In October 2004, we opened our second express center, in Clackamas County, serving our patients southeast of Portland. PPCW opened its tenth health center in McMinnville, OR in October 2007.

In January 2010, PPCW moved into its new Elizabeth Flanagan Regional Service Center on Martin Luther King Jr. Blvd. in NE Portland. The new building serves as the administrative headquarters for the organization and is home to a new, upgraded NE Portland health center. The new NE Portland health center doubled the capacity of the previous space, allowing PPCW to serve more patients in NE Portland than ever before.

PPCW is committed to leading other Planned Parenthood affiliates and family planning providers in reproductive health care technology. We've demonstrated that commitment over the past several years by launching several new family planning services many of which had never been offered by Planned Parenthood affiliates before.



Congratulations to Planned Parenthood, our newest Referral Reward Quarterly winner. We wish them the best of luck on their continuing and important work, and our sympathies in what looks to be a rough road ahead for the next few years!

# 100 Life Hacks!

We bring you our picks of the Intertubes' life advice



Ah, the InterTubes. No matter what the question, there's always an answer in the InterTubes. One of the neatest things the Tubes have produced is the idea of a "hack", a simple idea to do a common-yet-annoying task in a clever way you wish you would have thought of. Whole sites are dedicated to lifehacks now. There are some REALLY good ideas out there, but some fairly useless ones as well and even quite a bit of duplication between the good ones. Who has time to sort through the stack to separate the wheat from the chaff? Turns out WE DO, so we did just that. Follow us now on a journey into the creative and clever as our "Your Car Matters" editorial staff brings you our personally curated gallery of our 100 favorite life hacks!





A CHEAP AND (ALMOST) FREE DUST PAN/SCOOP

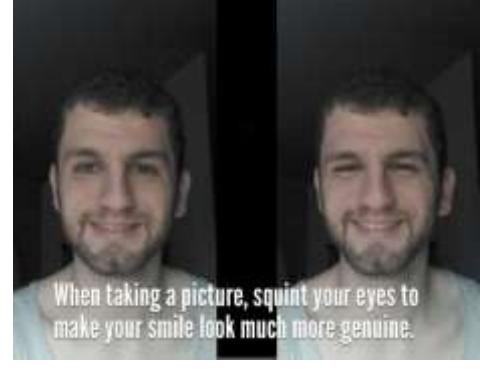
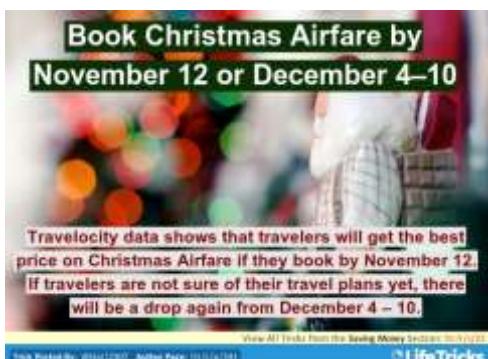
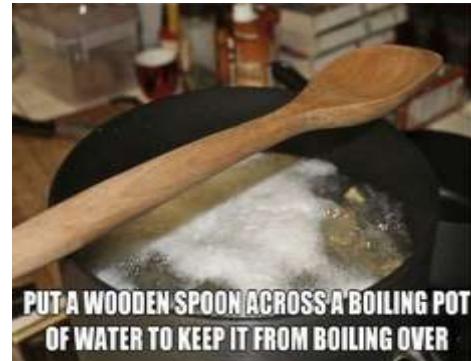
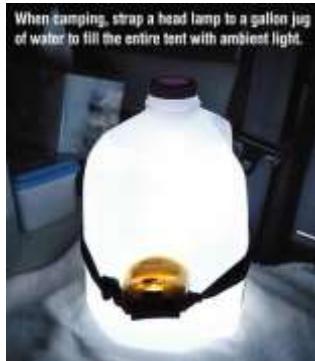


## POWER SCRUB LIKE A BOSS







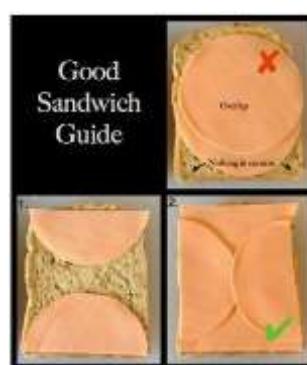
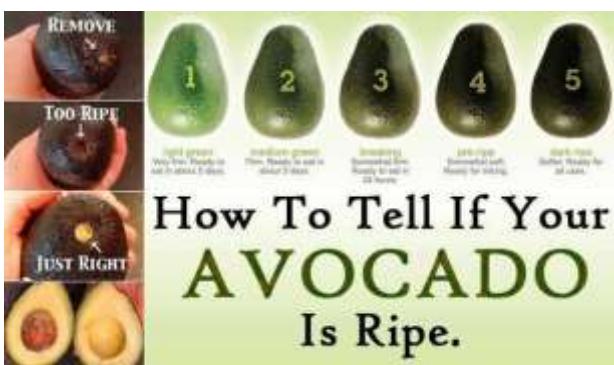
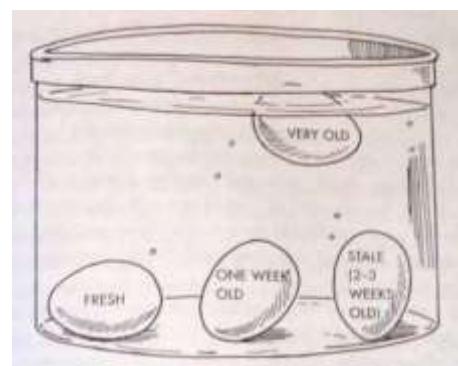




Use a squeeze-ketchup bottle top with your Shopvac to clean your keyboard, phone microphones or other nook on an electronic device.



Use a bread tab to hold your spot on a roll of tape



HOW TO REMOVE PERMANENT MARKER FROM EVERYTHING



CLOTHES - USE HAND SANITIZER  
WALLS - USE TOOTHPASTE OR HAIRSPRAY  
WOOD - USE RUBBING ALCOHOL  
CARPET - USE WHITE VINEGAR  
FURNITURE - USE MILK

WHITE BOARD - USE DRY ERASE MARKER OR PENCIL RUBBER ERASER  
CERAMIC OR GLASS - USE 1 PART TOOTHPASTE WITH 1 PART BAKING SODA



White Bread as Glass Magnet

The next time a window panes a bubble, sponge up the shards with a slice of bread. Every time slices will close it.





When Drew gave us a recipe for fried chicken this month, we thought "how is this appropriate to Halloween"? But then we thought about it a little more... an entire body chopped into pieces and boiled in oil? What could be MORE Halloween than that? Enjoy this recipe now, or just forget about the dismemberment thing and enjoy it throughout the year!

### Southern Living's (and now Drew's) Best Fried Chicken

#### Ingredients:

- 1 Tbsp plus 1 tsp salt
- 1 chicken with skin, about 2½ lbs
- 1 tsp black pepper
- 1 cup all-purpose flour
- 2 cups vegetable oil, like grapeseed, peanut, or canola (do not use olive oil)
- ¼ cup bacon drippings (or more oil)

#### Preparation:

- Combine 1 Tbsp salt with 3 quarts water in a large bowl or container. Add chicken; cover, and refrigerate 8 hours or overnight. Drain, rinse with cold water, and pat dry.
- Stir together remaining 1 tsp salt and the black pepper. Sprinkle half the mixture evenly over chicken.
- In a large sealable plastic bag, combine remaining pepper mixture and flour. Add 2 pieces chicken to bag and shake well to coat. Remove chicken pieces, shaking off extra flour, and set aside. Repeat with remaining chicken.
- Take a large (10-12 inch) cast iron skillet or chicken fryer, for which you have a lid, and fit with a candy or deep-frying thermometer. Add oil and bacon drippings and heat to 360° over medium heat; the oil will ripple and possibly give off a few wisps of smoke.
- Using tongs, immediately add chicken pieces, skin side down (work in batches if needed to avoid crowding pan). The oil will drop to about 325°, where it should stay; adjust heat so that oil is bubbling gently around the pieces. Cover and cook 6 minutes; uncover and cook 9 minutes. Turn chicken pieces; cover and cook 6 minutes. Uncover and cook another 5-9 minutes, depending on size of pieces. If necessary for even browning, turn pieces over a few times toward the end.
- Drain on paper towels or paper bags. Let cool at least 20 minutes before serving.
- Note: If chicken is larger than 2½ pounds, use a large heavy knife to cut each breast half in half again, making 10 pieces in total

Time- 1 hour (plus brining time)      Yield- 4 servings

Originally adapted from "The Way to Fry" by Norman King, Oxmoor House, 2013

# Shop Talk

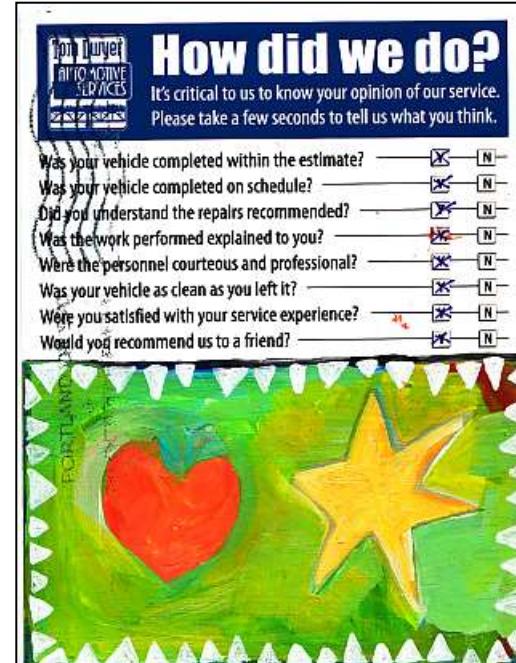
## A comment without words?



### Comment of the Month



This month's Comment was hard to include as a comment because it doesn't have any words, but we made the exception anyway. It comes from our Post Service Feedback cards where Smith E. used her precious time and talent to make this beautiful hand-painted comment thanking us. It's wordless, we're *almost* speechless, but we *can* say THANK YOU SMITH!



### Referral Reward Program



The big Referral Reward news this month is our quarterly winner, but donations were continuing behind the scenes all month. If you're new to it, our Referral Reward Program says "thanks" for your generous referrals by making donations to the non-profit group of your choice whenever a new client gives your name as a referral source. Donations vary from \$10 to \$50 based on the new client's initial purchases. In October we were able to make **10** donations totaling **\$333** to these groups...

[CNBSeen](#) by Matt J.

[Friends of Trees](#) by Debbie B.

[Boys and Girls Club](#) by Kevin W.

[Artichoke Music](#) by Kimberly D.

[Emily's List](#) by Michael E.

[Community Cycling Center](#) by Pat A.

[KMHD Radio](#) by Jacquelyn S.

[Oregon Food Bank](#) by Ginny S.

[KBOO Radio](#) by Vincent P.

[Planned Parenthood](#) by Sheldon S.

That donation to CNBSeen by Matt J. is something special... it's the first donation they've received, and we know that because they're just starting up and we're working with them to get off the ground. Read our article about them this month, and please donate! (If you're so inclined). That's the October wrap-up... keep watching this space for the latest on Referral Rewards!

### 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.

# Health Notes

## For optimal health, savor life

By Michael Finkelstein, MD, Well Being Journal,  
Vol. 24, No. 5.

Whether we suffer from common ailments such as insomnia, high cholesterol, and allergies or chronic illnesses such as diabetes, heart disease and fibromyalgia, our health challenges can interfere with our ability to enjoy our lives. The specifics of our respective health challenges simply impact our lives in different ways and to different extremes. For this reason, whatever complaints my patients have, I always ask this question at the outset of our work together: What will you do with your life, once your health is restored?

Usually, the question takes my patients aback. Not only do people not expect a medical doctor to inquire about such matters, but most people have given little, if any, thought to the answer. Yet the answer to this question is typically the linchpin for our ability to get and stay healthy. In our fast-paced world, we are used to looking for quick-fix solutions to our health challenges, not realizing that these “solutions” in fact may contribute to our problems. Most health challenges are the result of an imbalance in our bodies and lives, and most quick-fix solutions actually exacerbate these imbalances. If, instead, we take a slow medicine approach—identifying the root cause of our health challenges, then creating a thoughtful, step-by-step, and long-term response to it—we effectively bring ourselves back into balance. In doing so, not only do we not resolve our primary complaints but we benefit elsewhere in our lives, often in unexpected ways.

As many of us are beginning to understand, health is not just the absence of disease but, rather, a state of wellness. Sadly, despite this realization, the more-more-more drive of our materialistic lifestyles—more money, more status, more stuff—is slowly killing us from a combination of stress, isolation, and emptiness. When we slow down, live our lives with passion, meaning, and purpose and cultivate harmonious relationships with those who are important to us, we bring ourselves into greater alignment on



every level—body, mind, heart, and soul. This alignment, in turn, enhances our sense of overall wellness, shifting us from the sympathetic nervous system’s fight-or-flight response to the parasympathetic nervous system’s healing response.

To this end, most of my patients have experienced symptom relief, not only from exercising this many times a day or ingesting a particular supplement but also as a by-product of whatever conscious steps they have taken to return to a state of genuine fulfillment, that place where they feel truly alive. They have done some combination of spending time in nature, playing a musical instrument, mending a broken relationship, volunteering at a homeless shelter, and otherwise honoring, deepening, and celebrating their lives.

There are, of course, many external triggers for illness, such as environmental toxins or injuries that lead to a chain reaction of difficulties. In many cases, however, the root of a health challenge is related to an emotional or spiritual component. When this component is taken into consideration as part of a comprehensive treatment plan, people experience better outcomes.

The proverbial struggle with weight, for example, is typically aggravated by emotional eating, yet the most common “remedy” for it is dieting—which, in fact, is often counterproductive. The shame, guilt, and self-recrimination of dieting only exacerbate the root emotions—creating a vicious cycle of feeling bad, then eating to feel better. Fixating on calories, exercise, or specific foods entirely misses the point of why we overeat to begin with, and therefore is doomed to fail at sustainably transforming our habits. Instead, we need to identify why we are overeating: What void in our lives are we seeking to fill, and what steps can we take to actually fill it?

To achieve and sustain good health, no matter what the ailment, we need perspective. We need to zoom our lens on the area calling for attention, pan the lens out to take in the big picture, then

use our intelligence and intuition to connect the dots in-between. We need to become aware of each area of our lives and explore how to optimize our wellness in those areas—by eating nutrient-dense foods, spending time by the ocean, becoming a foster parent, traveling abroad, finding a loving partner, or whatever else helps us create a harmonious life that is filled with passion and purpose.

Everything is interdependent—muscles and nerves, bodies and minds, people and planet—with each connecting thread having a effect on the other. We all have the capacity to understand the interconnected web of our health and to channel the that effect in a positive direction. This individualized process requires trial and error, and therefore takes time, but ultimately allows us to cultivate lasting wellness.

The whole reason we want to be healthy, after all, is to lead a fulfilling and meaningful life. By figuring out how to do so right now, in whatever

modified forms may be required at this time, we can achieve the state of wellness we seek, without unnecessary deprivation and pointless sacrifice. Instead of dieting, we can increase our intake of whole, unprocessed foods that are both healthy and delicious, and we can celebrate our meals with flowers, music, and good company. Instead of exercising on a treadmill at the local gym, we can enjoy moving our bodies through hiking in the woods, practicing tai chi on the beach, or dancing at a night club. These changes are all about living, which is the point of being well.

Getting healthy does not need to be a chore; rather, it can be an adventure. By getting creative about how to expand into the life we have right now, and by truly savoring this life—physically, mentally, emotionally, and spiritually—we chart new paths to wellness that leave us feeling better on every level. And that is what health is all about.

This article was originally posted in Michael Finkelstein's blog for *The Huffington Post* on July 16, 2014, and is adapted for *Well Being Journal* and reprinted here from <http://slowmedicinedoctor.com> by permission.

Michael Finkelstein, MD, The Slow Medicine Doctor, is the author of *Slow Medicine: Hope and Healing for Chronic Illness*, endorsed by Andrew Weil, MD and Mehmet Oz, MD.

# **Sellwood Bridge Update**

The long strange trip is almost over



We're closing in on the final few installments of our Sellwood Bridge Update column. For both of our fans out there, we'll be closing with a retrospective of the Bridge construction, and a look at what a long strange trip it's been to get our long strange bridge. But until then, here's the latest Update...

Our understanding is that the Bridge must be completed by contract in November, with every detail complete and every guy with a hardhat gone. That's still mostly the case. According to Mike Pullen with Multnomah County the major work will indeed be done in November, but there will likely be minor clean up work ("punch list" work) for a couple more months. The trailers to the north of our shop will be removed by early December, and other minor work includes small things like completing the installation of the public art.

Anyone coming through Sellwood in the morning rush knows the rush is a slow trudge, with traffic backing up Tacoma Street and into the neighborhood side streets. This is not news to Multnomah County, and they have plans to address it. The City wants to wait until construction is done so they can analyze the new "normal", but after the ongoing traffic juggling is over the Portland Bureau of Transportation (PBOT) will work with the Sellwood neighborhood association (SMILE) on the problem of traffic. The goal will be to reduce the cut through problem, including on 6th Ave. You can bet Tom Dwyer Automotive will be sitting at that table, and SMILE meetings are always open to any Sellwood Neighbors with traffic (or possibly other) concerns.

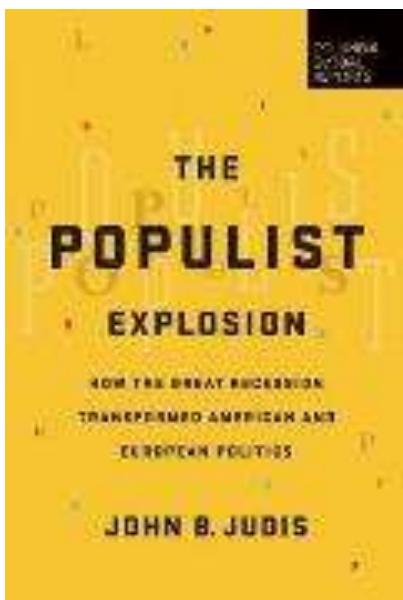
The project may be scheduled to end in November, but until then Multnomah County maintains the definitive website on everything related to the Sellwood Bridge Replacement project at [www.sellwoodbridge.org](http://www.sellwoodbridge.org). Construction and closure alerts, archived information, and other 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

## “The Populist Explosion” by John B. Judis



If you're a little unsettled by the changing nature of politics at home and abroad you're not alone. We often see current events in isolation, yet sometimes there is a deep connection between them. Donald Trump, Bernie Sanders, Brexit, Barack Obama, the Tea Party, Occupy... could there BE any one unifying factor? In this month's book spotlight, John Judis makes a powerful argument that there is, and we're only seeing the beginning of it. Click the link to go to the Powells.com site for the book, and pick up the thread for yourself...



### [“The Populist Explosion”](#)

by John B. Judis

*Review from Columbia Global Reports*

What's happening in global politics, and is there a thread that ties it all together?

There is, and it is called populism.

In the spring and summer of 2016, the world's richest democracies witnessed a collective upheaval that shocked the globe and seemed impossible to understand. As if overnight, many Democrats revolted and passionately backed a socialist named Bernie Sanders; the United Kingdom voted to leave the European Union, in a stunning rebuke; the vituperative billionaire Donald Trump became the presidential nominee

of the Republican Party; and a slew of rebellious parties continued to win election after election in countries like Switzerland, Norway, Italy, Austria, and Greece.

John B. Judis, one of America's most respected political analysts, tells us why we need to learn about the populist movement that began in the United States in the 1890s and whose politics have recurred on both sides of the Atlantic ever since. Populism cannot be defined in terms of right, left, or center. It champions the people against an establishment, based on issues—these days, globalization, free trade, and immigration—on which there has been a strong elite consensus, but, obviously, an even stronger mass discontent that is now breaking out into the open. The political system is only just beginning what will be a long-running and highly consequential readjustment.

Based on extensive travels in the U.S., Spain, France, and Denmark, and on interviews with political experts across the Atlantic, *The Populist Explosion* is essential reading for anyone hoping to grasp the forces that are altering the course of history, written by a brilliant observer who has long seen the change coming.



## Book Spotlight Bonus!

Most of the books in our Book Spotlight are available for checkout in our [Book and Bumper Sticker Library](#) in our lobby. If you see a book that interests you on your next visit, just tell your Service Advisor you'd like to borrow it and then bring it back on your next visit. You can also help yourself to one of our free magnetic bumper stickers or free DVDs on a variety of subjects. You have to admit, that's a pretty open-access lending policy, much easier than the one they had back in the Middle Ages...

### [Protect Your Library the Medieval Way, With Horrifying Book Curses](#) by Sarah Laskow

on Atlas Obscura, Nov 2016

*In the Middle Ages, creating a book could take years. A scribe would bend over his copy table, illuminated only by natural light—candles were too big a risk to the books—and spend hours each day forming letters, by hand, careful never to make an error. To be a copyist, wrote one scribe, was painful: “It extinguishes the light from the eyes, it bends the back, it crushes the viscera and the ribs, it brings forth pain to the kidneys, and weariness to the whole body.”*

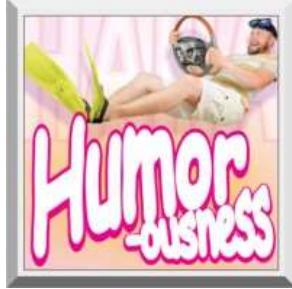
*Given the extreme effort that went into creating books, scribes and book owners had a real incentive to protect their work. They used the only power they had: words. At the beginning or the end of books, scribes and book owners would write dramatic curses threatening thieves with pain and suffering if they were to steal or damage these treasures.*

*They did not hesitate to use the worst punishments they knew—excommunication from the church and horrible, painful death. Steal a book, and you might be cleaved by a demon sword, forced to sacrifice your hands, have your eyes gouged out, or end in the “fires of hell and brimstone.”*

*“These curses were the only things that protected the books,” says Marc Drogin, author of *Anathema! Medieval Scribes and the History of Book Curses*. “Luckily, it was in a time where people believed in them. If you ripped out a page, you were going to die in agony. You didn’t want to take the chance...”*

# Humorousness

## Late night elections



Whatever else the election has been, it's been fodder for late night comedy, and uniformly it's been anti-Trump. They, like so much of the country had been looking forward with ambivalence to a Clinton presidency but convinced they'd dodged the bullet of a Trump presidency. Until... oops. Now, like so much of the rest of the country, Humorousness can't look away from the election results but at least we'll show you the funny side of it, as we watch all the late night voices respond to the Trump victory, and try to flavor the crow they're eating with a few laughs.



Seth Meyers



Stephen Colbert



Conan O'Brien



Samantha Bee



James Corden



Kate McKinnon on SNL



Trevor Noah



Election Return Sketch on SNL

Of course, there are a few commentaries on the Late Night political swamp...

[White Privilege Abounds in Late-Night Television's Response to Trump's Victory](#) by Elena Zhang on Paste, Nov 2016

[Trump Is No Excuse For Turning Late-Night Comedy Into Propaganda](#) by David Marcus on the Federalist, Sep 2016

# 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!

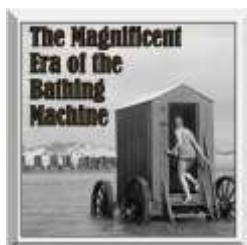


### Running your Xbox on water



Solar power is booming, but it faces a consistent problem... how to keep the energy generated on sunny days for use when the sun isn't shining? Tesla is working on a storage battery for home use but coming up with a city-scale battery is problematic. Problematic, that is, until [Oregon entered the picture with Pumped Storage](#). In a pumped storage system, solar power is used at peak time to pump water into an elevated tank (or lake) for storage. Then, when power production drops and prices rise, the water is released to run turbines that put the power back onto the grid at significantly higher prices. Buy low, sell high, and solar takes another giant step!

### The ultimate atlas of the weird and wonderful



If you check out our [Book Spotlight column this month](#) you'll see an odd little story about how medieval monks protected their books with curses. It's typical of the interesting fare we've been finding at [Atlas Obscura](#), a website that conglomerates the odd, interesting, and offbeat into one easily surfable place. Just today some of the stories are "How gramophones helped fight crime in 1940's Britain" and "A brief history of the cheese curl". [This link](#) will take you to their interactive map of 10,000 places that have appeared in the Atlas so you can plan your next trip onto the road less traveled. This amazing site will gobble up your time, but it's well worth the visit!

### Carl Sagan on building bridges



The election has left many questions, but one thought has been fairly prominent... how do we work to bridge the divides rending our country? If you only know Carl Sagan from his groundbreaking Cosmos series, then you're cheating yourself. Carl is much more, and has written extensively on science, philosophy, environmentalism, government and more. As we move forward from the election, [his thoughts on how we can bridge gaps of conviction and compassion](#) in dealing with those we disagree with are particularly timely, insightful, and hopefully useful to both sides of the gap.

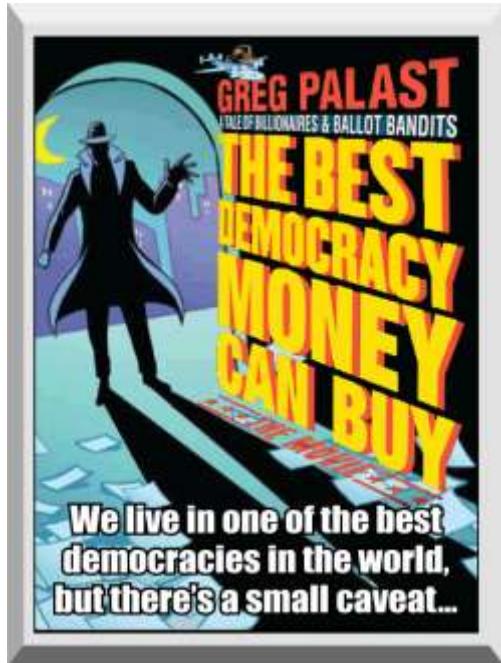
### Inside a nuclear fireball... with a stopwatch



What's this a picture of? An X-ray of a pumpkin? A new species of jellyfish? Nope. It's a photograph of a nuclear explosion taken .001 secs after detonation. When the Trinity tests of nuclear weapons were conducted, [cameras captured the expanding fireball in 10-thousandths-of-a-sec intervals](#). We tend to think of a nuclear explosion as flash/bang/dead, but if you can slow it down long enough to look, the details are absolutely hypnotic. Of course, it still ends with "dead". Fascinating.

# News To Make You Furious

The Best Democracy Money Can Buy



It seems like a column called “News To Make You Furious” is an exercise in redundancy these days. The last year (at least!) of news has been a virtual volcano of vitriol as our nation’s election system has sputtered and gasped to produce two of the most widely disliked and arguably corrupt candidates ever to run for President. “Why?” sobs the electorate. “How could this possibly happen?” There are many answers, but one is undeniable... while our votes may or may not actually matter, they aren’t the driving force in elections anymore. Politicians used to pander for votes, then they pandered for the money to reach the voters instead. Now they’ve cut out the middlemen and pander for just the money, and the voters are mere inconveniences to be removed. If you think that’s hyperbole then get ready to get Furious because if anything, it’s an understatement...

Investigative reporter [Greg Palast](#), for better or worse, was the inspiration for our monthly “News To Make You Furious” column. His 2009 article [“Stick Your Damn Hand In It: 20<sup>th</sup> Birthday of the Exxon Valdez Lie”](#) made us so furious that we ran it in its entirety in our newsletter. The response was so strong that we’ve made a point to follow his example every month by shining a light on some little noticed issue of abuse, corruption, or waste. This month Greg himself takes the stage once again with his newest movie [“The Best Democracy Money Can Buy”](#).

In the final weeks of the election Donald Trump conjured a reality where [people register and vote illegally by the millions and ALL against him](#), but without any evidence and in spite of the [evidence against it happening at all](#). He blathered about *voter* fraud, and it’s fictional. But *election* fraud... that’s something different. *Voter* fraud is one person voting illegally or multiple times, but *election* fraud means changing the votes of multiple people or worse, preventing valid voters from voting at all. We *know* election fraud happens because some of it, things like card check, gerrymandering, pay for play, voter purges, and more, are happening in the open. Palast addresses some of these issues, but is primarily concerned with the abomination of the Crosscheck program, designed to steal a million votes by November and now in use in 30 states. Crosscheck is controlled by a Trump henchman, Kris Kobach, the Kansas Secretary of State who claims his computer program has identified 7.2 million people in 29 states who may have voted twice in the same election—a felony crime, if it were true at all. What these people have in common isn’t repeat-voting (which they haven’t done) but that most of them are minorities—in other words, mainly Democratic voters.

The lists of “potential duplicate voters” are confidential, but Palast and his investigative side-kick Badpenny manage to get their hands on the actual data. They analyze it and go find some of these 7.2 million American “suspects” whose votes are threatened this November... an action that neither Kobach nor the voter-security thugs have bothered to do themselves. They confront Kobach with the evidence of his “lynching by laptop” and they find and confront the billionaires behind this voting scam. This real life detective story is told in a film noir style with cartoon animations, secret documents, hidden cameras, and a little help from Rosario Dawson, Willie Nelson, Ice-T, Richard Belzer, Shailene Woodley, and Ed Asner.

There are two aspects of this film that, strangely, DON’T make us Furious. The first is that our own Tom Dwyer has supported this project from [its Kickstarter beginnings](#) and is credited as a producer of the film. Yea, Tom! The second is that our political cartoonist [Keith Tucker](#) played a huge role in the film, doing the storyboards for the movie, creating the animation that is such a strong part of the storytelling, and creating the comic book adaptation of the movie.



We want everyone in America to see this film, not just to make you Furious but to get you involved! We (and Greg Palast) have several options to make it easy... stop by the Dwyer shop to pick up your FREE DVD copy (while supplies last), or go here to order the [DVD](#) or [book](#), or go here to [stream the video](#), or go here to [download the 57-page comic book](#). And then, PLEASE, share this critically important information with your friends and family... BEFORE the next election!