



## Tom Dwyer Automotive Services Monthly Newsletter for Feb/Mar, 2017

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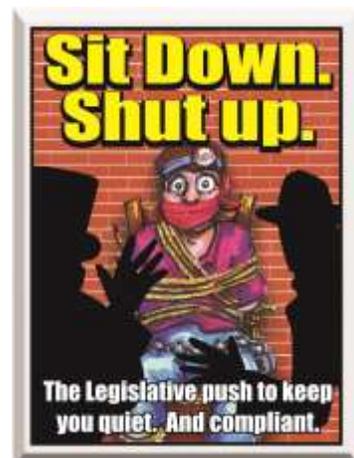
#### Popcorn Shorts

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

- What Happens When We Don't Believe The President's Oath?
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#### News To Make You Furious

Sit down. Shut up.



# Tom's Tidbits

## It's time to euthanize for-profit health care

Greetings!

Once upon a time you could [pay your doctor with chickens](#), but you always get what you pay for. Costs grew with technology until individual fee-for-service medical care became too expensive. Health *insurance* spread those costs to make health *care* affordable for decades, but the costs kept rising until the insurance itself became too expensive. Now our country faces a stark choice... leave medical care only for those who can afford it, or provide it to everyone and distribute that cost across the entire society. As the number who can afford care dwindles, pressure is growing for the second option. The Democrats had their shot and the Republicans just tried their best, but the fatal flaw hamstringing them both is not going away anytime soon...



Everyone except Donald Trump knew that "[health care was complicated](#)", but the outline of the problem itself is very simple and non-partisan: we must have medical care so we must pay for it somehow. If direct pay gets too expensive we create insurance; if insurance gets too expensive we create... what? If the goal is to ensure affordable medical care for all then there are "righty" and "lefty" possibilities for solutions. But that's *not* the goal; at least not for our purported representatives... their goal is to ensure medical care *while keeping for-profit insurance companies in the loop*. In 1991 health insurance and administration costs accounted for between [19% and 24%](#) of total healthcare spending; an [update to that study](#) showed an increase to about 30%. No one but insurance lobbyists can explain why that's necessary for success (and they only seem able to explain it to politicians behind closed doors) but it's the fatal flaw that will kill *any* plan from *either* party.

The Democrats [took the first crack at it](#). After 2 years of acrimonious debate the Affordable Care Act (ACA, or ObamaCare) passed with no Republican support in either chamber. The Democrats owned it. But, as hated, bureaucratic, complex, and ham-handed as it was, it seemed to be an improvement over the collapsing system it replaced. The [number of uninsured began dropping to the lowest level in decades](#) and [premiums initially dropped as well](#). On the other hand, everyone still wasn't covered, competition was feeble, costs were still rising, and they would continue to do so. Not a complete success, to be charitable.

The Republicans were next up to bat... Whether on philosophical, political, or economic grounds, they'd been united in condemning the ACA and voted over [50 times to repeal, defund, or cripple all or parts of it](#). They'd also been united in their deafening silence about the "replacement" to follow the "repeal", but they aren't the opposition party anymore and had to actually propose a concrete replacement. The [CBO review of their first bill in the House](#) said millions would lose coverage in the first year, [more people will be without insurance than when ObamaCare started, those who have insurance will probably be paying more](#), and costs will still rise going forward. The [White House's own internal review](#) was even bleaker. Not encouraging, (to be charitable once again) but that's the bill the Republicans brought to the floor. The results of their non-vote show that while it's easier to say something could be improved, it's much harder to figure out how.

Would you like to support Single Payer Healthcare while enjoying some of the best Blues you'll ever hear? Then join us at [the 6<sup>th</sup> Annual Inner City "Healing The HealthCare Blues" Festival](#) on April 22<sup>nd</sup>. We'll have full details in next month's newsletter!



Winston Churchill wisely said "You can always count on Americans to do the right thing... after they've tried everything else." Rational people know there's no such thing as a perfect health care system. Even countries with universal coverage still bicker about rising costs or where money flows within the system, and there are still small numbers of people who can't get care. But currently, even under ObamaCare, we have the highest cost of any healthcare system in the world and over 10% of our population has no access to care at all. We've tried the Democrat's recipe and we almost tried the Republicans', but they are both recipes for failure until the profit is removed from our health care thinking. It's long past time to move on to the right thing... single payer. We all participate in the benefits, we all carry the load. And I, for one, am tired of corporations profiting and politicians grandstanding while real people die waiting for our representatives to try everything else.

Take care and make a great day,

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

## **Digging Deeper**

[\*\*18 Ridiculous Statistics About The Health Care Industry That Will Make Tear Your Hair Out\*\*](#), by Michael Snyder in Business Insider, Feb 2011

[\*\*Do we really spend a third of health care dollars on billing and bureaucracy?\*\*](#), Ian Kullgren on PolitiFact, May 2012

[\*\*The Reason Health Care Is So Expensive: Insurance Companies\*\*](#), by Jeffrey Pfeffer on Bloomberg News, Apr 2013

[\*\*Obamacare: Last Week Tonight with John Oliver\*\*](#) (HBO)

[\*\*Paul Ryan Doesn't Understand Insurance\*\*](#), The Young Turks, Mar 2017

[\*\*Why Do Republicans Hate the Republican Health Care Plan?\*\*](#) By Reihan Salam on Slate, Mar 2017

[\*\*Republican Views on Health Care\*\*](#), Republican Views, Nov 2014

[\*\*History and Timeline of the Affordable Care Act\*\*](#), eHealth, Sep 2016

[\*\*Key Facts about the Uninsured Population\*\*](#), Kaiser Family Foundation, Sep 2016

[\*\*Republican healthcare plan is not what the doctor ordered\*\*](#), by Patrick Tomlinson, The Hill, Mar 2017

# What NOW?!! Toons

Keith Tucker's WhatNOW?!! Toon for Feb/Mar 2017



**"WHAT NOW?!!"**

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WWW.WHATNOWTOONS.COM

# The Best Turks Are The Young Turks

The best news you aren't watching... but everyone else is



The Founders thought the Press important enough to protect it in the Constitution, while Donald Trump calls it the “enemy of the people”. Who to believe? There’s truth in both positions... an active, inquisitive Press *is* vital to a democracy but an inept or compliant one *is* a threat. Fortunately there’s not just one “Press” at all. “The Press” is now “The Media” with tens of thousands of print, audio, and video outlets varying wildly in intent, quality, and style. Information from ANY one source guarantees a distorted view of reality, so people are learning to get their information from a sampling of outlets. If you’re not already fans, we’d like to introduce you to one standout group unafraid to speak truth to power but willing to wait until it has some facts first...

## History And Growth

[The Young Turks](#) (from the Anglicized term for “a young radical who fights the status quo”, not a [reference to the Armenian Genocide](#)) premiered in 2002, created by [Cenk Uygur](#), [Ben Mankiewicz](#), [Dave Koller](#), and [Jill Pike](#). It was an independent radio talk show on Sirius Satellite Radio, originally based out of the living room of Uygur. The Young Turks signed a distribution deal with Air America in 2006 and ended its run with Sirius in 2010. MSNBC used the opportunity to sign Cenk to a six month trial run as an anchor, but that didn’t go well. From [HuffPo](#)...

*“Speaking on his “Young Turks” show, Uygur said that, though the ratings for his show had been satisfying MSNBC executives, his “tone” had not. According to his version of events, his departure from the network was the [culmination of a protracted struggle](#) with MSNBC management who wanted him to be more buttoned down.”*

[MSNBC tells a different story](#), but it turned out not to be much of a problem for the Turks anyway. The Young Turks had established the first daily streaming online talk show in 2006 during their Sirius run, and it was steadily gaining traction. Cenk’s no-BS, fair-if-not-balanced attitude was critical to building that audience so the Young Turks continued their focus around him. He was soon paired with Ana Kasparian, an intern for the Turks’ pop-culture segments, who stepped up as co-anchor. The Cenk-Ana duo that continues to this day was set, and the Turks were off and running. [Today](#), they have over 2 billion lifetime views, more than 3.5 million subscribers to their various channels, and over 35 million viewers per month on YouTube, beating giants like CNN and ABC News. And they’re now gaining over 200,000 new subscribers a month.



The documentary “[Mad As Hell](#)” traces the growth of The Young Turks from Cenk’s cable access show, through his MSNBC adventure, and onto today. Well worth watching!

## The Young Turks are a LOT of Turks

The Young Turks is more than Cenk and Ana, though. A typical show involves Cenk and/or Ana delivering the news with commentary from [27 hosts from news, politics, sports, and culture backgrounds](#) that bring a variety of viewpoints to each story they cover. The [Young Turks Network](#) has 8 shows under headings of News&Politics, Sports, Lifestyle, Gaming&Tech, and Entertainment. But The Turks are out investigating and breaking news, not just opining on it. As just three examples, [Jordan Chariton was the one who broke the story of Donna Brazile](#) leaking debate questions to the Clinton campaign as well as doing some excellent

[reporting on the Flint Water Crisis](#). [Josh Fox helped bring the Dakota Access Pipeline to prominence](#), staying and reporting for the long term rather than dropping in for a photo-op-arrest (we're looking at you, Amy Goodman!) Here's a sampling of Cenk, Ana, and some of the other Young Turks...



**Cenk Uygur**

[Cenk's Rousing Speech On Getting Money Out of Politics](#), video, Feb 2017



**Ana Kasparian**

[Who the Hell is Ana Kasparian](#), video, Jun 2013



**Jimmy Dore**

[Your Democracy Has Been Stolen; Time For Revolution](#), Jimmy Dore Show, Oct 2016



**Shaun King**

[Shaun King: Why I joined The Young Turks](#), video, Jan 2017



**Jordan Chariton**

[Jordan DESTROYS North Dakota TV Anchor on DAPL](#), video, Feb 2017



**David Sirota**

[Paul Krugman Called Out For Shilling For HRC](#), video, Oct 2016

## Branching Out

From the very beginning, The Young Turks was envisioned as an alternative to the Corporate Media that inundates our world. They've carried that philosophy through their reporting and reporters, but they aren't stopping there. Here are three projects the Turks are working on that won't just offer an alternative to mainstream media, but a different model for it as well...

### TYT Investigates-

The Center for Investigative Reporting (CIR) and TYT Network are collaborating on a new investigative video news production, "[TYT Investigates](#)," that will feature high-quality, high-impact investigative videos and panel discussions targeted at the viewers who have watched The Young Turks YouTube Channel more than 1 billion times since 2005. The first documentary, "Who Took Down Stockton?," examines how Stockton, Calif., became the largest city in American history to file for bankruptcy. The piece, published Monday, May 20, at 3 p.m. PST, highlights the key characters and decisions that brought the city to the brink and traces the trail all the way back to Wall Street. Watch it now on TYT or CIR's investigative YouTube channel, The I Files.

## TYT Reporting Teams-

The network wants to greatly increase the size of its news team in order to provide even more political coverage for its viewers. To that end, Uygur and his team have launched a [crowdfunding campaign through which they hope to raise \\$2 million to support the creation of four new investigative news teams](#). Each team would consist of a single reporter, who would be surrounded by editors, producers, and camera people. With an expanded stable of capable journalists, The Young Turks hopes to deliver more of the brazenly anti-establishment stories its viewers have come to expect.

“[I]magine what we could do with FIVE full reporting teams!” says Uygur in a post introducing his company’s latest crowdfunding campaign. “Let me at ‘em. We have to keep Trump accountable. We have to keep the establishment accountable. No one is doing investigative pieces on the donors, the appointees, the leaders in Congress. There are so many things to investigate and uncover. Let us stand up for the American people.”

## TYT Launches “Justice Democrats”-

“The Democrats used to represent something wonderful - voters,” Uygur said in his announcement, listing all the victories made possible by “Strong Progressives.” But he says that lately, Democrats haven’t lived up to their party’s ideals, “There was a hostile takeover. Multinational corporations decided, ‘hey you know what we need the Supreme Court on our side,’” Uygur says, providing context on how the Democratic party started to bow down to corporations.

“We want you to represent ‘just us’ not your donors. Just the voters, not your donors. [So from now on there will be a new wing of the Democratic party and it will be the Justice Democrats](#). We will seek social justice, economic justice, racial justice and plain old justice, justice,” Uygur announced. He adds that people can nominate others through their site. “None of our candidates are allowed to take corporate money or big donor money...we will be going down the road of representing the people, being sourced by the people, and getting our funding from the people.”

The Young Turks are creating a new model for what journalism will have to become to survive, at least with any shred of integrity. They’re aggressive, fact-based, and entertaining. They won’t just report the line from corporations or politicians; they’ll dig deeper until the whole story is told. To stay independent, they’re relying on their audience to realize the value of what they’re providing and then step up to support it... sort of a public radio model with energy. Take time to take a look at The Young Turks... you’ll be up to speed when all your friends are talking about them!

## Digging Deeper...

[The Young Turks Website](#)

[The Young Turks on Facebook](#)

[The Young Turks Reporter Grills Donna Brazile On Leaking CNN Question To Clinton Campaign](#), by Justin Baragona on Medialte, Oct 2016

[Flint Water Crisis: Who Is To Blame?](#) (video) by The Young Turks, Jan 2016

[The Young Turks Hires Ex-Al Jazeera America Producer, Two Others After Raising \\$1.5 Million in Crowdfunding](#), by Todd Spangler in Variety, Mar 2017

[Center for Investigative Reporting and The Young Turks Network Launch ‘TYT Investigates’](#), Center for Investigative Reporting, May 2013

[Most Americans Don’t Think The Media Is Honest](#), by Natalie Jackson on HuffingtonPost, Jan 2017

[Rejecting Lucrative Offer, Cenk Uygur Leaves MSNBC After Being Told to "Act Like an Insider"](#), interview with Juan Gonzalez on Democracy NOW!, Jul 2011

[Cenk Uygur Launches A "New Wing" Of Democratic Party: Justice Democrats](#), by Tim Hains on RealClearPolitics, Jan 2017

[The Young Turks Are Beating Major Media Operations—on YouTube](#), by Laura Flanders in The Nation, Mar 2017

[The Young Turks Raising \\$2 Million To Fund Four Investigative Teams](#), by Sam Gutelle on TubeFilter, Dec 2016

[Contribute to The Young Turks Network](#), funding page by ActBlue

[Investigative Reporters vs The Establishment](#), The Young Turks Funding Page for their investigative reporter teams

# The Envelope, Please...

Here's the winner of our \$500 Referral Reward yearly award



Our Referral Reward Program is our way of saying “thanks” when our existing clients generously refer new clients to our shop. Every time a new client comes in we ask how they heard about us, and when they give us a specific person we can track down we call that person and make a donation to the non-profit group of their choice. Since 2014 we’ve been privileged to donate almost \$16,000, including our quarterly and yearly awards. It’s those yearly awards that brings us here today... your votes are in, and we’re pleased and proud to announce that the winner of our 2016 Yearly Award and recipient of \$500 is “La La Land”. No, wait, it’s actually...

## Planned Parenthood of the Columbia/Willamette

You may remember reading about Planned Parenthood in these pages not very long ago; it was just in November that [they won \\$250 and our third Quarterly award](#). Well, it seems that for some unknown reason Planned Parenthood’s popularity is only growing these days. While their November win was a squeaker, they won this award with twice the votes of their nearest competitor. In [their last article](#) we told you about the history of the organization from the Planned Parenthood website. This time we’ll share some articles from other sources about their services, funding, and more. Congratulations Planned Parenthood once again, and we’re sure they’ll put the \$500 to good use!



### 100 Years Of Planned Parenthood

[Birthright- What’s Next For Planned Parenthood](#), by Jill Lepore in The New Yorker, Nov 2011

[I Stand With Planned Parenthood](#)- How to help Planned Parenthood 24/7/365

[Access to Most Effective Birth Control Could Save \\$12 Billion a Year: Study](#), Alexandra Sifferlin in Time, Mar 2017

[Fact Checking Planned Parenthood](#), Snopes.com

[Unspinning the Planned Parenthood Video](#), FactCheck.org, Jul 2015

From the Planned Parenthood Website...

[Planned Parenthood Newsroom](#)  
[Want To Work For Planned Parenthood?](#)  
[Press Releases](#)

[Education and Outreach](#)  
[Patient Resources](#)  
[Who We Are](#)

# Should Business and Politics Mix?

One of our clients didn't think so, but here's my view



When a client recently asked about our “#NotNormal-RESIST!” bumper stickers, we told her they “were in protest of the new administrations irregular behaviour”. It didn't sit well. “Politics has no place in your business”, she said. “I'm never coming back here again, and I'm telling my friends to do the same”. Maybe she was right... keeping politics out of business is basic business advice; after all, why give *any* person *any* reason NOT to come to your business? Profit is critical in business but some things are just as important as profit. Staying quiet about those higher priorities can border on criminal, especially in today's world or to protect a dollar. Here's Tom to explain why he puts his company's neck on the political chopping block time and again, and why he's not likely to stop...

Greetings,

Here's a little secret... I was a registered Republican for 20 years before my political awakening. When I started my business 36 years ago I was politically clueless... I didn't even know the difference between the major parties! After a cursory investigation it seemed [Republicans were the party of business](#) and a little business networking seemed to make sense. It was a different time then. I never changed my registration because I was politically inert and was too busy trying to survive in business to care about politics, but around 1998 a co-worker helped direct my available bandwidth to some sources of real news and reporting. That set me on a path to enlightenment and the understanding that my interests would be best served if I woke up.

Reagan understood that people that are ill-educated, poor and over-worked seldom cause political ripples. He famously stated the reason he opposed free education: “why would I want to pay to educate people who would oppose my policies?” The decline in availability and quality of free public education, the “dumbing down of America” brings with it many slow insidious side effects and has led to the decline of Democracy. Civics and History are critical tools in the fight for political self-determination, but it seems we are no longer citizens and have become just people-that-live-in-America. “Citizens” should not be just passive residents in a society; the role of “citizen” *obligates us to participate* in creating the society we want.

I'm not a Republican OR a Democrat and I think my beliefs are widely shared by the people of (if not the leadership of) both parties. Both of the major parties have lost their way. The two party system is broken; The Republican leaders have fallen off the right side of the political landscape and the Democrats are no longer the opposition party. They have become Republican-lite and with very few exceptions mirror the Republicans subservience to the Corporate donors that now rule our failing country.

[We are no longer “#1!, #1!, #1!” unless you are referring to poverty, hunger, infant mortality, bloated military, crumbling infrastructure or any of the other sad realities that we now lead in.](#) I believe that government should work for the poor, the middle class, and the wealthy alike. I want



You can choose to stand for something, or choose to stand for nothing. If you choose nothing, this handy [Random Mission Statement Generator](#) will let you pick the vacuous values that don't drive YOUR company. Here's the one we got... “It is our job to continue to professionally synthesize progressive catalysts for change as well as collaboratively synergize e-services methods to set us apart from the competition.”

a society that cares for its members and protects the commons, and I believe in the basic principles of accountability, freedom, and rule of law that people have died for for more than two centuries. I believe that corporations should not have the rights of people and that they have far too much control over our society. I think we do better as a country when everyone plays by the same rules.

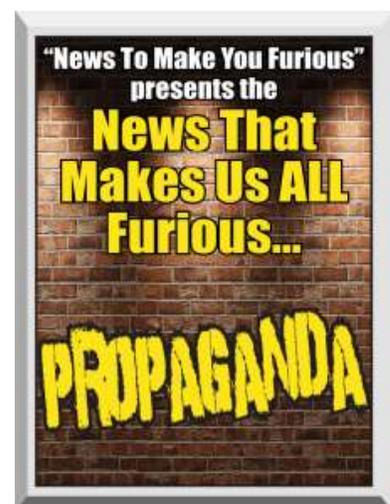
With all the years I've put into Tom Dwyer Automotive Services it would have been impossible to keep my views out of the office even if I tried. For example, like every business we're asked to sponsor many worthy causes. We obviously can't support them all, so I choose what I think are important issues like [single-payer health care](#) or [climate change](#). You'd get bored if our [newsletter](#) was about cars month after month so we try to bring you information on topics like [police militarization](#) or the [federal budget](#). When our company chose to advertise [we picked a fledgling Progressive station](#) as an alternative to the Rush Limbaughs of the world, and instead of driving clients away the response was very positive.

Business has always been tied to politics... the titles "Merchant Prince" and "Robber Baron" have a long history. The [British East India Company](#) played quite a role in our country's earliest days, and "What's good for GM" was once assumed to be good for the country. [Standard Oil](#) at home, [United Fruit in Central America](#), and [Halliburton in the Middle East](#) are three notorious names in global politics. [Fossil fuel companies lobby for laws](#) to continue profits even as the planet melts down while [ALEC now puts lobbyists in the position of actually writing bills](#). The closely held [religious views of Hobby Lobby and Chick-fil-A](#) influenced recent decisions at the Supreme Court. BIG businesses have never shied away from politics even when they were being quiet about it, but for SMALL business silence has always been the rule.



That's been changing for a while. [Local Chambers of Commerce](#) never go beyond local politics and the [NFIB seems to use small business as a fig leaf](#) to advance big business agendas, but the evisceration of Main Street and the Middle Class have forced small businesses into politics for self-defense, if nothing else. Groups like the [Main Street Alliance](#) and [National Small Business Association](#) give small companies a way to bind together on issues bigger than their own industry or business district. Increasingly, small businesses aren't waiting to bind together but are taking stands on their own. Individual small business voiced concerns throughout the Obama administration, and Trump's recent [travel ban prompted thousands of small businesses to close in protest](#). More and more businesses are putting up signs, or making donations, or hosting events that resonate with their own ideas of politics.

And customers seem to like it. The sterile, bland, and impersonal service at large companies comes from searching for a common denominator between ever-larger swaths of the population. Smaller companies serve their smaller niches more responsively, and so have more room to add distinct personality to their businesses. This gives their customer an advantage. Rather than patronizing some Big Gray Company with an obscure agenda the customer may not agree with, they know what the company stands for and can choose to support them... or not. Politics in business is a two-way street; a company can speak out but they'll have to stand by it when their customers vote with their dollars.

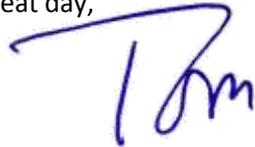


I think politics does play a role in business but not a primary one. I don't push or preach politics and many clients don't even notice or care, and that's as it should be. No company should offer products, services, or employment based on a political stance. Our shop isn't a political

indoctrination facility for our employees or our clients; we don't hire people based on their t-shirts or decide which cars to service based on their bumper stickers. If Rush Limbaugh lived in Portland we'd proudly give his vehicle the same care and attention we gave Thom Hartmann when he lived here.

Yes, politics is important and I don't shy away from it, but I run a business. I will never forget that our most important goal is our core mission statement: To deliver our clients impeccable, professional service beyond the rest of the industry while taking the best possible care of the people that make Tom Dwyer Automotive Services possible. I started working for myself in 1981 after my last-ever employer asked me to perform unnecessary work on a customer's vehicle. After pushing back unsuccessfully the wheels on my tool box went into action and I've never looked back.

Take care and make a great day,

A handwritten signature in blue ink that reads "Tom". The signature is stylized with a large, sweeping initial 'T' and a cursive 'om'.

## Digging Deeper...

[The Politics of Small Business](#), National Small Business Association, Jun 2012

[Why Businesses Should Think Twice About Getting Involved in Political Issues](#), by Carol RothEntrepreneur.com, Apr 2015

[Should Companies Take a Political Stand?](#) by Simon Collins on BoF, Apr 2016

[Getting Political Can Cost Your Business Dearly If You're Not Cautious](#) by Jayson DeMers in Forbes, Feb 2017

[STUDY: The Public Wants Its Brands to Get MORE Political](#) by Patrick Coffee in AdWeek, Nov 2014

[Corporate Political Activism: Why Corporations Are Taking Political Stands More Than Ever](#) by Daniel Korschun on the Drexel University News Blog, Jun 2016

[Boycott Of Trump-Friendly Businesses May Be Having An Effect](#) by CBS-SFBayArea, Feb 2017

[Tech Companies Unite Against Trump Immigration ban](#) by Elizabeth Weise in Milwaukee Wisconsin Journal Sentinel, Feb 2017

[Yemeni Small Business Owners In New York Stage Protest Against Trump Travel Ban](#) by Susan Adams on Forbes.com, Feb 2017

[Businesses Must Make a Stand on Important Social Issues](#) by Peter Gasca on Entrepreneur.com, Apr 2016

[More Companies Taking Stands On Political Issues](#) by Frank Witsil in the Detroit Free Press, Jan 2017

[Mix Business With Politics? It's OK With Most Folks, But Consider These 5 Things](#) by Kent Hoover on BizJournals.com, Oct 2014

[Here Are The Most Polarizing Political Decisions That Companies Made Last Year](#) by Maxwell Tani in Business Insider, Jan 2016

[Companies Are Speaking Out On Social Issues And Getting Results](#) by Sarah Halzack and Drew Harwell in the Washington Post, Jul 2015

[VIDEO: Should Companies Take A Stance On Political Issues?](#) FOX Business, Nov 2014

[Should Small Business Owners Preach Politics?](#) by Hank Gilman on Forbes, Nov 2015

# Drew's Kitchen

## Chicken Portobello Lasagna



If lasagna isn't your favorite food we bet it's at least in the top 10. If it's possible to get tired of ground beef, cheese, more cheese, and tomato sauce then Drew is ready to ride to your rescue. His recipe doesn't have the ground beef but don't worry, the cheese is still there, and there's Portobello mushrooms you probably never even expected. Buon Appetito!

Yield: 6 servings

Prep: 20 min

Cook: 10 min

Bake: 1 hour

Stand: 10 min

- (1) 10-oz. pkg frozen chopped spinach, thawed
- (1) tbsp. butter
- (3) 6-oz skinless chicken breasts, diced
- (1) 8-oz pkg sliced fresh baby Portobello mushrooms
- (1) 10¼ oz can reduced-fat cream of mushroom soup
- (1) 8-oz container reduced-fat sour cream
- ½ tsp pepper
- ¼ tsp salt
- (1) 8-oz block 2% reduced-fat sharp cheddar cheese, shredded
- (6) no-boil lasagna noodles
- 3 tbsp grated parmesan cheese

1. Preheat oven to 350°. Drain spinach well, pressing between paper towels.
2. Melt butter in a large Dutch oven over medium-high heat; add chicken and mushrooms, and sauté 10 minutes or until chicken is done and mushrooms are tender. Remove from heat. Stir in spinach, soup, and next 3 ingredients; fold in cheese.
3. Spoon one-fourth of chicken mixture in a lightly greased 8x8" baking dish. Arrange 2 noodles on top of mixture. Repeat layers twice; top with remaining chicken mixture. Sprinkle with parmesan cheese.
4. Bake, covered, at 350° for 45 minutes; uncover and bake 15 minutes or until bubbly. Let stand 10 minutes before serving.

Note: To make ahead, prepare recipe as directed through Step 2. Cover and chill at least 8 hours or up to 24 hours. Let stand at room temperature 30 minutes; proceed with recipe as directed.

*Recipe originally appeared in Southern Living Cooking School; Apr 2008*

# Shop Talk

“In Our America” signs are available In Our Shop!



## Comment of the Month



This month's comment comes from the "What can we do to improve?" section of our [Post-Service Feedback Cards](#). Client Timmi B. said...

***"My car is under warranty but if it needs repair I will bring it here instead of a Dealership. I trust the service, technicians, and integrity of your shop!"***

Thanks Timmi! We think that's a very wise decision, but not everyone knows they have that option. Many people think their warranty requires all services be done by the dealer, but that's not so! Of course you'll want to take full advantage of any added maintenance contract you bought, but anything not covered by warranty or maintenance contracts can be done by any shop, and your warranty will remain perfectly intact. If you bought a new vehicle and it's still under warranty, you don't need to wait until the warranty's up to come to us. Give our non-commissioned Service Advisors a call and they'll gladly tell you exactly how we can still be of service to you, warranty or not!

## “In Our America” Signs



Have you seen these signs around town but wondered where to get your own? We've got yours here, because Tom Dwyer Automotive is proud to be a distribution point for "Nasty Women Get Shit Done PDX", the group behind the signs. Yard signs are \$10 each (complete with a spiffy wire frame), posters and bumper stickers are \$3 each, and all proceeds go to the Nasty Women to help with the Resistance. If you can't come by our shop then please drop by the [Nasty Women website](#). It's not just a great place to get your Resistance Kit, but a great place to join up!

## Referral Reward Program- February Awards!



Thanks so much to all our clients for your generous and consistent referrals of our shop! If you refer a new client to us you can expect a call about our Referral Reward Program, our most tangible way of saying "thanks" for your invaluable support. Any time a new client comes in and gives us a specific person we can track down as a referral, we call that person and make a donation to the non-profit group of their choice. Donations vary from \$10 to \$50 depending on the new client's first-visit spending, and we'll gladly donate to any group the referrer wants. Since we started the program in 2014 our clients have directed **380 donations totaling \$16,349**

including our quarterly and yearly awards! Don't believe us? Then here's the 17 groups we donated \$572 to just in the last month...

[Family Dog's New Life Shelter](#) by Rebecca L.  
[Save The Giants](#) by Arthur B.

[Elders In Action](#) by Barbara B.  
[Tualitin Riverkeeper](#) by Dan G.

[BARK](#) by Heesuk S.  
[Friends of Tryon Creek](#) by Jake P.  
[ACLU](#) by Elizabeth F.  
[Red Cross](#) by Nancy D.  
[Planned Parenthood of Col/Wil](#) by Caroline M., Stacy L., and Tina R.

[Oregon Public Broadcasting](#) by Tom W.  
[Our House of Portland](#) by Julia M.  
[Compassion International](#) by Meghan M.  
[Pilgrim Lutheran Church](#) by Alys A.

## **Current Discount Offers**



### **Save \$150 on any Major Interval Service**

*(30-, 60-, 90-, and 120-thousand mile Services)*

We handle Major Interval Services differently than the Dealerships, but it's still a good idea to have your vehicle checked out at these mileage milestones. We'll use our Comprehensive Inspection to determine your vehicle's condition, itemize and prioritize the service items, and then *do just the things that actually need to be done* to prepare for your next 30,000 miles. Take \$150 off the full service!

*(offer expires 3/31/17)*

### **Save \$30 on Minor Interval Service with SYNTHETIC Oil**

If you haven't switched to synthetic oil, you really should. It's better for your vehicle, better for you, and better for the planet. And saving \$30 makes the switch easy!

*(offer expires 3/31/17)*

### **Get a FREE Comprehensive Inspection**

*(\$150 value; free with \$300 minimum purchase)*

Our Comprehensive Inspection isn't just a quick peek. It's up to 4 hours of an ASE-Certified Technician probing your vehicle to determine, document, and prioritize any repair or maintenance needs it may have. We'll give it to you FREE if you have at least \$300 worth of service done as a result of the Inspection.

*(offer expires 3/31/17)*

## **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

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## Pacifying the Digital Natives



Maybe it's just the Future we'll have to live with... people connected to their phones and computers, not as a luxury, but as a necessity. The number of people who remember a world without computers is dwindling every day, leaving today's world to the digital natives. Being native means they're starting as early as possible; in some cases before they can even talk. We're running a social experiment with no controls, no limits, and no way of going back if things go poorly. Ten years ago, psychologist Sue Palmer predicted toxic effects from social media and screen time... now she's following up.

### [Why The iPad Is A Far Bigger Threat To Our Children Than Anyone Realizes](#)

by Sue Palmer in the Daily Mail, Jan 2016

*From the article...*

...Though I was one of the first to foresee how insidiously technology would penetrate youngsters' lives, even I've been stunned at how quickly even the tiniest have become slaves to screens - and how utterly older ones are defined by their virtual personas. Indeed, when my book came out, Facebook had just hit our shores and we were more concerned with violent video games and children watching too much TV. Seems like ancient history, doesn't it?

...Because technology moves so fast, and children have embraced it so quickly, it's been difficult for parents to control it. And when it comes to spending a childhood in front of a screen, this generation is like lab rats. The long-term impact is not known. Even before iPads hit the market in 2010, experts were warning that 80 per cent of children arrived at school with poor co-ordination, due to a sedentary lifestyle.

...One study of families owning them found a third of children under three had their own tablets. Baby shops even sell 'apptivity seats' into which a tablet can be slotted to keep toddlers entertained.

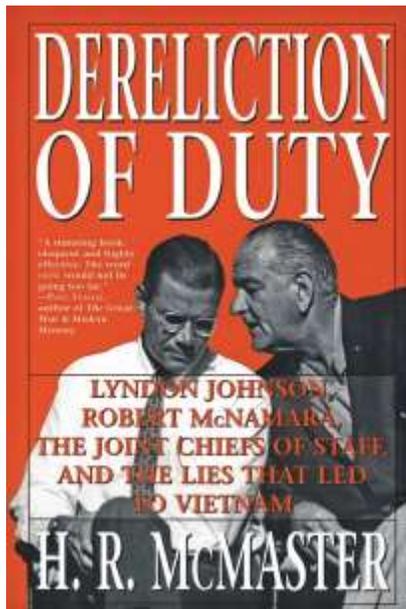
...Today's children have far fewer opportunities for what I call 'real play'. They are no longer learning through first-hand experiences how to be human and are much less likely to play or socialize outdoors or with others. One of the most depressing examples of a totally screen-based childhood involved a ten-year-old in London. The overweight, pasty-faced little lad told me: 'I sit in my room and I watch my telly and play on my computer . . . and if I get hungry I text down to my mum and she brings me up a pizza.'

# Book Spotlight

## “Dereliction of Duty” by H.R. McMaster



One of President Trump’s most interesting staff picks recently has been [General H.R. McMaster to replace General Michael Flynn](#) as National Security Advisor. McMaster has received a generally warm reception from both sides of the aisle, and has been referred to often as a “warrior-scholar” for his deep thinking about the military. The prime example of this thinking is “Dereliction of Duty”, McMaster’s PhD thesis expanded into book form. It’s a harsh look at the decision in the upper ranks of military and government during the Vietnam Era, and how confusing and indecisive goals and leadership affected the conflict. It’s also at the center of our Book Spotlight this month...



### [“Dereliction of Duty: Johnson, McNamara, the Joint Chiefs of Staff, and the Lies That Led to Vietnam”](#)

by H.R. McMaster

*"The war in Vietnam was not lost in the field, nor was it lost on the front pages of the New York Times or the college campuses. It was lost in Washington, D.C."*

- H. R. McMaster (from the Conclusion)

Dereliction Of Duty is a stunning new analysis of how and why the United States became involved in an all-out and disastrous war in Southeast Asia. Fully and convincingly researched, based on recently released transcripts and personal accounts of crucial meetings, confrontations and decisions, it is the only book that fully re-creates what happened and why. It also pinpoints the policies and decisions that got the United States into the morass and reveals who made these decisions and the motives behind them, disproving the published theories of other historians and excuses of the participants.

Dereliction Of Duty covers the story in strong narrative fashion, focusing on a fascinating cast of characters: President Lyndon Johnson, Robert McNamara, General Maxwell Taylor, McGeorge Bundy and other top aides who deliberately deceived the Joint Chiefs of Staff, the U.S. Congress and the American public.

Sure to generate controversy, Dereliction Of Duty is an explosive and authoritative new look at the controversy concerning the United States involvement in Vietnam.

#### **About the Author**

H. R. McMaster, a recent award-winning teacher at West Point and an inspiring leader in the Gulf War, graduated from the U.S. Military Academy in 1984 and has an M.A. and a Ph.D. in American History from the University of North Carolina. He is now attending the U.S. Army Command and General Staff College at Fort Leavenworth, KS.

# Humorousness

The April Fools' Pranks You'll Absolutely Need



April Fool's Day is this Saturday. No, really! Don't go into a battle of wits unarmed... prepare yourself with these pranks!

- [31 of the Best Office Pranks & Practical Jokes to Pull on Your Work Buddies](#)- HubSpot
- [10 Amazing Practical Jokes](#)- Quirkology on YouTube
- [Practical Jokes](#) on Pintrest
- [21 Of The Greatest Practical Jokes You've Ever Heard](#) on Thought Catalog
- [Practical Jokes and Pranks](#) on WonderHowTo
- [5 Pranks You've Gotta Try on April Fool's Day](#), WonderHowTo
- [5 Ice Cream Pranks You Can Do on Friends and Family!](#), WonderHowTo
- [The 10 Best Office Pranks for Torturing Your Coworkers on April Fool's Day](#), WonderHowTo

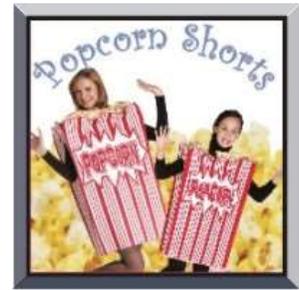


It's probably too late to get these for this year's festivities, but buy now for next year!  
[\(Click for video\)](#)



# 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, most (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!



## [What Happenes When We Don't Believe A President's Oath?](#)



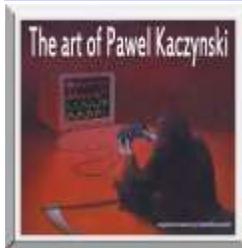
It's been said, both in support and attack, that Donald Trump blows up expectations. One that's taken a heck of a hit so far is the Oath of Office. If you're a liberal, do this thought experiment: Even as you decried the (arguable) abuses of George W. Bush, did you think he was acting sincerely in the best interests of the country *as he understood them*? Obama answered that question with "first of all, George W. Bush, despite obviously very different political philosophies, is a really good man." Now ask if you'd answer it the same way about Trump, or do you think Obama would? There are real implications when we can no longer have even that level of faith in the POTUS. This is a long article, but don't let it be TLDR.

## [Keep Up As Portland Changes Around You](#)



Nowadays Portland is changing so fast that people who moved here 5 years ago miss the "old Portland". We're one of the fastest growing areas in the country, and new construction, new zoning, and new rules pop up every day. Can't keep up? Would you like a front-row seat for the gentrification of PDX going on all around us? Check out <http://www.nextportland.com/>, with a comprehensive list of all new building, permits, and more. It's interactive so you can zoom in on your very own neighborhood, and icons indicate projects announced, ready for early assistance, in design, in permit, under construction, completed, and inactive. Click any one for the detail you'll need on your new neighbors.

## [The Art of Pawel Kaczynski](#)



There's no greater message to this piece of Popcorn than to introduce you to an artist you might like. Pawel Kuczynski, based in Poland (not Portland, but close) does subtle and haunting paintings with equally subtle and haunting social commentary. From social media and political lies to arts funding, education, environment, war, and more, he presents each issue with a clarity and insight that will leave you with a cynical little grin. We think you'll be big fans of his work!

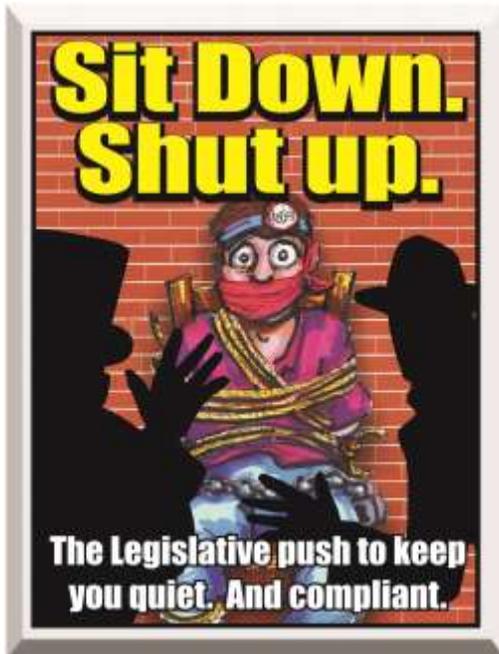
## [XRAY-FM Is Popping Up All Over](#)



We were at the XRAY-FM 3<sup>rd</sup> Birthday party recently, and we can confidently tell you it was much better than most birthdays for 3-year-olds. Of course, [XRAY](#) is already much more advanced than most 3-year-olds... they've already won one award as the Best Radio Station in Portland and they're growing even faster now with XRAY-TV and KXRW. [XRAY-TV](#) is a 4-hour (and soon expanding) block of original and curated programming airing Saturdays on cable channels 29 and 329. KXRW, XRAY's sister station in Vancouver, just went on the air March 7 after a long and bumpy road. You can find all the details about both these expansions at KXRW's [Grand Opening Blast at the Brickhouse on April 13](#).

# News To Make You Furious

Sit Down. Shut Up.



**The Legislative push to keep you quiet. And compliant.**

Republicans greeted the election of Barack Obama with the wise counsel and universal respect necessary to give his agenda a fair chance to succeed. Of course that's horse pucky; they proudly fought him at every turn. They fought based on both real policy differences and paranoid delusions, for things he did and didn't do, but fight they did. And they probably weren't wrong to do so... they were the opposition and "fighting the power" was at least part of their job. It's part of our job as citizens as well. The various flavors of Tea Party protests before and during the Obama years were citizens expressing their discontent with the policy and direction of their government as they understood it... one doesn't have to agree with their positions to recognize their right, even their duty, to protest. Now the shoe is on the other foot and the Republicans face street protests from millions as well as much-smaller-but-still-loud protests at town halls and constituent events. Their response? They aren't looking for policies that could unite, they aren't even maintaining a dignified silence as they proceed with their agenda. They're making it criminal to speak out. As Trump's law-and-order train pulls into the station, it's bringing with it increased powers of police and private security, decreased protections for individuals and group protests, and plans to squash dissent rather than address it. So sit down, shut up, and get Furious as we bring you a closer look at some of the laws, both proposed and enacted, designed to enforce your compliance to The Man...

[Court Says Police Dogs Can Maul Innocent People](#), Josh Gay on Ring Of Fire, Mar 2017

[Across the Country, a Republican Push to Rein In Protesters](#), by Mitch Smith and Michael Wines, Mar 2017

['Sit down! Quiet!': Watch Trump's heated exchanges with reporters in his longest press conference as president](#), Emmanuel Ocbazghi in Business Insider, Feb 2017

[You Can Support Cops Without Condoning The Murders Of Black Children](#), The Zero Hour, Mar 2017

[Republicans are about to let telecoms sell your internet browsing history — for your 'protection'](#), Travis Gettys on RawStory, Mar 2017

[Senator Al Franken Demands To Know Why FBI Is Investigating Dakota Access Pipeline Protestors](#), Ring of Fire, Mar 2017

[Arkansas Lawmaker Introduces Bill to Ban Howard Zinn From Classrooms](#), by Andrea Germanos on Common Dreams, Mar 2017

[FBI Thinks Standing Rock Protesters Might be Terrorists](#), Josh Gay on Ring of Fire, Mar 2017  
[Conservatives forget history in discrediting Trump protesters](#), by Kimberly Mehlman-Orozco on The Hill, Nov 2016

[House Republicans Vote To Shield Dangerous Corporations From Consumer Lawsuits](#), Gary Bentley on Ring of Fire, Feb 2017

[The Trump Administration's Lies About Voter Fraud Will Lead to Massive Voter Suppression: Twenty-one states are now](#)

[considering new laws to make it harder to vote](#), by Ari Berman in The Nation, Feb 2017

[Republican Lawmakers in Five States Propose Bills to Criminalize Peaceful Protest](#), by Spencer Woodman in The Intercept, Jan 2017

[A New Ballot Initiative Would Require Oregon Voters to Prove Their Citizenship Before Voting: It could plunge Oregon into the center of national voter-suppression efforts](#), by Nigel Jaquiss in Willamette Week, Feb 2017

[Arizona Republicans Have A Plan To Make Protest Illegal](#), by Laura Clawson on Daily KOS, Feb 2017