

"Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for April, 2020



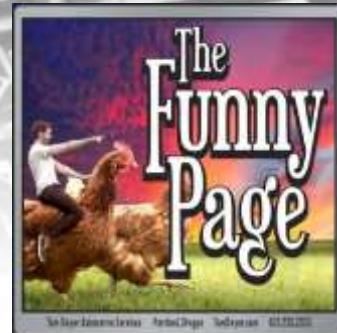
We're all Keynesians in a foxhole

Join us as we learn just what that means



What happens to your vehicle if it's not driven regularly?

Your vehicle needs exercise too!



The Funny Page returns for its 2nd month anniversary!

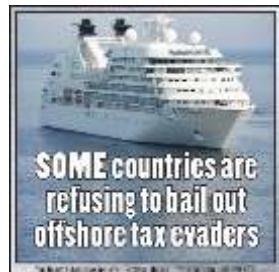
Toons, puzzles, memes and more



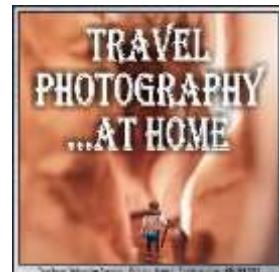
Portland's strip club delivery gets international love



Oregon Supreme Court rules IN FAVOR of campaign limits!



SOME countries are refusing bailouts to offshore tax evaders



Travel photographer creates outdoor scenes in her apartment

Our Monthly Columns

Tom's Tidbits- THIS... this is what government is SUPPOSED to do!

Drew's Kitchen- Garlicky Shrimp Alfredo Bake

Shop Talk- Our Coronavirus response

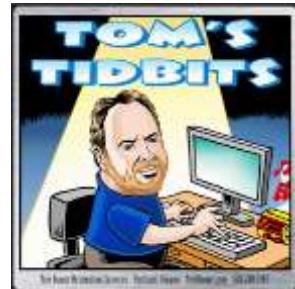
Health Notes- How Coronavirus kills

Book Spotlight- "This Is Not Propaganda"
By Peter Pomerantsev

News To Make You Furious- There WAS a plan... they just ignored it.

Tom's Tidbits

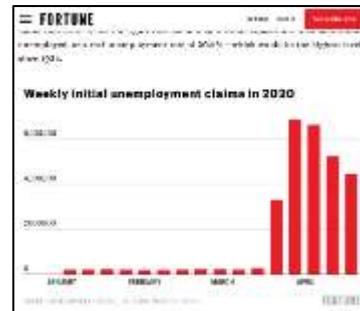
THIS... this is what government is SUPPOSED to do!



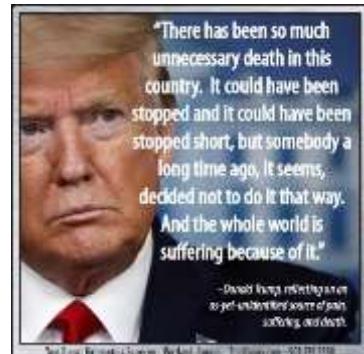
Greetings,

As I write this, [Coronavirus has infected](#) about 3.2 million people and killed about 230,000 worldwide. The US has about a third of those cases with 1,064,572 infected. 61,669 of our fellow citizens have died. So far.

Tens of millions are jobless, companies large and small are closing, and entire industries are threatened. Basic supply chains to keep us clean, healthy, fed, and housed (those of us privileged enough to BE all those!) are crumbling. Any return to 'normal' involves medical solutions that are months and probably years away. There's no end in sight, but it's not hopeless... the medical solutions will eventually come and we can affect the spread of the disease while we wait. Things might well be better in a couple months.



Whether they WILL be better depends largely on the actions of government. OUR government. Citizens can't coordinate public health responses, distribute medical supplies, stop mortgage payments, issue checks, or control interest rates. Not by ourselves, at least... that's PRECISELY why, over two hundred years ago, we built a government to do these and a thousand-and-one other things FOR us. Governments might do it well or poorly, but it's EXACTLY what they're SUPPOSED TO DO! Service and support aren't privileges; they're not even something we have a right to ask for. It's the government's DUTY to provide these things, and our RIGHT to DEMAND they do it well! Unfortunately, our current government has shown little inclination or the ability to do so.



Donald Trump seems to think it's all about him, and it's tempting to agree. His incompetence, venality, paranoia, and greed make a bad situation worse and people are dying because of it. But the problems we're facing go deeper than either he or Coronavirus. They're the results of over 40 years of government policy... OUR government's policy... that has been corrupted by greed. Americans don't have health insurance, job security, or pensions, and our education system beggars us. 63% of Americans don't have enough savings to cover a \$500 emergency, much less months without income and a devastated economy to look forward to.

What would a functional government look like? They'd be coordinated, and follow the plan laid out by their predecessors and experts for exactly this emergency. They'd be communicating clearly, consistently, and most of all FACTUALLY. They'd be working to coordinate skills and supplies between groups rather than pitting them against each other. They'd be injecting money into the economy, to rich and poor alike to keep things alive, but metered as the crisis changes... billionaires don't need as much help as the maids swabbing their toilets. There would be OVERSIGHT... rigorous, balanced, sensible oversight of the money going out, with actual penalties to those who try to game the system.

 Robert Reich
@RBReich

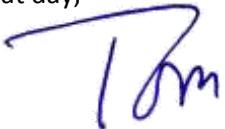
No industry -- not airlines, not hotels, not cruise ships -- should be bailed out. They can stay in business by borrowing at rock-bottom rates, using their assets as collateral.

Taxpayer money should be used to bail out people, not corporations.

Most of all, a functional government would be bringing home the trillions it's spent on war. For too long, the prophesied military-industrial complex has intentionally bloated a real need for defense with graft and corruption. Maybe, just maybe, it's time to try a carrot rather than a stick, both at home and abroad.

It's been over 40 years since Reagan said the scariest words in the English language are 'I'm from the government, and I'm here to help'. That charmingly reasonable suspicion of bureaucracy was twisted into a slavering and inflexible dogma that ALL government is bad. Now, a systematic, intentional, decades-long process has resulted in an electorate where over 40% believe they don't deserve the basic fruits of a free society. Their basic faith in government of, by and for The People has been destroyed. There is no better place, no better time than now, to restore it. Lives depend on it... maybe yours.

Make a great day,



Digging Deeper



[Real unemployment rate soars past 20%—and the U.S. has now lost 26.5 million jobs](#), Lance Lambert in Fortune, Apr 2020

[63% Of Americans Don't Have Enough Savings To Cover A \\$500 Emergency](#), Maggie McGrath on Forbes, Jan 2016

[The Corporate Right Is Giving Us Two Choices: Go Back to Work, or Starve](#), Jon Schwarz in The Intercept, Apr 2020

[How, exactly, did the LA Lakers get a 'small business' loan?](#), Chris Cillizza at CNN, Apr 2020

[Mnuchin warns big companies of criminal penalties over small business loans](#), Zachary Warmbrodt on Politico, Apr 2020

[How Trump and His Team Covered Up the Coronavirus in Five Days](#), Ryan Goodman and Danielle Schulkin in NY Times, Apr 2020

[The World Has Loved, Hated And Envied The U.S. Now, For The First Time, We Pity It.](#) Fintan O'Toole in the Irish Times, Apr 2020 (Original article is [behind a paywall here](#); the prime link goes to a readable version.)

[Mitch McConnell's shocking betrayal of America goes even deeper than you think,](#) John Stoehr on RawStory, Apr 2020

[National Priorities Project](#)- Website dealing with priorities of the national budget

[What's an Essential Service in a Pandemic?](#) [The Post Office](#), editorial board of the NY Times, Apr 2020

[As Oil Prices Fall Below \\$0 Per Barrel, Climate Advocates Urge Against Fossil Fuel Industry Bailout](#), Julia Conley on Common Dreams, April 2020

[House creates new select coronavirus oversight committee over GOP objections](#), Kyle Cheney on Politico, Apr 2020

[Corporations Are Not Letting This Crisis Go to Waste](#), Jeremy Mohler in In These Times, Apr 2020

[Millionaires receive \\$1.7m in coronavirus relief as most taxpayers get \\$1,200 payments thanks to hidden Republican loophole](#), Chris Riotta in The Independent, Apr 2020

[Coronavirus Crisis Makes Clear Pentagon Should Get No More Money This Year for Its](#)

['Wasteful War Machine': 60+ Groups](#), Andrea Germanos on Common Dreams, April 2020

['Sadness' and Disbelief From a World Missing American Leadership](#), Katrin Bennhold in NY Times, Apr 2020

[Forty Percent Of America Is A Lost Cause Because Of Right Wing Media](#), Frances Langum on Crooks&Liars, Mar 2020

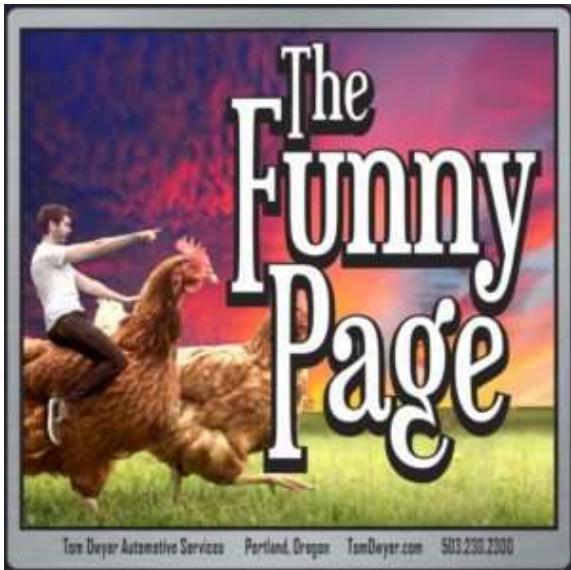
[As the super-rich donate masks and supplies, don't forget big-picture structural issues](#), Marissa Higgins on DailyKOS, Mar 2020

[Before Virus Outbreak, a Cascade of Warnings Went Unheeded](#), Sanger, Lipton, Sullivan, and Crowley in NYTimes, Mar 2020

[Crimson Contagion Key Findings](#), US Dept of Health and Human Services (Reported in NYTimes) Oct 2019

[NYC Mayor de Blasio reveals White House refusing to return calls pleading for pandemic help](#), Tom Boggioni on RawStory, Mar 2020

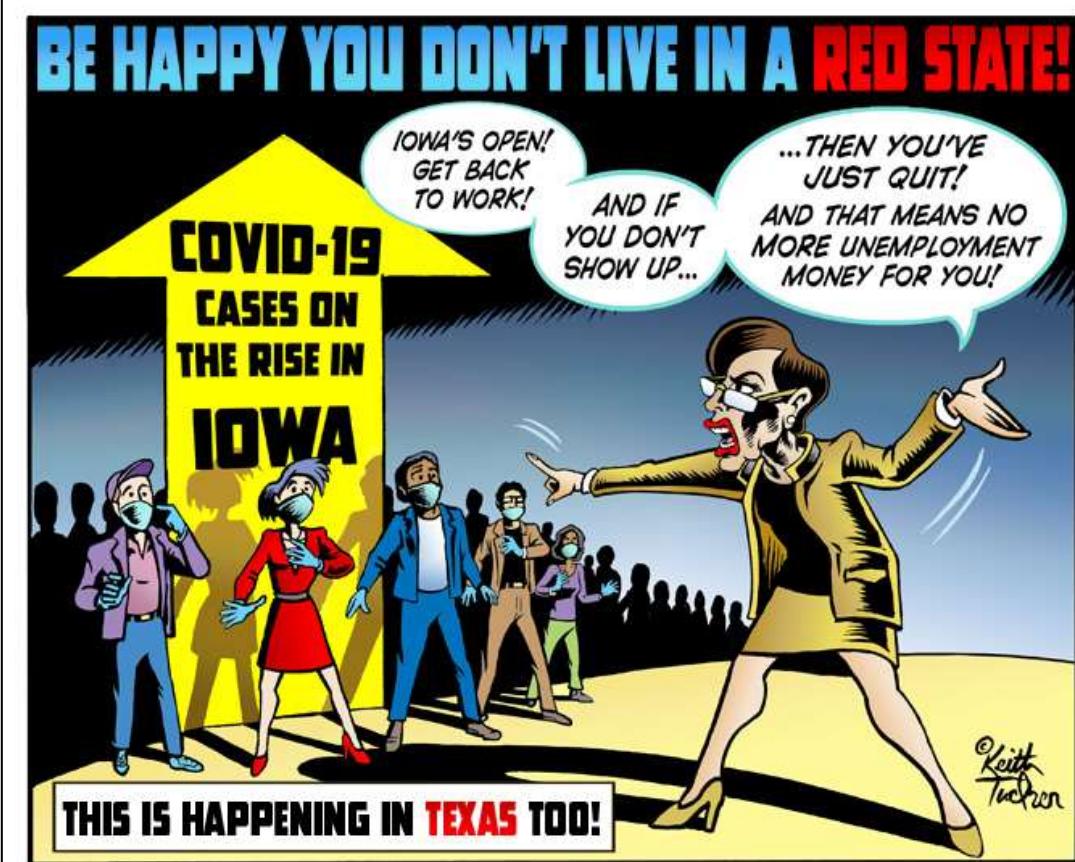
[US Debt by President by Dollar and Percentage](#), Kimberly Amadeo and Janet Berry-Johnson on The Balance, Apr 2020



The Funny Page

Cartoons, puzzles, and fun to keep you smiling

Welcome to the second month of our newest feature, "The Funny Page", where you can relax and enjoy the lighter side of life for a minute. Check out our monthly Toon from Keith Tucker and our monthly puzzle from Jen Rombach, then wander with us through the funny side of the InterTubes. Like what you've found? Share it with a friend!



As businesses prepare to reopen, workers weigh COVID-19 risk against the need for a paycheck, Clare Proctor in Texas Tribune, Apr 2020

Iowans making more on unemployment warned: Take your jobs back or lose your benefits, Katie Akin in the Des Moines Register, Apr 2020





More or Less

A play-with-words puzzle!
by Jen Rombach

THEME LETTERS (+/-)

THEME: SHRUB OR TREE

THEME WORDS :

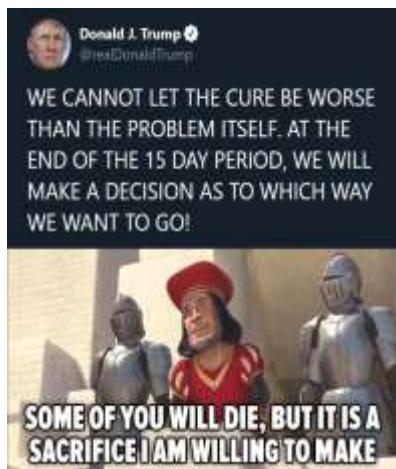
START LIST:

BONY	POPULAR
BREECH	RASH
HELM	STEAK
LIVE	SUMP
PEA	TIMER
PIN	

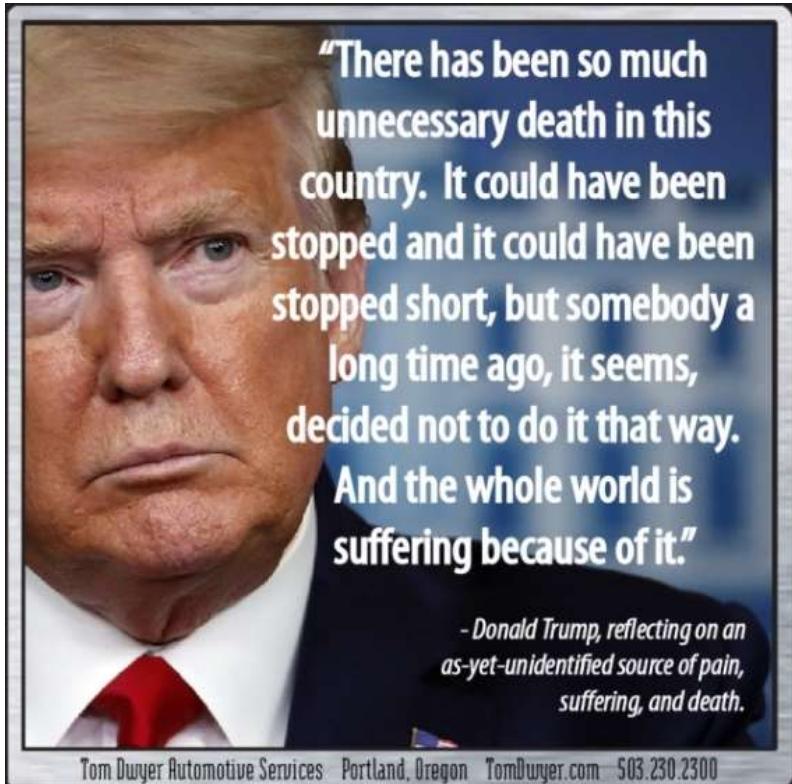
DIRECTIONS: Solve for the new **THEME WORDS** by either adding or subtracting (+/-) each letter from the column of **THEME LETTERS** to a word from the **START LIST**.

- Answers will fit the **THEME** and go next to the letter used.
- THEME LETTERS** (+/-) may go anywhere in the word (beginning / middle / end) to form the new **THEME WORD**.
- Each **THEME LETTER** and each word from the **START LIST** will only be used once. * (multiples of a same letter within the **THEME LETTERS** each have their own word and only one place in the puzzle.)
- Anagram the boxed letters of the solved **THEME WORDS** to find the related caption that will match up the picture to the **THEME**more or less!

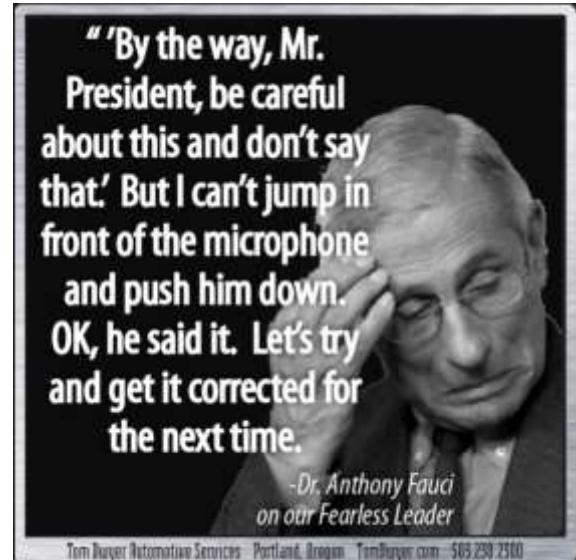
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A 6-year-old is running a jokes stand to keep his neighbors laughing



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Easter 2020.



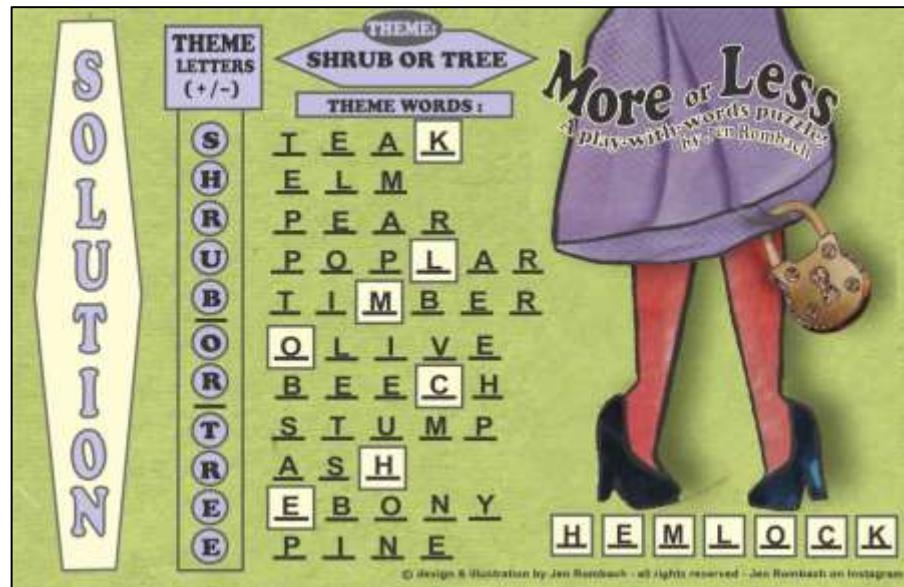
**Ahh, Mr. Wayne...
Do not make me explain again...
WEAR A MASK IN PUBLIC!**

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More-Or- Less Solution





Everyone's Keynesian in a foxhole

So join us in learning what "Keynesian" means.

In the Coronavirus Crisis of 2020 states have shut down their economies with stay-home orders and Congress has already committed over 2 trillion dollars to keep our economy afloat with many more billions on the way. It wasn't always odd for our government to swoop in to jump-start or accelerate the economy. We faced similar situations in the Great Depression and again in the Post WWII years when massive government intervention first

pulled us out of a swamp and then built a Middle Class to be proud of. In economics this is "Keynesian Economics", the polar opposite of the "Laissez Faire" economics that's been in place since Reagan. We realized we didn't know what "Keynesian" really meant, so we looked it up and wanted to share what we'd found. For us, it shined a light on everything the world's been going through for decades, and very possibly, what it's going to go through in the decades to come...

The two big economic contenders

There are (at least) two major branches to free-market economics. "Laissez Faire economics" is based on a free market where buyers and sellers can freely hire or fire, change jobs, set prices, and make purchases. If someone doesn't like the price/wage, they can go elsewhere. At full employment, the only way to increase the GDP of a country is to increase the supply of goods for purchase... "supply side" stimulation. Through this process, the 'invisible hand' will draw prices and wages to a natural equilibrium. Eventually.

The problem is no market is ever ideal, and conditions change in all markets. "Keynesian economics" points out that below a certain point, people can't afford to work or sell their products because the return they'll get won't support their life (not lifestyle) nor business. When the economy tanks like that, an 'eventual' fix may not happen in the lifetime of the market participants. As John Maynard Keynes himself said, "In the long run, we're all dead." At times like those (and like the pandemic we're in now) it may be necessary for the government to inject funds into the system to strengthen or even resuscitate it.

What we learned

When it comes to teaching economics we're excellent mechanics, so we're not even going to try to explain in any more detail ourselves. Instead, we'll point you to some of sources we found most interesting and useful. For general background knowledge we generally start with Wikipedia or YouTube, and while Wikipedia was boring this time, we found many excellent videos. The best was "[Classical v. Keynesian Theories](#)" by a group called [You Will Love Economics](#). Of all the vids we watched it was by far the best. In 13:31 it explained the nuts-and-bolts of the theory clearly and elegantly, using clear graphs that conveyed the concept rather than confusing it. It was a reasoned, balanced

[Classical V. Keynesian Theories](#)
by You Will Love Economics

view of the theory that didn't swerve into ideology one way or another. We highly recommend you start here, but three others we found useful are...

[Keynesian Economics and Deficit Spending](#) Jacob Clifford

[Keynesian economics, Aggregate demand and aggregate supply, Macroeconomics](#)
Khan Academy

[The Keynesian Model and the Classical model](#), Jon Nash

This article isn't to pontificate on whether Keynesian economics is 'good' or 'bad', but to give you a start on a fascinating subject that will affect the lives of you, your children, and your grandchildren. If it interests you too, then you'll probably enjoy several of the sources in our "Digging Deeper" section. And if you get tired of Keynesian Theory, dig into [Modern Monetary Theory](#)... it's even wilder!

Digging Deeper...

[The Corporate Right Is Giving Us Two Choices: Go Back to Work, or Starve](#), Jon Schwarz in The Intercept, Apr 2020

[63% Of Americans Don't Have Enough Savings To Cover A \\$500 Emergency](#), Maggie McGrath on Forbes, Jan 2016

[The U.S. Is About to Vastly Increase Its Debt. That's a Good Thing](#), Neil Irwin in the NY Times, April 2020

[Get ready for wartime levels of national debt and tough choices ahead](#), Charles Riley on CNN Business, Apr 2020

[Does Keynes's theory still hold up?](#) Robert Skidelsky, World Economic Forum, Feb 2016

[What Is Keynesian Economics?](#) Jahan, Mahmud, and Papageorgiou, International Monetary Fund, Sep 2014

[Keynesian Economics Theory- How It Works with Examples](#), The Balance

[Trump Celebrates Legislative Win After Congress Passes \\$1.5 Trillion Tax Cut Bill](#), Arnie Seipel and Danielle Kurtzleben on NPR, Dec 2017

['Absolutely Repulsive': After \\$1.5 Trillion Tax Giveaway to the Rich, Trump Cancels Modest Pay Raise for Federal Workers](#), Jake Johnson on Common Dreams, Aug 2018

[The Tax Bill's Winners and Losers](#), Jesse Drucker and Alan Rapaport in NY Times, Dec 2017



Your car needs exercise too

What happens to your vehicle if it's not driven regularly?

If you're stuck in your house during this quarantine your vehicle probably isn't being driven much. You may be worried about the pounds you're putting on without exercise, but does inactivity hurt your vehicle too? Unless the lockdown goes much, MUCH longer than anyone expects, your vehicle should be just fine. Still, some of your vehicles' systems do

degrade with time, and these may require a little checking just to keep them in top shape...

What IS NOT affected by inactivity?

As you might expect, most of the parts on your vehicle will be just fine. The hard metal parts will be OK despite even years of disuse. After all, there's not much to go wrong with a muffler, body frame, or piston from just sitting, unless it sits long enough to rust. Anything inside your passenger compartment will be warm and protected until you need it. It's the vehicles' 'soft' parts, the rubber, fluids, and even electricity, that can be at risk. But just a little attention should keep these important systems working just fine.

What IS affected by inactivity?

Tires

A car sitting unused in Grampa's barn for years will almost certainly need new tires before it's passed down to Junior as a starter car, but your tires should be just fine through this pandemic. Tire rubber can go for many weeks without attention, but the rubber will eventually crack and degrade over time from light exposure, heat, and weather. Make sure your tires are properly inflated, and an occasional application of rubber protectant can slow UV light damage.

Gaskets and hoses

These parts are mostly protected by the engine and engine compartment, so weather and environment have little effect over the short term. Soft parts in your engine can still break down, but it will take months or even years for the effects to matter. Most of the damage to soft engine parts comes from exposure to weakened or impure fluids inside them, or oil or other fluids dripping onto them. Make sure your fluids are fresh and up-to-spec, and that engine oil leaks are at a minimum.

Oil and fluids

The liquid parts of your vehicle depend on precise chemistry to work, and chemistry can change easily over time. Hydroscopic fluids (like in your braking system) absorb moisture from the air, so if there is any leak in the system they can go bad quickly. Anti-freeze and coolant must be in the correct pH range to work; if they are out-of-balance they can become acidic and eat away at soft and hard engine components. Your most critical engine fluid is probably your oil, and oil loses

viscosity if it just sits in your engine. Over a period of months or years of inactivity your fluids could become a real problem. If we're only in this for weeks or even a few months... not so much.

Electricity

Electrical components like alternators, switches, wiring, bulbs, etc., should be fine if left undisturbed for months or years. Your battery, though, is a weak point. A new, strong battery with a full charge will probably survive the pandemic just fine, but if it was beginning to weaken already then it may not have a charge if you don't crank it until June. Components like your radio's digital clock or your car's computer system put constant drains on the battery even when the vehicle is 'off', and those drains add up.

To keep your electrical system charged and ready, drive your vehicle around the neighborhood (a couple miles or so) on a weekly basis. This will give you a chance to check the battery power and to give the alternator a chance to top off the charge.

Be ready to do nothing

Apparently, even doing nothing requires preparation and oversight. If you aren't sure whether your vehicle is ready to shelter in place, we can certainly tell you. In our 90-Point Inspection we check your battery strength, test coolant pH and freeze protection, check your tire pressure and wear, check for excessive oil and fluid leaks, and do about 86 other things to confirm your vehicle is in top shape. When we're done, you'll know it's ready for a big road trip... or weeks alone in the driveway. On the other hand, if we find something that needs attention we'll tell you about it, prioritize the repairs that are most important, and then work with you to do it on your schedule and in your budget. Remember, with our current "33% Off Labor" offer, there will probably never be a less expensive time to take care of any issues your vehicle might have! (And just another reminder... this 33% offer is only sure to be good through 4/30. We'll re-evaluate then, so schedule NOW to be sure you get the greatest advantage!)



Shop Talk

Ready to get back to work?



Comment of the Month

Our Comment this month is an increasingly common sentiment across the country during these Covid times. If there IS a right answer we obviously didn't know it, but we did the best we could...

"Dear Tom,

Regarding your recent card mailing urging customers to please support your business because of current conditions - if my car needed anything at all to be done in the near future, I'd gladly would have scheduled something.

OTOH, I urge you to contact the Governor who will ultimately decide how many businesses wind up failing because of the current draconian measures. Even though I've been wearing a mask whenever I've ventured out over the past four weeks, I rarely witness anyone else doing the same. Not many citizens are taking this seriously, and I'm beginning to think they may have a point.

The state has been completely opaque on the number of cases that they're seeing presently, and their initial models have proven to be so off the mark that now local hospitals are having to lay off large numbers of staff because of the large shortfall in expected COVID patients. The only way for the many small and medium businesses to get going again here in Portland is to begin putting pressure on the reopening of the economy, NOW.

They're not listening to people like me (I can't even get through, the lines are always jammed), but they may listen to the business owners. I appreciate the work that your staff does, and I don't want to see it suffer. It hurts not only the regular customers, but also the surrounding community."

Regards, David M.

Hi David,

Thank you for your offer of support and don't worry, we'll be here when your car's ready for us!

I share your desire to get the economy started again, and I'm pretty sure it's not just us. Everyone I know or hear about is tired of the quarantine and itching to get back to work... no one wants to stay home and just wait. We're pretty conflicted about working right now ourselves. Our desire to stay open and functional as an 'essential business' is in direct conflict with the very real need to stay home and starve this virus. As you point out, the pain (either way) is shared by the surrounding community.

But I don't get the feeling that businesses were/are being closed arbitrarily. Despite the deep disagreements I have with many of them, I think most of our political leaders are listening to the science and the brave ones are acting on what they hear. No politician wants to be associated with the cratering of the economy! Yet (with glaring exceptions) they've put their political lives on the line to do it because the price of inaction is the likely death of thousands of our fellow citizens.

I may be wrong, but based on the science it seems a little early to push for reopening right now. There will come a time, hopefully soon, where it will make sense to start. There might even come a day when we've waited too long to reopen... if that day comes we'll be on the front lines pushing with you. But right now,

provisionally, with caveats, it seems to make the most sense to hunker down and keep each other safe. For now.

Sincerely,



Current Special Offers

Take advantage of these special Tom Dwyer offers!



I moved Tom Dwyer Automotive Services to Sellwood during the Black Monday Crash almost 33 years ago. Our clients' support helped us grow through that bleak economy to build a strong, stable company of gifted professionals who return real value to our community. Today's crisis has forced us to reduce staff and hours, cut expenditures, and all while facing a drastic drop in client visits. I know we're not alone, but if we're forced to close our doors now then our company could be all but impossible for us to rebuild.

There are many priorities for your money right now, but I'm asking you to make Tom Dwyer Automotive Services one of them and I want to make it as painless as possible. For the next few weeks we're offering a 33% discount on Labor Charges. This can be a huge financial boost to you and though we couldn't afford to make this offer in normal times, right now it can help keep vehicles in our shop, our doors open, and our team together. If you CAN consider vehicle repair right now, please do... and please accept our deepest thanks.

As the economy changes over the coming weeks and months, we'll re-evaluate the discount . Act now for the biggest advantage, act soon and you may get slightly less, but act at all and you'll be helping to preserve the team you depend on. On behalf of myself and our company I offer our deepest thanks and appreciation to our clients and our Sellwood community, and our best wishes for all of us in these unprecedented times.

Offer expires 5/15/20

\$125 minimum purchase required

You must tell us you want this offer WHEN YOU SCHEDULE YOUR SERVICE!

Offer is VOID AFTER SERVICE IS COMPLETE!



SPECIAL CNP MEMBERSHIP OFFER!

We're building a 100% Carbon Neutral Vehicle Fleet, so we want YOU to sign up right now! This isn't some cynical ploy to use Climate Change to benefit our company. WE DON'T MAKE ANY MONEY FROM THIS PROJECT; ALL YOUR MEMBERSHIP FEE GOES TO BONNEVILLE ENVIRONMENTAL FOUNDATION TO PURCHASE YOUR CARBON OFFSETS. In fact, though we're very glad to do it, we lose money on each membership... that 10%-discount-on-Labor-Charges comes straight out of our pocket for the whole year of your membership! So come on, hurt us but help the planet... join our CNP TODAY!

Sippers (hybrids, electrics, etc)- Normally \$30- **NOW \$20**

Drinkers (most types of cars)- Normally \$50- **NOW \$40**

Guzzlers (SUVs, land yachts, etc)- Normally \$90- **NOW \$60**

We also have some ongoing offers you might find valuable...



Carbon Neutral Program- 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!



Referral Reward Program- 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.

Drew's Kitchen

Garlicky Shrimp Alfredo Bake



Ingredients:

- 12 oz penne
- 3 tbsp butter, divided
- 3 cloves garlic, minced
- 1 lb raw medium or large shrimp, peeled and deveined
- 2 tbsp freshly chopped parsley, plus more for garnish
- Kosher salt
- 2 tbsp all-purpose flour
- $\frac{3}{4}$ cup milk (preferably whole or 2%)
- $\frac{1}{4}$ cup low-sodium chicken broth
- 1 cup shredded mozzarella, divided
- $\frac{1}{4}$ cup plus 2 tbsp freshly grated Parmesan, divided
- Freshly ground black pepper
- 1 cup chopped tomatoes (2 large)

Preparation:

1. Preheat oven to 350°. In a large pot of salted boiling water, cook penne according to package directions until al dente. Drain.
2. Meanwhile, in a large oven-safe skillet over medium heat, melt 1 tbsp of butter. Add garlic, shrimp, and parsley and season with salt. Cook until shrimp is pink and no longer opaque, 2 minutes per side. Transfer shrimp to a plate. (Keep juices in skillet.)
3. Add remaining 2 tbsp butter to skillet and let melt, then stir in flour and cook 1 minute. Add milk and broth and bring to a simmer. Stir in $\frac{3}{4}$ cup of mozzarella and $\frac{1}{4}$ cup of Parmesan and season with salt and pepper.
4. Add shrimp, tomatoes, and cooked penne and toss until combined. (Add another splash of milk if mixture is too thick.)
5. Sprinkle with remaining $\frac{1}{4}$ cup mozzarella and 2 tbsp Parmesan and bake until melty, 5-7 minutes.
6. Garnish with parsley before serving.

Prep: 10 min, Cook: 15 min, Serves 4

Original recipe from Delish

Health Notes

How Coronavirus kills



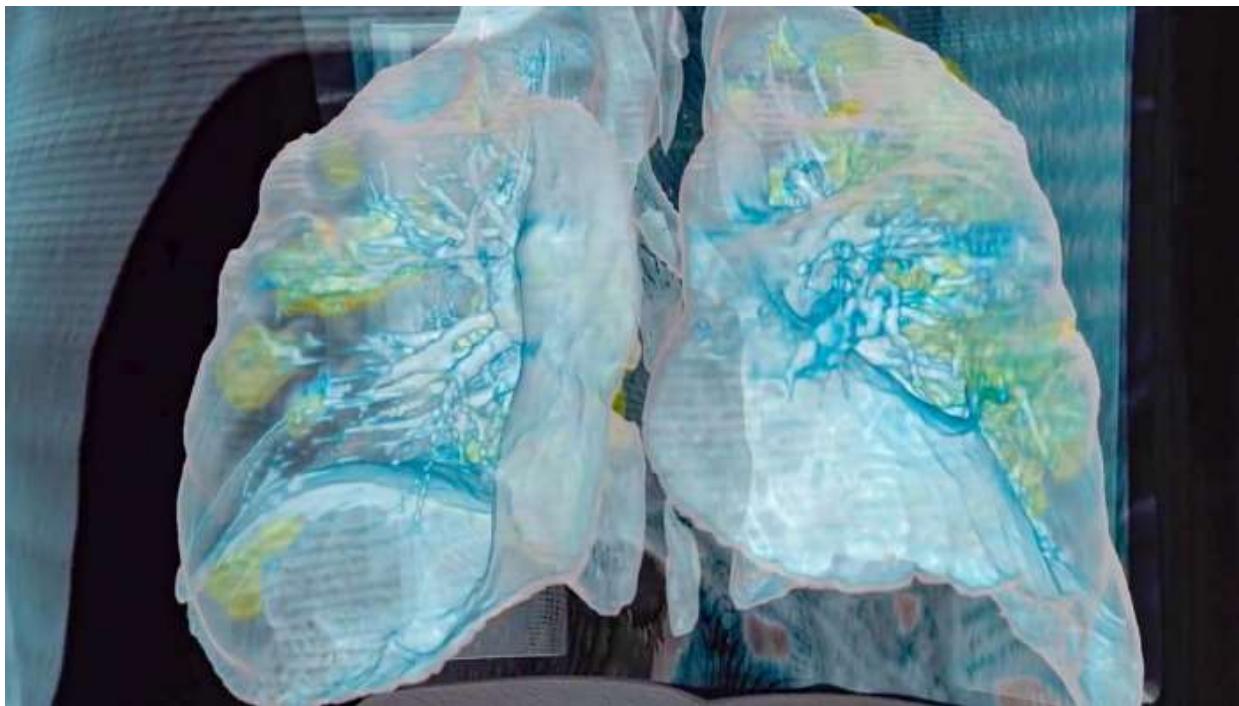
Rarely has Health been in the forefront in the same way it is today. As we all hunker in our bunkers from an invisible enemy, we thought it might be interesting to know exactly what that enemy would do if it caught us. An article in AAAS Science Magazine gives a clue...

How does coronavirus kill? Clinicians trace a ferocious rampage through the body, from brain to toes

Wadmin, Couzin-Frankel, Kaiser, and Matacic in Science Magazine, Apr 2020

from the article...

"What follows is a snapshot of the fast-evolving understanding of how the virus attacks cells around the body, especially in the roughly 5% of patients who become critically ill. Despite the more than 1000 papers now spilling into journals and onto preprint servers every week, a clear picture is elusive, as the virus acts like no pathogen humanity has ever seen. Without larger, prospective controlled studies that are only now being launched, scientists must pull information from small studies and case reports, often published at warp speed and not yet peer reviewed. "We need to keep a very open mind as this phenomenon goes forward," says Nancy Reau, a liver transplant physician who has been treating COVID-19 patients at Rush University Medical Center. "We are still learning.""

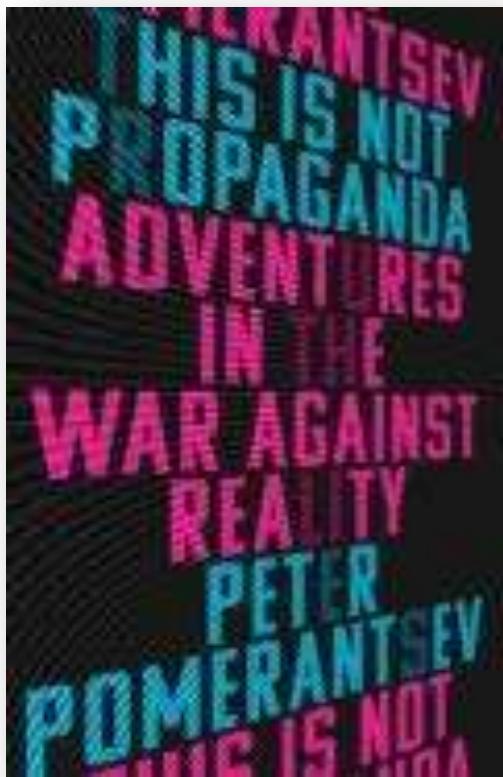
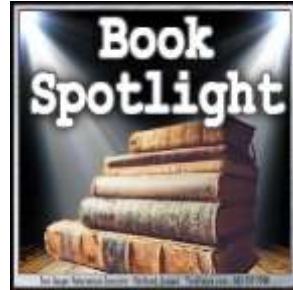


3d model based on computerized tomography scans of a 59-year-old male patient who died of Coronavirus at George Washington University Hospital

Book Spotlight

“This Is Not Propaganda. Adventures In The War Against Reality”

By Peter Pomerantsev



This is not propaganda. Adventures in the war against reality

By Peter Pomerantsev

Publishers' synopsis-

We live in a world of influence operations run amok, where dark ads, psyops, hacks, bots, soft facts, ISIS, Putin, trolls, and Trump seek to shape our very reality. In this surreal atmosphere created to disorient us and undermine our sense of truth, we've lost not only our grip on peace and democracy--but our very notion of what those words even mean.

Peter Pomerantsev takes us to the front lines of the disinformation age, where he meets Twitter revolutionaries and pop-up populists, "behavioral change" salesmen, Jihadi fanboys, Identitarians, truth cops, and many others. Forty years after his dissident parents were pursued by the KGB, Pomerantsev finds the Kremlin re-emerging as a great propaganda power. His research takes him back to Russia--but the answers he finds there are not what he expected.

"This Is Not Propaganda- quietly frightening"

Review by Steve Bloomfield in The Guardian, Aug 2019

from the review...

“War used to be about capturing territory and planting flags,” observes Peter Pomerantsev in his beautifully written, carefully reported and quietly frightening new book. But what was happening in Ukraine was an early example of something different – the information battle was becoming just as important, some times more so, than the actual fighting.

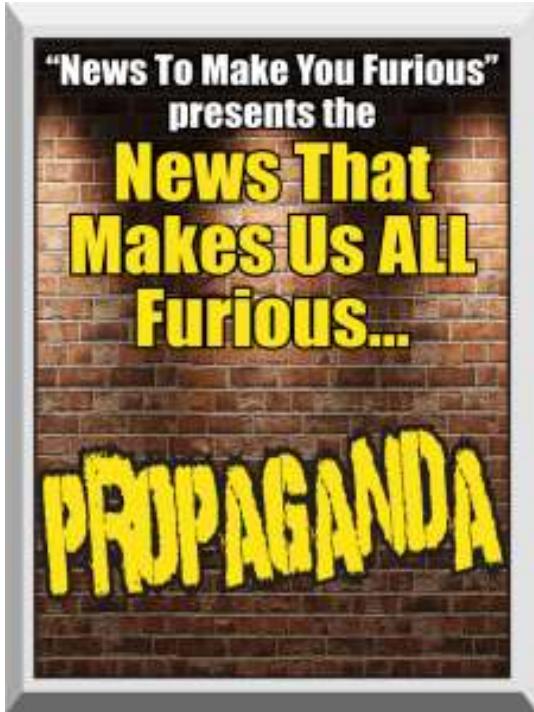
In Odessa, a group of citizens launched their own investigation, which established the truth. Not that it made a difference – hardly anyone was interested. “Everyone lives in their own reality, everyone has their own truth,” said Tatyana Gerasimova, one of the organisers of the investigation. As Pomerantsev puts it: “Faced with wildly conflicting versions of reality, people selected the one that suited them.”

Part memoir, part investigation, part cry for help, This Is Not Propaganda tours the world and delves into archives, telling the stories of the new information wars, interwoven with passages about Pomerantsev’s

parents' lives. Igor and Lina were Soviet dissidents, harassed by the KGB and eventually deported, for "the simple right to read, to write, to listen to what they chose and to say what they wanted".

Digging Deeper...

This and all the books we Spotlight are available at fine, independent booksellers across the country, in person or online. Let us take this opportunity to recommend one of Sellwood's favorites, [Wallace Books](#). Say hi to Julie for us!

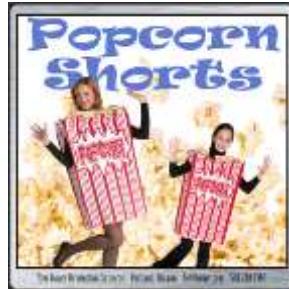


And let us recommend another deep dive into propaganda... an extensive article we wrote for our Dec 2016 newsletter, ["The News That Makes Us ALL Furious... PROPAGANDA!"](#) in which we tackle the issue from every viewpoint we could imagine.

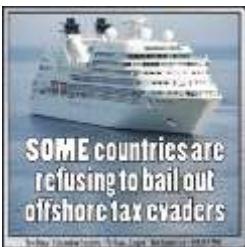
Popcorn Shorts

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!

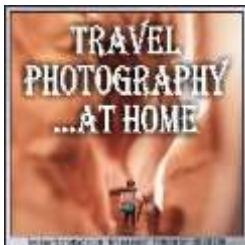


[Denmark and Poland refuse bail outs for offshore tax evaders](#)



from the Business Insider article, Apr 2020- "Denmark and Poland are refusing to let companies registered in offshore tax havens access financial aid from their coronavirus bailout packages. The Danish finance ministry on Saturday extended its bailout program into July but stressed that firms based in tax havens would no longer be covered. "Companies seeking compensation after the extension of the schemes must pay the tax to which they are liable under international agreements and national rules," a translation of the statement said. "Companies based on tax havens in accordance with EU guidelines cannot receive compensation, insofar as it is possible to cut them off under EU law..."

[This Travel Photographer Takes Stunning "Nature" Photos Using Household Objects](#)



from the BuzzFeed article, Apr 2020- "Stay-at-home orders have left many people around the world craving the outdoors. One such person is LA-based travel photographer Erin Sullivan, who's found a way to safely ~experience~ nature without leaving the house..."



[Portland's strip club delivery gets international love](#)



A typically Portland response to the Coronavirus Crisis garnered international attention when the [BBC reported on Lucky Devil Lounge's food delivery and drive-thru dancer options](#)... all sanitized and socially distanced, of course. We were going to just direct you to their story, but Portland being Portland there are much deeper perspectives to the PDX 'Strip Club Culture'. Click here to find out [why Portland has so many strip clubs](#) to begin with, click here to [find out if it's true we have the most strip clubs per capita](#), and click here to find out about [Meals4Heels](#) and the [push for fair terms, labor rights, and food in "America's Strip Club Capitol"](#).

[Oregon Supreme Court Rules In Favor Of Campaign Contribution Limits](#)



from the OPB article, Apr 2020- "The Oregon Supreme Court, reversing its longstanding ban on strict campaign finance limits, on Thursday ruled in favor of a voter-approved Multnomah County law putting a \$500 limit on campaign donations. That ruling also opens the door to the adoption of new campaign money limits throughout Oregon, which is one of the few states in the country that doesn't restrict how much donors, including corporations and labor unions, can give to the candidates. Besides Oregon, "no state court has ever ruled that a state free-speech clause protects campaign contributions from limits," said Portland lawyer Dan Meek, who played a key role in this case..."

News To Make You Furious

There WAS a plan. They just ignored it.



The Coronavirus plague is not Donald Trump's fault. It's an odd sort of pleasure to say that, because it burns a couple Righty Strawmen all at once. Point to any of the appalling gaffes of Trumpworld and you'll hear "You Libs just want to blame him for everything!" or "that would have happened to anyone" or our favorite, "Trump Derangement Syndrome!" All these are offered as an deflection of the accusation instead of dealing with the substance of it.

We'll say it again... Coronavirus is not Trump's fault. Thousands would have died in even the best case. It would have destroyed the administration of a Bush, an Obama, even a Sanders just as

surely as it is Trump's. No one could have dealt with it perfectly, but only the strawman Libs of the Right would have expected perfection. No, the Coronavirus isn't Trump's fault, but his RESPONSE to it is. There's (at least!) one thing that shows that, far from debatable perfection, the administration's response falls between incompetent at best and intentionally evil at worst...

There is a coordinated US Government plan to fight pandemics.

The Trump Administration ignored it.

It's really just that simple. If this discount carny barker had just followed the directions, we'd be living in a different world today. Having no previous governmental or military experience isn't disqualifying for a President, nor should it be. But if an inexperienced President takes control of the most complex machine ever created, the US government, it makes sense to **READ THE F*****G MANUAL!** Decades, even centuries of work went into the societal structure and governmental tools to deal with emergencies. But that plan was tossed and replaced with... **NOTHING!**

Here in the NorthWest we live with the constant threat of a massive Cascadia Subduction earthquake. It's coming, we know it, and people and agencies have been preparing for years. There are now plans in place to respond, and they're constantly updated. When it hits, the people in charge will know what to do. Unless they decide to pitch the plans and deny it happened.

Digging Deeper...

[National Strategy for Pandemic Influenza](#),
Homeland Security Council, Nov 2005

[Bush devised a plan for pandemics like the coronavirus. Trump is ignoring it.](#) Barbara McQuade in USA Today, Apr 2020

[Before Virus Outbreak, a Cascade of Warnings Went Unheeded](#), Sanger, Lipton, Sullivan, and Crowley in NYTimes, Mar 2020

[2 months in the dark: the increasingly damning timeline of Trump's coronavirus response](#), Aaron Blake in the Washington Post, Apr 2020

[How Trump let the U.S. fall behind the curve on coronavirus threat](#), by David Cloud, Paul Pringle, and Eli Stokols in Los Angeles Times, Apr 2020

[He Could Have Seen What Was Coming: Behind Trump's Failure on the Virus](#), Lipton et all in The New York Times, Apr 2020