

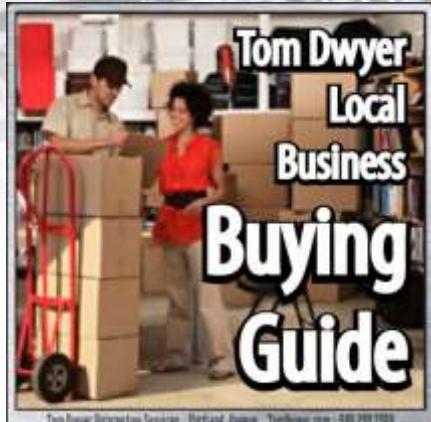


"Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for November, 2020

Dwyer Buying Guide

Links to small, local shops for holiday buying.



What's wrong with my car?

Diagnosing car problems takes more than code readers



It's not technically cannibalism!



18 Hiking Trails For Your Oregon Bucket List



Are Wooden Ships The Future of Cargo?



Freedom is coming to the Klamath

Our Monthly Columns

[Tom's Tidbits](#)- Death by Denial

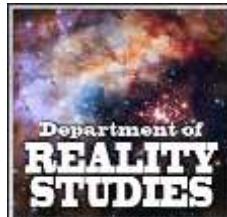
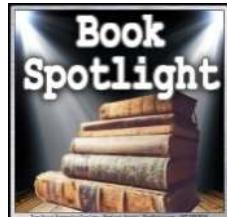
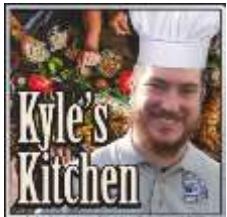
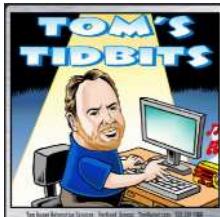
[Shop Talk](#)- Gift Certificates and our Holiday Schedule

[Kyle's Kitchen](#)- Cranberry Apple Stuffed Pork Loin

[Health Notes](#)- The Absolute Worst Pain You Can Experience

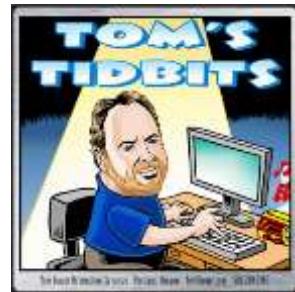
[Book Spotlight](#)- How we got here, what's happening, where we go

[Reality Studies](#)- Clues about where we came from, questions if we're even here at all



Tom's Tidbits

Death by Denial



Greetings,

"I could stand in the middle of 5th Avenue and shoot somebody and I wouldn't lose voters."

Trump's chilling remark hasn't been tested literally (as of today), but the reasoning behind it has. 5th Avenue is in a city that has seen 24,167 of the state's 33,648 covid deaths. So far. Not all of these deaths can be placed at Trump's feet but many can, and they join over 250,000 corpses piled on a metaphorical 5th Avenue that slinks from New York to Hawaii. And Trump was right, because he didn't lose any voters except the ones he actually killed. In fact he gained almost over 100,000 from his 2016 NY total.

It didn't have to be like this. The Covid pandemic is not Donald Trump's fault, but the US response to it is. He crippled us even before it started by ending the White House Pandemic Response Team in 2018, but from the very beginning of the pandemic itself, Trump's biggest worry hasn't been a plague killing Americans but the possible impact on his presidency. He's acted on that difference; denying the reality and 'governing' for optics rather than effect. Here's just a few lowlights from the last year...

January 2020- first case reported.

February- Tells Bob Woodward how deadly the virus is. Tells us it will go away in April.

March- Tells Republican Senators "We've done a great job". Tells Woodward "To be honest with you, I wanted to always play it down. I still like playing it down, because I don't want to create a panic."

April- Recommends bleach and UV light to treat virus. Emphasizes 'voluntary' nature of face masks.

May- Notes 'testing is overrated'. US passes 100,000 dead.

June- "If we didn't do testing, we'd have no cases."

July- US passes 150,000 dead.

August- "It is what it is." Trump activates Defense Production Act to supply PPE and ventilators; does not use it.

September- US passes 200,000 dead. "We have done an incredible job, and we're doing an incredible job"

October- After Trump and more than a dozen staff test positive for Covid, he returns to live, mostly maskless, tightly-packed rallies. White House begins referring to the pandemic in the past tense.

November- US passes 250,000 dead. Trump complains Pfizer and FDA withheld vaccine until after election.

No, he hasn't shot anyone, but Donald Trump's denial of reality has killed thousands of our fellow Americans just as surely as if he shot them himself. His desecrations will end in just under 2 months, but he WILL kill thousands more before he's out. We must... MUST hold him accountable. Not with torches and pitchforks, no matter how justified that might be, but with proper, cool-headed, impartial investigations. And trials and jail if warranted. History will make its judgement regardless of what we do, but it can't be the only judgement made. Donald Trump needs to be told explicitly, by the country he's abused, that he was wrong.

Trump gleefully says 'he takes no responsibility' for Covid, but that's yet another lie. He took responsibility for it when he placed his tiny little hand on a Bible he never read, grunted an oath he didn't comprehend, and entered an office he could never fill. Despite what FOX told him for years, the American Presidency is not ALL golf and handshakes. There are situations that demand action, despite any political costs, where inaction is incompetence at best and treason at worst. We're paying that price right now... he must as well.

Make a great day,

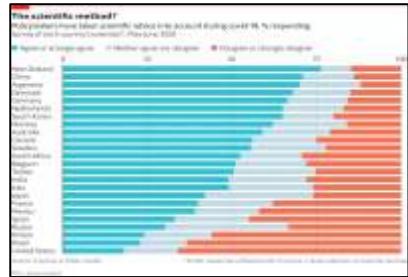
Digging Deeper...

['They refused to act': inside a chilling documentary on Trump's bungled Covid-19 response](#), Adrian Horton in The Guardian, Oct 2020

[In the U.S., states — not science — decide what counts as a coronavirus outbreak](#), Mooney, Kaplan, and Eilperin in Washington Post, Oct 2020

[Trump tunes out pandemic surge as he focuses on denying election loss](#), Parker, Dawsey, Abutaleb, and Rucker in Washington Post, Nov 2020

[Coronavirus Worldwide Graphs](#), Worldometer. Updated daily.



[More New Yorkers Voted for Donald Trump in 2020 Than in 2016](#), Jimmy Vielkind and Emma Tucker in Wall Street Journal, Nov 2020

[Timeline of Trump's Coronavirus Responses](#), FactCheck.org, Oct 2020

[Top White House official in charge of pandemic response exits abruptly](#), Lena Sun in Washington Post, May 2018

[Oversight report calls Trump administration response to the pandemic a 'failure'](#), Lori Aratani in Washington Post, Oct 2020

[COVID-19 Is Spiking—and Donald Trump Has Pulled a 'Disappearance Act'](#), Brian Bennett in Time, Nov 2020

[Are governments following the science on covid-19?](#) The Economist, Nov 2020

[Worst-Case Estimates for U.S. Coronavirus Deaths](#), Sheri Fink in NY Times, Mar 2020

[Forecasts of COVID-19 Deaths](#), Center for Disease Control and Prevention, Nov 2020

[Covid-19 has killed 250,000 people in the US. That's 10 times the deaths from car crashes in a year](#), Holly Yan and Daniel Wolfe, CNN, Nov 2020

[Why Surviving the Virus Might Come Down to Which Hospital Admits You](#), Rosenthal, Goldstein, Otterman, and Fink in NY Times, Jul 2020

[US election 2020: Fact-checking Trump and Biden on Covid](#), BBC.com, Oct 2020

[Mount Sinai Analysis of COVID-19 Autopsies Reveals Many New Details About This Disease](#), Mt. Sinai Hospital, May 2020

[Donald Trump 'Fifth Avenue' Comment](#), Kim Lacapria on Snopes, Jan 2016

[Rep. Bill Pascrell Demands DOJ Prosecution of Trump's "Innumerable Crimes Against the United States"](#), Brett Wilkins on Common Dreams, Nov 2020

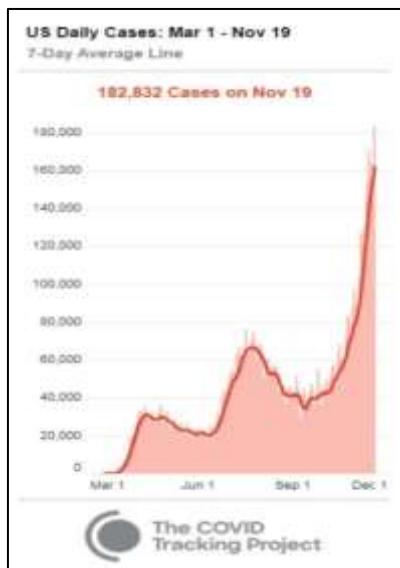
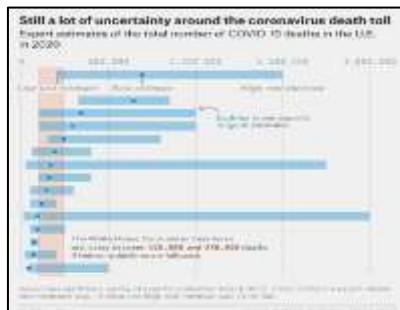
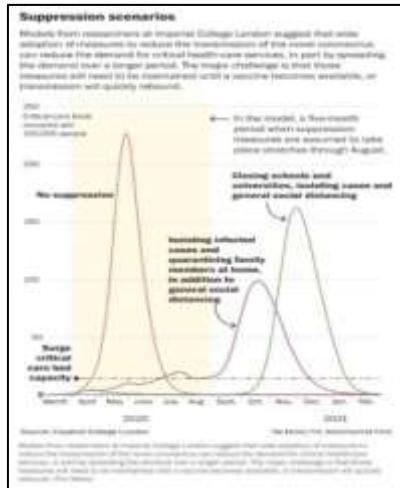
[Coronavirus will radically alter the U.S.](#), Wan, Achenback, Johnson, and Guarino in Washington Post, Mar 2020

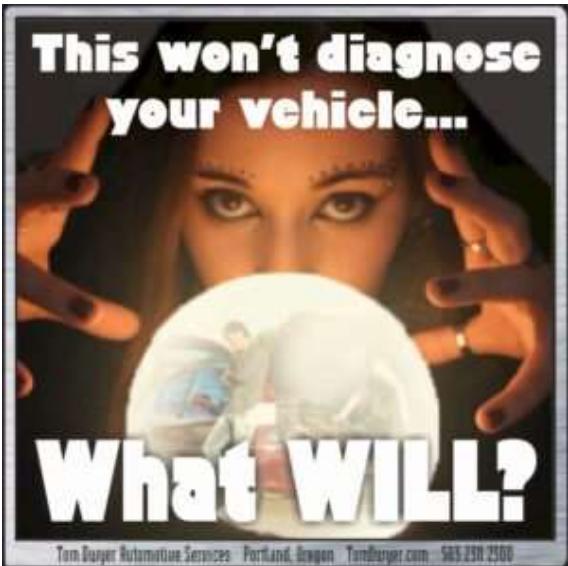
[Best-Case And Worst-Case Coronavirus Forecasts Are Very Far Apart](#), Jay Boice on FiveThirtyEight, Apr 2020

[12 ways the Trump administration botched America's response to Covid-19](#), David Holtgrave on CNN, Oct 2020

[A Compendium of Models that Predict the Spread of COVID-19](#), American Hospital Association, Apr 2020

[Coronavirus \(COVID-19\) Deaths](#), Our World in Data, Nov 2020





What's wrong with my car?

Diagnosing vehicle problems requires more than a code reader or gut feeling

The Car Talk guys did the automotive world a bit of a disservice. They led people to believe complex automotive problems can be accurately diagnosed in 4 minutes from a vague description and some mimicked noises. Throw in a couple wisecracks and the vehicle is all but repaired! While this sometimes works on a radio show, the real world is much different. The cause of some automotive problems is indeed obvious and the diagnosis straightforward, but other problems are complex, may only appear

intermittently or under certain conditions, or may be caused by multiple interacting systems. It's correspondingly harder to track these issues down. When we start looking for the cause of your vehicle's glitches we start with the least invasive, least expensive methods first and move on to the more invasive and time-consuming techniques only when necessary (and always, only with your approval). Here's a look at some of our inspection and diagnostic methods so you'll be prepared when it's time to follow this path with your own vehicle...

Before there's a problem... inspect and monitor

Before ever starting down the diagnostic path, it makes sense to monitor your vehicle and prevent as many failures as possible. Whenever possible, we assign your vehicle to the same ASE-Certified Technician so we have someone familiar with the vehicle's history, performance, and quirks. Many of our clients don't know we perform a 40-point inspection and double-check of our work after every vehicle service. Combined with the Technician's notes and evaluations this gives us an on-going overview your vehicle's condition, so if it begins to develop problems we may have a clue to where they're starting.

If your vehicle hasn't been in for service lately, isn't having a specific problem, and you just want to have it generally checked out, we offer a FREE Basic 90-point Inspection. (This would be considered an "in-depth or "multipoint" inspection by many other shops). Our ASE-Certified Technicians check all the major systems of your vehicle that are accessible without taking things apart or using technical tools. It's a good way to catch issues like active leaks or worn or broken parts before they fail, but it's far from an exhaustive inspection or a diagnosis of any but the grossest problems.

Our Comprehensive Inspection (also called our "130-point Inspection", "Inspection-For-Repair", or "IFR") is our more thorough inspection. It's a look at major systems on your vehicle, covering details like fluid pH, ignition components, filters, fluids, brake pad thickness, and much more. Your vehicle will be assigned to an ASE-Certified Technician who will evaluate the following areas...

Road Test- 28 points

Tires- 6 points

| | |
|--------------------------------------|----------------------------------|
| Fluids- 18 points | Brakes/Axle- 14 points |
| Chassis Inspection- 12 points | Under-hood Inspection- 33 points |
| Battery/Starting/Charging- 12 points | Miscellaneous- 7 points |

When we're done, we compile a comprehensive list and prioritize all repair and maintenance recommendations so you'll have a precise mechanical picture of your vehicle and can make informed choices based on your ACTUAL VEHICLE NEEDS. We recommend this inspection to all our New Clients to establish a baseline for their vehicle, but we also recommend it be repeated yearly to catch developing problems before they become serious and expensive.

When something goes wrong... diagnose, prescribe, and repair

The diagnostic process begins when a client has a specific issue that's troubling them. Again, obvious problems aren't very difficult to diagnose or prescribe repairs for... if sparks are coming from your alternator then it's a pretty good bet that replacing it will help. But that may not be the end of the story. What made the alternator go bad? Was it faulty itself, or did some other system cause it to fail? Will the new alternator be compromised by a fault in another system? Even obvious problems can have non-obvious aspects, and a good diagnosis will address all these points.

One situation likely to require real diagnostic expertise is when the vehicle develops a problem but is still drivable. An unusual sound, a new grinding, a sudden loss of performance, all could be serious problems without obvious solutions. The more information you can give us the easier it can be to find the source of your problem, but it may still require some time to specifically identify. This is where our Technician's years of experience and our state-of-the-art diagnostic equipment come into play. We track down the exact cause of your problem so we can propose an exact solution. We never "throw parts" at a problem; making repairs without a specific diagnosis in the hope that we fix it. That's expensive for you and inefficient for us. Our process is always diagnose, prescribe, repair.

Another common diagnostic scenario is the dreaded "check engine light". This innocuous little light can result in anything from a loose gas cap to a serious malfunction. You probably know that we can "pull the codes" for the light, but there is a world of difference between knowing the fault code and knowing the cause of or solution to the problem. Your vehicle's computer can store fault codes, and most codes can be caused by a single or combinations of failures. The fault codes will give our Technicians clues, but we'll still need to establish the actual cause of the problem. We'll pull fault codes for free if requested, but we can't move from this information to professional guaranteed repair without diagnosis and repair verification.

The hardest diagnostic tasks come from problems where there are no fault codes, or where the symptoms may be mild or intermittent. These complaints can challenge even the best tools and technicians! Difficult problems on late model computer-controlled vehicles often require more time for diagnostic procedures than the actual repair time needed to correct them. For example, we might invest hours testing vehicle systems to ultimately find that corrosion in some buried wiring connector is creating a malfunction, in order to spend just a few minutes cleaning the guilty

connector to resolve the problem. Tracking down these problems can be time-consuming and difficult, but accurate diagnosis of your vehicle's troubles is imperative to provide precise estimates and economical, targeted, lasting repairs.

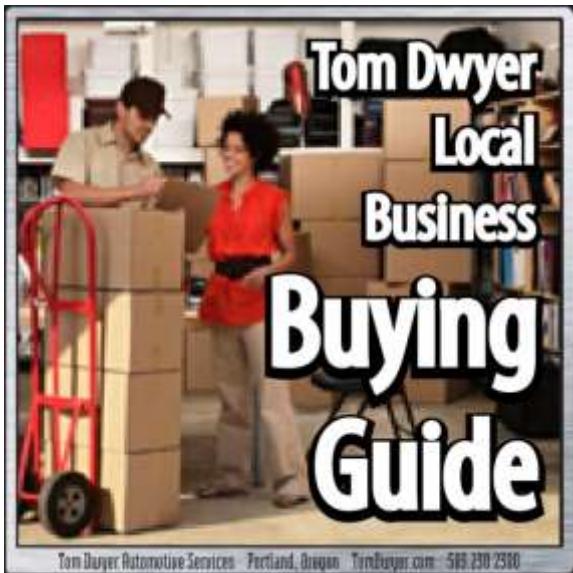
Why do you charge for diagnostic time?

We spend roughly 20% of our total available time on some form of diagnostic evaluation, and the expense of proprietary equipment and experienced personnel represents major overhead. Aside from the labor costs of experienced ASE Certified Technicians, diagnostic equipment and data access are costly. There is a world of difference between a code reader and a manufacturer-specific diagnostic scanner that can access and record multiple live data streams! Even a good generic diagnostic scanner is expensive, but the manufacturer-specific diagnostic tools we require are \$3000 to \$9000 each and require thousands of dollars in yearly updates. The software and databases we must subscribe to for each make of vehicle we service are correspondingly expensive.

Like many shops, we could choose not to do technical work. We could just take profit from basic repairs and maintenance services, and then when presented a real problem say "Oh sorry we can't do that" and send clients to seek help elsewhere. Or, worse yet, we could hire unqualified techs to stumble around and guess at causes, and then replace parts to find out if they're right- all at our client's expense. We could just do the high-profit easy stuff, but that's not why people use our service.

The time has passed when someone with basic knowledge and a few tools can properly diagnose or repair your vehicle. Today's technical problems require the attention of highly trained and experienced personnel, along with the use of proprietary equipment and data resources.

Maintaining this ability to accurately diagnose technical problems is expensive. We understand it is frustrating to hear that we need to charge for time just to determine the cause and correction for your vehicle's problem before we can even give an accurate estimate for repair. But, not billing for diagnostic time would quickly force us to change our professional methods. We prefer to stay well-equipped, well-staffed, and ready to solve your most difficult automotive problems. Honest and accurate billing for our most valuable product- our expertise- is the only way to keep providing the service you've come to expect..



Dwyer Local Business **Buying Guide**

Please help your friends and neighbors
during these Covid Holidays!

Facebook friend Mary A. had a good idea...

"I'm planning on buying as many Christmas gifts as I can from friends' pages and local shops this year. Whether it's candles, handbags, jewelry, skincare and makeup, clothes, pampering products, kitchen gadgets, nails, art, or any classes why not buy from those we know?"

She's putting all the links she receives on her Facebook page so all her friends can spread the word, and we thought it was such a FANTASTIC idea that we stole it. Two weeks ago, we asked our clients to send links to their own personal businesses. Now we'd like to share them with you, along with links to other small businesses in Sellwood and Portland who could really use your support during these Covid holidays.

We'll be sending one more email to our client list before Christmas (publishes week of 12/7-12/11), so if you own/run/know a small, independent business and would like to be included, please let us help. Send a link, brief description and contact info, and ONE descriptive photo to Charles@TomDwyer.com. No promises that we'll turn you into a home-based Amazon, but we'll do what we can!

Jan Edwards Studio

Jan Edwards is having an OPEN STUDIO Fridays and Saturdays in December; December 4 & 5, 11 & 12, 17 & 18. 650 S.W. Custer St., Hours 11 AM - 5PM all days. BY APPOINTMENT ONLY, for maximum of two people at once (other than her). Check her website at www.ClayJan.com.



Barry Sugarman, Halo.com

Barry's company provides quality marketing imprinted products that can all be imprinted with companies' logo message and contact information. Great personalizable gifts for the Holidays!



Fetch Coffee Roasters

Sarah Witter is offering a double-dip on happiness with Fetch Coffee Roasters. Enjoy every sip of small batch specialty coffee while you help dogs in need with every bag sold. A minimum of \$1 from every bag sold helps dogs in need. Fetch Coffee makes an excellent gift for the animal lovers on your list with fun, dog-related roasts such as Muddy Paws, Zoomies, and Squirrel!!!. Gift cards and gift sets are also available, and we



offer free local delivery within a 10 mile radius of Tom Dwyer Automotive, or ship nationwide. Fetch Coffee is a local and woman-owned roasting company based in Sellwood. Order online or check www.FetchRoasters.com for the latest list of stores who carry their products if you prefer to shop in person. Be sure to check out the 'Choose your Coffee' page to find the roast that best fits your preferences!

Keith Tucker's What NOW?!? Toons at CartoonStock

Keith's award-winning cartoons have been a Tom Dwyer staple for years, and now you can buy copies for print or use in any venue you choose. See his work at CartoonStock or on his website at www.whatnowtoons.com.



Jen Rombach's JFortuneArt Hand Cut Paper Gallery

You've been seeing Jen's work recently in her 'More or Less' puzzles on our Funny Page, but that's just a sample. She makes stunning visual poetry using individual bits of hand-cut paper. Buy her designs on products of your choice [at her Etsy store](#), or stroll through her gallery on wordpress



We wanted to feature our clients, but small businesses everywhere are hurting. The more locally you spend, the more your dollars support your family, friends, and neighbors right here at home. Here are several links to build a strong local economy, Covid or not!

[Find The Whole Sellwood Neighborhood At Your Fingertips](#)– The Sellwood Moreland Business Alliance represents the business of all your friends and neighbors... shop local!

[Where to Pick Up Thanksgiving Desserts in Portland](#)– Portland Monthly

[Shop Small PDX](#)– Site links directly to hundreds of local businesses offering safe in-store or virtual experiences and is searchable by location and category

[Portland Buy Local](#)– A campaign of the Portland Independent Business & Community Alliance

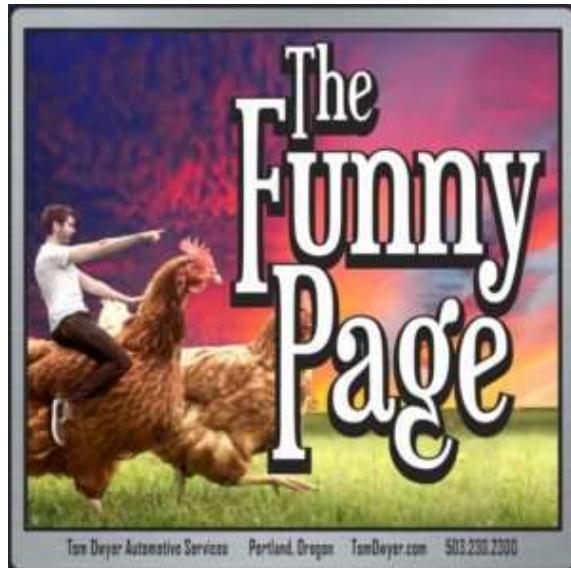
[Save Our Shops](#)– Support Portland's Small Business Community

[Portland Made](#)– A collection of Portland's emerging entrepreneurs.

[Thoughtful Gifts And Thinky Things](#)– You can buy a nice physical product or download all the things as free PDFs. We're a non profit and all proceeds help to make the world a more rational place. (It's not from Portland, but is an Austin company we just like!)

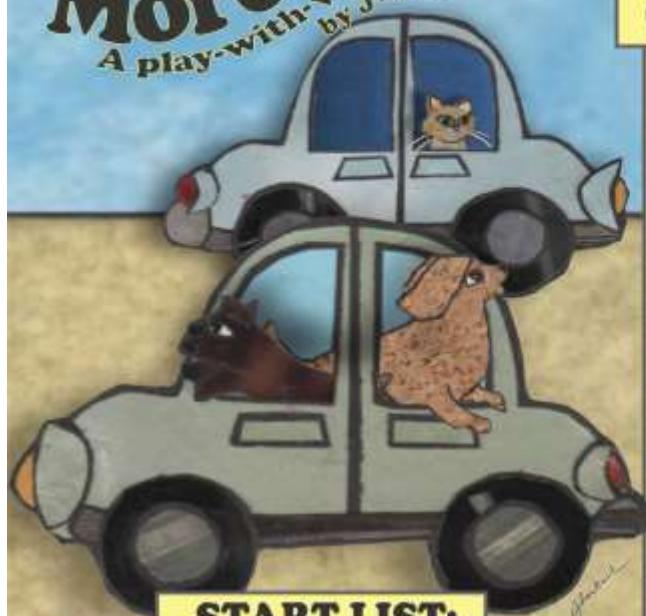
The Funny Page

It's a Bird! It's a Plane! It's the Funny Page for November, 2020!



More or Less

A play-with-words puzzle!
by Jen Rombach



| START LIST: | |
|-------------|--------|
| LAP | TAMP |
| MOAT | TASTER |
| OUCH | TUBE |
| PLANETS | SELVES |
| POETS | SLINK |
| WEAVES | |

THEME LETTERS (+/-)

THEME:

WELCOME HOME

THEME WORDS:

W
E
L
C
O
M
E
—
H
O
M
E

— — — — — — — —

— — — — — — — —

— — — — — — — —

— — — — — — — —

— — — — — — — —

— — — — — — — —

— — — — — — — —

— — — — — — — —

CAPTION:

— — — — — — — —

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 to the **THEME**more or less!

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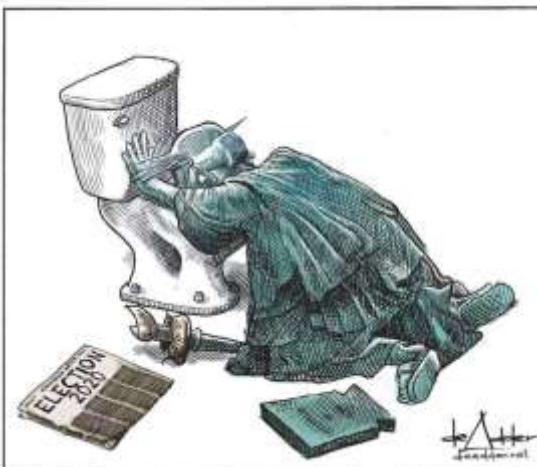
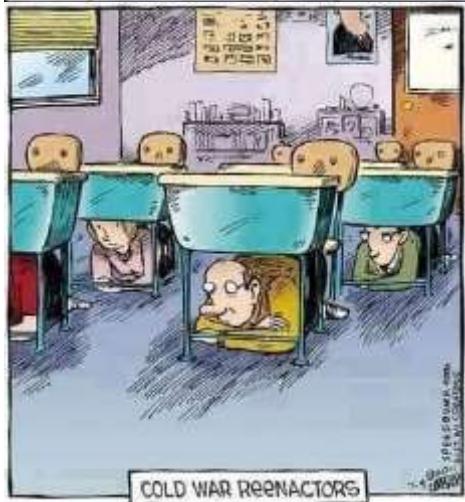

**"Downside of a Biden Victory:
We may never see
Trump's
healthcare plan."**
- Al Franken





"At least we have Thanksgiving to look forward to"

Thanksgiving:



Palmer Report @PalmerReport

This feels like Christmas Eve, but with a ten percent chance Santa will end up murdering us

3:34 AM · 11/3/20 · Twitter for iPhone



Mohamad Safa @mhdksaifa

It's wild that Trump supporters believe there's voter fraud with zero evidence but still don't believe there's a Covid-19 crisis with 247,000 American funerals.

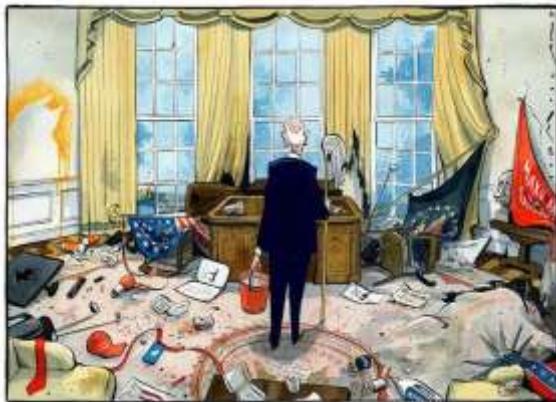
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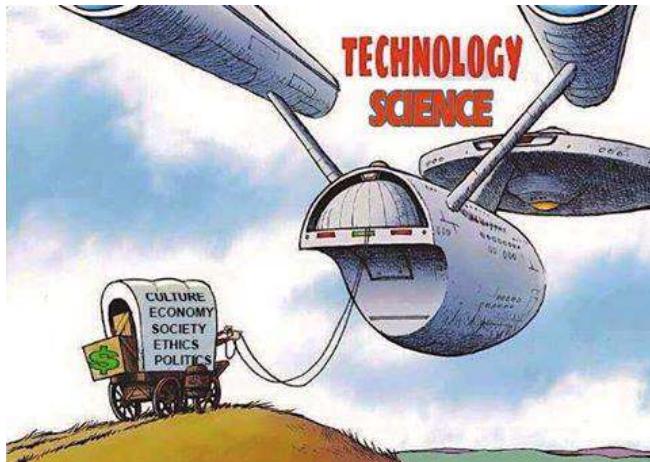


To repeat the most apt allegory
I've heard:

Let's say you have a bunch of friends over, and you're deciding what to have for dinner. Some of your friends vote for pizza, and some of your other friends vote to kill & eat you.

Even if pizza wins, you still have a serious problem.





"He needs to be careful here as she can move in any direction..."



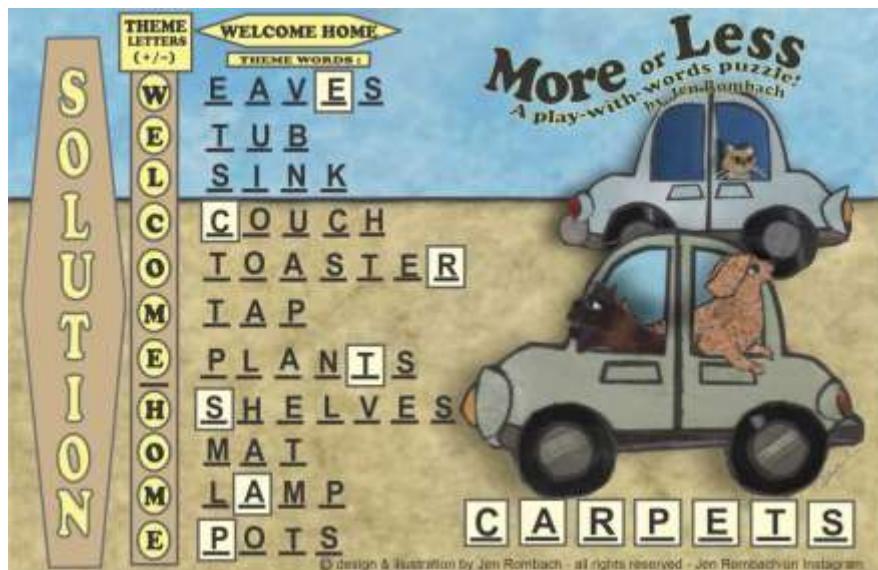
Shushy
@ShushyLives

Everyone is celebrating but, like, I don't know man. It kinda feels like a horror movie where the monster just died but there's still twenty minutes left in the runtime



Memedroid

More or Less Solution



Shop Talk

Gift Certificates and our Holiday Schedule



Tom Dwyer Holiday Schedule

Vehicle maintenance may not be high on your priority list during the Holiday season, but your vehicle may have other ideas. If you need an appointment with us in November or December, here's our schedule...

Open Monday thru Friday 8a-6p for full service; office-only Saturday 10a-1p

We will be OPEN Nov 25, but CLOSED for Thanksgiving on Nov 26&27

We will be OPEN Dec 23, but OPEN UNTIL NOON on Dec 24 and CLOSED for Christmas on Dec 25

We will be OPEN on Dec 31, but CLOSED for New Years Day on Jan 1, 2021



Time to think about gifting... and save 15%

If you like what you've found with Tom Dwyer Automotive Services, the Holidays are the perfect time to share it. We offer Gift Certificates in any amount so you can introduce the people you care about to trustworthy, professional auto care. And of course, we want to make it easy in this Holiday season

Take 15% off your Gift Certificate purchase

It's almost that easy, but there is one catch...

Certificates can't be applied to your own vehicle... you must give them to someone else!



Tom Dwyer Automotive Services · Portland, Oregon · TomDwyer.com · 503.239.2310

We're lowering our Covid Discount...



Though the pandemic is spiking there seem to be stirrings of health in the economy, so we're lowering our Covid discount a little more. If you took advantage of the 33% or 30% level, THANK YOU for keeping us open during some of our darkest days! If you haven't yet taken advantage of this amazing offer, act now... a vaccine means hope for Covid, but a limited lifetime for our Covid Discount.

Offer valid until 12/4/20

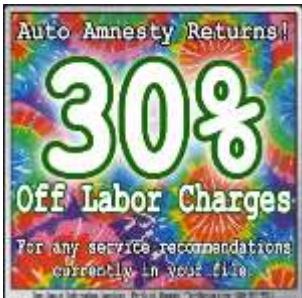
\$200 minimum purchase required

(10% off Labor for services under \$200)

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

Offer is VOID AFTER SERVICE IS COMPLETE!

...but we're bringing back Auto Amnesty!



The economy is strengthening, but it's not strong yet. If you're making tough choices about where to spend your money then our Auto Amnesty offer can still save you **30% off Labor Charges on service recommendations already in your file** as of 11/13/20. Even during a pandemic your vehicle needs consistent care, and Auto Amnesty is a great way to catch up on the services you may have been putting off.

Offer valid until 12/4/20

\$200 minimum purchase required

Discount limited to service recommendations in your Tom Dwyer file as of 11/16/20

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

Offer is VOID AFTER SERVICE IS COMPLETE

Get a FREE CNP MEMBERSHIP!

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

Tom Dwyer Automotive Services · Portland, Oregon · TomDwyer.com · 503.239.2310

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

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

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

Maximum value \$90, Offer expires 12/4/20

We also have a couple 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!

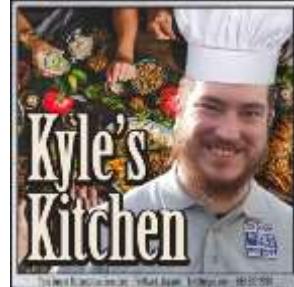
Latest Automotive Recalls



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.

Kyle's Kitchen

Cranberry Apple Stuffed Pork Loin



Drew's retirement has meant the Kitchen has been quiet for the last month... no clashing pans, no sizzling sauces, no laughing or talking over good food. We can't have that, though, and even in CovidWorld our virtual Kitchen has room for a new chef... meet Kyle Speers, another of our Service Advisors with a knack for cooking. He'll be taking over the Golden Ladle of the Kitchen and bringing you his own take on cuisine from the fundamental to the fabulous. And he's taking over at a critical time... during a Covid Thanksgiving, where the seasonal feast is threatened, we're all looking for something special. Kyle's first recipe rises to the challenge with a unique recipe that serves both the smaller groups we'll be seeing this year and the larger feasts we hope to see next year...

Cranberry Apple Stuffed Pork Loin

Ingredients:

- 1 boneless pork loin (about 3-4 lbs)
- Sea salt and freshly ground pepper
- ½ cup panko or homemade breadcrumbs
- ½ cup chicken stock
- 1 cup peeled, chopped tart green apples
- 1/3 cup dried cranberries
- 1/3 cup chopped walnuts, toasted
- ¼ cup minced shallots
- 2 Tbsp pure maple syrup
- 1 tsp minced rosemary

Preparation:

1. Preheat oven to 450°F.
2. How to butterfly the pork loin: Place the pork loin roast fat side down on a cutting board. Note that one long side of the pork loin roast will be thicker, and one side thinner. Using a sharp knife, make a long cut an inch or so from the edge from the thinner long side of the roast at about a 45° angle, stopping a half inch from reaching the bottom of the roast. Then angle the knife so that it is flat, parallel to the cutting board, and make slow, shallow cuts into the roast, along the same line. As you cut, you can open up the top part of the roast like a book. Keep making slow, even cuts until you have "rolled" the roast out completely.
3. Pound the butterflied roast to an even thickness. With the pork roast unfolded, cover with 2 layers of plastic wrap. Pound with a meat mallet to flatten to a somewhat even thickness. Remove plastic wrap. Sprinkle the pork with the salt and pepper and set aside.
4. Make the filling. Place the panko and stock in a small bowl and stir to combine. Stir in the apples, walnuts, cranberries, shallots, maple syrup and rosemary.
5. Roll up pork roast with filling. Spread the filling over surface of the pork, leaving an inch margin around all sides except for the fat layer side- with that side leave a 2" margin. Starting with the end of the roast rectangle that does not have the fat layer on the bottom, roll up the roast.
6. Secure with kitchen string. Tie the roast in 1-2" intervals with cotton kitchen string. (at this point you can wrap in plastic wrap and refrigerate if you are making ahead).
7. Bake. Coat the bottom of a roasting pan with cooking spray or a little olive oil. Place the roast in the pan and cook at 450° for 15 min to brown the top, then reduce the oven temperature to 325°F. Cook uncovered, for about 30-40 min, or until the pork reaches an internal temperature of 140°F.
8. Rest and serve. Tent the roast with foil and let it rest for 10 min. Remove the kitchen string and slice into ½" thick slices to serve.
9. Save the pan drippings! Serve with pan drippings or use the pan drippings to make gravy.

Health Notes

The absolute worst pain you can experience



There's a joke that "minor pain is any pain happening to someone else". OK, it's not a great joke, but it points out the relativity of pain. Nothing compares with the pain of a stubbed toe until you break an arm, have kidney stones, or get cancer. We ran across a grimly fascinating list of the 50 worst pains humans can experience, and all but the toe stubs are on it. You won't be surprised that any of these are on the list, but you'll be surprised at how they rank... insect bites that are worse than broken bones? Don't know if it's true, but it's on the list...

[The Worst Pains Humans Can Experience](#), by Deborah Wainwright on Science Junkies, Nov 2020

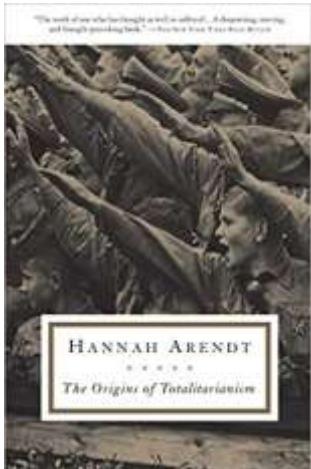
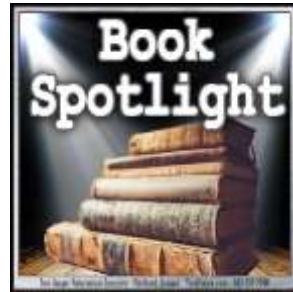
from the article- "The International Association for the Study of Pain (IASP) claims that "pain is always subjective". Moreover, "each individual learns the application of pain through experiences related to the word."

This means that a person's idea of pain, or what constitutes pain, varies based on their previous experiences. Medically, doctors define pain by attempting to measure 'objective' symptoms. But accounts of suffering pain often encompass the notion of total pain, which includes the psychological, spiritual, interpersonal, financial and physical aspects. This further shows that what actually constitutes pain can be defined in many ways.

But regardless of each person's subjective definition of the word, this list is filled with the most widely accepted worst pains a human can experience..."

Book Spotlight

How we got here, what's happening, where we go



Origins Of Totalitarianism

by Hannah Arendt

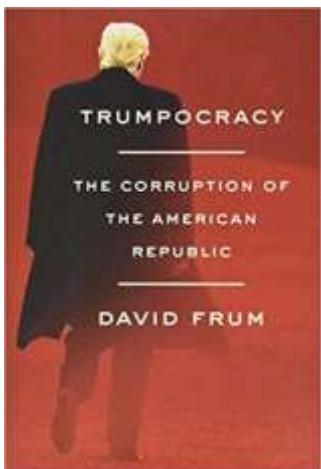
"How could such a book speak so powerfully to our present moment? The short answer is that we, too, live in dark times, even if they are different and perhaps less dark, and "Origins" raises a set of fundamental questions about how tyranny can arise and the dangerous forms of inhumanity to which it can lead."

Jeffrey C. Isaac, The Washington Post

Generally regarded as the definitive work on totalitarianism, this book is an essential component of any study of twentieth-century political movements. Arendt was one of the first to recognize that Nazi Germany and the Soviet Union were two sides of the same coin rather than opposing philosophies of

Right and Left. "With the *Origins of Totalitarianism* Hannah Arendt emerges as the most original and profound--therefore the most valuable--political theoretician of our times" (New Leader).

The *Origins of Totalitarianism* begins with the rise of anti-Semitism in central and western Europe in the 1800s and continues with an examination of European colonial imperialism from 1884 to the outbreak of World War I. Arendt explores the institutions and operations of totalitarian movements, focusing on the two genuine forms of totalitarian government in our time--Nazi Germany and Stalinist Russia--which she adroitly recognizes were two sides of the same coin, rather than opposing philosophies of Right and Left. From this vantage point, she discusses the evolution of classes into masses, the role of propaganda in dealing with the nontotalitarian world, the use of terror, and the nature of isolation and loneliness as preconditions for total domination.



Trumpocracy: The Corruption of the American Republic

by David Frum

Bestselling author, former White House speechwriter, and Atlantic columnist and media commentator David Frum explains why President Trump has undermined our most important institutions in ways even the most critical media has missed, in this thoughtful and hard-hitting book that is a warning for democracy and America's future.

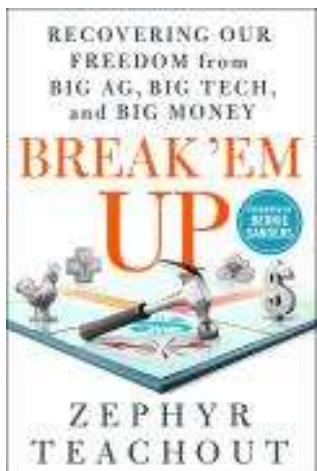
"From Russia to South Africa, from Turkey to the Philippines, from Venezuela to Hungary, authoritarian leaders have smashed restraints on their power. Media freedom and judicial independence have eroded. The right to vote remains, but the right to have one's vote counted fairly may not. Until the US presidential election of 2016, the global decline of democracy seemed a concern for other peoples in other lands. . . . That complacent optimism has been upended by the political rise of Donald Trump. The crisis is upon Americans, here and now."

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Quietly, steadily, Trump and his administration are damaging the tenets and accepted practices of American democracy, perhaps irrevocably. As he and his family enrich themselves, the presidency itself falls into the hands of the generals and financiers who surround him.

While much of the country has been focused on Russia, David Frum has been collecting the lies, obfuscations, and flagrant disregard for the traditional limits placed on the office of the presidency. In *Trumpocracy*, he documents how Trump and his administration are steadily damaging the tenets and accepted practices of American democracy. During his own White House tenure as George W. Bush's speechwriter, Frum witnessed the ways the presidency is limited not by law but by tradition, propriety, and public outcry, all now weakened. Whether the Trump presidency lasts two, four, or eight more years, he has changed the nature of the office for the worse, and likely for decades.

In this powerful and eye-opening book, Frum makes clear that the hard work of recovery starts at home. *Trumpocracy* outlines how Trump could push America toward illiberalism, what the consequences could be for our nation and our everyday lives, and what we can do to prevent it.



Break Em Up Recovering Our Freedom from Big Ag Big Tech & Big Money

by Zephyr Teachout, Bernie Sanders

"[We need] a grassroots, bottom-up movement that understands the challenge in front of us, and then organizes against monopoly power in communities across this country. This book is a blueprint for that organizing. In these pages, you will learn how monopolies and oligopolies have taken over almost every aspect of American life, and you will also learn about what can be done to stop that trend before it is too late." —From the foreword by Bernie Sanders.

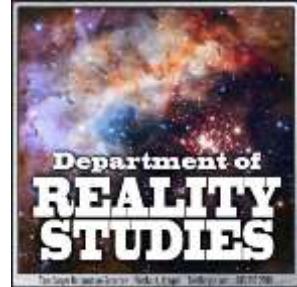
Every facet of American life is being overtaken by big platform monopolists like Facebook, Google, and Bayer (which has merged with the former agricultural giant Monsanto), resulting in a greater concentration of wealth and power than we've seen since the Gilded Age. They are evolving into political entities that often have more influence than the actual government, bending state and federal legislatures to their will and even creating arbitration courts that circumvent the US justice system. How can we recover our freedom from these giants? Anti-corruption scholar and activist Zephyr Teachout has the answer: Break 'Em Up.

This book is a clarion call for liberals and leftists looking to find a common cause. Teachout makes a compelling case that monopolies are the root cause of many of the issues that today's progressives care about; they drive economic inequality, harm the planet, limit the political power of average citizens, and historically-disenfranchised groups bear the brunt of their shameful and irresponsible business practices. In order to build a better future, we must eradicate monopolies from the private sector and create new safeguards that prevent new ones from seizing power.

Through her expert analysis of monopolies in several sectors and their impact on courts, journalism, inequality, and politics, Teachout offers a concrete path toward thwarting these enemies of working Americans and reclaiming our democracy before it's too late.

Department of Reality Studies

Clues about where we came from, questions if we're even here at all



[Unusual molecule found in atmosphere on Saturn's moon Titan](#), Ashley

Stricland, CNN, Oct 2020

Saturn's largest moon, Titan, is the only moon in our solar system that has a thick atmosphere. It's four times denser than Earth's. And now, scientists have discovered a molecule in it that has never been found in any other atmosphere. The particle is called cyclopropenylidene, or C₃H₂, and it's made of carbon and hydrogen. This simple carbon-based molecule could be a precursor that contributes to chemical reactions that may create complex compounds. And those compounds could be the basis for potential life on Titan.

[10 Steps That Can Restore Scientific Integrity in Government](#), Lauren Kurtz and Gretchen Goldman in Scientific American, Nov 2020

These scientific integrity policies are largely products of the Obama administration, building upon earlier policies that prohibited plagiarism, data manipulation and other forms of research misconduct. Designed to prevent against abuses seen in previous administrations, both Republican and Democrat, these policies represent a substantial stride forward, but there are still major holes. The last few years have illustrated that much more needs to be done to guarantee that federal scientific integrity can be protected even under tremendous political pressures...

[Study Maps The Odd Structural Similarities Between The Human Brain And The Universe](#), Michelle Starr on ScienceAlert, Nov 2020

In a bold new pilot study, an astrophysicist and a neurosurgeon have bumped it up a notch, using quantitative analysis to compare two of the most complex systems in nature: the neuronal network in the human brain and the cosmic network of galaxies in the Universe. It's actually not that peculiar a comparison. You may have seen an image that occasionally gets shared around, showing a human neuron and a simulated galaxy cluster, side-by-side; the two look startlingly similar. But there's a lot more to the human brain - and the Universe - than how it looks...



[Top 100 Images from Hubble Space Telescope](#)

[Your future home could be powered by the bricks it's built with](#), Emily Pontecorvo in Grist, Aug 2020

Imagine a world where instead of threading the walls of your house with copper wires that deliver electricity from the grid, the walls themselves stored that energy, potentially drawn from a solar array on your roof. While the science isn't anywhere near delivering that fantasy yet, Julio D'Arcy's lab at Washington University in St. Louis has developed a proof-of-concept simple red construction brick

imbued with the ability to store energy, as well as power small devices. His team revealed its invention in a study published in *Nature Communications* this week.

[An unusual meteorite, more valuable than gold, may hold the building blocks of life](#), Joshua Sokol in *Science Magazine*, Aug 2020

From the beginning, the inky Aguas Zarcas resembled a legendary carbonaceous chondrite that exploded in 1969 over Murchison, an Australian cattle town. Geology students helped collect about 100 kilograms of Murchison, and a local postmaster mailed pieces of it to labs across the world. To date, scientists have recognized nearly 100 different amino acids in it, many used by organisms on Earth and many others rare or nonexistent in known life. Hundreds more amino acids have been inferred but not yet identified...

[Archaeologists Found 115,000-Year-Old Human Footprints Where They Shouldn't Be](#), Caroline Delbert in *Popular Mechanics*, Sep 2020

That means their special, tiny batch of preserved footprints were made in unique conditions that also form a kind of “fingerprint” for pinning them all to the same timeframe. From there, scientists started to look at who made the footprints. *Homo sapiens* weren’t the only upright humanoid primate in the game, but the evidence, the scientists say, suggests we were the ones traipsing through the drying lakebed...

[Chinese Asteroid Mining Robot Due to Launch in November](#), Evan Gough in *Universe Today*, Sep 2020

A Chinese company says that they’ll be launching an asteroid-mining robot by November. Origin Space is a private company based in Beijing. Though they’re calling this an “asteroid mining robot,” it’s really a pre-cursor mission to actual mining. In reality, NEO-1 as it’s called, will be testing technologies aimed at the eventual mining of asteroids...

[Rising Temperatures Are Pushing Antarctica Past Point of No Return, Scientists Warn](#), Marlowe Hood in *ScienceAlert*, Sep 2020

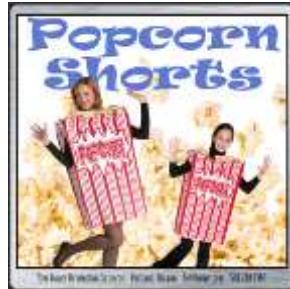
These devastating increases in the global waterline – enough to cripple coastal cities from Mumbai to Miami and displace hundreds of millions of people – would unfold over hundreds to thousands of years. But the man-made greenhouse gas emissions that could guarantee such an outcome are on track to occur on a timescale measured in decades, they reported in the journal *Nature*.

[Do We Live in a Simulation? Chances Are about 50–50](#), Anil Ananthaswamy in *Scientific American*, Oct 2020

Ever since Nick Bostrom of the University of Oxford wrote a seminal paper about the simulation argument in 2003, philosophers, physicists, technologists and, yes, comedians have been grappling with the idea of our reality being a simulacrum. Some have tried to identify ways in which we can discern if we are simulated beings. Others have attempted to calculate the chance of us being virtual entities. Now a new analysis shows that the odds that we are living in base reality—meaning an existence that is not simulated—are pretty much even. But the study also demonstrates that if humans were to ever develop the ability to simulate conscious beings, the chances would overwhelmingly tilt in favor of us, too, being virtual denizens inside someone else’s computer...

Popcorn Shorts

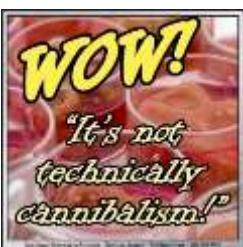
Cool stuff that's too small for a big article



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!

[facebook](#)

[Wow! It's not technically cannibalism!](#)



from [DeZeen.com](#) - "A group of American scientists and designers have developed a concept for a grow-your-own steak kit using human cells and blood to question the ethics of the cultured meat industry. [Ouroboros Steak could be grown by the diner at home using their own cells](#), which are harvested from the inside of their cheek and fed serum derived from expired, donated blood... "Expired human blood is a waste material in the medical system and is cheaper and more sustainable than FBS, but culturally less-accepted. People think that eating oneself is cannibalism, which technically this is not," said Knight."

[18 Hiking Trails for your Oregon Bucket List](#)



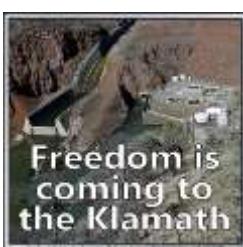
from [ThatOregonLife.com](#) - "No matter the weather, most of these hikes in Oregon are absolutely stunning. So if you're looking to get out and explore Oregon, we have you covered with these [18 incredibly badass Oregon trails](#). Add em to the bucket list, and get out there because it's time to shed that extra weight you've been put on hibernating this winter." Includes Proxy Falls, Drift Creek Falls, Sweet Creek Trail, Spencers Butte, Fairy Falls, and, of course, thirteen more!

[Are Wooden Ships The Future of Cargo Transport?](#)



from [SailCargo.org](#) - "[The Ceiba is a cargo vessel designed to carry 250 tons of goods](#). Harnessing the power of the wind SAILCARGO's first vessel proves the value of clean shipping in a competitive market... Ceiba's lines are paired with state of the art propulsion engineering and long-lasting build materials to make her the base of an efficient, profitable, and sustainable shipping model. Ceiba's three-masts will provide sufficient sail area to move in very light winds while allowing flexibility and maneuverability for sail changes during heavy weather. A lower sail area will help to stabilize the vessel making it safer and easier to maneuver..."

[Freedom is coming to the Klamath](#)



from [NorthCoastJournal.com](#) - "Once again, [a hard-fought accord to remove four hydroelectric dams choking the lower Klamath River has been resuscitated](#), a group of stakeholders announced in a press conference Tuesday... The ruling required PacifiCorp to remain a co-licensee of the dams throughout the removal process, which the company feared would expose it and its ratepayers to liability... the states of Oregon and California will sign on as co-licensees for the dams with the nonprofit Klamath River Renewal Corporation, with the two states and PacifiCorp agreeing to share costs equally should they overrun the contingency funds already set aside for the project. While the deal will still need to go before FERC for approval, the parties are hopeful dam removal could take place in 2023."