



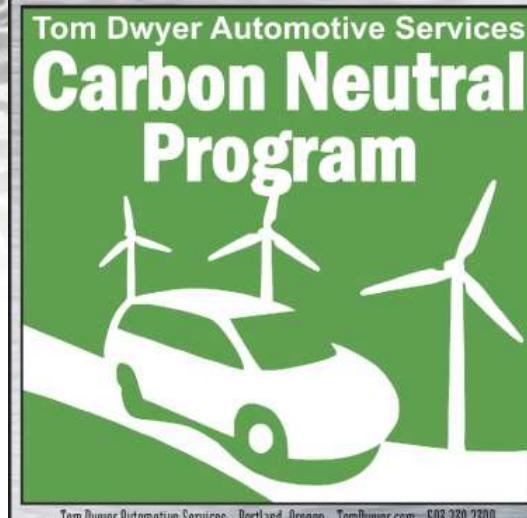
# "Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for April, 2019



## The Blues are back in town

Don't miss out on Portland's REAL Blues Festival



## Help lower atmospheric carbon... TODAY!

Here's how to make YOUR vehicle carbon-neutral



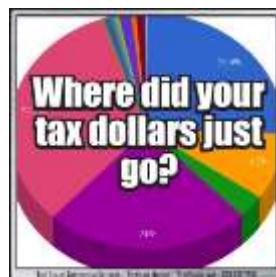
Help XRAY-FM "do more"... much, much more



Five Campsites Bikeable From Portland



The Moreland Farmers Market returns in May



Tax Day 2019- Where Your Tax Dollar Are Spent

## Our Monthly Columns

**Tom's Tidbits**- The Mueller Report is almost here... does it matter?.

**What NOW?!! Toons** Tucker's Toon for April

**Drew's Kitchen**- Creamy Salmon Linguine

**Shop Talk**- Who actually LIKES our newspaper ads?

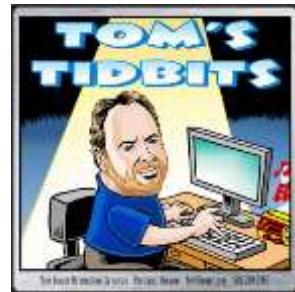
**Health Notes**- Want to live to 90? There's different advice for men and women

**Book Spotlight**- "How To Hide An Empire" by Daniel Immerwahr

**Humorousness**- Florida Man is coming for you

**News To Make You Furious**- You're not old... you're a harvestable asset

## The Mueller Report is here. Have we learned anything yet?



Greetings,

A redacted version of the Mueller Report is finally here, and I'm slowly finding out with the rest of America what it actually says. Few have read the full 448 pages so far and many who have read it won't understand it, so we should probably allow a while longer for thoughtful analysis. We all know the Mueller Report is the center of a political and media circus but it's not ONLY that... it's the result of a serious investigation into some of the most serious allegations ever brought against a representative of our government. The content of the report won't matter for some people but for the vast majority of Americans I think it will. The Mueller Report isn't the end of anything, but I think there are already lessons to be learned. And unfortunately, I think we'll have opportunities to use them many more times in the Trump years...

### Due Process

For two years the Mueller Probe has been the tightest of ships. No outsiders had any real information but that didn't slow down the pundits. Now both sides are a little embarrassed... where ARE all those indictments, and how COULD "angry democrats" on a baseless witch-hunt come back without any? But beyond the partisan hyperbole, rational Americans could see the credibility of the allegations. Those same Americans knew we don't 'lock anyone up' on an allegation. We're obligated to grant even Trump the fair process he would deny to others which, despite his orange-tinted delusions, STARTS WITH AN INVESTIGATION! The allegations exist... how true are they? THAT'S what we've been waiting for Mueller to deliver.

### Barr the Prostitute

One of the first lessons of the Mueller Report came before it actually dropped, when Trump called in William Barr to head the DOJ and receive the report. He was unusually qualified for a Trump appointee, but he [primarily seemed qualified to lie and dissemble on legal issues](#)... one of [his 'summaries' of a legal opinion permitted America to abduct Manuel Noriega, but when the full opinion was released it turned out Barr's summary was completely misleading](#). Oops. Don't forget his [pardon of six people convicted in the Iran/Contra affair](#), his [refusal to appoint independent counsel in Iraqgate](#), or his [legal opinions favorable to Trump before his appointment](#). Barr had two opportunities to 'summarize' Mueller, one in [his 4-pager when Mueller handed in his report](#) and one in the [press conference preceding the report](#). Before Mueller, this history led some to question whether Barr could be an honest broker. Now the question is answered as both [Barr's summaries damn him in light of the actual material](#).

### The Lingering Threat

Mueller covers some of the most serious Trump allegations, but some smaller crimes could be easier to identify and prosecute. Many of these are being handled by the people who've known Trump for years, the Southern District of New York. [These prosecutors said about the crimes of Michael Cohen](#), "Taken alone, these are each serious crimes worthy of meaningful punishment. Taken together, these offenses reveal a man who knowingly sought to undermine core institutions of our democracy." If they feel the same about the man accused of directing those crimes, Individual #1, they have significant tools to protect democracy that Mueller didn't.

- Some of the crimes under investigation are State offenses, meaning [Trump's Federal pardon power can't be used](#) to sway potential witnesses.
- Where Mueller had a single issue to investigate, [SDNY prosecutors have jurisdiction over pre-presidential, personal, and businesses interests](#).

- [None of these are protected by executive privilege](#), which only covers presidential activity.
- Mueller felt bound not to indict a sitting president, but SDNY prosecutors [might feel entirely differently](#).

For two years we've been subjected to a stream of rumor, and I know much of it has been BS. I want to know what the facts show, and now that they're here we can find out. I'm somewhat relieved that Mueller found no direct, smoking gun evidence of a crime... I guess it would have been worse if he had. But this isn't the end. REALITY MATTERS and I want to hear Mueller say Barr got it about right or if he refutes it all. If our president was wrongly accused I want to know as an American. If he was correctly accused but there just isn't enough evidence to secure a court conviction, I want to know that too. Details like that matter a lot to me, and I think to most of rational America. The Judge in a courtroom isn't the only judge for Trump. If we have any pretense to be a functioning republic he stands for judgement before us all, and I for one want the facts to make a clear decision on one of the most important issues I will ever face as an American. ALL the facts.

Make a great day,



## Digging Deeper...

[Donald Trump's Legal Problems Are Far From Over. Just Look at What's Happening in New York](#), by Ryan Lizza in Esquire, Apr 2019

[Line crossed: Three SDNY chiefs say Trump can be indicted](#), Ari Melber on The Beat With Ari, Mar 2019

[The Mueller investigation is over, but other legal probes of Trump's world continue](#), Washington Post, Mar 2019

[U.S. 'Power' On Abductions Detailed](#), Michael Isikoff in Washington Post, Aug 1991

[Was 'Iraqgate' a Crime? Or Worse?](#), Baltimore Sun, Sep 1992

[Barr is doing exactly what he came to do: Protect Trump](#), Elie Honig on CNN, Apr 2019

[Barr's Playbook: He Misled Congress When Omitting Parts of Justice Dep't Memo in 1989](#), Ryan Goodman on JustSecurity.org, Apr 2019

[William Barr Supported Pardons In An Earlier D.C. 'Witch Hunt': Iran-Contra](#), Carrie Johnson on NPR's Morning Edition, Jan 2019

[Barr's Mueller report rollout was disgraceful. I can't believe it but I miss Jeff Sessions.](#), Michael Stern in USA Today, Apr 2019

[New York has quickly become the 'biggest threat' to Trump](#), Allan Smith on Business Insider, Sep 2018

[New York Investigators Could 'Indict' Donald Trump While He's Still President, Watergate Prosecutor Says](#), Jason Lemon in Newsweek, Feb 2019

[The Trump Investigations Are Far From Over](#), Ed Kilgore in The Intelligencer, Mar 2019  
[June 2018 Barr Memo to DOJ Muellers Obstruction Theory 1](#), William Barr on Scribd, Jun 2018

[Read Attorney General Barr's letter to Congress on the Mueller report conclusions](#), Chicago Tribune, Mar 2019

[The Only 13 Seconds That Mattered From William Barr's Press Conference](#), Andy Kroll in Rolling stone, Apr 2019

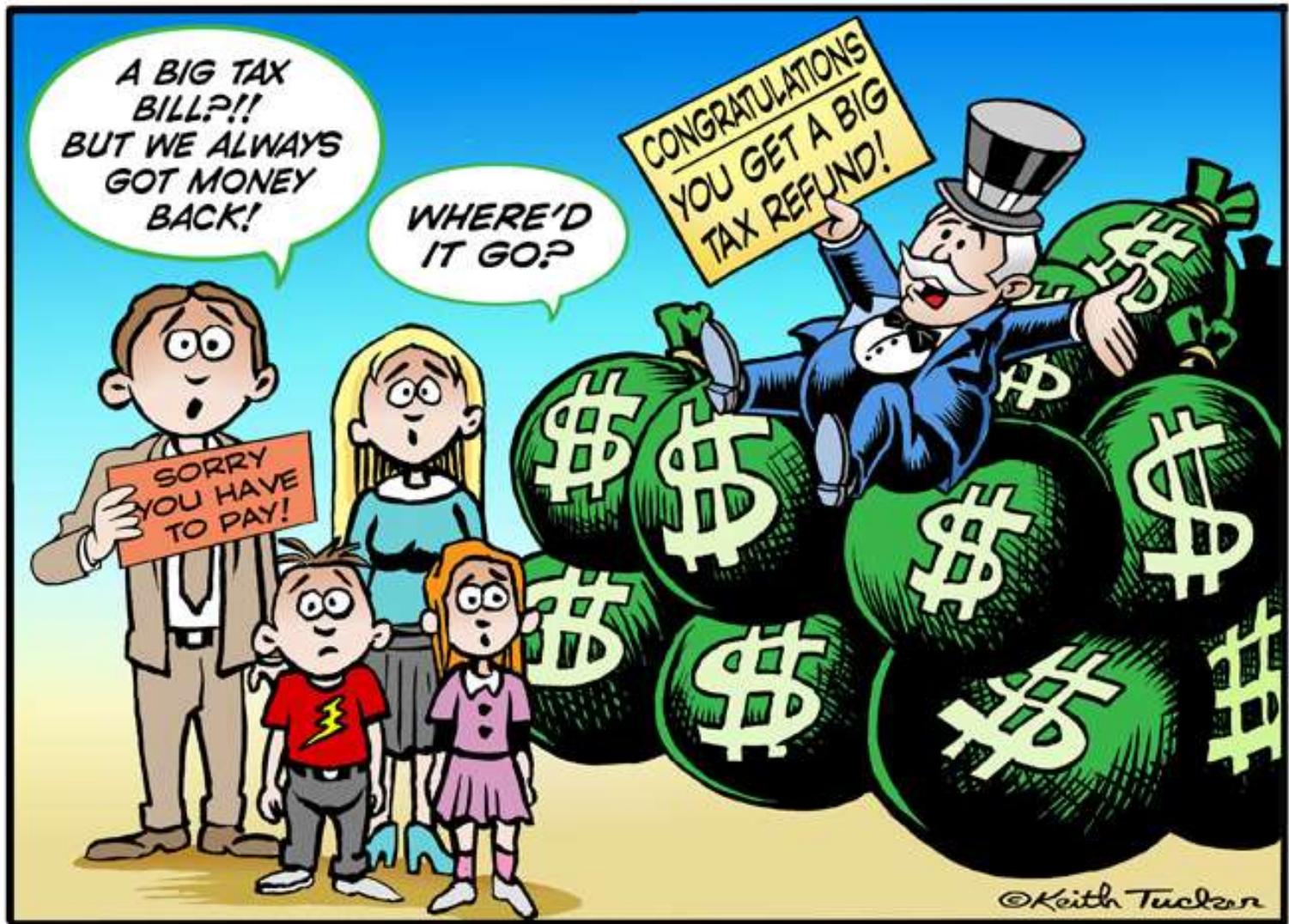
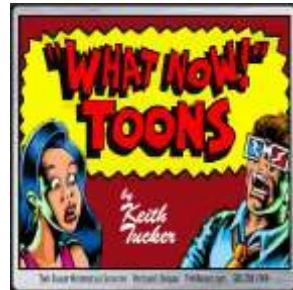
[William Barr threw his credibility in the gutter](#), Elie Honig on CNN, Apr 2019

[SDNY Cohen sentencing memo](#), Document cloud, Dec 2018

[Federal prosecutors say 'Cohen deceived the voting public' and 'knowingly sought to undermine core institutions of our democracy,' explaining why he deserves prison time](#), John Haltiwanger on Business Insider, Dec 2018

# What NOW?!! Toons

Keith Tucker's What NOW?!! Toon for April



**"WHAT NOW?!!"**

© KEITH TUCKER  
[WWW.WHATNOWTOONS.COM](http://WWW.WHATNOWTOONS.COM)

# Referral Reward Program

Here's who our clients chose to help in April...



## How our Referral Reward Program works

Our Referral Reward Program is how we say “thank you” to the clients who recommend our shop to their family and friends. When a new client comes in and gives your name as a Referral Source we'll make a donation to the non-profit group of your choice, and all selections are eligible for our \$1,000 Yearly Award as well. It couldn't be easier!

**We've made 10 donations for \$421 since our last count; a total of 591 donations totaling \$25,685 since the program began!**

**Here's who our clients chose to help in April...**

[Leukemia and Lymphoma Society](#) by Jennifer B.

[New Avenues for Youth](#) by David S.

[Junior League Portland](#) by Emily C.

[St. Jude Children's Hospital](#) by Jane N.

[Open Adoption & Family Services](#) by Sari P.

[Self Enhancement Inc.](#) by Margaret C.

[Mercy Corps](#) by Rustin N.

[Shriners Hospital](#) by Tina S.

[Oregon Food Bank](#) and [Sisters of the Road Café](#) by Marge L.

## Current Special Offers

Take advantage of these special Dwyer offers!



**Save \$55 on Tire Alignment!**

But act quickly... you only have until ~~2/28/19~~ EXTENDED until **4/30/19**

Tom Dwyer Automotive Services • Portland, Oregon • TomDwyer.com • 503.230.2300

### Save \$55 on Tire Alignment- EXTENDED!

Take 50% Off our Tire Alignment (normally \$110)

Your vehicle's wheels must be precisely aligned with each other to perform properly. If one or more wheels are angled incorrectly you can experience lower tire life, 'drifting' while you drive, or poor braking and steering performance. Normal driving can change your alignment by itself, but the potholes and muck of winter driving can do it much faster! Bring your vehicle in before the end of February and we'll make sure you're driving on the straight and narrow.

*Maximum value \$55, Offer expires 4/30/19*



**Get a FREE CNP MEMBERSHIP!**

Get your 1-year membership **FREE** with any job with \$300 in Labor Charges. (See details)

Tom Dwyer Automotive Services • Portland, Oregon • TomDwyer.com • 503.230.2300

### Get a FREE CNP Membership with any job with \$300 or more in Labor charges

Members of our Carbon Neutral Program (CNP) save 10% on Labor Charges at our shop, which means any job with \$500 (or more) in Labor always pays for a CNP membership. But in conjunction with [this month's newsletter article on our CNP](#) we're making it even easier... if your service has as little as \$300 in Labor charges, we'll give you your one-year membership **FREE**!

- You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE!
- Offer is VOID AFTER SERVICE IS COMPLETE!

*Maximum value \$90, Offer expires 5/31/19*

## We also have a couple ongoing offers you might find valuable...



Our company's commitment to the environment led us to partner with Bonneville Environmental Foundation to create our Carbon Neutral Program in 2007. Client members offset the carbon production of their vehicles for one year AND save 10% on Labor Charges here at the shop! It's a win for you AND our environment and it's been very successful... since we instituted the program our members have prevented over 1.9 MILLION POUNDS of carbon from being dumped into our air!



Year after year, referrals from our existing clients are our greatest source of new clients, so we've tried hard to think of some way to appropriately reward people for their referrals. Our solution is our Referral Reward Program, where we make donations to the non-profit group of your choice to say 'thanks' for your generous referrals. Here's how it works...

# The Blues are back in town

Don't miss out on Portland's REAL Blues Festival



People die without health care. 70% of Americans support a Single Payer healthcare system but the politicians don't listen and people keep dying. We're being done wrong, but who cares and who'll fix it? What do we do? Here's an answer that's worked for 150 years: sing the Blues! Join us on April 27 as Norman Sylvester, LaRhonda Steele, and seven more of the regions hottest Blues acts take the stage for SIX HOURS of the nastiest, grittiest, hottest, most soul-searing music around! It's the 8th Annual Inner City Blues

Festival and it's all in support of Health Care for All Oregon, the group working to bring Single Payer Health Care to Oregon and beyond...

The 8th Annual Inner City Blues Festival, "Healing the Healthcare Blues," returns April 27th to the North Portland Eagles Lodge, 7611 N. Exeter (at Lombard). Doors will open at 5:00 p.m. and music runs until 11:00 p.m. The 2019 Festival full lineup includes...

**Norman Sylvester Revue featuring Lenanne Miller & Renato Caranto**  
(R&B sponsored by City of Portland "We Are Better Together")

**Blues Guitar Generations Finale w/ Norman Sylvester, Tevis Hodge Jr. & Timothy James**  
(sponsored by Gresham City Councilor Eddy Morales)

**Richard Arnold Trio**  
(Jazz sponsored by Tom Dwyer Automotive)

**LaRhonda Steele Band**  
(Soulful Grooves sponsored by Ragtimepdx Classy Cleaners)

**Shoehorn**  
(Tap-Sax Sensation sponsored by Oregon Integrated Health)

**Nurseband w/Mad as Hell Doctors, Interns & Nurses**

(Folk sponsored by Nurses for Single Payer)

**Bloco Alegria**  
(Brazilian dancing & drumming sponsored by ¿Por Que No? Taqueria)



**Bayou Boyz featuring Lloyd Jones**

(Swamp Blues sponsored by Oregon Federation of Nurses & Health Professionals Local 5017)

**Steve Cheseborough**

(Country Blues sponsored by The Spare Room)

Portland musicians have had life-threatening difficulties in accessing health care. Norman Sylvester makes the point:

*"I have played too many benefits for musicians who fell ill or, more tragically, played for their Celebration of Life. They didn't have preventative care because of years of not being able to afford healthcare."*

Curtis Salgado tells his story:

*"I am no stranger to the health insurance system. In 2006, I was uninsured and had a liver transplant that I paid for by holding a benefit concert. Then in 2017, I had a heart attack while I was traveling with my band in New England. My insurance plan, bought through the Obamacare marketplace, billed me as 'out of 'network' because I was hospitalized in New Hampshire. I won that one on appeal because my heart surgery was an emergency! But there were still huge deductibles and co-payments that my insurance did not cover. So we turned to YouCaring (like GoFundMe) to pay my bills and raised about \$35,000. This was humiliating and embarrassing, but my family, friends and fans helped me get through the financial and emotional stress. That's a beautiful thing, but I'd rather have had full insurance to take care of my health care needs. Now I am back to performing again and I feel I owe the universe."*

The Blues Festival is a fundraiser for Health Care for All Oregon (HCAO), an organization working to educate Oregonians and advocate for universal, publicly-funded health care. HCAO is a statewide non-profit organization of health care professionals, faith communities, business owners, labor unions, community groups, and individuals all working together to bring:

Better Health Care  
To More People  
For Less Money

HCAO's statewide activities include: building local HCAO chapters, tabling at street fairs, conferences and farmers' markets; speaking at events; film screenings and forums in towns and cities in Oregon; passing local resolutions in support of a universal care system and engaging Oregonians in the fight for universal access to health care. For more information go to [hcao.org](http://hcao.org).

The uncertainties about access to and costs of healthcare mean that HCAO's work is now more important than ever. A recent poll found that 70 percent of Americans support "Medicare for all," also known as a single-payer healthcare system.<sup>1</sup>

Help us get to universal health care by coming to the Blues Festival. As if six hours of music isn't enough, there will be a silent auction, two bars, dinner and dessert for purchase, as well as a community village. Follow on facebook: <https://www.facebook.com/events/2118218138426966/>

**Admission is \$25 in advance.**

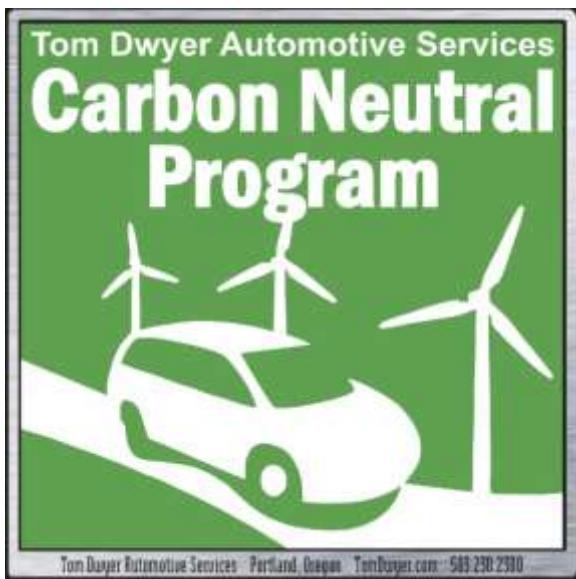
**Tickets are available at TicketTomato or at Music Millennium, 3158 E Burnside; Geneva's Shear Perfection, 5601 NE Martin Luther King Jr Blvd.; Peninsula Station, 8316 N. Lombard.**

**Tickets are \$30 at the door.**

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# **YOU can help lower atmospheric carbon... TODAY!**

Here's how to make YOUR vehicle carbon-neutral



Climate Change is overblown. The Earth will keep spinning around the Sun no matter how high our atmospheric carbon levels rise. **HOWEVER**, if we want to "...preserve a planet similar to that on which civilization developed and to which life on Earth is adapted", then there are very real limits. The best scientific estimates set 350ppm (parts per million) of atmospheric carbon as an **UPPER** limit to avoid large-scale, irreversible climate change effects. As of March 2019 levels are at 411ppm. Of course YOU can't drag us back to 350ppm by yourself, but there is a way to

help eliminate part of your personal contribution to the problem. YOUR vehicle can be carbon-neutral **TODAY**, and it's easier than you might think...

Transportation is the leading source of greenhouse gasses ([29% vs. 28% for electrical production](#)) and the sooner we can jettison fossil fuels the better off we'll all be. Until then about the best anyone can do is keep their vehicles as well-maintained as possible to minimize carbon emissions. Or is it? What if there was a way to reduce net carbon emissions from your vehicle to zero? And what if there was a way to save money...maybe hundreds of dollars... while you did it?

Turns out there is! In 2007 we started the Tom Dwyer Automotive Services Carbon Neutral Program (CNP), a partnership with Bonneville Environmental Foundation that lets members buy offsets that balance the carbon output of their vehicles. **As of 2019, members of the Tom Dwyer Automotive Carbon Neutral Program have been responsible for removing more than 1.9 million pounds of carbon from our air!** We want you to be part of this amazing success story too, so here's everything you need to know...

## **What You Get...**

Your **ONE YEAR MEMBERSHIP** is applied to **the vehicle of your choice** and includes...

- Offsets to cover your vehicle's carbon output
- 10% OFF labor costs at Tom Dwyer Automotive
- Really cool window cling sticker
- Investment through BEF into renewable energy.

## **What It Costs...**

NO PART OF YOUR MEMBERSHIP FEE GOES TO TOM DWYER AUTOMOTIVE! Every dime goes to Bonneville Environmental to provide carbon offsets for the program. Membership varies according to your vehicle type and the number of offsets you'll need.

- Sippers (Hybrids) are \$30
- Drinkers (Most cars) are \$50
- Guzzlers (SUV's or large vehicles) are \$90.

And you should remember our “10% off Labor” discount when figuring cost... if you have a repair with \$500 in Labor charges, it makes your CNP Membership FREE!

### What Are Carbon Offsets?

Carbon Offsets don't actually affect the emissions of your vehicle at all; they fund other projects that reduce overall carbon emissions to create a “net-zero” situation. Here's some more information from Bonneville Environmental Foundation (BEF) on how they work...

“Carbon Offsets (also called Carbon Credits) are generated by discrete carbon reduction projects. One Carbon Offset represents the reduction of 1 metric ton (or 2,205 pounds) of greenhouse gas emissions that occur as a result of that specific project. On top of their direct environmental benefit, some Carbon Offset projects carry additional certification to provide measurable social benefits as well.

Each Carbon Offset generated is third-party verified to prove that real, permanent, verifiable, additional and enforceable emissions reductions have occurred.”

Of course, carbon offsets are only as good as the projects they fund and many companies have formed to certify that the offsets offered are actually cutting carbon. Many now exist, such as [The Gold Standard](#), [The Chicago Climate Exchange](#) (CCX), and [Clean Development Mechanism](#) (CDM). [Bonneville Environmental Foundation](#), the company we buy offsets from for our Carbon Neutral Program, uses the [Green-E certification](#) to ensure quality.

No, YOU can't fix Climate Change by yourself, but YOU didn't put us here. YOU, and ALL OF US, each make our own individual contributions to the global warming problem. None of us can be responsible for the actions of others, but each of us can take responsibility, bit by bit, even in small ways, for our own contributions. Come join the Tom Dwyer CNP in making a difference!

## Digging Deeper

### [Science and History of Climate Change- Learn the science without the hype... from either side](#)

Posted on September 2, 2011 by [tomdwyer](#)

As part of our sponsorship of 350.org's 2011 event to raise awareness of climate change, we wrote an article called “[Science and History of Climate Change- Learn the science without the hype... from either side](#)”. We linked to sources on the history of the issue, reviews of the science, sources critical of the science, and rebuttals of their points. As much as possible, we tried to create a one-page global warming “truth from fact” resource. Whether you're a tree-hugger who doesn't need convincing, or you're a climate-change-denier thinking “But what about this...”, this is the page to get real knowledge on a subject that's threatening humanity. Includes links to...

[The Discovery of Global Warming](#), (by Spencer Weart; sponsored by the American Institute of Physics and the Center for History of Physics). The Discovery of Global Warming is an exhaustively researched, incredibly detailed, hyperlinked and cross-referenced guide to the history and science of climate change. The site weaves together more than 30 parallel (and updated) essays, based on over 2400 sources. You can start anywhere, and follow the site down any path that catches your eye. You may choose to start with the History of Climate Change text version or maybe the Timeline, but the hyperlinks in each will take you to definitions, supporting documents, charts, and other explanations you'll need to understand the issue. The full site is available as a free download (6Mb) for review at your leisure or distribution to your cranky uncle.

[RealClimate.org](#), "...a commentary site on climate science by working climate scientists for the interested public and journalists." RealClimate is an excellent source for readers of all levels. It breaks information down into four categories..."For complete beginners", "Those with some knowledge", "Informed, but in need of more detail", and "Informed, but seeking serious discussion of common contrarian talking points". Some of the sources they cite are NASA, the National Academy of Science, Pew Center, and the IPCC.

["Climate Change- A Guide To The Perplexed"](#) starts with an article on how one assesses scientific evidence, and then tackles some of the all-time favorite arguments made by climate change deniers: "Antarctic cooling disproves global warming", "Warming on Mars and Pluto proves global warming is caused by solar activity", "Global warming stopped in 1988", and many more.

## **[What Does It Mean To Step Lightly? Understanding your carbon footprint](#)**

Posted on [February 11, 2011](#) by [tomdwyer](#)

A "carbon footprint" is the measure of net environmental carbon contribution of any activity or combination of activities. This footprint is large (positive) if it adds carbon or small (negative) if it absorbs carbon. For instance, driving your car to work adds to your carbon footprint because you are emitting carbon from combustion. Building a solar plant reduces a carbon footprint because the clean solar power replaces polluting sources such as coal or gas. Trees absorb carbon from the air, so planting a tree is carbon-negative but cutting down a tree is carbon-positive. It's more complicated than that though, because it's difficult to measure where an "activity" begins or ends...

[read more...](#)

## **[Shrinking Your Footprint- What are those carbon offsets you keep hearing about?](#)**

Posted on [September 2, 2011](#) by [tomdwyer](#)

Carbon offsets are a way for individuals and businesses to fund large-scale projects to reduce the amount of greenhouse gasses released into the atmosphere. The "offset" concept is based on the idea that amount of carbon (or other greenhouse gas) the individual or business produces themselves can be offset by funding reduction in carbon in other places. One carbon offset is the reduction of one metric ton (1000kg) of carbon, or its equivalent in other greenhouse gasses (CO<sub>2</sub>e). For example,

[read more...](#)

# Shop Talk

Who actually LIKES our newspaper ads?



## Comment of the Month

**"I love your advertisement in the April Bee!"**

**Sabine S.**

Thanks Sabine, we look forward to the April Bee ad every year and we're really glad to know someone actually reads it! We try to give a little nod to April Fools each year in our other ad venues as well... did you hear about the Florida town that sold itself to a for-profit prison? Did you know we replaced and recycled all our Service Advisors? Have you heard about the onslaught of Hydric Acid? When's the last time you even THOUGHT to check your Halogen Fluid? If you liked our Bee ad then you'll want to know about these and other pressing issues on our [April Fool's page on TomDwyer.com](#). We promise to have something new for you next April, or if they pass that law to move April Fools day then we'll have something for you in October!



## 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.



There's no better dish for the Great Northwest than Salmon, and no better way to prepare it than this quick and easy recipe. Broccoli is best, but feel free to substitute any veggies you happen to have around.

### Ingredients:

- 8 oz uncooked linguine
- 1 bunch broccoli, cut into florets
- 2 Tbsp butter
- 2 garlic cloves, minced
- 2 cups heavy whipping cream
- 2 Tbsp lemon juice
- 1 pound fully cooked salmon, flaked
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 1 cup shredded Parmesan cheese
- 3 Tbsp minced fresh basil or 1 Tbsp dried basil
- 2 Tbsp capers, drained
- 2 tsp grated lemon peel

### Preparation:

1. Cool linguine according to package directions, adding broccoli during the last 5 minutes of cooking.
2. Meanwhile, in a large skillet, heat butter over medium heat. Add garlic; cook and stir 1 minute. Stir in cream and lemon juice. Bring to a boil. Reduce heat; simmer, uncovered, 2-3 minutes or until slightly thickened, stirring constantly.
3. Add salmon, salt and pepper; heat through. Drain linguine and broccoli; add to skillet. Stir in cheese, basil, capers and lemon peel.

**Total time 0:25, Serves 5**  
**Original recipe from Taste of Home**

# Health Notes

Want to live to 90? There's different advice for men and women



## **How likely are you live to 90? Depends on your gender and body size**

By Sandee LaMotte, CNN Updated 5:45 PM ET, Tue January 29, 2019

Living to the ripe old age of 90 may depend on your body size -- both height and weight -- as well as your level of physical activity, and seems to influence a woman's lifespan more than it does a man's, according to a [new study published Monday](#) in the *Journal of Epidemiology & Community Health*, a BMJ journal.

The study found women who lived to 90 were, on average, taller and had put on less weight since the age of 20 as compared to women who were shorter and heavier. No such association was seen for men. However, men saw more benefit from physical activity than women.

While the study is observational and cannot establish cause, the findings "provide interesting hints that men's and women's health might respond differently to BMI, height and exercise," said epidemiologist David Carslake, a senior research associate at the University of Bristol in the UK, who was not involved in the study. BMI, which stand for body mass index, is a measurement of body fat based on a calculation of height and weight.

In 1986 researchers asked over 7,000 Dutch men and women between age 55 and 69 about their height, current weight, and weight at age 20. Both genders also told researchers about their current physical activity, which included dog walking, gardening, home improvements, walking or biking to work and sports. The men and women were then sorted into daily activity quotas: less than 30 minutes, 30 to 60 minutes, and 90 minutes or more.

The groups were monitored until they died or reached the age of 90; of the 7807 participants, 433 men and 994 women lived to that age. Issues that could affect longevity, such current or past smoking and level of alcohol use, were also taken into account.

Men and women in the study fared very differently when it came to the impact of body size and exercise.

Women who weighed less at age 20 and put on less weight as they aged were more likely to live longer than heavier women. Height played a major factor: the study found women who were taller than 5 feet 9 inches were 31% more likely to live into their 90s than women who were less than 5 feet 3 inches.

Neither height or weight seemed to factor into whether the men reached their 90s, but activity level did. Men who spent 90 minutes a day or more being active were 39% more likely to live to 90 than men who were physically active for less than 30 minutes. In addition, for each 30 minutes a day the men were active, they were 5% more likely to reach that age.

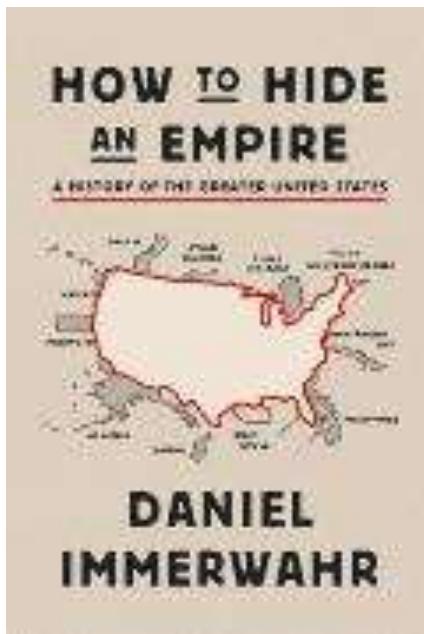
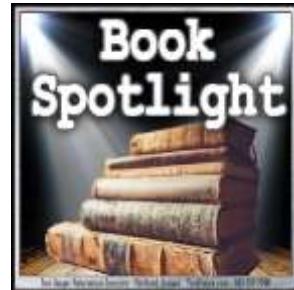
However, women who were physically active for more than 60 minutes a day were only 21% more likely to live to 90 than those who did 30 minutes or less. And unlike men, there was no bonus for increasing activity. In fact, the study found that the optimal level of activity for women was 60 minutes a day.

Average life expectancy has been increasing for most of the world, but recent studies show a slowing of that trend in some developed nations. In the US for example, life expectancy has been declining over the last few years. [Drug overdoses and suicides](#) are to blame for the most recent decline, according to the Centers for Disease Control and Prevention, but the major causes of death remain the same. Heart disease, cancer, and stroke, three of the top killers of Americans, are all affected by weight gain and a lack of exercise.

"It is now very clear that overweight, obesity and sedentary lifestyles are harmful to health," Carslake said. "Studies like this one, which examine the shape of the associations, and ask whether they are the same in different groups...will be increasingly important."

# Book Spotlight

"How To Hide An Empire" by Daniel Immerwahr



**"How To Hide An Empire"**  
by Daniel Immerwahr

## Synopsis from publisher:

"A pathbreaking history of the United States' overseas possessions and the true meaning of its empire.

We are familiar with maps that outline all fifty states. And we are also familiar with the idea that the United States is an "empire," exercising power around the world. But what about the actual territories—the islands, atolls, and archipelagos—this country has governed and inhabited?

In *How to Hide an Empire*, Daniel Immerwahr tells the fascinating story of the United States outside the United States. In crackling, fast-paced prose, he reveals forgotten episodes that cast American history in a new light. We travel to the Guano Islands, where prospectors collected one of the nineteenth century's most valuable commodities, and the Philippines, site of the most destructive event on U.S. soil. In Puerto Rico, Immerwahr shows how U.S. doctors conducted grisly experiments they would never have conducted on the mainland and charts the emergence of independence fighters who would shoot up the U.S. Congress.

In the years after World War II, Immerwahr notes, the United States moved away from colonialism. Instead, it put innovations in electronics, transportation, and culture to use, devising a new sort of influence that did not require the control of colonies. Rich with absorbing vignettes, full of surprises, and driven by an original conception of what empire and globalization mean today, *How to Hide an Empire* is a major and compulsively readable work of history."

## Audio from NPR's Fresh Air:

[The History of American Imperialism, from Bloody Conquest to Bird Poop](#), Fresh Air, NPR, Feb 2019  
Historian Daniel Immerwahr shares surprising stories of US territorial expansion, including how the desire for bird quano compelled the seizure of remote islands. His book is *How To Hide An Empire*

# Humorousness

## Florida Man is coming for you



April is the month for humor and we try to take advantage. Our April Fools' story this year was about a [Florida Town that sold itself to a for-profit prison company](#) to become the first prison town in the country. If you haven't read it yet it's ABSOLUTELY TRUE, and if you have read it then we hope you got a laugh.

If Florida seems like exactly the kind of state to try for-profit-prison-towns it may be due to the efforts of one Florida character that's perennially in the news... "Florida Man". Sometimes he's a criminal and sometimes he's just very excitable, but he always seems to be doing something interesting. He's the only person ever to win multiple Darwin Awards, yet he still seems to be in the running for another one each year. He's the only superhero who hasn't had his own movie, so this month we'll send you to the only place currently chronicling his ongoing adventures. Run, do not walk, to the website "[FloridaMan.com](#)" where you can learn the stories behind these and hundreds of other embarrassing and all-too-real headlines...



Drunk, Shirtless Florida Man Shovels Spaghetti into His Mouth at Olive Garden

Florida Man Calls 911 After Finding Iguana Swimming in Toilet

Florida Man Bonds out of Jail, Then Burglarizes Cars in Jail Parking Lot

Florida Man Steals \$33,000 of Rare Coins, Redeems at Coinstar for 30 Dollars

Florida Man Fires Gun inside Home, Shatters Toilet

Florida Man Takes Grenade Launcher to Airport

Florida Man Attacks with Razor Blade, Machete in Argument over Squeegee

Naked Florida Man Rides Bicycle Backwards on Highway

Florida Man Says He's 'Archangel Michael', Tries to Blow up 16 Government Vehicles

Florida Man Threatens to Cut off Buttocks with Machete over Potato Chips

Drunken Florida Man Goes to Jail Because He Wanted Egg Rolls

Florida Man Says Multiple Syringes Found in Rectum Aren't His

Florida Man Attacked by Florida Squirrel

Florida Man Says Aliens Have Landed, Burns down House Stocked with Flamethrowers and Ammo

Florida Man Pressure Washes His Neighbor

Florida Man Driving Car Full of

Stolen Mail Crashes into Trailer Full of Alpacas



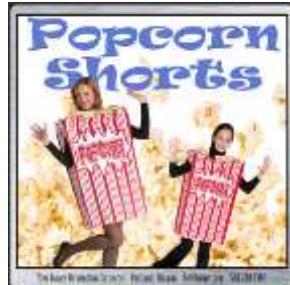
### [More April Fools Fun](#)

April Fools Day is one of our favorite holidays! We've had quite a bit of fun over the years, from our [Robotic Service Advisors](#) to the [Oaks Bottom Condos](#) to [How To Check Your Halogen Fluid](#). If you're looking for a smile today, [start here...](#)

# 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!

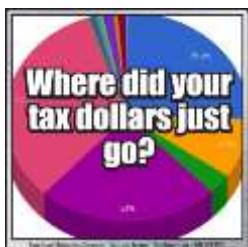


## **[Help XRAY-FM "do more"... much, much more](#)**



XRAY.FM has made a big splash in Portland's music, politics, and arts communities in just 5 years, but the theme for their pledge drive (going on now) is "Do More." They're delivering already, because XRAY just purchased Righty AM-talk station KUIK! They're running filler now while they decide what to run full time, but they've trained an army of production talent and will be creating all new content, like this new video that describes the mission of the station at 5 years. We'll keep you posted as we can tell you more, but PLEASE take a few minutes, and a few dollars, to support or become a member of this Portland gem. In a very few weeks you'll be very proud you did!

## **[Tax Day 2019- Where Your 2018 Tax Dollar Was Spent](#)**



Knowing that "taxes are the price of a civilized society" doesn't make it any easier to pay them when they come due. But where does your 'contribution' go each year? This report from the Institute for Policy Studies breaks down the percentages and then digs a little deeper into the headline numbers. It also has some nifty memes if the reality of how our money is being spent makes you angry enough to need them.

## **[Five Campsites You Can Bike to From Portland Without Suffering](#)**



From Willamette Week- "You don't need to go far outside of Portland to take in Oregon scenery by bike. You don't have to be willing to endure intense elevation gains or high-mileage rides, either. [We've compiled a list of five campsites that are bikable within a day from Portland public transit stops](#). All of these routes are on paved roads, or have the option to avoid dirt paths so you don't need a mountain bike, and none of them are punishing. Each is accessible to beginners, but still scenic enough to satisfy more seasoned riders."

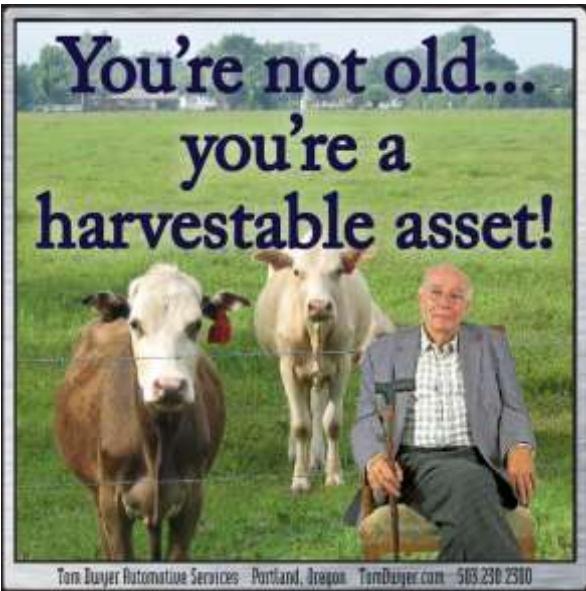
## **[The Moreland Farmers Market returns in May](#)**



One of the most 'neighborhoody' things about Sellwood happens every year, and is about to start again for 2019. On May 1 at 2p, the [Moreland Farmers' Market](#) returns to its location across from Wilhelm's Funeral Home on SE 14<sup>th</sup>. It's a tiny little street festival celebrating local farms, local foods, and local crafts, complete with music and fun for the whole family. We can tell you more, but this article on "[Radical Shopping Therapy](#)" will tell you precisely why the Moreland Farmers Market is much, much more than you expect. The Moreland Farmers' Market is every Wednesday from 2-7p from May 1 through Oct 30. Make your plans to be there!

# News To Make You Furious

You're not old... you're a harvestable asset!



Client Don H. made us Furious this month when he sent us a story that opens in the kitchen of Rudy and Rennie North, a retired couple in Las Vegas. It was a normal day until a nice woman arrived to tell them she had an order from Family Court to move them to an assisted-living facility. No warning. No argument. And if the Norths didn't comply the nice lady would call the police. Thirty-five minutes later the North's had packed a few belongings and were off on a new adventure where they'd be drugged, neglected, and drained of their life savings. When family members tried to intervene the nice lady hired a \$400-per-hour attorney to fight them. She had the money to do it... she'd transferred the North's accounts to her name and used theirs. And of course, neither the North's or the nice lady that destroyed their lives are alone; they're just two of nearly 9,000 adult wards in the Las Vegas Valley alone. Some are wards for valid reasons, some are not, but all operate under laws that make the nice lady's actions (or at least many of them) perfectly legal. This month we're guaranteed to augment your anger with the story of the Norths and How The Elderly Lose Their Rights, but if you still have a calm nerve we can tell you what happened when the private equity firm Carlyle Group took over a Pennsylvania nursing home! It's a carnival of conniption and a festival of fury as we look at the people who look at our parents and grandparents in a whole new way... harvestable assets!

The best place to start is with Don's article that started it for us, [How the Elderly Lose Their Rights-Guardians can sell the assets and control the lives of senior citizens without their consent—and reap a profit from it.](#), by Rachel Aviv in The New Yorker, Oct 2017.

But there was a lot of other reporting as the Nevada scandal was exposed...

- [Guardianship Agency Costs Elderly Woman Dearly](#), Sharyl Attkisson on CBS Evening News, Dec 2010
- [Documentary about guardianship abuse inspired by KTNV investigation](#), KTNV News Video, Sep 2018
- [Guardianship reform after investigation hits 4 year mark](#), Darcy Spears on CBS13KTNV, Jan 2019
- [Investigation into Guardianship Abuse](#), Sharyl Attkisson on CMB Evening News, Dec 2010
- [Private Guardian Jared E.Shafer orders Judge to Close Court to Public](#), video, Mar 2014
- [Nevada: Speculation On Why Jared Shafer Has Not Yet Been Indicted](#), AAAPG website
- [Clark County's private guardians may protect — or just steal and abuse](#), Colton Lochhead in Las Vegas Review-Journal, Apr 2015
- [Ex-Nevada guardian to serve up to 40 years behind bars](#), David Ferrara in Las Vegas Review-Journal, Jan 2019
- [A Very Dangerous Nevada Law \(part 2\)](#), Rana Goodman in The Vegas Voice, Sep 2014

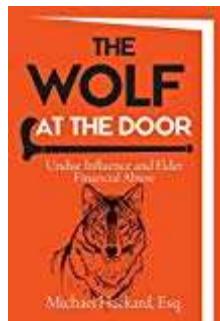
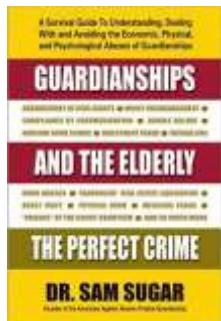
The stories above center on the abuses in Nevada, but remember they aren't representative... they don't include similar abuses going on nationwide.

[How nursing homes collect debts: Seizing guardianship](#), Aimee Picchi on CBSNews.com, Jan 2015  
[North Carolinians describe guardianship as a 'sick, twisted process'](#), Bearshelle Edme on CBS17.com, May 2018

And these are examples of individual abusive guardians or small cabals of conspirators. Guess what happens when private-equity firms join the game...

[Overdoses, bedsores, broken bones: What happened when a private-equity firm sought to care for society's most vulnerable](#), Peter Whoriskey and Dan Keating in Washington Post, Nov 2018

Guardian abuse has been going on for years; enough years that we can recommend several 'good' books on the subject...



[Guardianships and the Elderly: The Perfect Crime](#), Sam MD Sugar, May 2018  
[The Wolf at the Door: Undue Influence and Elder Financial Abuse](#), Michael Hackard, Dec 2017  
[Guardianship: Fraud](#), M. Larsen, Feb 2016

And if you want to do more than be Furious; if you need help with an abusive guardian situation or would like to help change the system, we have one group to refer you to...

[Americans Against Abusive Probate Guardianship](#), Website