



Tom Dwyer Matters

Tom Dwyer Automotive Services Monthly Newsletter for May, 2019



53 Things to do in Portland this Summer

You know you want to get out... here's where to go



Planning ahead protects your Summer!

Don't wait for the last minute to check out your vehicle



Our adopted daughter leaves the nest

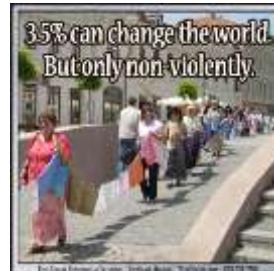
Genesis Jazmin Moreno Quishpe is ready for the world



Just another day... until the Beardsmen showed



McMinnville UFO Festival (PHOTOS)



3.5% can change the world... non-violently



Bible classes... coming soon to a public school

Our Monthly Columns

Tom's Tidbits- I can't believe it... Trump is right.

What NOW?!! Toons Tucker's Toon for May

Drew's Kitchen- Dill Pickle Pasta Salad

Shop Talk- Goodbye to Marty's Saturn

Health Notes- Want to lose weight? Skip the exercise.

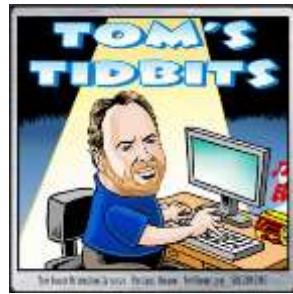
"Winner-Take-All Politics" by Jacob Hacker

Humorously- Sex. Because nothing is as funny as sex.

News To Make You Furious- A 97,000 PERCENT drug price increase!

Tom's Tidbits

I can't believe it... Trump is right.



Greetings,

So Trump and Barr are gleefully going to “investigate the investigators”. Ya know what? Good! I’m not under any illusions... I understand it’s just the lowest sort of political payback that would embarrass the worst banana republic and a waste of money on baseless charges to distract from legitimate ones. Trump himself is barely pretending otherwise! But there’s only a small overlap between the real world and whatever goes on in Trump’s brain. Sure, he *thinks* he’s winning because he’s getting what he *asked for* by having an investigation at all, but I think he’ll find it’s a far, far cry from what he *wanted...*

“Attempted Coup”, “Witch Hunt”, and of course “Fake News” are just the catchiest ways Trump has characterized the Mueller investigation, but while such aspersions are easy to throw, stubborn reality is still there. Certainly it’s possible to make allegations or even start inquiries based on politics alone, but that doesn’t necessarily mean they have any basis in reality... smoke doesn’t *necessarily* mean fire. But when we see something smoking it’s prudent to *find out* if fire is the cause, and that’s what an *investigation* is. It is the FUNDAMENTAL DUE PROCESS ACCORDED TO ANYONE ACCUSED OF A CRIME. If actual facts support the allegation then the investigation continues; if there’s nothing then it stops. In investigations that find nothing, there are no charges, no arrests, no pleas, and no jail, because there was probably no fire to begin with.

The Mueller Investigation, far from being a baseless witch hunt, is an ideal example of how investigations work. Republicans had hired Fusion GPS (a right-leaning political firm) to find dirt on Trump to fight him in the Republican Primary. When Trump won the nomination the Republicans stopped digging but the Democrats were right there to pick up the shovel. Information from the Steele Dossier (the report from Fusion GPS) was referred to British and American intelligence agencies for counterintelligence concerns. These allegations were strong enough for the FBI to open an investigation, and strong enough for the secretive 11-member FISA court to issue, and later renew, warrants against the campaign. Evidence from these investigations led to the appointment of Mueller, a respected Republican, as Special Counsel to begin a criminal probe into collusion and obstruction of justice. Mueller executed his task with tight-lipped professionalism while, as if to draw the starker contrast possible, the Trumps continued to lie, dissemble, spin, and obstruct throughout. To date, Mueller’s investigation has led to 215 criminal charges, 38 indictments or pleas, and five prison sentences. He also handed off information he’d uncovered on crimes outside his scope to other jurisdictions for further investigation and criminal prosecutions. Now, depending on how you count, there are somewhere between [17](#) and [29](#) ongoing investigations into criminality and abuse of the Trump organization. On the Trump side, the President’s strategy helped [push him over the 10,000-lie mark](#).

So why am I excited that Trump’s getting his way on THIS investigation? Because I’ve watched how his past investigations have gone. Thrashing for an excuse on why he lost the popular vote, [Trump pretended that millions of people voted illegally](#) and [created a panel to look into the situation](#). Surprising no one but Trump, the panel found NO EVIDENCE of improper voting. Recently, again desperate, this time about the candidacy of Joe Biden, [Trump fabricated a conspiracy theory about Biden’s son and some corruption in Ukraine](#). Rudy Giuliani was all set to go check it out [when the Ukrainian ambassador called BS](#) and [Rudy cancelled his trip](#). In both of these cases there were politically driven hatchet allegations that evaporated when actually examined. Smoke, but no fire. And that’s what I see coming down the pike for Trump’s investigation of the FBI.

Right now, Trumpets are able to take comfort that while the Mueller Investigation seemed to be a Platonic ideal of the Rule of Law, it was actually a partisan lie fest designed to undermine the billionaire savior of the common man. What happens when an actual investigation finds that duly empowered agents of our government acted legally and properly to apply due process in a criminal proceeding? Sarah Sanders stopped lying long enough to ask a very relevant question... "[We all want to know why did this start in the first place and why were they spying on the Trump campaign?](#)" Rational America has been paying attention, knows the answer, and isn't afraid of an investigation into the question. For two years the American President has been credibly accused of corruption, collusion, and obstruction. The Mueller report said he was too incompetent to collude despite his team's best efforts, but left the question of corruption and obstruction to others to decide. While the legal jurisdictions are still deciding, most of America has made up its mind based on the evidence. Trump's latest efforts at obstruction may push the rest of America to join us.

Make a great day,



Digging Deeper...

[Everything You Need to Know About the Latest Probe Into the Russia Probe](#), by Adam Raymond in New York Intelligencer, May 2019

[Mueller is done, but DOJ probe of alleged bias on Mueller and FBI teams is not](#), Mike Levine on ABCNews, May 2019

[William Barr better have the receipts on the Russia probe](#), Chris Cillizza on CNN Politics, May 2019

[After Mueller: The Ongoing Investigations Surrounding Trump](#), Madeleine Carlisle and Olivia Paschal, The Atlantic, Mar 2019

[Donald Trump's totally outrageous claim about investigating the Russia probe](#), Chris Cillizza on CNN Politics, May 2019

[What happened to the Trump counterintelligence investigation? House investigators don't know](#), Philip Bump in Washington Post, May 2019

[A Complete Guide To All 17 \(Known\) Trump And Russia Investigations](#), Garrett Graff in Wired, Dec 2019

[Here Are the Other Investigations President Trump Still Faces](#), Abigail Abrams in Time, Mar 2019

[Now we know why Donald Trump was SO focused on Michael Flynn](#), Chris Cillizza on CNN, May 2019

[Ukraine Prosecutor Says No Evidence of Wrongdoing by Bidens](#), Daryna Krasnolutska and Kateryna Choursina in Bloomberg News, May 2019

[Yesterday Was a Dark Day for the Rule of Law- When Lindsey Graham told Donald Trump Jr. to ignore a subpoena from Senate Intelligence, he told him to commit a crime. But](#)

IG & Sessions probe...[Trump-whispering 101: Barr gives him 3rd Mueller investigation probe for his 2020 campaign](#), Chris Truax in USA Today, May 2019

[that's not even the worst of it.](#), Joan Walsh in The Nation, May 2019

[William Barr doubles down on campaign spying claims, slams Democrats](#), Yaron Steinbuch on NYPost, May 2019

[Flynn told Mueller that people tied to Trump and Congress tried to obstruct probe](#), Winter, Kaplan, and Schapiro on NBCNews, May 2019

[Barr Says He Isn't Blocking Mueller's Testimony to Congress](#), Sadie Gurman in Wall Street Journal, May 2019

[Trump's reckless "treason" accusation against the FBI, explained](#), Aaron Rupar on Vox, May 2019

[No 'do-over' on Mueller probe, White House lawyer tells House panel, saying demands for records, staff testimony will be refused](#), Leonig, Dawsey, and Bade in Washington Post, May 2019

[Statement By Former Federal Prosecutors](#), DOJ Alumni (916 signatories as of 5/17/19), posted on Medium Politics, May 2019

[Barr taps U.S. attorney in Connecticut to investigate origins of Russia probe](#), Matt Zapotosky and Felicia Sonmez in Washington Post, May 2019

[Gowdy Claims FBI Relied on Clinton Ally Blumenthal to Corroborate Steele Dossier](#), Jack Crowe in National Review, May 2019

[CIA, FBI, Director of National Intelligence working with Attorney General Barr to review Russia probe origins](#), Laura Jarrett on CNN Politics, May 2019

[Dispute erupts over whether Brennan, Comey pushed Steele dossier, as DOJ probe into misconduct begins](#), Gregg Re and Catherine Herridge on FOX News, May 2019

[Bill Barr Is The Sideshow, Steven Mnuchin Is The One Who Needs To Lose His Job And Go To Jail](#), Elie Mystal on AboveTheLaw.com, May 2019

[How Does Donald Trump Keep Getting Away With It?](#) By Elie Mystal in The Nation, May 2019

[What The Founders Meant By 'High Crimes And Misdemeanors'](#), Susie Madrak on Crooks&Liars Reality Check, May 2019

[Sarah Sanders lashes out at FBI on Fox & Friends: They're the real criminals for launching 'completely insane' Trump probe](#), Eric Dolan on Raw Story, May 2019

[Trump: FBI director's comments were 'ridiculous'](#), Barrett, Wagner, and Zapotosky in Washington Post, May 2019

[AG Bill Barr tells Fox News public must know if officials 'put their thumb on the scale' in Russia probe](#), Victor Garcia on FOX News, May 2019

[Barr says review of Russia investigation origins could lead to FBI rule changes](#), Veronica Stracqualursi on CNN Politics, May 2019

[What is a FISA warrant?](#) Debbie Lord in Atlanta Journal Constitution, Feb 2018

[Trump Vows to Release FISA Warrants](#), Alan Neuhauser in USNews & World Report, Mar 2019

[What's the evidence for 'spying' on Trump's campaign? Here's your guide.](#) Glenn Kessler in Washington Post, May 2019

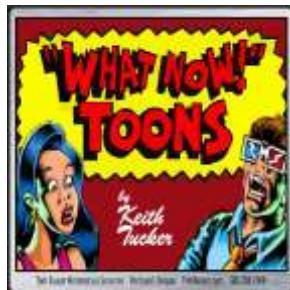
[Tracking 29 investigations related to Trump](#), Larry Buchanan and Karen Yourish in NYTimes, May 2019

[President Trump has made more than 10,000 false or misleading claims](#), Washington Post Fact Check, April 2019

['The most bizarre thing I've ever been a part of': Trump panel found no widespread voter fraud, ex-member says](#), Eli Rosenberg in Washington Post, Aug 2018

What NOW?!! Toons

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



53 Things to do in Portland this Summer

You know you want to get out... here's where to go



It's said that New Yorkers never go to the Statue of Liberty and Parisians never go to the Eiffel Tower, because natives rarely take the time to do the things that make a place special to the tourists. That's especially sad when it happens here. People come from around the world to see our Oregon, yet we all-too-often sit let the beauty and adventure they're searching for just wash past us. Don't let that happen to you this summer! The Oregonian recently had a wonderful guide to 53 activities that will take you around Portland and across the state to see the best we have to offer. Maybe all 53 would be a little too busy, but we bet that picking just a few items off the list will give you a Summer to remember...

53 things to do in Oregon this summer

By Lizzy Acker | The Oregonian/OregonLive | Posted May 20, 2019 at 07:05 AM

Only boring people get bored in Oregon during the summer. We've got lakes, rivers, festivals, beaches, music and food. There's almost always something going on to get you outside, even on those hot days in the middle when you start thinking you might actually miss the rain. Start planning your epic summer of adventure now with our list of 53 events you won't want to miss.

Portland Pickles baseball

You don't have to spend too much to get the full baseball experience and the Portland Pickles lean hard into their name, with fried pickles at the concession stand and a pickle mascot named Dillion. Pre-season home games start June 1.

Walker Stadium at Lents Park, Portland; \$8; portlandpicklesbaseball.com

Hillsboro Hops baseball

Hillsboro's minor league team plays their first home game on June 21 against the Vancouver Canadians. Ron Tonkin Field, Hillsboro; \$7-\$50; hillsborohops.com

Oregon Shakespeare Festival

This year Oregon's famous Shakespeare festival in Southern Oregon is putting on Shakespeare classics "All's Well That Ends Well" and "As You Like It," among others, as well as modern plays like "How to Catch Creation" and "Mother Road."

Outdoor shows run through early October; Ashland; ticket prices vary; osfashland.org

The Rose Festival

Portland's annual celebration of roses has everything -- fair rides, parades, fireworks. And this year, it's been happening for 111 years. May 24-June 9; various locations around Portland, prices vary, many events are free; rosefestival.org

Cannon Beach Sandcastle Contest

So you think you can build a sandcastle? Join this yearly competition in Cannon Beach and see how you stack up. June 7-9, building happens June 8; Cannon Beach; free to watch, \$5-\$20 to compete; cannonbeach.org

Portland Scandinavian Midsummer Festival

Craft, eat and help raise the Midsummer Pole at this festival celebrating its 91st year. June 8; Oaks Park; \$7-\$8; nordicnorthwest.org

Oregon Divisional Chainsaw Sculpting Championships

Watch experts turn logs into works of art at the 20th annual Oregon Divisional Chainsaw Sculpting Championships over Father's Day Weekend.

June 13-16; Reedsport; \$5; oregonccc.com

Portland Pride Waterfront Festival and Parade

Portland's annual Pride Festival and Parade celebrates the city's lesbian, gay, bisexual, and trans communities. June 15-16; Tom McCall Waterfront Park; \$8 donation; pridenw.org

Cider Summit Portland

Cider lovers, now is your time. This cider festival will feature over 150 ciders, as well as cider cocktails and apple spirits.

June 21-22; Fields Neighborhood Park, Portland; \$25-\$40; cidersummitnw.com

Tigard Festival of Balloons

Sure, the Festival of Balloons features hot air balloons, but that's not all! There's shopping, eating, carnival rides, games and live music.

June 21-23; Cook Park, Tigard; \$5-\$8 for three-day pass; tigardballoon.org

Summer Kite Festival

Take advantage of the windy coast with this free festival celebrating kites. Make your own kite or just watch other people's kites soar through the air.

June 22-23; Lincoln City; free; oregoncoast.org

World Naked Bike Ride

One night every summer, people gather, remove their clothing, and then ride through the streets of Portland. It's not everyone's cup of tea but if it's yours, you are probably already making plans for the World Naked Bike Ride.

June 29; Portland, starting location TBA; free; pdxwnbr.org

World Beat Festival

You don't have to travel the world all summer to experience music, food, dancing and traditions of different cultures. Just head to Salem's Riverfront Park for the World Beat Festival.

June 28-30; Riverfront Park, Salem; \$5; salemmulticultural.org

St. Paul Rodeo

In St. Paul, there will be roping, riding and racing. Is it even summer if you don't watch a rodeo?

July 2-6; St. Paul Rodeo Grounds; \$16-\$26; stpaulrodeo.com

Estacada Timber Festival

Step into a world that involves competitive pole climbing, ax throwing and log rolling. Plus, there's live music.

July 4; Estacada Timber Park; \$5; estacadatimberfestival.com

Waterfront Blues Festival

Celebrate Fourth of July weekend with musical acts like Marchfourth, Shemekia Copeland and the California Honeydrops, all on the banks of the Willamette River.

July 4-7; Tom McCall Waterfront Park, Portland; festival passes start at \$50; waterfrontbluesfest.com

"Wicked"

If you're looking for some inside fun in July, try "Wicked" with Broadway in Portland. Experience the story, and music, of two witches who strike up a friendship. Also, there's air conditioning.

July 10-28; Keller Auditorium, Portland; \$59-\$179; portland.broadway.com

Harefest

Two days, three stages and 22 tribute bands? Yep. This year's Harefest will include a Journey tribute band, a Heart tribute band, a Guns N' Roses tribute band and so, so many more.

July 12-13; Canby; \$49-\$65; harefest.com

Oregon Country Fair

The Oregon Country Fair will celebrate 50 years of music, food and yes, some nudity, in the woods this summer. Paint your face, put on your sandals and join the fun.

July 12-14; Veneta; \$29-\$36; oregoncountryfair.org

The Big Float

On a (hopefully) nice day in July, join a whole crowd of other people and float down the Willamette River in Portland. Don't forget, it's BYOFD (bring your own flotation device).

July 13; Tom McCall Waterfront Park; \$5-\$15; thebigfloat.com

da Vinci Days

Celebrate math, science, engineering, technology and arts with Corvallis' annual festival named after Leonardo da Vinci.

July 19-21; Corvallis; free; davincidays.org

Cathedral Park Jazz Festival

Bring a picnic and listen to music under the St. Johns Bridge, all for free.

July 19-21; Cathedral Park, Portland; free; jazzoregon.com/cpjazz

Robin Hood Festival

This year is the 65th anniversary Sherwood's annual Robin Hood Festival, an old timey celebration of the community that features a medieval parade, sword fights and lots of activities and music.

July 19-21; old town Sherwood; free; robinhoodfestival.org

PDX Pop Now!

Portland's annual outdoor, under-the-bridge, free music festival returns this summer for its 16th year of local indie rock and roll.

July 20-21; Audiocinema, Portland; free; pdxpopnow.com

Concours d'Elegance

Music, food, beer, wine and of course, classic cars, make Concours d'Elegance the summer event for lovers of old time automobiles.

July 21; Pacific University, Forest Grove; \$5-\$20; forestgroveconcours.org

Dunefest

If you like extreme sports with your Oregon coast appreciation, Dunefest is the place for you. Want to race ATVs? Toss tires? Take monster truck rides? That's Dunefest.

July 23-28; Winchester Bay, Oregon Dunes National Recreation Area; \$20-\$45; dunefest.com

Oregon Brewers Festival

This summer, the Oregon Brewers Festival will feature all craft beers and ciders from Oregon for the first time. Also exciting to beer lovers will be the fact that 85 of those beers and ciders will be first-release products debuting at the festival.

July 24-27; Tom McCall Waterfront Park, Portland; free to enter, \$20 for a tasting package that includes a mug and 10 tokens; oregonbrewfest.com

Portlandia Mermaid Parade

This year is the fourth year that a parade of mermaids has walked through Portland. Not a mermaid? You can still go.

July 27; Tom McCall Waterfront Park; free; portlandiamermaidparade.com

Tualatin Crawfish Festival

If your love of crawfish (or crawdads) isn't enough to entice you to this festival, what about the Tom Petty tribute band called Petty Fever is playing on Saturday?

Aug. 2-3; Tualatin Community Park; \$5; hoodtocoastrelay.com/rs/crawfish-festival/

Pickathon

Phil Lesh & the Terrapin Family Band is just one of the groups that are heading to the Pendarvis Farm for a weekend of music, food and even camping this summer.

Aug. 2-4; Pendarvis Farm, Happy Valley; \$130-\$160 for single-day admission; pickathon.com

Chinese Festival

Celebrate the culture and food of China with dances, musical acts, martial arts demonstrations and more at the first ever Chinese Festival.

Aug. 3; Pioneer Courthouse Square; free; pdxchinese.org/chinesefestival

Tillamook County Fair

This summer the Tillamook County Fair will make your '90s dreams come true with a show by Sugar Ray. Yeah, that Sugar Ray.

Aug. 7-10; Tillamook; \$6-\$10; tillamookfair.com

Junction City Scandinavian Festival

Celebrate Scandinavian culture and food in the central Willamette Valley this summer.

Aug. 8-11; Junction City; free; junctioncityscandia.org

Pan African Festival of Oregon

Oregon's annual Pan African Festival celebrates the influence of the African Diaspora in Oregon with dancing, drumming, family entertainment and food.

Aug. 10; Pioneer Courthouse Square; free; panafricanfestivalor.org

Bridge Pedal

If you've ever wanted to ride your bike over a freeway bridge in Portland, this is your one chance of the year.

Aug. 11; bridges across Portland; \$35; providence.org/bridge-pedal

India Festival

Experience the sights, tastes and sounds of India at the annual India Festival, which features dance, music and food.

Aug. 11; Pioneer Courthouse Square; free; icaportland.org

Grand Ronde Contest Powwow

Watch Native dancers compete for more than \$35,000 in prize money in 20 categories during this weekend celebration.

Aug. 16-18; Uyxat Powwow Grounds, Willamina; free to watch, \$1 for parking; crazycrow.com

PDX Adult Soap Box Derby

Watch full-grown adults fly down Mt. Tabor in homemade derby cars. Stay alert. There will be crashes.

Aug. 17; Mount Tabor Park, Portland; free to watch; soapboxracer.com

Airshow of the Cascades

The Airshow of the Cascades doesn't just have airplanes -- there are also cars, bikes, fireworks, drones and all kinds of entertainment.

Aug. 23-24; Madras Airport; \$6-\$20 for admission; cascadeairshow.com

Hood to Coast

Watch runners compete in this awesome feat of strength -- a team run literally from Mount Hood to the Oregon coast -- from the sidelines.

Aug. 23-24; Timberline Lodge to Seaside; free to watch; hoodtocoastrelay.com

Faereworlds

Art, music and fantasy collide at Horning's Hideout during Faereworlds.

Don't forget to bring your wings.

Aug. 23-25; Horning's Hideout, North Plains; tickets start at \$45 for adults; faereworlds.com

Oregon State Fair

Enjoy the rides on the midway, eat some classic fair food, check out the prize-winning animals and listen to the Beach Boys, all at the Oregon State Fair.

Aug. 23-Sept. 2; Oregon State Fairgrounds, Salem; \$5-\$8; oregonstatefair.com

Dahlia Festival

Revel in colorful displays at this annual free celebration of dahlias in bloom.

Aug. 24-26 and Aug. 31- Sept. 2; Swan Island Dahlias, Canby; free; dahlias.com

Dragons in The Wallowas

Watch dragon boats race on Wallowa Lake, in the shadow of the majestic Wallowa Mountains.

Aug. 24-25; Wallowa Lake; free to watch; wallowa7wonderscup.com

Sisters Folk Festival

This year's Sisters Folk Festival will feature Bruce Cockburn, Le Vent Du Nord and more, playing folk and more on eleven different stages across town. Sept. 6-8; venues across Sisters; \$55-\$170 for festival pass; sistersfolkfestival.org

Cycle Oregon

This year, the week-long bike ride through Oregon travels over 400 miles around the rim of Crater Lake and through Central Oregon.

Sept. 7-14; beginning and ending in Oakridge; \$1,050; cycleoregon.com

Pendleton Round-Up

The Pendleton Round-Up is more than just a rodeo -- it features parades and a concert too!

Sept. 11-14; Pendleton; \$17-\$24; pendletonroundup.com

Feast Portland

The Pacific Northwest's marquee food and drink festival will welcome a new lineup of celebrated chefs from around the world for its eighth year in Portland.

Sept. 12-15; venues across Portland; ticket prices vary; feastportland.com

Rose City Comic Con

Rose City Comic Con is one of the city's largest celebrations of geek culture.

Sept. 13-15; Oregon Convention Center, Portland; \$25-\$40 for single-day passes; rosecitycomiccon.com

Shrewsbury Renaissance Faire

Put on your finest pantaloons and head to this "faire" set in the historic renaissance of 1558 to 1603.

Sept. 14-15; Kings Valley; \$7-\$14; shrewfaire.com

Sidewalk Chalk Art Festival

Publicly demonstrate your skills with the chalk, or just watch other people do it, at this festival in Forest Grove.

Sept. 21; downtown Forest Grove; \$7-\$12 to participate, free to observe; valleyart.org

Komen Oregon and SW Washington More Than Pink Walk

This year, Susan G. Komen Oregon and SW Washington is expanding beyond pink during their annual fundraiser walk, which raises money to reduce breast cancer deaths in the United States.

Sept. 22; Portland; \$20-\$35 to register as an individual; komenoregon.org

Oregon Alpenfest

The Oregon Alpenfest promises "a rousing a good time with beer, bratwurst and Swiss and Bavarian entertainment."

Sept. 26-29; Venues around Joseph, Enterprise and Wallowa Lake; many events are free; oregonalpenfest.com

Planning ahead protects your Summer

Don't wait for the last minute to check out your vehicle!



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Summer 2019 is just days away from kickoff, and AAA predicts 43 million Americans will hit the road on Memorial Day alone. Whether you're thinking in the city, around the state, or across the country, you're probably making travel plans so you'll probably want to have your vehicle checked for safety and reliability before you go. You're not alone... of course not all those 43 million people are coming to Tom Dwyer, but summer is the busiest season for all automotive shops and it might feel that way. It may be impossible to avoid bad weather, annoying family, or expensive tourist traps, but there is one thing you can do **RIGHT NOW** to insure safe, fun, and smooth summer driving. Bring your vehicle in for service and checkout at the **START** of the summer, well **BEFORE** you plan on heading out, because **NOTHING** ruins a road trip faster and more completely than a vehicle that dies on the road.

Sometimes people put off this all-important vehicle check until the day before they leave, but here are some reasons this practice can put your trip in jeopardy...

ALWAYS get your vehicle checked out before a long trip! (But call us if you can't.)

A consistently maintained should be ready for travel but you should still have it checked. There might be some developing issue that hasn't shown symptoms yet, and it's much better to catch it now than when it leaves you stranded. Even if nothing major is about to fail, a check of fluids, brakes, tire treads and pressures, lights, and other critical systems gives you extra confidence.

If for some reason you just weren't able to get your vehicle in to us for a checkup and it starts doing something that makes you nervous right before you hit the road, PLEASE still call us! We always take break-downs and emergencies without appointment, and we'll do our absolute best to get you going in time for your trip. Even if there's not enough time to fix your issue we may be able to give advice to keep you from actually breaking down, or there may still be time to get you into a rental car instead.

DO schedule a check, but DON'T wait till the last minute to do it.

In the busiest parts of the summer our "next available appointment" may be several days from the day you call, which can cause real problems if you have a short window of availability or an impending departure date. For example, last year a client called on a Wednesday to schedule service on Thursday for a Friday trip, but we were already full for the week and there was absolutely no way to get him in. We try not to ever say "no" to our clients, but if we don't have availability then we just don't have a choice.

Another reason to schedule with as much leeway as possible is that short repair timelines leave no margin for error if something unexpected pops up. For instance, some engine leaks can take two days to repair. We can't fix it, much less fix it right, if you drop it on a Friday and need to leave Saturday. Or, suppose your vehicle's problem would be a quick and easy fix but the only part to do it comes from a supplier in Orlando? Little glitches like this are all the more frustrating because they're completely avoidable with a little advance planning, so please, PLEASE call us with enough time to give you the quality service you expect and deserve!

Allow a few days AFTER your service before your trip.

The only way to be sure repairs were successful is to drive long enough to make sure they hold up in the real world, so always leave a couple days for a shakedown period before you head out of town. Repairs can fail for many reasons- parts may be faulty, the Technician may have made a mistake, the original diagnosis may have been wrong, problems can develop in related systems after the first repair, or the original problem may have masked another problem no one knew about. If you leave enough time, we can still get things fixed properly before you leave.

Rely on us if you DO run in to problems on the road.

If you're our client then we will help you any way we can, anywhere you are, and even if you're on the road we're always as close as your phone. We can't send our Courtesy Shuttle to Minnesota to pick you up, but we can give you advice over the phone that might be helpful. If you find yourself broken down and have to use a local shop we can also be useful by sending the shop complete repair records, or by offering a second opinion if you're not sure they're giving you good advice. Finally, all our work carries a 24-month-24-thousand-mile nationwide warranty that can be extremely useful. If you are out-of-town and have a problem, or if you can't reach our shop at 503-230-2300, call 877-252-4609 and explain what's happening. They'll refer you to a local shop that will take care of you.

Give us a call if you have ANY questions.

Don't wait until things actually break down to call us... many questions can be solved with a quick call to 503-230-2300 or email to tomdwyer@tomdwyer.com. Our salaried Service Advisors will be glad to discuss any vehicle concerns you might have. If you're in doubt about anything, a quick call could save a lot of vacation headaches!

Our adopted daughter leaves the nest

Genesis Jazmin Moreno Quishpe is ready for the world



They grow up so fast, don't they? We don't mention it very often, but we adopted child here at the shop. Well, she was a child when we adopted her in 2006, but Genesis Jazmin Moreno Quishpe is all grown up now. Jazmin was born in 2000 in Quito, Ecuador, a happy girl whose favorite classes in school were art and social studies. At home she did chores and ran errands for her parents and drew, painted, and played dolls with her brother Darikson and sister Nairobi. Jazmin was just like most American kids, except her family was living on less than \$400 a month (\$US) in a one-room house with insufficient food, wooden beds, a concrete floor, and corrugated metal roof. She needed help, and thanks to the support of our clients and the work of Children International, we were able to

provide it. Now, thirteen years later, we can see the real-world results of that help and we'd like to share them with you...

Jazmin is like many of the children growing up around the world in extreme poverty, and in fact, she's better off than many. We first connected with Jazmin through [Children International](#) (CI) when she was 6, and began supporting her with a monthly donation. Our sponsorship helps her but also supports the Sponsorship Center, a hub of activity for youths and teenagers in her village. Staff and volunteers coordinate activities, host meetings, and distribute gifts and benefits, while sponsored children play, use the library, receive tutoring and training and attend youth program functions. Beyond the monthly donation, sponsors can make additional gifts directly to their child, and we've taken advantage of the opportunity many, many times. We've given clothes and toys, but poverty changes the needs for gifts and the CI staff helps. They do let some of the fun stuff get through, but they also use some of the money for more necessary things like furniture, appliances, even construction materials if that's what the family needs. Working with CI, and working hard on her own, Jazmin has put these gifts to work to build the stable and healthy life she deserves. In her periodical letters we watched as she went through elementary and high school and finally struggled to be accepted into college, the police academy, or the Ecuadorian military. Her last letter as she turned 18 and graduated the CI program put icing on the cake... Jazmin won her struggle to be accepted by a university, and she will begin studying law this year!

Children International is one of the many charities that have made a commitment to helping these kids obtain the food, medical and dental care, education, clothes, and shelter they need to have a chance at life. CI connects sponsors with individual children around the world, putting a personal face on the impersonal and pervasive endemic in the areas CI works. CI began in 1936 as "Holy Land Christian Mission", but today is a secular organization operating in 10 countries, and more than 300,000 sponsored children and their families are currently benefiting from one or more of their programs. [About 83%](#)



Our first picture of
Genesis Jazmin
Moreno Quishpe,
age 6



Jazmin shows off her final gifts as she
graduates from the CI program

[each dollar to program costs](#) that directly help their benefit the children, while the remainder is split between 11.2% fundraising expenses and 5.7% administrative expenses. Funds collected provide goods and services for sponsored children and their families, primarily in the areas of health and education. Field experts in international health and human services conduct personal on-site evaluations to verify that benefits are delivered effectively.

Despite the best efforts of Children International, Tom Dwyer Automotive, and possibly even Genesis Jazmin herself one day, poverty will continue to exist. But CI isn't quitting and neither are we. Now that Jazmin has left the nest we're adopting another child... say hello to 5-year-old Kerly Anahi Herrera Simba. We'll keep you posted on her progress!

At Tom Dwyer Automotive, we try very hard to be more than just an auto repair shop. Business is important, profit is important, but a business must give back to the world or else it's just a parasite. We give to many worthy causes, CI being just one, but it's only possible because of the strong support of our clients through the years. THANK YOU so much for your support! And we hope to keep making a difference in the lives of all the people we meet... clients or otherwise!



Our newest adopted child... 5-year-old Kerly Anahi Herrera Simba



Jazmin with her mom, Silvia, and her brother, Darikson, and the sink that made their day



Jazmin at 14, excited by her new bedroom furniture



Genesis Jazmin at age 15



Poverty means different gifts. Here Jazmin and Silvia stand next to the bags of spackling we gave them to repair their home.

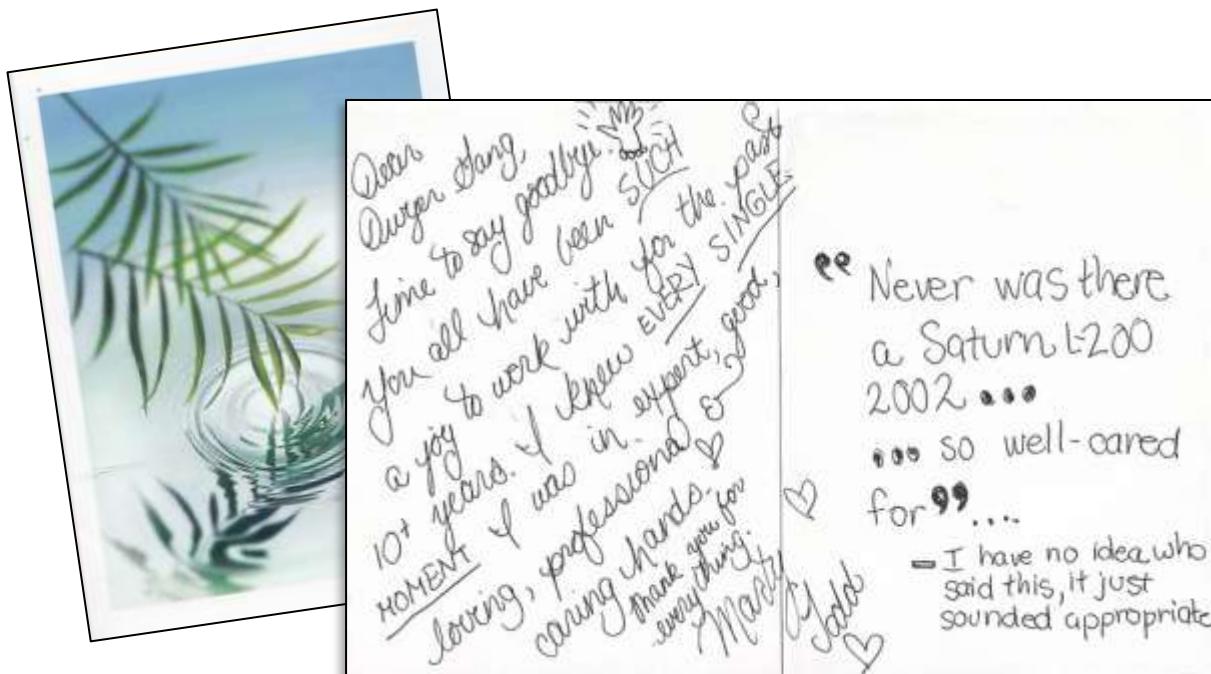
Shop Talk

Goodbye to Marty's Saturn



Comment of the Month

It was finally time for client Marty T. to say goodbye to her old Saturn this month. She sent us a lovely card and we were going to write down what she said, but Marty spent so much time on the little hands and hearts and details that we decided to just show it to you instead...



People love their vehicles, sometimes like family. Our approach to maintenance and repair can keep those family members on the road for a long, long time, but eventually the road has an end. That's when we may be MOST valuable to our clients. When it just doesn't make any sense to pour money into a vehicle that has reached the end of its useful life, we'll tell you... gently but firmly. And hopefully your experience with us will be as good as Marty's seems to have been, and we'll take care of your (and her) next vehicle-member-of-the-family for many more years to come.



Referral Reward Program

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 \$335 since our last count; a total of 601 donations totaling \$26,020 since the program began!

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

[Oregon Humane Society](#) by Mimi H.
[Childrens Cancer Association](#) by Rene Z.
[Cat Adoption Team](#) by Eric H.
[CASA](#) by Christopher N.
[Doernbecher Childrens Hospital](#) by David N.
[ACLU](#) by Kirk L.
[Paying It Forward Store](#) by Deb M.
[Children's Book Bank](#) by Julie W.
[Pixie Project](#) by Jordan N.
[Central City Concern](#) by Lisa C.

Current Special Offers

Take advantage of these special Tom Dwyer offers!



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...



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.



Summer's still a way off, but the heat's already settling in. That means easy, light, nutritious cooking that cools you off and lets you relax... it means PASTA SALAD! Pickles are a staple of any worthy pasta salad, but in this month's recipe Drew moves the pickles to the spotlight they deserve...

Ingredients (base):

- $\frac{1}{2}$ lb dry shell pasta
- $\frac{3}{4}$ cup sliced pickles
- $\frac{2}{3}$ cup cheddar cheese
- 3 tbsp finely diced white onion
- 2 tbsp fresh dill
- $\frac{1}{2}$ cup pickle juice

Ingredients (dressing):

- $\frac{2}{3}$ cup mayonnaise
- $\frac{1}{3}$ cup sour cream
- $\frac{1}{8}$ tsp cayenne pepper
- 4 tbsp pickle juice
- Salt & Pepper to taste

Preparation:

1. Boil pasta al dente according to package directions. Run under cold water to stop cooking
2. Toss cold pasta with about $\frac{1}{2}$ cup of pickle juice and set aside for about 5 minutes. Drain & discard pickle juice.
3. Combine all dressing ingredients in a small bowl and mix well.
4. Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.

PRO TIP 1: Objectively, the best pickles ever made are Claussen Dills. Make sure you use the Claussen juice for the absolute best results.

PRO TIP 2: When you're done with the Claussen pickles, keep the jar of juice in the refrigerator. Chop up celery, asparagus, cucumber or other crispy vegetables and leave them to soak in the juice for a great quicky garnish to any meal.

Health Notes

Want to lose weight? Skip the exercise.

Swimsuit season is coming like a freight train, and many of us are thinking of hitting the gym before we hit the beach. Unfortunately, it's almost impossible to lose weight through exercise alone (or even primarily). Don't let that kill your gym commitment though, because exercise is still absolutely critical for your health, but for weight loss? There are other, less sweatier, alternatives...



Why you shouldn't exercise to lose weight, explained with 60+ studies

By Julia Belluz and Javier Zarracina on Vox, Oct 2017

"I'm going to make you work hard," a blonde and perfectly muscled fitness instructor screamed at me in a recent spinning class, "so you can have that second drink at happy hour!"

At the end of the 45-minute workout, my body was dripping with sweat. I felt like I'd worked really, really hard. And according to my bike, I had burned more than 700 calories. Surely I had earned an extra margarita.

The spinning instructor was echoing a message we've been getting for years: As long as you get on that bike or treadmill, you can keep indulging — and still lose weight. It's been reinforced by fitness gurus, celebrities, food and beverage companies like PepsiCo and Coca-Cola, and even public health officials, doctors, and the first lady of the United States. Countless gym memberships, fitness tracking devices, sports drinks, and workout videos have been sold on this promise.

There's just one problem: This message is not only wrong, it's leading us astray in our fight against obesity.

To find out why, I read through more than 60 studies on exercise and weight loss. I also spoke to nine leading exercise, nutrition, and obesity researchers. Here's what I learned.

1) An evolutionary clue to how our bodies burn calories

When anthropologist Herman Pontzer set off from Hunter College in New York to Tanzania to study one of the few remaining hunter-gatherer tribes on the planet, he expected to find a group of calorie-burning machines.

Unlike Westerners, who increasingly spend their waking hours glued to chairs, the Hadza are on the move most of the time. Men typically go off and hunt — chasing and killing animals, climbing trees in search of wild honey. Women forage for plants, dig up tubers, and comb bushes for berries. "They're on the high end of physical activity for any population that's been looked at ever," Pontzer said.

By studying the Hadza lifestyle, Pontzer thought he would find evidence to back the conventional wisdom about why obesity has become such a big problem worldwide. Many have argued that one of the reasons we've collectively put

on so much weight over the past 50 years is that we're much less active than our ancestors.

Surely, Pontzer thought, the Hadza would be burning lots more calories on average than today's typical Westerner; surely they'd show how sluggish our bodies have become.

On several trips in 2009 and 2010, he and his colleagues headed into the middle of the savanna, packing up a Land Rover with camping supplies, computers, solar panels, liquid nitrogen to freeze urine samples, and respirometry units to measure respiration.

In the dry, open terrain, they found study subjects among several Hadza families. For 11 days, they tracked the movements and energy burn of 13 men and 17 women ages 18 to 75, using a technique called doubly labeled water — the best known way to measure the carbon dioxide we expel as we burn energy.

When they crunched the numbers, the results were astonishing.

"We were really surprised when the energy expenditure among the Hadza was no higher than it is for people in the US and Europe," says Pontzer, who published the findings in 2012 in the journal PLOS One. While the hunter-gatherers were physically active and lean, they actually burned the same amount of calories every day as the average American or European, even after the researchers controlled for body size.

Pontzer's study was preliminary and imperfect. It involved only 30 participants from one small community.

But it raised a tantalizing question: How could the hunting, foraging Hadza possibly burn the same amount of energy as indolent Westerners?

As Pontzer pondered his findings, he began to piece together an explanation.

First, scientists have shown that energy expenditure — or calories burned every day — includes not only movement but all the energy needed to run the thousands of functions that keep us alive. (Researchers have long known this, but

few had considered its significance in the context of the global obesity epidemic.)

Calorie burn also seems to be a trait humans have evolved over time that has little to do with lifestyle. Maybe, Pontzer thought, the Hadza were using the same amount of energy as Westerners because their bodies were conserving energy on other tasks.

Or maybe the Hadza were resting more when they weren't hunting and gathering to make up for all their physical labor, which would also lower their overall energy expenditure.

This science is still evolving. But it has profound implications for how we think about how deeply hardwired energy expenditure is and the extent to which we can hack it with more exercise.

If the "calories out" variable can't be controlled very well, what might account for the difference in the Hadza's weights?

"The Hadza are burning the same energy, but they're not as obese [as Westerners]," Pontzer said. "They don't overeat, so they don't become obese."

This fundamental concept is part of a growing body of evidence that helps explain a phenomenon researchers have been documenting for years: that it's extremely difficult for people to lose weight once they've gained it by simply exercising more.

2) Exercise is excellent for health

Before we dive into why exercise isn't that helpful for slimming, let's make one thing clear: No matter how working out impacts your waistline, it does your body and mind good.

A Cochrane Review of the best available research found that while exercise led to only modest weight loss, study participants who exercised more (even without changing their diets) saw a range of health benefits, including reducing their blood pressure and triglycerides in their blood. Exercise reduces the risk of Type 2 diabetes, stroke, and heart attack.

A number of other studies have also shown that people who exercise are at a lower risk of developing cognitive impairment from Alzheimer's and dementia. They also score higher on cognitive ability tests — among many, many other benefits.

If you've lost weight, exercise can also help weight maintenance when it's used along with watching calorie intake. In an October 2017 study published in the journal *Obesity*, researchers examined what happened to 14 of the contestants on the Biggest Loser weight loss reality show, six years after they attempted to slim down for TV. They again found there was no relationship between physical activity and weight loss during the active weight loss of the show.

"So the people who lost the most weight on the show weren't necessarily the people who did the most exercise — instead, it was the people who ate the least," said study

author and National Institutes of Health mathematician and obesity researcher Kevin Hall. But they also found there was a strong relationship between exercise and keeping weight off. (The study participants who managed to maintain their weight loss after six years got 80 minutes of moderate exercise per day or 35 minutes of daily vigorous exercise.)

"Consistent with previous reports, large and persistent increases in [physical activity] may be required for long-term maintenance of lost weight," the researchers concluded.

So exercise, in summary, is like a wonder drug for many, many health outcomes.

3) Exercise alone is almost useless for weight loss

The benefits of exercise are real. And stories about people who have lost a tremendous amount of weight by hitting the treadmill abound. But the bulk of the evidence tells a less impressive story.

Consider this review of exercise intervention studies, published in 2001: It found that after 20 weeks, weight loss was less than expected, and that "the amount of exercise energy expenditure had no correlation with weight loss in these longer studies."

To explore the effects of more exercise on weight, researchers have followed everybody from people training for marathons to sedentary young twins to post-menopausal overweight and obese women who ramp up their physical activity through running, cycling, or personal training sessions. Most people in these studies typically only lost a few pounds at best, even under highly controlled scenarios where their diets were kept constant.

Other meta-analyses, which looked at a bunch of exercise studies, have come to similarly lackluster conclusions about exercise for losing weight. This Cochrane Review of all the best available evidence on exercise for weight loss found that physical activity alone led to only modest reductions. Ditto for another review published in 1999.

University of Alabama obesity researcher David Allison sums up the research this way: Adding physical activity has a very modest effect on weight loss — "a lesser effect than you'd mathematically predict," he said.

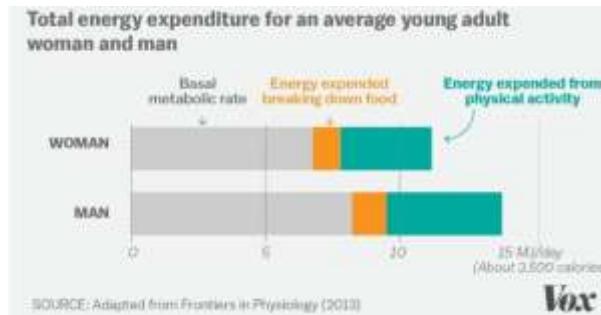
We've long thought of weight loss in simple "calories in, calories out" terms. In a much-cited 1958 study, researcher Max Wishnofsky outlined a rule that many organizations — from the Mayo Clinic to Livestrong — still use to predict weight loss: A pound of human fat represents about 3,500 calories; therefore, cutting 500 calories per day, through diet or physical activity, results in about a pound of weight loss per week. Similarly, adding 500 calories a day results in a weight gain of about the same.

Today, researchers view this rule as overly simplistic. They now think of human energy balance as "a dynamic and adaptable system," as one study describes. When you alter one component — cutting the number of calories you eat in a day to lose weight, doing more exercise than usual — this sets off a cascade of changes in the body that affect how many calories you use up and, in turn, your bodyweight.

4) Exercise accounts for a small portion of daily calorie burn

One very underappreciated fact about exercise is that even when you work out, those extra calories burned only account for a tiny part of your total energy expenditure.

"In reality," said Alexxai Kravitz, a neuroscientist and obesity researcher at the National Institutes of Health, "it's only around 10 to 30 percent [of total energy expenditure] depending on the person (and excluding professional athletes that workout as a job)."



There are three main components to energy expenditure, Kravitz explained: 1) basal metabolic rate, or the energy used for basic functioning when the body is at rest; 2) the energy used to break down food; and 3) the energy used in physical activity.

We have very little control over our basal metabolic rate, but it's our biggest energy hog. "It's generally accepted that for most people, the basal metabolic rate accounts for 60 to 80 percent of total energy expenditure," Kravitz said. Digesting food accounts for about 10 percent.

That leaves only 10 to 30 percent for physical activity, of which exercise is only a subset. (You can read more about this concept [here](#) and [here](#).)

"It's not nothing, but it's not nearly equal to food intake — which accounts for 100 percent of the energy intake of the body," Kravitz said. "This is why it's not so surprising that exercise leads to [statistically] significant, but small, changes in weight."

5) It's hard to create a significant calorie deficit through exercise

Using the National Institutes of Health Body Weight Planner — which gives a more realistic estimation for weight loss than the old 3,500-calorie rule —the NIH's Kevin Hall created this model to show why adding a regular exercise program is unlikely to lead to significant weight loss.

Projected weight loss for a 200-pound man with 60 minutes of running four days per week



If a hypothetical 200-pound man added 60 minutes of medium-intensity running four days per week while keeping his calorie intake the same, and he did this for 30 days, he'd lose five pounds. "If this person decided to increase food intake or relax more to recover from the added exercise, then even less weight would be lost," Hall added. (More on these "compensatory mechanisms" later.)

So if one is overweight or obese, and presumably trying to lose dozens of pounds, it would take an incredible amount of time, will, and effort to make a real impact through exercise.

That's why Hall thinks researchers find again and again that exercise can help maintain weight loss, but it doesn't help people lose weight. "You need a huge volume of exercise to [burn enough calories for weight loss]," he said. "But to maintain weight loss does not require a deficit of energy."

6) Exercise can undermine weight loss in other, subtle ways

Exercise can even undermine weight loss in subtle ways. How much we move is connected to how much we eat. As Hall put it, "I don't think anybody believes calories in and calories out are independent of each other." And exercise, of course, has a way of making us hungry — so hungry that we might consume more calories than we burned off.

One 2009 study shows that people seemed to increase their food intake after exercise — either because they thought they burned off a lot of calories or because they were hungrier. Another review of studies from 2012 found people generally overestimated how much energy exercise burned and ate more when they worked out.

"You work hard on that machine for an hour, and that work can be erased with five minutes of eating afterward," Hall added. A single slice of pizza, for example, could undo the calories burned in an hour's workout. So could a cafe mocha or an ice cream cone.

There's also evidence to suggest that some people simply slow down after a workout, using less energy on their non-gym activities. They might decide to lie down for a rest, fidget less because they're tired, or take the elevator instead of the stairs.

These changes are usually called "compensatory behaviors," and they simply refer to adjustments we may unconsciously make after working out to offset the calories burned.

7) Exercise may cause physiological changes that help us conserve energy

The most intriguing theories about why exercise isn't great for weight loss describe changes in how our bodies regulate energy after exercise.

Researchers have discovered a phenomenon called "metabolic compensation."

"The more you stress your body, we think there are changes physiologically — compensatory mechanisms that change given the level of exercise you're pushing yourself at," said Loyola University exercise physiologist Lara Dugas. In other words, our bodies may actively fight our efforts to lose weight.

This effect has been well documented, though it may not be the same for everyone.

For one fascinating study, published in the journal *Obesity Research* in 1994, researchers subjected seven pairs of young, sedentary identical twins to a 93-day period of intense exercise. For two hours a day, nearly every day, they'd hit a stationary bike.

The twins were also housed as inpatients in a research lab under 24-hour supervision and fed by watchful nutritionists who measured their every calorie to make sure their energy intake remained constant.

Despite going from being mostly sedentary to spending a couple of hours exercising almost every day, the participants only lost about 11 pounds on average, ranging from as little as 2 pounds to just over 17 pounds, almost all due to fat loss. The participants also burned 22 percent fewer calories through exercise than the researchers calculated prior to the study starting.

By way of explanation, the researchers wrote that either subjects' basal metabolic rates slowed down or subjects were expending less energy outside of their two-hour daily exercise block.

In a more recent study, published in *Obesity* in May 2016, Kevin Hall's group again looked at 14 of the Biggest Loser reality show participants. They took a number of measurements — bodyweight, fat, metabolism, hormones — at the end of the 30-week competition in 2009, and again six years later, in 2015.

Though all the contestants lost dozens of pounds through extreme diets and hours of exercise at the end of the show, by the six-year mark their waistlines had largely rebounded. But the most remarkable finding was that the participants' metabolisms had vastly slowed down through the study period. They were essentially burning about 500 fewer calories (about a meal's worth) each day than would be expected given their weight.

This metabolic effect persisted, despite the fact that most participants were slowly regaining the weight they lost.

Dugas calls this phenomenon "part of a survival mechanism": The body could be conserving energy to try to hang on to stored fat for future energy needs. Again,

researchers don't yet know why this happens or how long the effects persist in people.

"We know with confidence that some metabolic adaptations occur under some circumstances," said David Allison, "and we know with confidence some behavioral compensations occur under some circumstances. We don't know how much compensation occurs, under which circumstances, and for whom."

8) Energy expenditure might have an upper limit

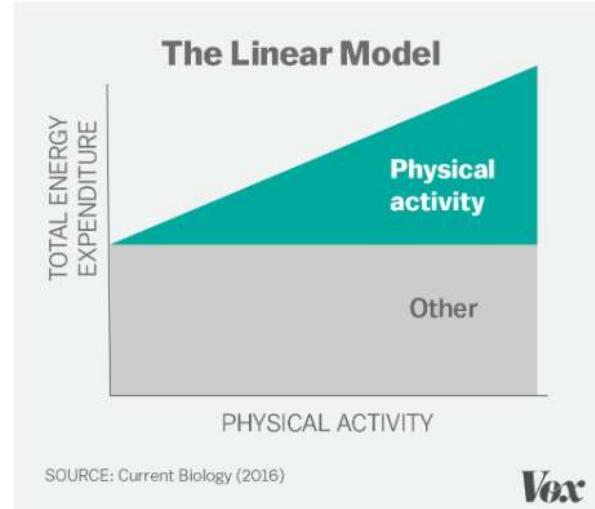
Another hypothesis about why it's hard to lose weight through exercise alone is that energy expenditure plateaus at a certain point. In another Pontzer paper, published in 2016 in the journal *Current Biology*, he and his colleagues found evidence of an upper limit.

They cast a wide geographic net, recruiting 332 adults from Ghana, South Africa, Seychelles, Jamaica, and the United States. Tracking the study participants for eight days, they gathered data on physical activity and energy burned using accelerometers. They classified people into three types: the sedentary folks, the moderately active (who exercised two or three times per week), and the super active (who exercised about every day). Importantly, these were people who were already doing a certain amount of activity, not people who were randomized to working out at various levels.

Here, physical activity accounted for only 7 to 9 percent of the variation in calories burned among the groups. Moderately active people burned more energy than people who were sedentary (about 200 calories more each day), but above that, the energy used up seemed to hit a wall.

"After adjusting for body size and composition," the researchers concluded in the study, "total energy expenditure was positively correlated with physical activity, but the relationship was markedly stronger over the lower range of physical activity."

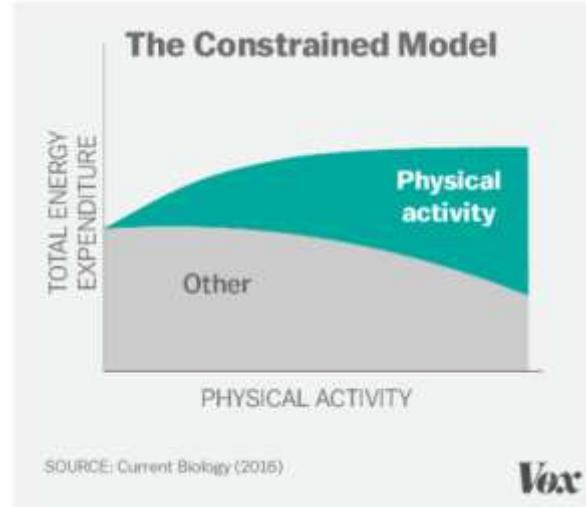
In other words, after a certain amount of exercise, you don't keep burning calories at the same rate: Total energy expenditure may eventually plateau.



SOURCE: Current Biology (2016)

Vox

"That plateau is really different than the standard way of thinking about energy expenditure," Pontzer said. "What the World Health Organization and the people who build the Fitbit would tell you is that the more active you are, the more calories you burn per day. Period, full stop."



Based on the research, Pontzer has proposed a new model that upends the old "calories in, calories out" approach to exercise, where the body burns more calories with more physical activity in a linear relationship (also known as the "additive" model of energy expenditure).

He calls this the "constrained model" of energy expenditure, which shows that the effect of more physical activity on the human body is not linear. In light of our evolutionary history — when food sources were less reliable — he argues that the body sets a limit on how much energy it is willing to expend, regardless of how active we are.

"The overarching idea," Pontzer explained, "is that the body is trying to defend a particular energy expenditure level no matter how active you get."

This is still just a hypothesis. Pontzer and others will need to gather more evidence to validate it, and reconcile contradictory evidence showing that people can burn more energy as they add physical activity. So for now it's a fascinating possibility, among all the others, that may help explain why joining a gym as a sole strategy to lose weight is often an exercise in futility.

9) The government and the food industry are doing out unscientific advice

Since 1980, the obesity prevalence has doubled worldwide, with about 13 percent of the global population now registering as obese, according to the WHO. In the United States, nearly 70 percent of the population is either overweight or obese.

A lack of exercise and too many calories have been depicted as equal causes of the crisis. But as researchers put it in an article in BMJ, "You cannot outrun a bad diet."

Since at least the 1950s, Americans have been told that we can. This Public Health Reports paper outlines the dozens of government departments and organizations — from the

American Heart Association to the US Department of Agriculture — whose campaigns suggested more physical activity (alone or in addition to diet) to reverse weight gain.

Unfortunately, we are losing the obesity battle because we are eating more than ever. But the exercise myth is still regularly deployed by the food and beverage industry — which are increasingly under fire for selling us too many unhealthy products.

"Physical activity is vital to the health and well-being of consumers," Coca-Cola says. The company has been aligning itself with exercise since the 1920s, and was recently exposed by the New York Times for funding obesity researchers who emphasize a lack of physical activity as the cause of the epidemic.

Coca-Cola is just one of many food companies that are encouraging us to get more exercise (and keep buying their products while we're at it): PepsiCo, Cargill, and Mondelez have all emphasized physical activity as a cause of obesity.

The exercise myth for weight loss also still appears in high-profile initiatives, like the former first lady Michelle Obama's Let's Move campaign — largely because of the food industry's lobbying efforts, according to Marion Nestle, a New York University nutrition professor. The White House's exercise focus to end childhood obesity, Nestle said, was "a strategic decision to make the message positive and doable and, at the same time, keep the food industry off its back."

But this focus on calories out, or the calories we can potentially burn in exercise, is "an inadequate and a potentially dangerous approach, because it is liable to encourage people to ignore or underestimate the greater impact of energy-in," an obesity doctor and professor wrote in the journal Public Health Nutrition.

In other words, we can lose sight of the fact that it's mostly too much food that's making us fat.

"There are all kinds of reasons to exercise that are good for your health," says Diana Thomas, a Montclair State University obesity researcher. "However, if you're trying to lose weight, the biggest problem I see is food. We need to cut back the food we're eating."

The evidence is now clear: Exercise is excellent for health, but it's not important for weight loss. The two things should never be given equal weight in the obesity debate.

10) So what actually works for weight loss?

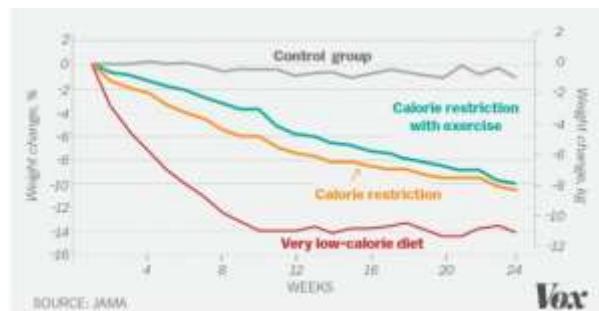
At the individual level, some very good research on what works for weight loss comes from the National Weight Control Registry, a study that has parsed the traits, habits, and behaviors of adults who have lost at least 30 pounds and kept it off for a minimum of one year. They currently have more than 10,000 members enrolled in the study, and these folks respond to annual questionnaires about how they've managed to keep their weight down.

The researchers behind the study found that people who have had success losing weight have a few things in common: They weigh themselves at least once a week. They

restrict their calorie intake, stay away from high-fat foods, and watch their portion sizes. They also exercise regularly.

But note: These folks use physical activity in addition to calorie counting and other behavioral changes. Every reliable expert I've ever spoken to on weight loss says the most important thing a person can do is limit calories in a way they like and can sustain, and focus on eating healthfully.

In general, diet with exercise can work better than calorie cutting alone, but with only marginal additional weight loss benefits. Consider this chart from a randomized trial that was done on a group of overweight folks: The group that restricted calories lost about the same amount of weight as the group that dieted and exercised, though the exercisers didn't cut as many calories:



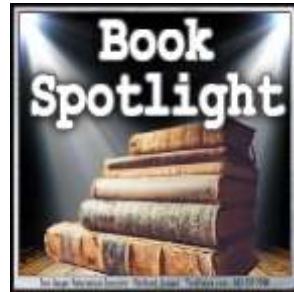
The calorie restriction groups lost more weight than the group that both dieted and exercised.

If you embark on a weight loss journey that involves both adding exercise and cutting calories, Montclair's Thomas warned not to count those calories burned in physical activity toward extra eating.

"Pretend you didn't exercise at all," she said. "You will most likely compensate anyway, so think of exercising just for health improvement but not for weight loss."

Book Spotlight

“Winner-Take-All Politics” by Jacob Hacker



This month's Book Spotlight comes to us from client Hank H... Thanks, Hank! It's a deep look at a major driver of economic inequality in today's America, its effect on politics (and vice versa) and what can be done to change it...

“Winner-Take-All Politics” by Jacob Hacker

Publisher Comments

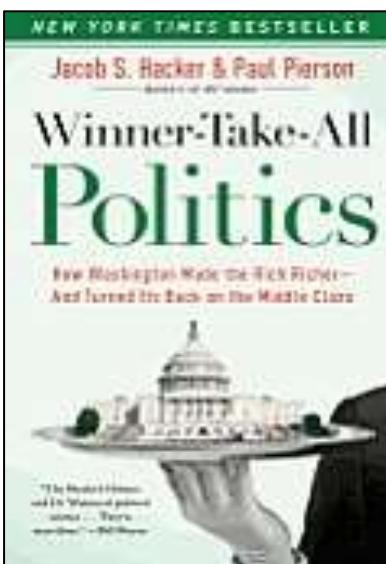
A groundbreaking work that identifies the real culprit behind one of the great economic crimes of our time—the growing inequality of incomes between the vast majority of Americans and the richest of the rich.

We all know that the very rich have gotten a lot richer these past few decades while most Americans haven't. In fact, the exorbitantly paid have continued to thrive during the current economic crisis, even as the rest of Americans have continued to fall behind. Why do the “have-it-alls” have so much more? And how have they managed to restructure the economy to reap the lion's share of the gains and shift the costs of their new economic playground downward, tearing new holes in the safety net and saddling all of us with increased debt and risk? Lots of so-called experts claim to have solved this great mystery, but no one has really gotten to the bottom of it—until now.

In their lively and provocative *Winner-Take-All Politics*, renowned political scientists Jacob S. Hacker and Paul Pierson demonstrate convincingly that the usual suspects—foreign trade and financial globalization, technological changes in the workplace, increased education at the top—are largely innocent of the charges against them. Instead, they indict an unlikely suspect and take us on an entertaining tour of the mountain of evidence against the culprit. The

guilty party is American politics. Runaway inequality and the present economic crisis reflect what government has done to aid the rich and what it has not done to safeguard the interests of the middle class. The winner-take-all economy is primarily a result of winner-take-all politics.

In an innovative historical departure, Hacker and Pierson trace the rise of the winner-take-all economy back to the late 1970s when, under a Democratic president and a Democratic Congress, a major transformation of American politics occurred. With big business and conservative ideologues organizing themselves to undo the regulations and progressive tax policies that had helped ensure a fair distribution of economic rewards, deregulation got under way, taxes were cut for the wealthiest, and business decisively defeated labor in Washington. And this transformation continued under Reagan and the Bushes as well as under Clinton, with both parties catering to the interests of those at the very top. Hacker and Pierson's gripping narration of the epic battles waged during President Obama's first two years in office reveals an unpleasant but catalyzing truth: winner-take-all politics, while under challenge, is still very much with us.



Winner-Take-All Politics—part revelatory history, part political analysis, part intellectual journey—shows how a political system that traditionally has been responsive to the interests of the middle class has been hijacked by the superrich. In doing so, it not only changes how we think about American politics, but also points the way to rebuilding a democracy that serves the interests of the many rather than just those of the wealthy few.

Humorousness

Sex. Because nothing is as funny as sex.



What holidays are in May? If you said Mothers Day or Memorial Day you're really missing the party, because May is [Sex Ed For All Month!](#) With all the abortion legislation in the news, sex education is painfully relevant and our ignorance on the subject can be dangerous, even deadly. But there's humor to be had in just how stupid we are when it comes to sex, and maybe humor is the best way to approach such a sensitive subject. We have several little sex education nuggets for you this month, and a (totally not funny) source to go to if you'd like to take a more serious role in May's biggest overlooked holiday...



John Oliver is always top-notch, but [his piece on Sex Ed](#) is one of his best. Don't miss the teacher explaining how to use a condom in Mississippi, where condom demonstrations are explicitly forbidden in class!

[18 women share the dumbest things men believed about reproductive health. Goddesses give us patience.](#) Pamela Ross on SomeEcards.com, May 2019

[28 people who really didn't understand how the female body works.](#) Jasmin Nahar on BuzzFeed, Jan 2018

[34 Things Some Men Believe About The Female Body That Concern Me,](#) Jame Jackson on BuzzFeed, Jan 2019

[20 Myths About Sex. Some About Men. Some About Women. Some Silly. Some Funny. 2 Deadly Serious.](#) Phoebe Gavin on UpWorthy, July 2014

[It's Funny But It Isn't True: Debunking Myths About Aging and Sexuality,](#) Laurie Mintz in Psychology Today, Feb 2012

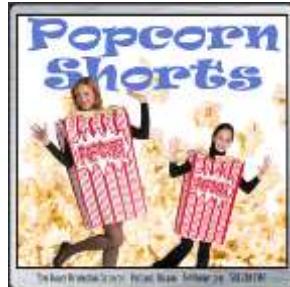
[5 most hilarious sex myths ever,](#) Reagan Gavin Rasquinha in Times of India, July 2017



...and as we promised, here is a source for [NON-humorous, REAL INFORMATION for just about anything to do with sex.](#) (Or, you know... 'planning parenthood'!)

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 necessarily 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!



[Just another day... until the Portland Beardsmen showed up](#)



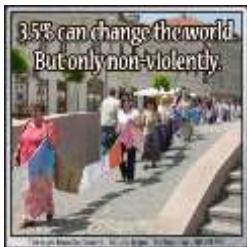
A client came into the shop recently with an unusual question... "Hey, do you know why there's a bunch of bearded guys in tutus up at the corner?" The answer turned out to be the [Portland Beardsmen](#). "Our two fundraising efforts are Beards and Roses and The Rose City Beard and Moustache Competition. Beards and Roses (BnR) is our annual Mother's Day flower delivery. Dressed in tutu's, Beardsmen deliver flowers to mothers, grandmothers, loved ones, and coworkers all over the Portland metro area. This is the 7th year for BnR. Sponsors help us provide the flowers, chocolates and other small gifts, and 100% of the profits will be donated to [Breast Friends](#)."

[20th Annual McMinnville UFO Festival \(PHOTOS\)](#)



From The Oregonian - "Tens of thousands of extraterrestrial fans clad in tinfoil hats and bug-eyed alien masks packed the 20th annual McMinnville UFO Festival... The festival, hosted by McMenamins Hotel Oregon, began in 1999 as a way to honor the Trent Photos taken in 1950 by local McMinnville farmer Paul Trent. The photos showed a floating flying saucer image in the sky over his property. The iconic images were featured in The Oregonian, Life magazine and scores of other publications and later started an investigation by the U.S. Air Force... The event was topped off with a UFO parade through downtown that flooded the streets with a variety of aliens from across the universe." [Here's what you missed...](#)

[3.5% can change the world... non-violently](#)



Political rebellion takes a variety of forms, from the armed rebellion of the British colonies to the pacifist resistance of Ghandi. But what works, and what works best? Political scientists at Harvard University, surprised that no one had rigorously compared the success rates of nonviolent versus violent protests, decided to take a look. Erica Chenoweth and Maria Stephan analyzed 323 violent and non-violent campaigns from 1900-2006. They found that nonviolent campaigns were *twice as likely to succeed* as violent campaigns, and led to political change 53% of the time compared to 26% for the violent protests. They found much more, and some fascinating reasons behind the data. Well worth the read!

[Bible classes... coming soon to a public school near you!](#)



Multiple Supreme Court decisions have upheld the basic precept that public schools are not the place for religious education, yet one also said "Nothing we have said here indicates that such study of the Bible or of religion, when presented objectively as part of a secular program of education, may not be effected consistently with the First Amendment." [State-level bills promoted by Project Blitz, an effort of the Congressional Prayer Caucus Foundation, are trying to drive a camel-load of Bible education through the eye of that needle.](#) And though it's just as duplicitous and underhanded as you might imagine, it's still worth reading about.

News To Make You Furious

A 97 THOUSAND PERCENT drug price hike!



violence, to increase your indignation, we'll give you more information. We'll tell you how the opacity of the pharmaceutical companies contributes to price abuses, show you how drug prices are determined, explain why drug prices are so much lower around the world, and finally ask the big marquee question... WHY THE HELL AREN'T WE ON SINGLE PAYER?

[Anatomy of a 97,000% drug price hike: One family's fight to save their son](#), by Wayne Drash on CNN, June 2018

[AOC Takes on Big Pharma and Nails Just What's Wrong with Our Health Care System in the US](#), The Young Turks video, May 2019

[The true story of America's sky-high prescription drug prices](#), Sarah Kliff on Vox, May 2018

[The High Cost of Prescription Drugs in the United States- Origins and Prospects for Reform](#), Kesselheim, Avorn, and Sarpatwari, Journal of the American Medical Association, Aug 2016

[Fact-checking Donald Trump's claim that drug prices are going down](#), by Shefali Luthra and Amy Sherman on PolitiFact, May 2019

[Improving Drug Pricing Transparency and Lowering Prices for American Consumers](#), Douglas Holtz-Eakin testimony before US House Committee on Energy and Commerce

News To Make You Furious is pretty straightforward this month... Mallinckrodt Pharmaceuticals raised the price of a vial of 1930's anti-seizure drug from \$40 to \$39,000; a 97,000% increase. Did you miss that? Let us say it again...

A 97 THOUSAND PERCENT INCREASE!

Mallinckrodt's actions are sadly common, following on Mylan Pharmaceuticals decision to raise the price of an EpiPen from \$94 to over \$700, and Martin Shkreli's Turing Pharmaceuticals jumping from \$13.50 to \$750 per tablet. We could stop there and you'd probably be angry enough, but of course we won't... we're going for Furious. So to amp up your anger, to validate your

Subcommittee on Health, reprinted on American Action Forum, May 2019

[HHS Marches Forward To Enhance Drug Price Transparency](#), Grace-Marie Turner on Forbes, May 2019

[Prescription Drug Pricing](#), PDF from Health Affairs, May 2018

[How are prescription drug prices determined?](#) AMA Physician Communication Team at American Medical Association, April 2019

[Skyrocketing Drug Prices: What's Driving Up Costs?](#) Erik Komendant, Association for Accessible Medicine

[Here's why many prescription drugs in the US cost so much—and it's not innovation or improvement](#), Yoni Blumberg on CNBC.com, Jan 2019

[5 Reasons Prescription Drug Prices Are So High in the U.S.](#), Sydney Lupkin on Money.com, August 2016

[Why prescription drug prices have skyrocketed](#),
Robin Feldman in Washington Post, Nov 2018

[How the U.S. Pays 3 Times More for Drugs](#), by
Ben Hirschler in Scientific American

[Why Are Prescription Drug Prices So High in the US?](#) By Bryan Bowman and Daniel Payne in The Globe/Post, July 2018

[Prescription Drug Costs Driven By Manufacturer Price Hikes, Not Innovation](#), by Alison Kidjak on NPR, Jan 2019

[Why the US has higher drug prices than other countries](#), by Simon Haeder on The Conversation, Feb 2019

[Big Pharma's Go-To Defense of Soaring Drug Prices Doesn't Add Up](#), Exekiel Emanuel in The Atlantic, Mar 2019

[Lawmakers say EpiPen hikes made Mylan executives 'filthy rich'](#), Jill Disis on CNN Business, Sep 2016

[Martin Shkreli sentenced to 7 years in prison for fraud](#), Aaron Smith on CNN Money, Apr 2018