



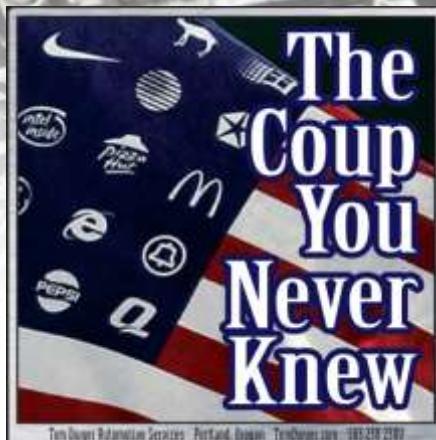
# "Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for May, 2020



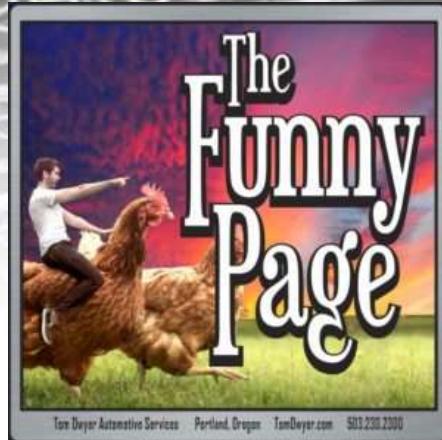
## Our 'older vehicle policy' is all about the relationships

Long-term relationships aren't built around short-term vehicles



## The coup you never knew

Most of us weren't taught about "The Business Plot" of 1933.



## Knock, knock, who's there?

### The Funny Page!

Toons, puzzles, memes and more

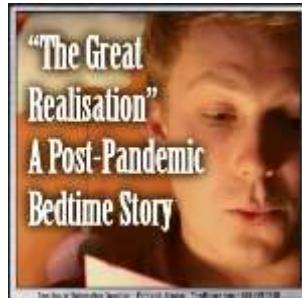
## Our Popcorn Shorts



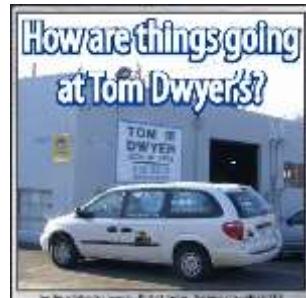
You're underestimating the cost of your vehicle



Bored people in lockdown reproduce famous paintings



"The Great Realization" A Post-Pandemic bedtime story



How are things going at Tom's?



## Our Monthly Columns

[Tom's Tidbits](#)- The ultimate warfighting machine

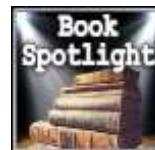
[Drew's Kitchen](#)- Smoked Salmon Dip with Chives



[Shop Talk](#)- One of our clients TRIPLED the effectiveness of her reviews!

[Health Notes](#)- The Syndrome so toxic we can't even say it

[Book Spotlight](#)- "American Coup" By William M. Arkin

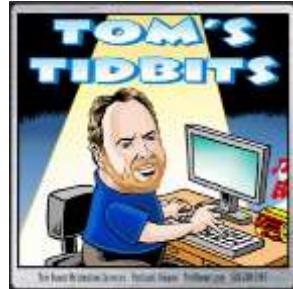


[News To Make You Furious](#)- Dismissing the Generals



# Tom's Tidbits

## The ultimate warfighting machine



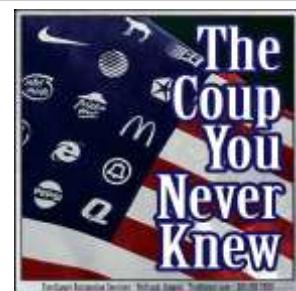
Greetings,

The recent Memorial Day weekend made me return to a thought that's been on my mind since last year. On the surface, Conan The Hero Dog and the trial of Navy SEAL Eddie Gallagher may not seem connected, but I think they combine to represent a disturbing idea that plays a big part in the problems we face now.

Navy SEAL Chief Eddie Gallagher was tried for first-degree murder of a prisoner, attempted murder of Iraqi civilians, and posing for photos with a corpse. He was tried in a military court on charges brought by military peers who understand the blurry realities of war. They know what appropriate combat behavior is and they know when someone's crossed a line. According to the SEALs who served with him Gallagher wasn't a battle-hardened veteran fighting terrorism and the forces of political correctness, but a barely-restrained psychopath in a soldiers' uniform. His soldiers testified against him. His peers weighed the evidence and judged him guilty. The president pardoned and celebrated him.

Conan was less controversial, helping to kill an ISIS leader and kicking off a days-long media circus. And who could blame them... who wouldn't love a dog like that? Few of anyone's comments had serious content, but one of Trump's random phrases stuck with me anyway. At the end of a rambling stream of semi-relevant blather he called Conan "the ultimate warfighting machine".

The vast majority of military people serve from a sense of mission to protect the lives and liberties of Americans. There's a false stereotype of soldiers blindly doing what they're told, but America's modern military also prizes independence and initiative; in fact they require it. "I was only following orders" hasn't worked since the My Lai Massacre; soldiers are *obliged to disobey* illegal orders. The sense of initiative and ethics are beyond a dog; the purpose and values don't matter much to a psychopath. These things only matter to people, and then only to people of integrity, which is why celebrating Gallagher or Conan as ideal soldiers is so dangerous.



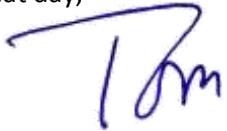
One of our Feature articles this month focuses on how the personal integrity of General Smedley Butler changed history. If you'd like a copy of "War Is A Racket", his anti-war classic, [Email Charles@TomDwyer.com](mailto:Charles@TomDwyer.com) and we'll send you a **FREE** copy! (It's not a contest... just call and we'll send you one!)

'The Military' doesn't determine the military's mission, civilian politicians do, and I think the attitude on display with Gallagher and Conan is one fundamental reason our military is so grossly abused. This mindset of disposability pervades our leadership, and it's spreading among us. When our leaders see soldiers as dehumanized and expendable, it's easier to send them to die for increasingly smaller reasons. If we see our protection as coming from servile dogs or dangerous killers instead of the real people who actually provide it, it's easier for us as well. But we all know our family and friends in the military are better than that. They deserve our respect and that demands they only see combat when necessary, not when expedient.

The "ultimate warfighting machine" is not an obedient dog or a psychopathic thug to be used and thrown away. It's an independent, well-trained, well-equipped citizen fighting for ideals supported at home by the people and by the government abroad. The ultimate warfighting machine is made up of

our fathers and mothers, daughters and sons, spouses and friends. The ultimate warfighting machine should be treasured... and therefore, never used.

Make a great day,



## Digging Deeper

[Retired Navy SEAL Eddie Gallagher strikes back at SEALs who testified against him](#), Andrew Dyer in the Sand Diego Union Tribune, Jan 2020

[Trump Orders Navy to Strip Medals From Prosecutors in War Crimes Trial](#), Peter Baker in the New York Times, Jul 2019

[Navy SEAL Chief Accused of War Crimes Is Found Not Guilty of Murder](#), Dave Philipps in the New York Times, Jul 2019

['The ultimate fighter': Trump shows off Conan the military dog from Baghdadi raid](#), Caitlin Oprysko on Politico, Nov 2019

[When Can A Soldier Disobey An Order?](#) John Ford in War on the Rocks, July 2017

[What the Law of Military Obedience Can \(and Can't\) Do—What Happens if a President's](#)

[Orders are Unlawful?](#) Christopher Fonzone in Just Security, May 2018

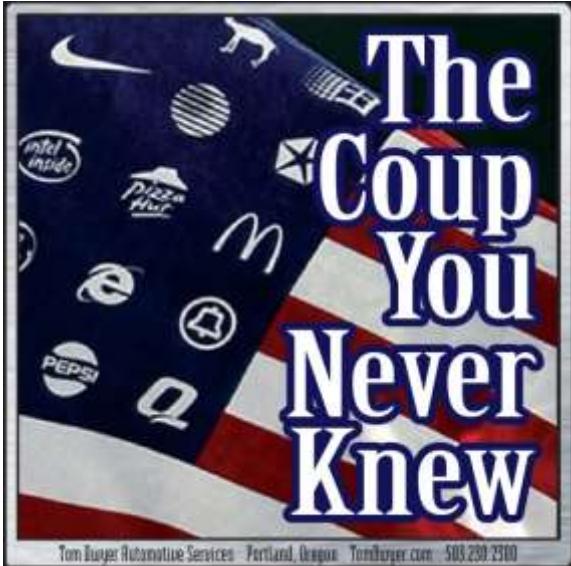
[What, precisely, is a "Domestic Enemy"?](#), Tom Dwyer in the Tom Dwyer Newsletter, Mar 2018

[The U.S. Military Is Not Ready for a Constitutional Crisis](#), Ken Harbaugh in The Atlantic, Feb 2020

[Spec Ops Culture Sets Conditions 'Favorable for Inappropriate Behavior,' 4-Star Says](#), Gina Harkins on Military.com, Jan 2020

[My Lai Massacre](#), editors at History.com, updated Apr 2020

[On Killing: The Psychological Cost of Learning to Kill in War and Society](#) by Lt. Col. Dave Grossman, Back Bay Books, 1996



## The Coup You Never Knew

Most of us weren't taught about "The Business Plot" of 1933.

Remember learning about the "Wall Street Putsch" in high school? C'mon, you remember... that time when 1930's industrialists tried to create a 500,000-member army of WWI vets to overthrow FDR, but then were outed by their hand-picked general before the coup went through, and then the House Un-American Activities Committee held hearings that found no one was responsible? Still don't remember? Well, you weren't just asleep in history class. "The Business

Plot" is one of the most direct threats our democracy ever faced, but it's also one of the least-known events in our history. Settle back, get comfortable, and let us tell you how a man was once offered dictatorship of the United States but turned it down because of his ideals: General Smedley Butler and the Wall Street Putsch...

Depression-era America was very different from today's America, but they too faced a choice between authoritarian fascism and socialized democracy. No one yet understood the evil of Hitler, so people around the world looked to Fascists like he, Mussolini, and Stalin for strong, simple solutions to deep-rooted and complex problems. Business leaders here at home were furious about the "traitor to his class" Franklin Roosevelt and his notion of a social safety net to protect all Americans, an idea diametrically opposed to fascism. These 1-percenters-of-their-day weren't content to let politics play out at the next election or even to simply obstruct the administration.

According to General Smedley Darlington Butler, they planned a coup.

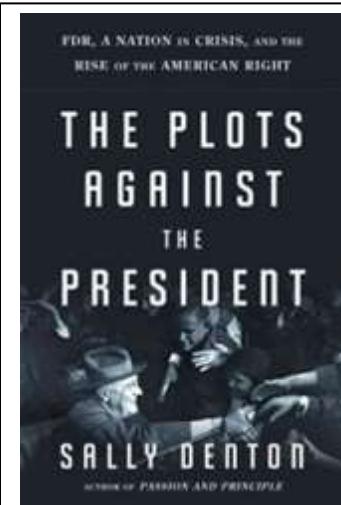
Here's one of the better condensed accounts of the coup plot itself, along with links to General Butler's testimony to the HUAC (the official AND actual versions!), General Butler's other works calling out the military-industrial complex of his time, and several other avenues to explore if you want to dig deeper. It's an insight into one of the most perilous and under-reported episodes in our nation's history and a glimpse into the thoughts and writings of the singular man whose integrity preserved our democracy... at least until today. It's our job from here on out.

### [The Business Plot To Overthrow Roosevelt](#)

*Reposted from [original article at Huppi.com](#)*

In the summer of 1933, shortly after Roosevelt's "First 100 Days," America's richest businessmen were in a panic. It was clear that Roosevelt intended to conduct a massive redistribution of wealth from the rich to the poor. Roosevelt had to be stopped at all costs.

The answer was a military coup. It was to be secretly financed and organized by leading officers of the Morgan and Du Pont empires. This included some of America's richest and most famous names of the time:



[When The Bankers Plotted](#)

[To Overthrow FDR—](#)

Interview with Sally Denton, author of "The Plots Against The President", NPR Books, Feb 2012

**Irene Du Pont** – Right-wing chemical industrialist and founder of the American Liberty League, the organization assigned to execute the plot.

**Grayson Murphy** – Director of Goodyear, Bethlehem Steel and a group of J.P. Morgan banks.

**William Doyle** – Former state commander of the American Legion and a central plotter of the coup.

**John Davis** – Former Democratic presidential candidate and a senior attorney for J.P. Morgan.

**Al Smith** – Roosevelt's bitter political foe from New York. Smith was a former governor of New York and a codirector of the American Liberty League.

**John J. Raskob** – A high-ranking Du Pont officer and a former chairman of the Democratic Party. In later decades, Raskob would become a “Knight of Malta,” a Roman Catholic Religious Order with a high percentage of CIA spies, including CIA Directors William Casey, William Colby and John McCone.

**Robert Clark** – One of Wall Street's richest bankers and stockbrokers.

**Gerald MacGuire** – Bond salesman for Clark, and a former commander of the Connecticut American Legion. MacGuire was the key recruiter to General Butler.

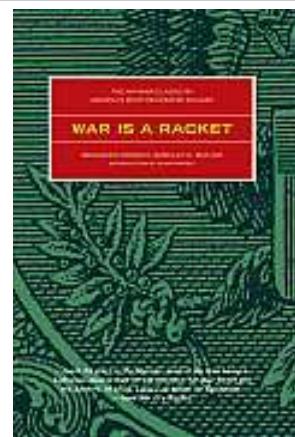
The plotters attempted to recruit General Smedley Butler to lead the coup. They selected him because he was a war hero who was popular with the troops. The plotters felt his good reputation was important to make the troops feel confident that they were doing the right thing by overthrowing a democratically elected president. However, this was a mistake: Butler was popular with the troops because he identified with them. That is, he was a man of the people, not the elite. When the plotters approached General Butler with their proposal to lead the coup, he pretended to go along with the plan at first, secretly deciding to betray it to Congress at the right moment.

What the businessmen proposed was dramatic: they wanted General Butler to deliver an ultimatum to Roosevelt. Roosevelt would pretend to become sick and incapacitated from his polio, and allow a newly created cabinet officer, a “Secretary of General Affairs,” to run things in his stead. The secretary, of course, would be carrying out the orders of Wall Street. If Roosevelt refused, then General Butler would force him out with an army of 500,000 war veterans from the American Legion. But MacGuire assured Butler the cover story would work:

*“You know the American people will swallow that. We have got the newspapers. We will start a campaign that the President's health is failing. Everyone can tell that by looking at him, and the dumb American people will fall for it in a second...”*



[Vintage video of the real General Butler](#) addressing the marchers of the Bonus Army



["War Is A Racket"](#) - This short work by General Butler has become an anti-war classic. **Call us at 503-230-2300 and we'll send you a FREE copy!**

The businessmen also promised that money was no object: Clark told Butler that he would spend half his \$60 million fortune to save the other half.

And what type of government would replace Roosevelt's New Deal? MacGuire was perfectly candid to Paul French, a reporter friend of General Butler's:

*"We need a fascist government in this country... to save the nation from the communists who want to tear it down and wreck all that we have built in America. The only men who have the patriotism to do it are the soldiers, and Smedley Butler is the ideal leader. He could organize a million men overnight."*

Indeed, it turns out that MacGuire travelled to Italy to study Mussolini's fascist state, and came away mightily impressed. He wrote glowing reports back to his boss, Robert Clark, suggesting that they implement the same thing.

If this sounds too fantastic to believe, we should remember that by 1933, the crimes of fascism were still mostly in the future, and its dangers were largely unknown, even to its supporters. But in the early days, many businessmen openly admired Mussolini because he had used a strong hand to deal with labor unions, put out social unrest, and get the economy working again, if only at the point of a gun. Americans today would be appalled to learn of the many famous millionaires back then who initially admired Hitler and Mussolini: Henry Ford, John D. Rockefeller, John and Allen Dulles (who, besides being millionaires, would later become Eisenhower's Secretary of State and CIA Director, respectively), and, of course, everyone on the above list. They disavowed Hitler and Mussolini only after their atrocities grew to indefensible levels.

The plot fell apart when Butler went public. The general revealed the details of the coup before the McCormack-Dickstein Committee, which would later become the notorious House Un-American Activities Committee. (In the 50s, this committee would destroy the lives of hundreds of innocent Americans with its communist witch hunts.) The Committee heard the testimony of Butler and French, but failed to call in any of the coup plotters for questioning, other than MacGuire. In fact, the Committee whitewashed the public version of its final report, deleting the names of powerful businessmen whose reputations they sought to protect. The most likely reason for this response is that Wall Street had undue influence in Congress also. Even more alarming, the elite-controlled media failed to pick up on the story, and even today the incident remains little known. The elite managed to spin the story as nothing more than the rumors and hearsay of Butler and French, even though Butler was a Quaker of unimpeachable honesty and integrity. Butler, appalled by the cover-up, went on national radio to denounce it, but with little success.



[General Butler's full "War Is A Racket" speech](#) delivered by a re-enactor

Butler was not vindicated until 1967, when journalist John Spivak uncovered the Committee's internal, secret report. It clearly confirmed Butler's story.

*"In the last few weeks of the committee's life it received evidence showing that certain persons had attempted to establish a fascist organization in this country..."*

*"There is no question that these attempts were discussed, were planned, and might have been placed in execution if the financial backers deemed it expedient..."*

*MacGuire denied [Butler's] allegations under oath, but your committee was able to verify all the pertinent statements made to General Butler, with the exception of the direct statement suggesting the creation of the organization. This, however, was corroborated in the correspondence of MacGuire with his principle, Robert Sterling Clark, of New York City, while MacGuire was abroad studying the various form of veterans' organizations of Fascist character."*

Needless to say, the survival of America's democracy is not an automatic or sure thing. Americans need to remain vigilant against all enemies... both foreign and domestic.

## Digging Deeper...

[Transcript of Testimony of General Butler, Gerald MacGuire, and others to the HUAC](#), Dec 29, 1934 (with restored omissions)

[Major General Smedley D. Butler Expose Fascist Coup in US](#) Video by Occult Agenda, Apr 2012

[1934: The Plot Against America](#) by Scott Horton in Harpers Magazine, Jul 2007

[Smedley Butler And The Business Plot](#), by Melissa Blevins on Today I Found Out, Jan 2014

[Wall Street's Failed 1934 Coup](#) by Michael Donnelly on CounterPunch, Dec 2011

[FDR- Man on the White Horse](#) from Reformation.org

[The Whitehouse Coup](#); BBC Radio 4 documentary, Jul 2007. [3-part video version on YouTube begins here](#).

[Oh, Smedley: Was there really a fascist plot to overthrow the United States government?](#) By Cecil Adams in The Straight Dope, Nov 2005

[Outrage Over Obamacare Is Nothing Compared With FDR's New Deal](#) by Joshua Holland on Moyers & Company, Apr 2014





## **Our 'older vehicle policy'** **is all about the** **relationships**

Long-term relationships aren't built around short-term vehicles

We're very pleased and grateful about our stellar on-line reviews, but we do have a few bad ones. Of these, one issue stands out- our older vehicle policy for NEW clients. We have many EXISTING clients with older vehicles we've cared for for

years, and we'll continue working on those vehicles as long as it makes economic sense to the client. However, we won't take on a NEW client if their client is 15-years-old or older. Most people calling our shop for the first time understand and accept this business decision with no problem, but a few take it as a personal insult. If anyone is confused or upset by this policy, it's up to us to explain...

First of all, we should reassure our EXISTING clients that our older vehicle policy applies to NEW clients ONLY! If you're a Tom Dwyer client, your vehicle won't "age out". We'll continue keeping your vehicle safe, breakdown-free, and operating at its best as long as you choose to work with us. But why won't we do the same with new clients? Because it's not about the vehicles, it's about the relationships.

There are people with older vehicles who care for them meticulously; all the oil changes on time, maintenance schedules followed religiously, and every part replaced as it failed. These people aren't the norm. The vast majority of older vehicles have a laundry list of problems, known and unknown, that are either failing or are about to fail.

We recommend our Comprehensive Inspection for every new client on their first visit. This involves 2-4 hours of an ASE-Certified Technician evaluating every accessible system on the vehicle, measuring brake pads and spark plug gaps, testing fluid pH, and over a hundred other points. This is designed to document the vehicles' complete mechanical condition when we first see it... what's working fine, what's failing now, and what's likely to fail soon. We use this evaluation to build a list of service recommendations prioritized by safety issues, break-down prevention, and maintenance. On older vehicles, especially neglected ones, this list of needed services often exceeds the value of the vehicle, a situation we call "economically totaled".

It is very difficult establishing a new service relationship based around a vehicle in this position. A new client presented with an extensive list of expensive repairs is rightly suspicious, and may not listen when we tell them we don't recommend ANY repairs on economically totaled vehicles. They don't have a basis of trust with us and may worry we're trying to deceive them. If we DO just perform the highest-priority services, they're still left with second-and-third priority issues that will fail soon and guarantee more expensive trips back. We don't like being in the position of

prioritizing repairs on vehicles that may be beyond economical repair because it's not a good basis for a service relationship of any kind.

For our existing clients with older vehicles, we started maintaining those vehicles when they were newer and have continued to service them as they age. We've developed relationships with these clients, and we both know and accept the responsibilities for the vehicle's current needs and conditions. Once we've built a trusting service relationship with a client, they listen to us if there is a glitch in a repair or we tell them it's time to part with their vehicle. It's difficult to build that kind of relationship around a vehicle that is already worn out.

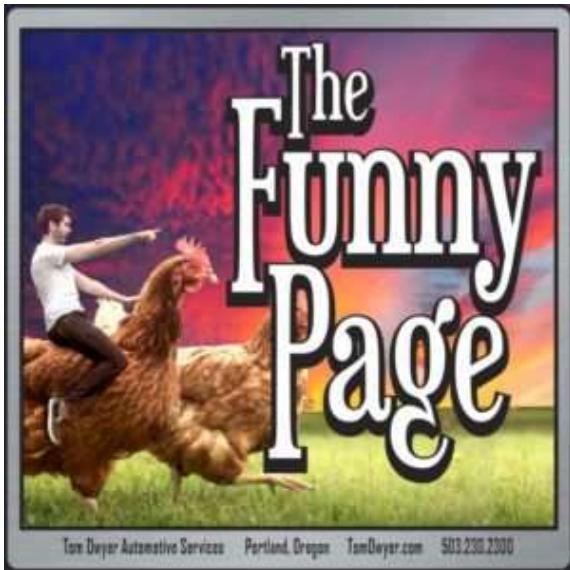
Our services will extend a vehicle's lifespan, but it's rarely worth playing "catch up" to get an older, poorly maintained vehicle running safely and reliably. We hate to say "no" to any potential new clients, but we've learned from experience that trying to start a service relationship based on a challenged vehicle almost never works, and . Vehicles should come and go, but the service relationship should last for generations.

As hard as we try to explain this policy, one of our clients may have done it best. Here's a [2012 review from Robb W. on Yelp](#) that puts it very succinctly...

*"Tom Dwyer's is solid as hell across all fronts. They know most makes and models and bend over backwards to make your experience there the best you could ever imagine...seriously. Is your car less than 15 years old? Then they will be able to take care of you in all likelihood. Why 15 years? Their philosophy is that after 15 years, your money is better spent on a newer car...that the repairs will mount and it is no longer cost effective to continue to fix your old hooptie. And no, they don't sell new cars as a side business...it's just smart thinking and they're not trying to take your money doing a bunch of avoidable repairs.*

*Hell, sometimes they're not trying to take your money at all. I have been there on two separate occasions where they have put my car up on the lift, actually done some work and refused to charge me...not a single thin dime. This after taking me to work in their shuttle."*

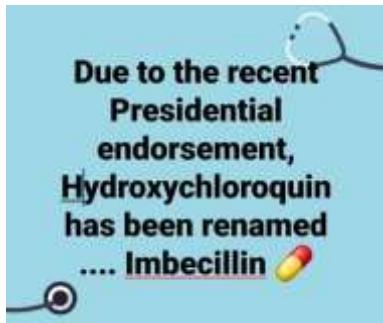
Thanks, Robb!

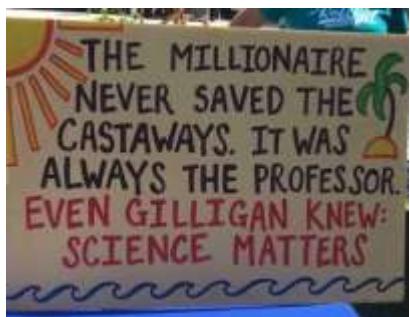
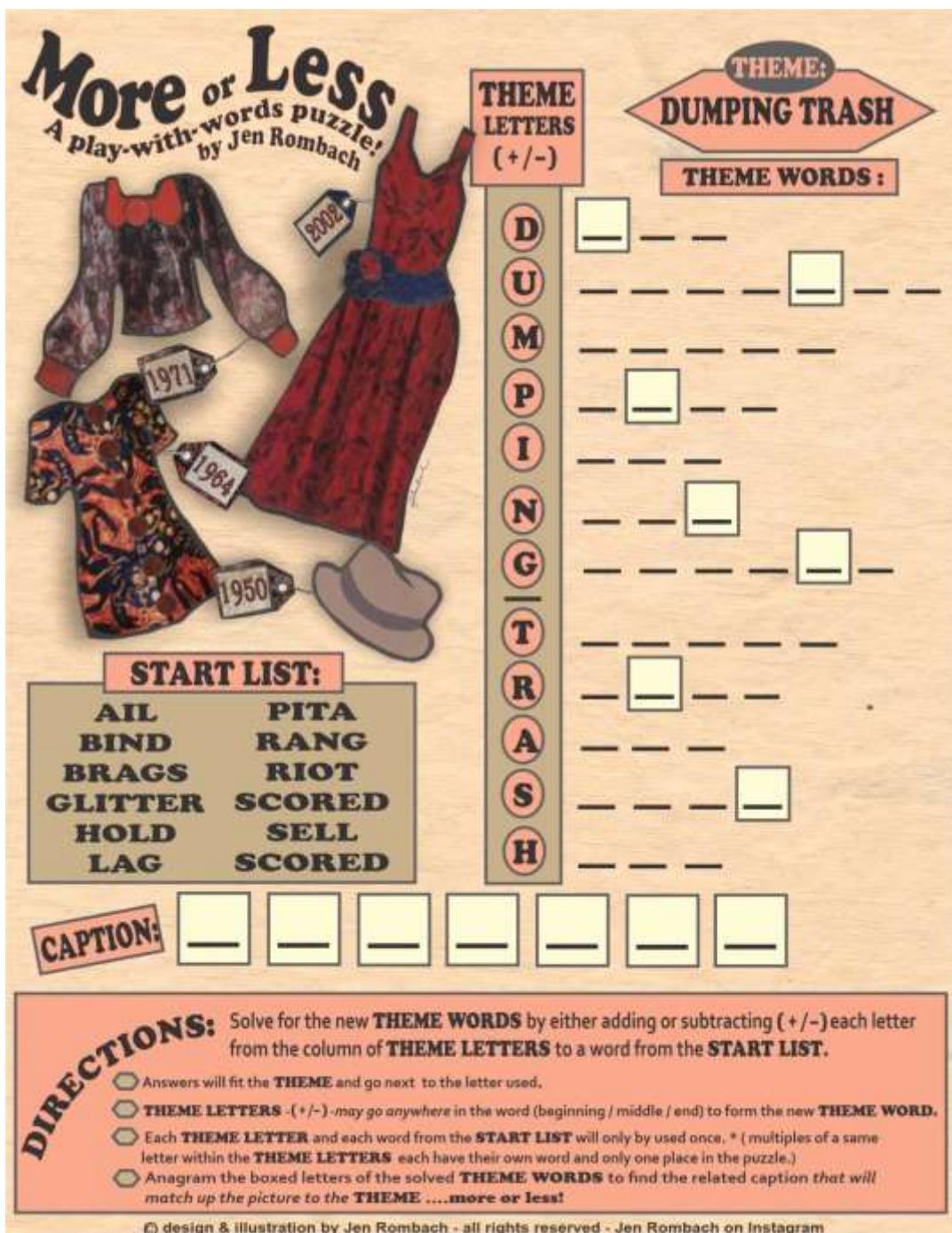


## The Funny Page

Knock knock, who's there? The Funny Page!

In the Time Of Covid humor matters, so "The Funny Page" is back for another week! 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!







A quick check-in with our bobblehead collection... they're all masked up, but still can't get the hang of social distancing.



This is a GIF... if you wait a little, Abe gives Trump and Melania the fingers.



In case you need a reminder about how utterly stupid the American public is today.



# More-Or- Less Solution



# Shop Talk

One of our clients TRIPLED the effectiveness of her reviews!



## Comment of the Month

Our Comment this month is an excellent 5-star review, but the interesting thing is how much further this client went with it...

*"Brought my car here thanks to a friend's recommendation and I was super happy with the service. I got an oil change, new battery, and some maintenance work done. The communication was friendly and honest from start to finish -- I've found my new auto shop and will definitely come back for future auto needs!"*

We first saw this review on Yelp, but then we were surprised to find it on Google as well and surprised again to find it on FaceBook! Client Sarah V. (or Sarah Beth, or Sara Tate, or S.V.) not only wrote this generous review but posted it on THREE different review sites, and we can't be thankful enough. Small businesses live and die by their reviews so we're very grateful anytime anyone says something good about us, but reposting a review three times REALLY gets the word out and is just going above-and-beyond. Thank you to EVERYONE who takes the time to review our shop, but three particular thank-you's go out this month to Sarah!

(BTW, while the overwhelming majority of our reviews are 4-and-5 stars we DO get the occasional bad review. If you're curious, we've gathered all of them together in [Our Bad Reviews](#). Take a few minutes to exercise your schadenfreude muscles!)



## Current Special Offers



Thanks to the incredible support of our clients, Tom Dwyer Automotive Services has stabilized somewhat during this Covid Crisis but we are still far from confident. To reflect the progress so far yet still realizing the long road ahead, we're slightly reducing our biggest-ever discount. **We'll continue offering "33% Off Labor" through the end of May, but on June 1st we'll change to 30% OFF Labor Charges.** This is still an amazing offer we normally couldn't afford to make, but right now it will help stretch your money while keeping our company healthy for the long term. Act now for your greatest savings, because as the economy (hopefully!) improves we'll continue to slowly reduce the discount back to sustainable levels.

***Offer expires 6/19/20***

***\$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

## Smoked Salmon Dip with Chives



Right now we're all hunkered down alone at home, but one day there'll be parties again and this is the spread you'll need. On the other hand, hunkering at home with a big bowl of salmon spread and a big bag of baguette slices doesn't sound like a bad idea... who needs parties?

### Ingredients:

- 2 cups dry white wine
- 1 Tbsp finely chopped shallot
- 1 lb. skinless salmon fillet, cut into 1" pieces
- 3 oz smoked salmon, flaked
- 1/3 cup mayonnaise
- 3 tbsp fresh lemon juice
- 2 tbsp thinly sliced chives
- 3/4 tsp kosher salt
- 1/4 tsp ground white pepper
- Toasted baguette slices, for serving

### Preparation:

1. Combine wine and shallot in a large saucepan, and bring to a boil over medium high. Reduce heat to medium low, and simmer until shallots are tender, about 2 minutes
2. Add salmon fillet pieces, and cook until just barely opaque, 2-3 minutes. Pour through a fine-mesh strainer, reserving salmon and shallot; discard poaching liquid.
3. Line a baking sheet with a kitchen towel or a paper towel; spread salmon-and-shallot mixture over towel. Place baking sheet in refrigerator, and cool completely, about 20 minutes.
4. Gently stir together poached-salmon mixture, smoked salmon, mayonnaise, lemon juice, chives, salt and pepper in a medium bowel. (Be careful not to overmix.) Serve with toasted baguette slices.

**Total time: 40 min, Cook: 15 min, Serves 8**  
**Original recipe from Eric Ripert in People**

# Health Notes

## The Syndrome so toxic we can't even say it



It's no news that our environment affects our health and life, but as larger swaths of the world break into 'haves' and 'have nots', the differences are becoming more distinct and quantifiable. The whole cycle of poverty is being examined as a syndrome of symptoms. In England, they've even coined a name for it... "shit life syndrome".

From the article "[The bad news is we're dying early in Britain – and it's all down to 'shit-life syndrome'](#)"-

"Britain and America are in the midst of a barely reported public health crisis. They are experiencing not merely a slowdown in life expectancy, which in many other rich countries is continuing to lengthen, but the start of an alarming increase in death rates across all our populations, men and women alike. We are needlessly allowing our people to die early.

In Britain, life expectancy, which increased steadily for a century, slowed dramatically between 2010 and 2016. The rate of increase dropped by 90% for women and 76% for men, to 82.8 years and 79.1 years respectively. Now, death rates among older people have so much increased over the last two years – with expectations that this will continue – that two major insurance companies, Aviva and Legal and General, are releasing hundreds of millions of pounds they had been holding as reserves to pay annuities to pay to shareholders instead. Society, once again, affecting the citadels of high finance.

Trends in the US are more serious and foretell what is likely to happen in Britain without an urgent change in course. Death rates of people in midlife (between 25 and 64) are increasing across the racial and ethnic divide. It has long been known that the mortality rates of midlife American black and Hispanic people have been worse than the non-Hispanic white population, but last week the British Medical Journal published an important study re-examining the trends for all racial groups between 1999 and 2016...

...Shit-life syndrome is not just a feature of a US city such as Baltimore, where the difference in life expectancy between the richer and poorer districts is as much as 20 years, it's a feature of our cities, too. Within the London borough of Kensington and Chelsea, the difference in life expectancy between richest and poorest is 16 years. And the trends are deteriorating. Public Health England has published a hair-raising map of the English health experience from 2014 to 2016. The East and West Midlands, Yorkshire and Humberside, the north-west and north-east experienced declines in life expectancy. Nobody should have been surprised they voted against the status quo in the Brexit referendum."

[Suicides and overdoses among factors fueling drop in U.S. life expectancy](#) by Melissa Healy in the Los Angeles Times, Nov 2019

[Shit Life Syndrome: Mental Health and Capitalist Decay](#) by Alice McIntyre in Cooper Point Journal, Mar 2020

[What is sh\\*t life syndrome?](#) Sally Baker on Working On The Body

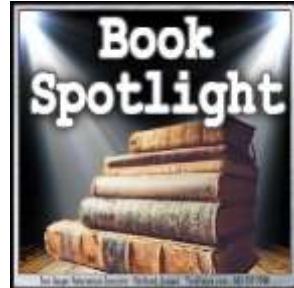
[Can care integration cure 'shitty life syndrome'?](#) by Blair McPherson in HSJ- For HealthCare Leaders, Aug 2019

["Shit-Life Syndrome," Trump Voters, and Clueless Dems](#) by Bruce Levine on CounterPunch, Jan 2020

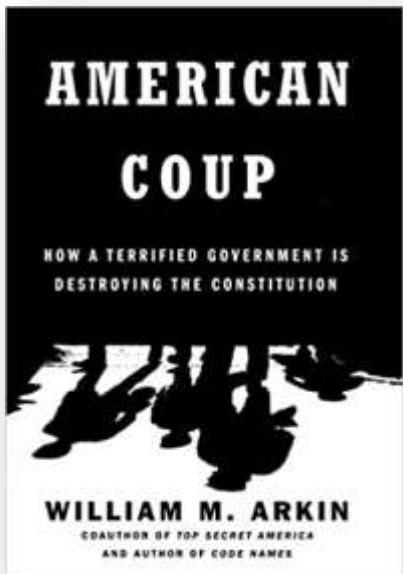
[The bad news is we're dying early in Britain – and it's all down to 'shit-life syndrome'](#), by Will Hutton in The Guardian, Aug 2018

# Book Spotlight

## "American Coup" By William M. Arkin



Joseph Heller wisely said "just because you're paranoid doesn't mean they aren't after you", and that's pivotally important in today's world. Trump's blather about a 'Deep State' out to get him is paranoid raving at best, but there is indeed a governmental structure below and beyond what we were taught in civics class. And it does indeed have real effects in the real world...



### ["American Coup- How a terrified government is destroying the Constitution"](#)

By William M. Arkin

*From the [Federation of American Scientists' review of William Arkin's 'American Coup'](#)...*

"What concerns Arkin, and what his book helps to illuminate, is what he describes as a parallel apparatus of executive authority that has developed outside of Constitutional norms (and beyond public awareness) to respond to national emergencies—catastrophic acts of terrorism, nuclear disasters, threats to presidential

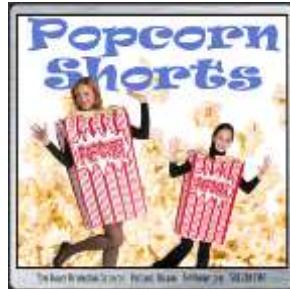
survival, or other extraordinary events.

Some of this is familiar ground, and has been previously described under the rubric of Continuity of Government, or Continuity of Operations, dating back to the Eisenhower Administration. But it has expanded and been formalized, Arkin says, in a series of classified Presidential Emergency Action Documents (PEADs) that assert all but unchecked executive power. And while those administrative instruments are technically dormant most of the time, they exercise a baleful influence on the normal conduct of political life, he argues.

Despite its garish and off-putting title (and subtitle: "How a Terrified Government is Destroying the Constitution"), "American Coup" is not a manifesto, nor a call to action. What makes the book interesting and valuable, rather, is its close reading of official documents in search of clues to undisclosed power structures. Arkin is a careful student and a subtle analyst of military doctrine, a neglected genre rich with insights waiting to be discovered. For some readers, the 100 pages of endnotes will be the most rewarding part of the book."

# 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!



## [You're underestimating the cost of your vehicle](#)



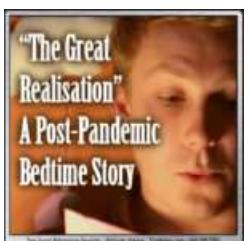
How much does your vehicle cost? You may have thought of its sticker price, and on deeper reflection you would probably add the costs of gas, insurance, and of course, repairs by your friendly neighborhood mechanic. But even if you add all that, if you're like most folks, you're still under the real price. [This Jalopnik article](#) reviews two studies, [one from AAA](#) and [one from Nature](#), that examined our ideas of vehicle costs, pull back the curtain on the real costs, and examine how this distortion is affecting the introduction of alternatives... like electric vehicles.

## [Bored people in lockdown reproduce famous paintings](#)



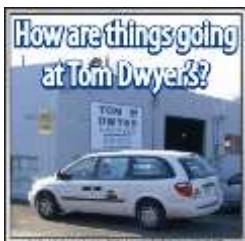
*from the Bored Panda article, May 2020-* "It appears that boredom lies behind the most creative ideas. That's why quarantine has produced some of the most entertaining activities. One of them is the Getty Museum challenge that so many of you have already seen in our previous article here. The challenge, which asks people to recreate famous works of art by using things they find around the home, has gained a lot of traction. Apparently, people love to dress up and compete with each other over who can recreate a well-known painting better."

## ["The Great Realisation"- A post-pandemic bedtime story](#)



The Coronavirus pandemic hasn't inspired cheer or comfort, and may seem a strange subject for a cuddle-up bedtime story. But kids need to understand what we're all living with, and the world we live in afterward can offer hope as well as disaster. Poet Tomos Roberts wrote a Coronavirus bedtime story for his 7-year-old brother and sister and it's deservedly gone viral. Now with tens of millions of views and translated into multiple languages it's a tender and hopeful look at the life we've lived before Covid and what we could... COULD... look forward to. The [video is here](#), and an [interview with Tomos is here](#). Your kids will thank you, and you'll like it as well.

## [How are things going at Tom's?](#)



Masked faces aren't usually welcome near a businesses' cash register, but we've been very glad to see them near ours! THANK YOU! Many of those masked faces have asked about the health of our people and the sustainability of our essential business during this crisis, so we thought we'd give an update from inside one independent business weathering the storm...

**WE ARE OPEN!** And we plan to stay open. People need safe and reliable vehicles even in a pandemic, so auto repair is considered an 'essential business'. From socially-distanced in-shop service to complete non-contact pickup and drop-off, we are ready to serve you with slightly reduced hours for now (9a-6p weekdays; still 10a-1p Saturdays). Come by and see us!

**Our people are healthy (and thanks for asking!).** None of our Service Advisors or Technicians have gotten Covid-19 so far. Even asking around the shop, only a couple people know anyone impacted. We've been very lucky in our shop, in Portland, and in Oregon at large... we are very grateful.

**Our business is functioning for now, thanks to you.** Our clients have been spectacular in stepping up with their support. Though we saw a painful slowdown early on, we are still here. Granted, we're just running at or near a break even to keep all the staff on board and are still well short of capacity, but thanks to you, our doors are still open and our staff is still working. Again, we've been very lucky so far.

**We'll continue our heavy discounting for now.** We hope our recent Covid discounts have been a help to you, and again, thank you if you have participated! We'll continue through the middle of May at least, but the country may be coming out of it's bunker and we hope to drop our discounts (slowly!) to a more sustainable level.

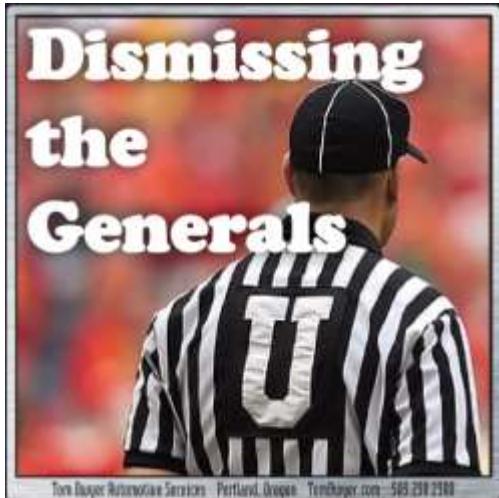
**The government may be here to help us all.** We've filed for the business supports available, and we're waiting to hear back just like almost every other small business (and way too many large ones!) across the country. Loans must be used for wages, rent, and so forth, not just dropped into our company's account. If and when we get a financial boost, expect us to return any boost to our loyal clients... if Uncle Sam will help us with the cost of running our business, we are planning to gladly pass this help on to you!

**We still have quarantine supplies for you.** We've been making our own hand sanitizer and have (non-N95) filter masks at the front desk for our client's use. Feel free to fill up your sanitizer bottle while you're here and take a couple of the masks with you with our compliments. (If you or your organization have a need for more filter masks, send an email to [charles@tomdwyer.com](mailto:charles@tomdwyer.com) and we'll see if we can get you some. We probably won't be able to supply major needs, but if 20-40 masks would be useful then we'll gladly help.)

That's the report from your friends at Tom Dwyer Automotive Services. We've been very lucky with the virus and very privileged to have such strong support from our clients. The end's not here yet but it's slowly coming into view, and when it's all over we'll still be here to keep your vehicles "safe, breakdown-free, and operating at their best". THANK YOU for making it possible!.

# News To Make You Furious

## Dismissing the Generals



The Nixon administration was a carnival of corruption, but politicians of the day weren't the demagogues and ideologues of today. Granted, they weren't MUCH better, but they were at least able to look at the rubble left by Tricky Dick and craft policy attempting to prevent it from happening again. Their solution? They created the office of Inspector General (IG) as referees in the Executive Branch. These Inspectors were the 'go to' folks for any of the thousands of Executive Branch employees if they had allegations of waste, fraud, abuse, or corruption. The Inspectors would review the issue, decide if it had merit, and forward it to Congress if they found substance. As a recent example, in the Ukraine scandal it was Inspector General for

the Intelligence Community Michael Atkinson who received the anonymous report, checked it out, and forwarded it to Congress for action.

But there was a flaw in Congress' IG law... the Inspectors serve at the pleasure of the president. Congress had assumed that the firestorm if a president dismissed an Inspector improperly or without explanation would be enough to keep them honest. Integrity, and shame at being exposed as a crook, were the bastions of the law. They didn't reckon with Donald Trump.

Trump has been on a rampage of Inspector General firings. He started with Atkinson, but in the last 6 weeks (as of this writing) he's fired 4. The stated reason has been they "don't have the confidence of the president" but no explanation of why they lost that confidence has been forthcoming. Congressional Democrats are whining ineffectually; Congressional Republicans are cowering and enabling. But the IG Purge is continuing, and in a media world dominated by Covid it's going largely unnoticed.

If you're not Furious enough from everything else going on today, then here's your fix. Settle back, get a pillow to scream into, and learn all about Trump's IG purge...

[Purged watchdog who found 'severe' medical supply shortages persists with 14 ongoing investigations](#), Kerry Eleveld on Daily Kos, May 2020

[The White House thumbs its nose at GOP critics of inspectors general purge](#), Aaron Blake in The Washington Post, May 2020

[Top Republican unsatisfied with White House justification for inspector general firings and replacements](#), Kathryn Watson on 60 Minutes, May 2020

[Trump appears emboldened by paltry GOP pushback to IG purges](#), James Hohmann in Washington Post, May 2020

[Pentagon's deputy inspector general resigns; latest in watchdog role to depart](#), Idrees Ali on Reuters, May 2020

['Serial IG Purges' by Trump Fuel Dems' Call for Anti-Corruption Provisions in Next Covid Package](#), Andrea Germanos on Common Dreams, May 2020

[What are inspectors general and why do they matter?](#) Rohn Robbins in VailDaily, May 2020

[What Role Are Inspectors General Supposed To Play In America's Democracy?](#) Brian Naylor on All Things Considered, Oct 2019

[Trump's IG Purges Add Fuel to Oversight Controversies](#), Susan Crabtree on Real Clear Politics, Apr 2020

[State Department watchdog critical of Trump moves fired](#), Deirdre Shesgreen in USA Today, May 2020

[The \\$500 Billion In Corporate Aid Will Be A Corrupt Cash Grab If We Don't Ask The Right](#)  
Network, Oct 2018

[Questions](#), Shivaram Rajgopal in Forbes, Mar 2020

[Trump's Firing of State Department Inspector General Is Just the Latest in a Rolling Purge](#), John Walcott in Time, May 2020

[Inspectors general, a good-government 'experiment,' celebrate 40 years of oversight](#),  
Jory Heckman on Federal News