



"Your Car Matters"

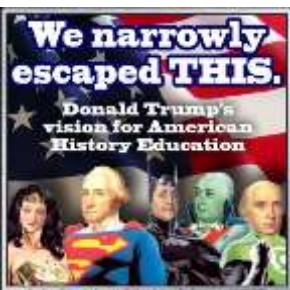
Tom Dwyer Automotive Services Monthly Newsletter for November, 2020

The Wait Is Over!

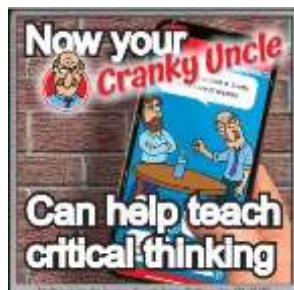
Announcing our \$1000 Referral Reward Yearly winner!



Can't We All Just Get Along?
Nope. But here's why.



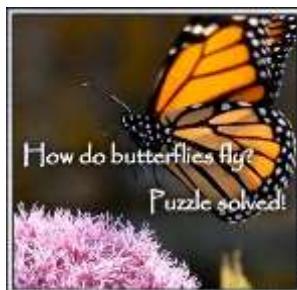
We narrowly escaped THIS



Now your Cranky Uncle can help with critical thinking



This is NOT a flame thrower... it says so on the box



How do butterflies fly?
Puzzle solved!



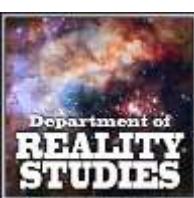
Unity? Unity with who?



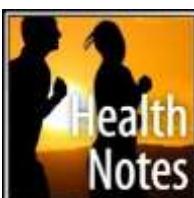
Our current Special Offers



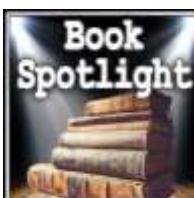
Bernie wins the Intertubes plus TWO NEW "More or Less" Puzzles!



See a video of the Living Earth



What binge-watching does to your Health



"There's No Right Way To Do The Wrong Thing" by Christopher Gilbert



3-Ingredient Creamy Tomato Angel Hair Pasta

Tom's Tidbits

Unity? Unity with who?

Greetings,

The Trump era is officially over, and we are a tired and wounded people. Our 'leaders' are pushing the balm of Unity, but superficial unity can't spackle over deep and real discord. Unity, as a goal instead of a result, can be poisonous. For the sake of "ourselves and our posterity" we can't come together until we've set a few things straight.

America's been wounded before, and we reached for the anesthetic of unity then too. Reconstruction was painful until a fake 'unity' paid by newly-freed slaves ended it too early, fueling the inequality and racial injustice protests of today. We were tired when Ford ended our 'long national nightmare' instead of holding Nixon accountable, and we've dealt with the fallout ever since. We were oh, so tired of George W. Bush until Obama soothed us by looking forward, not backward. The question of America as a torture state still looms.

Wounded and tired again, we face the aftermath of Trump and the ongoing danger of his acolytes. The question of accountability has never been more important and the temptation to pretend unity has never seemed stronger.

But unity with who? Republican cries for unity sound too much like a middle-school bully begging for mercy when his victims finally fight back. All Republicans aren't MAGA; I'm sure some never wanted any part of this. But Elections DO have consequences, and today's Republican Party is the direct consequence of voting for Trumps, Hawleys, Cruzes, and McConnells for decades. The new crop includes Boebert, Taylor-Greene, and Cawthorn, people who cling to Q-Anon and Trumpacy even after seeing the results. Unfortunately, in a free and self-governing country, there's no way to build consensus among people who see government as a useful tool, as a necessary annoyance, or as the source of all evil.



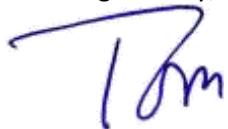
Unity to do what? Biden, who may be a very 'good guy', isn't a man of obvious vision. He collaborated with the DNC to reject the vision of the Progressive Dems and offer a bland, tapioca "not Trump" vision of America. That might have won the election, but it's not a path forward. Biden can't govern as a centrist successfully. We can't 'go back to normal', much less unify or grow, by averaging tepid with traitorous. Biden not only has to bring a baseline of competence and dignity, he'll have to articulate a vision for action and build a consensus around it. That's a politicians' most basic job and it's what true 'Unity' is built on.

No matter the agenda the Dems pursue, "We the People" can't and shouldn't follow it if it's based on pandering to people who tried to overthrow our government. The vast majority of America DOES want to 'move forward', but we realize we can't settle for the false choices of selective amnesia or vindictive witch hunts. Most of us realize that any progress must be based on transparent, even-handed,

accountability. Fortunately, politicians don't lead, they follow, and this time there may be enough of us to lead them in the right direction.

The Republicans want Unity to avoid accountability, the Democrats want it for expediency, but unity can't come to a people who watch their laws and institutions violated with impunity. Though they're worlds better than the Trump aberration and slightly better than the Republicans, Biden and the Dems aren't saviors. I doubt they'll even try to protect us from the corporatocracy eating our society, but I'm open to being surprised. In this dawn of a new administration, I hope Biden takes his cues from the people he purports to lead and gives us something worthy of the responsibility we've placed in him. IF he does, 'unity' will follow. If not, our children and grandchildren will be accountable instead... as they were so often before.

Make a great day,



Digging Deeper...

[It Is Biden's Historic Task to Reverse Reagan's—and Trump's—Reckless Radicalism](#), Jeffrey Sachs on Common Dreams, Jan 2021

[The failures of Reconstruction have never been more evident — or relevant — than today](#), Alexander Manevitz, Washington Post, Jun 2020

[Militant Christian Nationalists Remain A Potent Force, Even After The Capitol Riot](#), Jon Gjelten on NPR, Jan 2021

[The 'deep state' of loyalists Trump is leaving behind for Biden](#), Miranda Ollstein and Megan Cassella, Politico.com, Jan 2021

[Biden cannot govern from the center — ending Trumpism means radical action](#), Robert Reich in The Guardian, Jan 2021

[We'll Never Fix Systemic Racism by Being Polite](#), Aldon Morris in Scientific American, Aug 2020

[What to Do With Trumpists](#), Graeme Wood in The Atlantic, Jan 2021

[An early move from Democrats seeks to undo an ugly part of Trump's legacy](#), Greg Sargent in Washington Post, Jan 2021

[The U.S. Mustn't Follow Weimar Germany and Ancient Rome](#), Andreas Kluth in Bloomberg Opinion, Jan 2021

[Sen. Josh Hawley: The Face of New American Fascism?](#) David Rosen in CounterPunch, Jan 2021

[The Bitter Fruits of Trump's White-Power Presidency](#), Keeanga-Yamahtta Taylor in The New Yorker, Jan 2021

[Insurrection Timeline — First the Coup and Then the Cover-Up](#), Steven Harper in Moyers on Democracy, Jan 2021

[Missouri paper urges disbarment proceedings against Josh Hawley](#): "He must answer for his treasonous misdeeds", Tom Boggioni on RawStory, Jan 2021

[81 million Biden voters are seething with anger—the burden of 'healing' is on Republicans,](#)

Joshua Holland in RawStory, Jan 2021



Voke up this morning thinking about how after Abraham Lincoln emancipated the slaves, he paid slaveowners reparations. Not the enslaved. That was his way of helping to unify the country and pacify angry white folks.

anyway, what'll I have for breakfast





The wait is over!

You voted, and our 2020 Referral Reward Yearly Winner is....

Here's a rare commodity in today's world... GOOD NEWS! We thank folks for their valuable business referrals by making donations to the non-profit groups they choose. At the end of the year our clients vote for one of these groups to receive a final \$1000 gift. We're pleased to tell you that this year's voting is done, the tally's look right, recounts have been completed, and no court cases are pending. We can now tell you with complete confidence that

the winner of our 2020 Referral Reward Yearly Award is...

OREGON JEWISH MUSEUM AND CENTER FOR HOLOCAUST EDUCATION

(from the OJMCHE website)-

The Oregon Holocaust Memorial situated in Portland's Washington Park is free and open to the public from dawn until dark every day of the year and is ADA-accessible. The Memorial serves as a permanent reminder of the Holocaust, the systematic, bureaucratic, state-sponsored persecution and murder of six million Jews and millions of others by the Nazi regime and its collaborators from 1933 to 1945. By teaching the lessons of the Holocaust and visiting the Memorial, we pay homage to those who lost their lives during that period.

The Oregon Jewish Museum and Center for Holocaust Education explores the legacy of the Jewish experience in Oregon, teaches the universal lessons of the Holocaust, and provides opportunities for intercultural conversation.

OJMCHE challenges our visitors to resist indifference and discrimination and to envision a just and inclusive world.

Discrimination and Resistance, an Oregon Primer (Core Exhibit)



This anchor exhibit documents Oregon's history of discrimination and chronicles the many ways individuals and groups have resisted and overcome discrimination through the same time period. The exhibition discusses core "tools of discrimination" as well as "tools of resistance" used to counter oppression and discrimination.

From its humble start as a “museum without walls” OJMCHE has become a vital part of Portland’s cultural landscape. Within our permanent home, our exhibitions and programs celebrate and explore, in the broadest terms, Jewish contributions to world culture and ideas, issues of identity and the forces of prejudice.

In 2014 OJM merged with the Oregon Holocaust Resource Center, which was founded in 1984, taking on an expanded mission as the Oregon Jewish Museum and Center for Holocaust Education (OJMCHE). This merger enriched the museum in countless ways: the education staff now includes a full-time Holocaust educator; as stewards of the Oregon Holocaust Memorial in Portland’s Washington Park we bring thousands of school children to both the Memorial and to the Museum; and we continue to be the only community repository for the Jewish experience in Oregon.

In June 2017 Oregon Jewish Museum and Center for Holocaust Education opened the doors of its permanent home at 724 NW Davis Street, on the North Park Blocks in downtown Portland. The museum’s main gallery features rotating exhibitions of national and international stature. Three core exhibits anchor the museum: Discrimination and Resistance, An Oregon Primer, which identifies discrimination as a tool used to affect varied groups of people over the history of this region; The Holocaust, An Oregon Perspective, a history of the Holocaust that employs the stories of Oregon survivors; and Oregon Jewish Stories, an installation focused on the experience of the Jews of Oregon. The museum also features a robust series of public programming including films, lectures, musical events, and programs in support of exhibitions. In addition, OJMCHE has a museum shop, a café, and a children’s play area.

The Holocaust, an Oregon Perspective (Core Exhibit)



This exhibition explores the solemn gravity of the Holocaust through the words, objects and photographs from OJMCHE’s Collection and local Holocaust survivors who later made their home in Oregon and Southwest Washington.

Virtual Memorial Tour (Online Exhibit)



The idea for the Oregon Holocaust Memorial was conceived in 1994 by a local group of Holocaust survivors. Their goal was to honor the memory of those who were murdered in the Holocaust, and to educate people about the horrific consequences of hatred and discrimination. This self-paced and self-guided tour virtual tour makes it possible for anyone to visit the Oregon Holocaust Memorial from wherever they are located. As with an in-person tour of the Memorial, this virtual experience provides opportunity for remembrance and reflection.

[**VIEW EXHIBITION**](#)



Can't we all just get along?

Nope. But here's why...

Way, way back in 2017 we were appalled by the increasing hyper-partisanship of the country and the inability of two (or more) sides to even hear each other, much less agree. Now those seem like the 'good old days' as Americans can't even agree that a hostile invasion of Congress was a bad thing. We all know we're right, that the 'other side' should give up and agree, and if they did we'd all be better off.

And of course, 'they' think exactly the same about 'us'. But why? It's tempting to believe any 'other side' is lying, lied to, stupid, or all three, but that's probably not a full explanation. Unfortunately, the full explanation may be more depressing than the illusions we already have...

(originally ["Can't We All Just Get Along? Apparently not. Here's why"](#),
Tom Dwyer Newsletter, Jul 2017, updated Jan 2021

It's not news that our country is going through a period of hyper-partisanship. Nothing, it seems, is beyond politics and even demonstrable facts make little difference to entrenched ideological positions. Rodney King's plaintive cry, "Can't we all just get along?" resonates again with all of us, so much so that some people are beginning to shake off the blinders of politics and reach across the aisle to their fellow Americans. Are we shaking off a fog of confusion? Is there real reason to hope for real change?



Apparently not. We hate to be buzzkills on this, but science has uncovered fascinating (if depressing) evidence that much of the way we see the world, much of what makes that partisan divide so gaping, is hard-wired. In fields like sociology, anthropology, economics, biology, psychology, and more, new tools and techniques are giving us insights into the deepest parts of the human psyche, and the results can be pretty scary to those who like to believe our opinions have some relevance to the real world.

Our "Your Car Matters" staff combs through mountains of information to produce this newsletter, and not every story we read deserves a full article by itself. But bit by bit, they sometimes add up to something important. We've been squirreling away studies and reports on the deep causes of why humans see the world the way we do, and there's no better time than today, in the midst of the Trumpocracy, to share them with you. You probably won't want to read all these articles unless you're working on a doctoral thesis of some type, but pick a few at random... you'll find they point in the same general direction.

The research paints a dim picture. It seems much of what we think of as “reasoning” to a conclusion is actually “justification” for conclusions we’ve already reached in our subconscious, which can be influenced by things we’ll never be explicitly aware of. And once we form these opinions we have built-in mechanisms to protect them, regardless of how true (or not) they might be.

But on the other hand, there is a ray of sunlight to put it all into perspective. All these studies deal with how we form worldviews to begin with. They don’t deal with what we do with those worldviews once we have them.

One of the things that sets human intelligence apart is the potential for self-reflection. We might *form* opinions in our subconscious, but what we *do* with those opinions is a matter of conscious choice. If we realize how susceptible we can be to subconscious influence, we can, in fact we’re obligated to, use our conscious thought to overcome our animal brains. Facts and reality are not subject to our choices, but our responses to them are, and understanding *why* we think the way we do makes us better at thinking more effectively at all. As Socrates said, “The unexamined life is not worth living”. That may or may not be true, but the unexamined life definitely makes it harder for us to all get along. And the examined life is always within our reach.

Digging very, very deeply...

We told to “know ourselves”, but humans can be dark and mysterious.

[Hidden Brain-The Double Standard](#)- It's easy to spot bias in other people, especially those with whom we disagree. But it's not so easy to recognize our own biases. Psychologist Emily Pronin says it's partly because of our brain architecture. This week on Hidden Brain, we explore what Pronin calls the introspection illusion. Shankar Vedantam on Hidden Brain, Jan 2021

[The Devil In All Of Us? The Stanford Prison Experiment](#), by Charles Letherwood , Your Car Matters, Jun 2015

[Conducting The Milgram Experiment In Poland, Psychologists Show People Still Obey](#), Dolinski et al on ScienceDaily, Mar 2017

[Harvard University Implicit Bias Test](#),

Harvard University

[Is it possible to rid police officers of bias?](#) Tiffanie Wen on BBC Future, Aug 2020

[Living a Lie: We Deceive Ourselves to Better Deceive Others](#), by Matthew Hutson in Scientific American, Apr 2017

[The Mindset That Makes It Hard to Admit You're Wrong](#), by Dr. Susan Whitbourne in Psychology Today, Mar 2017



[An important part of science is admitting when we're wrong](#), Mary Beth Griggs on The Verge, Aug 2020

[What makes people stop caring?](#), Tiffanie Wen on BBC Future, Aug 2020

[People who support colorblind ideology show less intergroup empathy and are less likely to take action against prejudice](#), Beth Ellwood in

PsyPost, Jul 2020

[Talking in Euphemisms Can Chip Away at Your Sense of Morality](#), by Niemi et al on NYMag Science of US, Apr 2017

[Are There Emotional No-Go Areas Where Logic Dare Not Show Its Face?](#) By Richard Dawkins on the Richard Dawkins Foundation for Reason & Science, Jul 2014

[Human Brain Function May Be Organized Differently Than Scientists Have Thought](#), by Renee Morad on Seeker, Apr 2017

[How we make moral decisions](#), by Anne Trafton, Massachusetts Institute of Technology, on Phys.org, Oct 2020

[The Hypothesis- Why Do People Want What They Want?](#) By Satoshi Kanazawa in Psychology Today, Mar 2010

[Is it okay to sacrifice one person to save many?](#)
[How you answer depends on where you're from.](#)
A new study uses the famous trolley problem to show how our culture shapes our moral beliefs.
[Are You a Moral Grandstander?](#) New research suggests that moral grandstanding may be a major source of conflict in the world today, Scott Barry Kaufman in Scientific American, Oct 2019 (Unfortunately, the article is behind a paywall at Scientific American. [You can find a free version here.](#))

[More Human Than Thou... Or Just Better? Our Motivation To Think We're Good Trumps Our Desire To Feel Human](#), by Alex Fradera in the Research Digest of the British Psychological Society, Mar 2017
[Researchers identify a new personality construct that describes the tendency to see oneself as a victim](#), Beth Ellwood on PsyPost.org, Dec 2020
[New research explores authoritarian mind-set of Trump's core supporters](#), Christopher Ingraham in Washington Post, Oct 2020
[To Come To The Rescue Or Not? Rats, Like People, Take Cues From Bystanders](#), Nell Greenfield Boyce, NPR's All Things Considered, July 2020

[Why predicting our future feelings is so difficult](#), Claudia Hammond on BBC Future, Aug 2020
[Understanding The Role Of Offender History In Mitigating Moral Blame Requires New Insights Into How People Think About Free Will](#), by Dr. Michael Gill on Society for Personality and Social Psychology, Jun 2017
[Donald Trump And The Slippery Slope To Becoming A Prolific Liar](#), by Brian Resnick on Vox, May 2017
[Our Brains Judge a Face's Trustworthiness—Even When We Can't See It](#) by James Devitt on the NYU website, Aug 2014
[Shocking Discovery? Money Earned By Exploitation Is Less Rewarding, Study Shows](#), by Hannah Devlin in The Guardian, May 2017
[If I want to know how certain you are of your opinion, I don't have to ask for it. It's likely predictable.](#) Bert Gambini in University at Buffalo News Center, Aug 2020
[The Effects Of Social Identity Threat And Social Identity Affirmation On Laypersons' Perception Of Scientists](#), by Nauroth et al on Sage Journals, Feb 2016

We often believe unbelievable things, even when there's strong reason not to. But why?

[Why Don't Some People Believe In Science?](#) On Seeker, Nov 2016
[Neuroscientist explains why Christian evangelicals are wired to believe Donald Trump's lies](#), Bobby Azarian on Alternet, Aug 2020 (This is an inflammatory headline on a neutral study, but the story is much more understandable than the research it's based on. For the much-more-neutral research, go to [The Neural Correlates of Religious and Nonreligious Belief](#) on PLOS ONE.)
[Fake News Spreads Because People Trust Their Friends Too Much](#), by Jesse Singal on NYMag Science of US, Mar 2017
[Study suggests religious belief does not conflict with interest in science, except among Americans](#), Beth Ellwood on PsyPost, Aug 2020

[The Brain Science Behind Conspiracy Theories](#), Rebecca Coffey in Dame Magazine, Apr 2020
[Conspiracy Theorists May Really Just Be Lonely](#), by Matthew Hutson in Scientific American, May 2017
[The Dark Allure Of Conspiracy Theories, Explained By A Psychologist](#), by Brian Resnick on Vox, May 2017
[People Drawn to Conspiracy Theories Share a Cluster of Psychological Features](#), Melinda Wenner Moyer in Scientific American, Mar 2019
[The enduring allure of conspiracies](#), Greg Miller in KnowableMagazine.org, Jan 2021
[How the Science of "Blue Lies" May Explain Trump's Support](#), by Jeremy Smith in Scientific American, Mar 2017

These differences play out in every phase of our lives. Would we expect politics to be any different?

[Were you once a conservative but are now a liberal? Were you once a liberal but are now a](#)

[conservative? How did it feel?](#) Answer thread on Quora, 2017

[Online Purchasing Patterns Show Left-Wingers And Right-Wingers Read Very Different Science Books](#), by Alex Fradera in the Research Digest of the British Psychological Society, Jun 2017
[I'm liberal, and my husband is conservative. We've been married for 40 years. Here's my best advice on how to talk politics with your family when you completely disagree.](#) Jeanne Safer on BusinessInsider, Dec 2018
[People Prefer Strangers Who Share Their Political Views To Friends Who Don't](#), Emily Reynolds in the British Psychological Society's Research Digest, Aug 2020
[What Shapes Your Political Beliefs at 18, 35, and 50?](#), by Natalie Jacewicz on NYMag Science of Us, Apr 2017
[New Studies Suggest Liberals Are As Blinkered And Biased As Conservatives](#), by Christian Jarrett

in the Research Digest of the British Psychological Society, Apr 2017
[Conservatives and Liberals Have Different Brains, Studies Show](#), by Sydney Lupkin on ABC News, Sep 2012
[A Major New Study Shows That Political Polarization Is Mainly A Right-Wing Phenomenon](#), by Dan Kennedy on WGBH Website, Mar 2017
[People Who Are Curious About Science Are More Open-Minded About Politics](#), by Tracy Staedter on Seeker, Jan 2017
[How East and West Think In Profoundly Different Ways](#), by David Robson on BBC.com, Jan 2017
[Scientists identify a psychological phenomenon that could be reinforcing political echo chambers](#), Eric Dolan in PsyPost, Jan 2021

There's no way to always agree, yet we have to live together. What's the best way to change the mind of 'the other', whoever they might be?

[New Paper Provides Evidence-Backed Insights On How Not To Come Across As A Jerk](#), by Alex Fradera in the Research Digest of the British Psychological Society, Jul 2017
[Here's why some people are willing to challenge bullying, corruption and bad behavior, even at personal risk](#), Catherine Sanderson on TheConversation, Jun 2020
[The Most Important Communication Skill You Will Ever Need](#), by Susan Krauss Whitbourne in Psychology Today, Jul 2017
[Explicitly Teaching Critical Thinking Skills in a History Course](#), by Anne McLaughlin and Alicia McGill on SpringerLink, Mar 2017
[When we fight fire with fire](#): Rudeness can be as contagious as the common cold, research shows, William Wan in Washington Post, Jun 2018
[The data scientist exposing US white supremacists: 'This is how you fight Nazis'](#), Sam Levin interview with Emily Gorcenski in The Guardian, Oct 2020
[Are Toxic Political Conversations Changing How We Feel about Objective Truth?](#)
As political polarization grows, the arguments we have with one another may be shifting our understanding of truth itself. Fisher, et al, Scientific American, Feb 2018 (Unfortunately, the article is behind a paywall at Scientific American. [You can find a free version here](#).)

[Is it ever good to be spiteful?](#) Jamie Waters in The Guardian, Nov 2020
[Is This How Discrimination Ends?](#) By Jessica Nordell in The Atlantic, May 2017
[You want people to do the right thing? Save them the guilt trip](#), Claudia Schneider on Psyche, Aug 2020
[The science that proves how you can have political debates but still get along and get things done](#), Heidi Lux on Upworthy, Nov 2020
[Should Students be Taught to Argue Rationally?](#) By Annie Holmquist on Intellectual Takeout, May 2016
[How To Get People To Overcome Their Bias](#), by Tom Stafford on BBC, Jan 2017
[How to Criticize with Kindness: Philosopher Daniel Dennett on the Four Steps to Arguing Intelligently](#), by Maria Popova on Brain Pickings
[Why Facts Don't Convince People \(And What You Can Do About it\)](#), video by Brave New Films, Jun 2017
[4 Simple Ways to Change People's Minds](#)- How to change people's minds without triggering a negative response. Jason Feifer on Entrepeneur.com, Jun 2020
[To Save America, Argue Better!](#) It's not that we need to stop arguing with each other. We just need to find more effective ways to do it. "Crafted by The Atlantic's marketing team and paid for by AllState"

[Showing pro-diversity feelings are the norm makes individuals more tolerant](#), Chris Barnard on Phys.org, Jun 2020

[Man shares two lessons he learned from disrupting a racist joke in a group of white people](#), Annie Reneau on UpWorthy, Jun 2020

[The Power Of Framing: It's Not What You Say, It's How You Say It](#), by Steve Rathje in The Guardian, Jul 2017

[How To Win Arguments And Actually Change Someone's Mind](#), Ali Pattillo on Inverse

[Harvard Study Holds a Clue on How to Combat Political Vitriol](#), by Annie Holmquist in Intellectual Takeout, Jun 2017

[How to Have Difficult Conversations When You Don't Like Conflict](#), Joel Garfinkle in Harvard Business Review, May 2017

Worried About a Difficult Conversation? Here's Advice From a Hostage Negotiator, Elizabeth Bernstein in Wall Street Journal, Jun 2020
(Unfortunately, the article is behind a paywall at Wall Street Journal. [You can find a free version here.](#))

What Are Some Tools We Can Use To Improve?

[For A Modest Personality Trait, 'Intellectual Humility' Packs A Punch](#), on Medical Express, Mar 2017

[The Science of Wisdom](#), Igor Grossmann on Aeon, Oct 2020

[Psychologists Have Identified The Kind Of Emotional Intelligence That Makes Internet Trolls So Mean](#), by Cassie Werber on Quartz, Jul 2017

[As News Approaches, Even Optimists Brace For The Worst](#), by Christian Jarrett in the Research Digest of the British Psychological Society, May 2017

[The psychology behind that popular new comic from 'The Oatmeal'](#), by Cross, Martinez, and Galarreta on KPCC website, May 2017

[Small Pleasures Are Just As Important For Our Wellbeing As Long-Term Goals](#), Emily Reynolds in

the British Psychological Society's Research Digest, Aug 2020

[Why some people are more optimistic than others — and why it matters](#), Galadriel Watson in Washington Post, Aug 2020

[Can Computers Help Us to Be More Empathic?](#) New research investigates the power of virtual reality, Alison Jane Martingano, Ph.D., in Psychology Today, Aug 2020

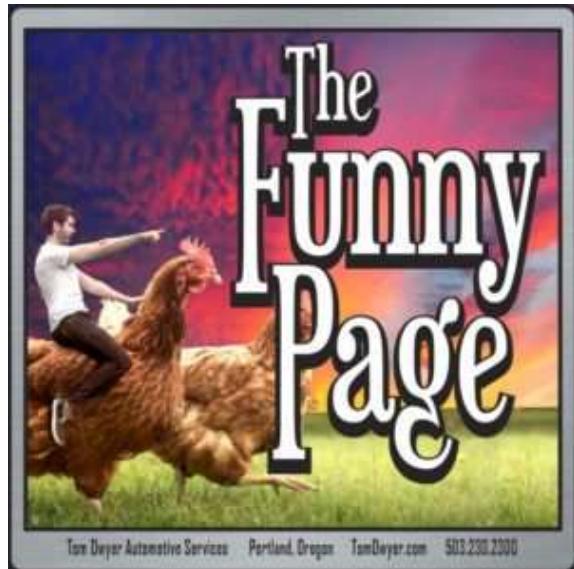
[Why it's sensible to be silly](#), Elle Hunt in The Guardian, Aug 2020

[Culture Affects How People Deceive Others, Study Shows](#), ScienceDaily, Jun 2017

[How To Pop Your 'Filter Bubble'](#), BBC News Video, Jun 2017

The Funny Page

These are the jokes, folks! Now all in one place.



Our "What NOW?!!" Toon from Keith Tucker...



"WHAT NOW?!!"

© KEITH TUCKER
WWW.WHATNOWTOONS.COM

TWO "More or Less" Puzzles by Jen Rombach!

First, we have the "More or Less" format you've come to know and love. But keep scrolling to try her new "In or Outer", and the delights of Bookend Words. Both solutions are at the bottom of this month's Funny Page.

More or Less
A play-with-words puzzle
by Jen Rombach

THEME: **BUG PATROLS**

THEME LETTERS (+/-): B, U, G, P, A, T, R, O, L, S

THEME WORDS:

START LIST:

BROACH	OWING
FLAY	RANTS
ICE	RUB
LOSE	SMITES
MOH	WAS

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. * (Duplicates of a same letter within the **THEME LETTERS** each have their own uses and only one place in the puzzle.)
- Anagram the boxed letters of the solved **THEME WORDS** to find the related caption that will match up the picture to the **THEME**....more or less!

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Bookend Word:
a word that contains 2 shorter words - one found within the other.
Letters of each word are consecutive with the inner word remaining whole while the outer word is on both sides of it, forming the larger bookend word.
Eg. **REPLICATES** has **CAT** in the middle with **REPLI...ES** on either end.
CAUGHT has **IGHT** in the middle with **C...T** on the ends.

Single Word List

ARM	FED	ID	PRESIDENT	REED	RING
-----	-----	----	-----------	------	------

PRESIDENT

DIRECTIONS:
Solve for the bookend words using each of the words from the **Single Word List**.
Each **Single Word** will go once, and only once, into an oval space. ♦ Each rectangle is for your found **Bookend Word** that combines the single words on either side of it. ♦ The **Single Word List** is given to you alphabetically, however, it is up to your solving to determine which word goes in which oval and whether it is an inner or outer part of the bookend word...Enjoy!

To start off, one of the words from the **Single Word List** has been entered for you!

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More or Less Solutions for January

SOLUTION

THEME LETTERS (+/-): B, U, G, P, A, T, R, O, L, S

THEME WORDS: ROACH, LOUSE, GRUB, WASP, FLY, MOTH, ANTS, WING, LICE, MILES, BUTTERFLIES

More or Less
A play-with-words puzzle
by Jen Rombach

SOLUTION

PRESIDENT

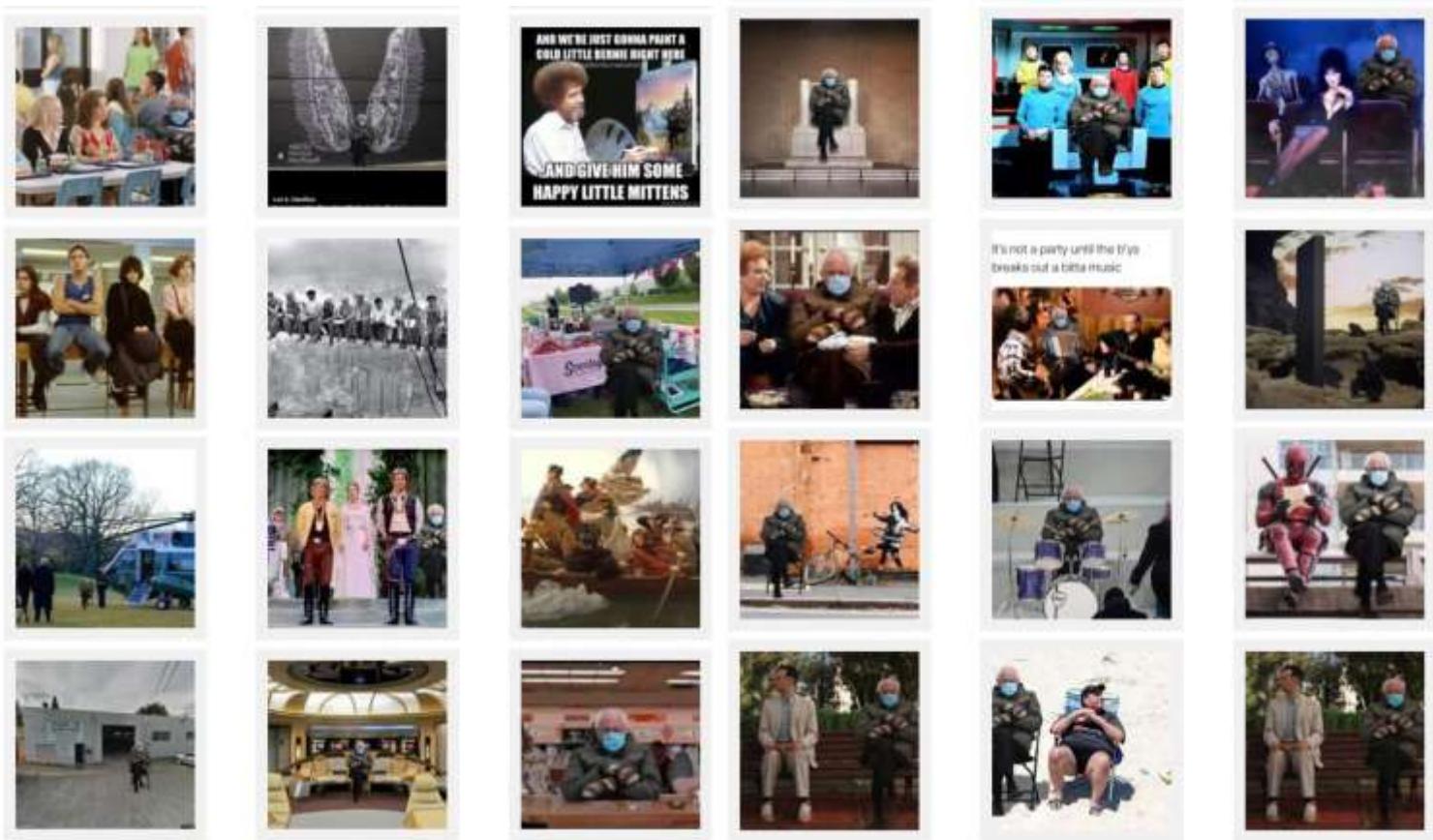
IN or OUTER

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The funniest thing we've seen all month...



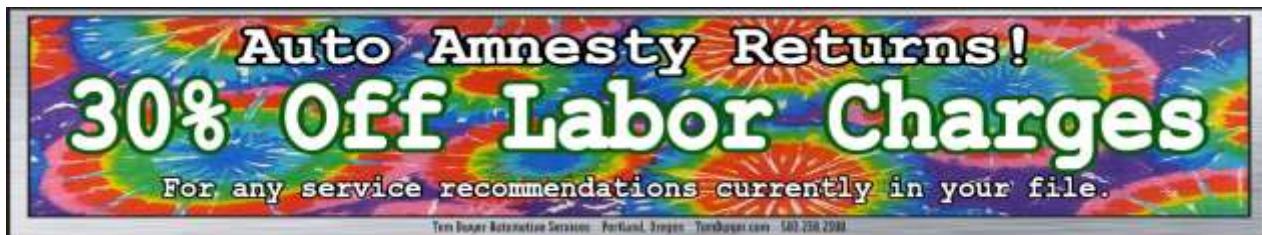
Joe Biden was inaugurated in an existential victory for democracy, but the important thing is that Bernie wore mittens. He wore them very, very well, though, and memes flooded the InterTubes on Thursday. Here's the most complete collection we've seen anywhere...



Shop Talk

THE Story of 2020

Current Special Offers



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 expires 1/15/21

\$200 minimum purchase required

Discount limited to service recommendations in your Tom Dwyer file as of 12/21/20

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

Offer is VOID AFTER SERVICE IS COMPLETE



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 expires 1/15/21

\$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



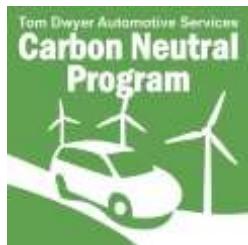
Get a FREE CNP Membership with any job with \$300 or more in Labor charges

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

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

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

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



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!

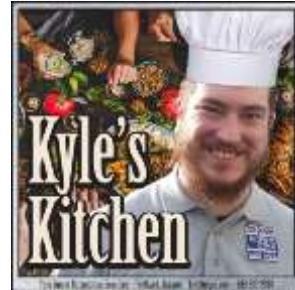
Latest Automotive Recalls



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

3-Ingredient Creamy Tomato Angel Hair Pasta



In honor of Inauguration Day, Kyle did some research into Joe Biden's favorite dish. The recipe he found was angel hair pasta with creamy red sauce... no meat, no mushrooms, no nothing... just red sauce. You can draw your own conclusions, but Kyle thought it seemed somehow appropriate.

3-Ingredient Creamy Tomato Angel Hair Pasta

Original recipe from The Comfort of Cooking.com

This creamy, saucy and scrumptious pasta only needs 15 minutes and 3 ingredients to make! Serve it with salad and a glass of red wine, and dinner is done! Choose your favorite pasta sauce (store bought or homemade), and simmer it with some light cream cheese.

Ingredients:

- 9 oz. refrigerated angel hair pasta
- 1 1/2 cups pasta sauce
- 3 oz. light cream cheese softened

For serving, optional:

- 2 Tbsp. Parmesan cheese
- Fresh basil
- Lemon wedges

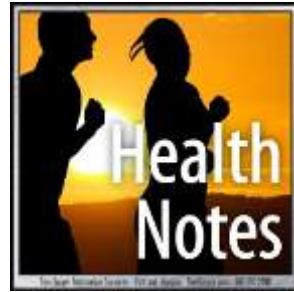
Preparation:

- Bring a medium pot of salted water to a boil. Add angel hair and cook according to package instructions, usually 1-2 minutes.
- Meanwhile, add pasta sauce to a separate smaller pot. Bring to a boil and then reduce heat to simmer, covered. Stir in cream cheese until smooth.
- Once pasta is cooked, toss with sauce. Scoop servings onto individual plates. If desired, sprinkle with Parmesan and basil, and serve with lemon wedges (lemon really amps up the tomato flavor.)
- Enjoy!



Health Notes

What binge-watching does to your Health



As the Covid Lockdown (or semi-lockdown, depending on where you are) continues, there's one thing we all have to talk about... binge watching. This is a fairly new phenomena ([less than 20 years](#)) but wouldn't you know it? The effects aren't just loss of sleep, leftovers piling up on your coffee table, or an unhealthy obsession with chess, tigers, or superheroes. There are actual health effects, and researchers have had time to study them...

[UB researcher studies effects of binge-watching on health](#), David Hill in Buffalo.Edu, Apr 2019

[The Impact of Binge-Watching on Your Health](#), Katie Kochanny at Michigan State University

[Breaking Binge: Exploring The Effects Of Binge Watching On Television Viewer Reception](#), Lesley Lisseth Pena at Syracuse University, Jun 2015

[Understanding the Phenomenon of Binge-Watching—A Systematic Review](#), Starosta and Izydorczyk at the National Institutes of Health, Jun 2020

[Effects of Emotion on Binge-Watching](#), Victoria Anozie at Baylor University, Jan 2020

[The Netflix Effect and Defining Bingewatching](#), Brenna Davis at VCU Honors College, 2016

[How binge-watching is hazardous to your health](#), Jenna Birch on Washington Post, Jun 2019

 **THE NETFLIX EFFECT AND DEFINING BINGE-WATCHING**

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ABSTRACT

INTRODUCTION
With the accessibility of television programs provided by popular streaming platforms, like Netflix, consumers can watch episodes or seasons of their favorite programming in just one sitting. This new practice of watching television has been referred to as binge-watching, and is defined by Netflix as watching two to six episodes of the same show in one sitting.
Netflix's definition is the most widely used definition of binge-watching, but does not account for the varying lengths of episodes for the different types of programming.
There is a lack of standardization in what constitutes as television binge, like the standards that exist for other binge-behaviors, and the lack of research conducted about how these new television watching practices affect health and wellness.
THESES
To bring awareness to television bingeing habits and encourage further research of this subject, I studied the neurocognitive and behavioral motivations and effects of excess indulgence to propose a new definition for binge-watching.

RESULTS/DISCUSSION

Program: Binge-Watched



Figure 1: The number of hours spent watching TV per week for different program types. The chart shows that binge-watching is associated with watching more hours of TV per week compared to other viewing habits.

- Netflix is the video streaming platform revolutionizing the way television is consumed.
- Binge-watching tendencies through its interface through original programming.
- A lifestyle pattern of high television viewing is associated with increased risk of heart disease and all-cause mortality as well lower cognitive function and shortened telomere length. These associations have been found to be independent of factors such as physical activity, family history, age, and sleep duration.
- Binge-watching tendencies and the intent to watch television for long periods of time is associated with loneliness or increased belongingness needs. Television programs can serve as social surrogates in providing a sense of belonging. Watching a sharing program with other people, or conversing, also influences binge behavior.
- To understand how college students perceive the act of binge-watching, I conducted a survey based on Bond et al. (2012) binge drinking survey to collect information on college students' television use and practices.

METHODS/DESIGN

Considered the addictive qualities of Netflix and potential health effects of binge behavior with literature. Reviewed correlations between patterns of high television viewing and increased risks for disease and mortality. Reviewed behavioral theories and correlations between binge behaviors and belongingness needs. Analyzed and compared binge drinking to binge-watching to understand what constitutes a binge and how a standardized definition allows for generalizable research.

CONCLUSION

The associations and increased risks found with high television use indicate binge-watching to be an unhealthy behavior.
A standardized definition that appropriately defines the binge behavior in binge-watching allows for future research on the subject and encourages awareness.
It is important to promote healthy television practices due to the lack of societal concern of the risks of binge-watching behavior.
Further research on the motivations for and the adverse effects of binge-watching behavior need to be conducted.

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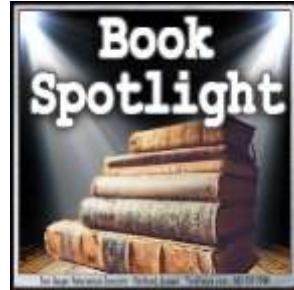
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ACKNOWLEDGMENTS

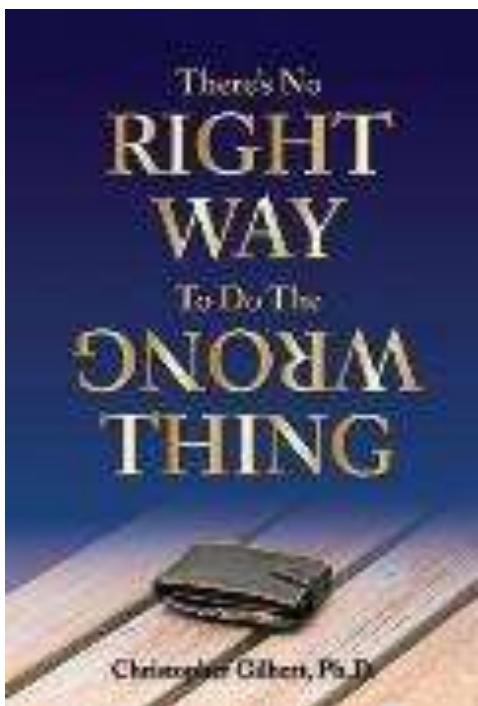
I would like to thank Professor Mary Boyes and all her teaching assistants for their help and mentorship throughout my research process.

Book Spotlight

"There's No Right Way To Do The Wrong Thing" by Christopher Gilbert



We're admittedly cynical and hardly look to politicians of any stripe as moral inspirations, but we've seen how much variation there can be between individual officeholders. A new day is dawning as the US Presidency changes guard, but the ethical struggles that beset every President won't change at all. To welcome Biden and bid goodbye to Trump, we offer a book that would be helpful to both of them and all of us...



"There's No Right Way To Do The Wrong Thing" by Christopher Gilbert

from the publisher- In today's rapidly-changing global society, do you wonder what it means to make honest decisions, and hold yourself and others accountable in your personal, professional, and family lives? Do you want to know how you can become more authentic in your relationships, more transparent in your organizations, and better able to identify the reality behind increasingly outrageous "alternative truths"?

The truth is, we have only two choices when it comes to an honest world - we can either continue down our current path of increasingly situational ethics that treat some more fairly than others and where honesty in our connections and relationships is the luck of the draw. Or, we can believe we have the capacity to create a world that operates on an integrity practiced by everyone for everyone.

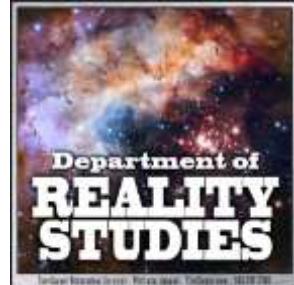
In There's No Right Way to Do the Wrong Thing, you'll find answers to these concerns and more as author Christopher Gilbert invites readers into an accessible and inspirational conversation spiced with an

abundance of personal stories, humorous anecdotes and invaluable guidance about making good choices. Drawing upon decades of research, training and ethics consulting experience, There's No Right Way to Do the Wrong Thing brings a fresh approach to personal growth and an honesty that empowers a brighter future for all of us.

Whether you're an ethics expert or simply someone navigating the moral mud around us, this easy-to-follow book will have you examining your own standards and values and applying transformative concepts to your life. Most importantly, readers will finish this book encouraged that we all have the power and capacities-- individually and collectively-- to morally progress past where we are now and help bring better ethics into our families, our communities, our organizations and our world.

Department of Reality Studies

See a video of the Living Earth



"My ignorance is just as good as your knowledge." Do you believe that? We don't.

Basic science, even basic consensual reality, seems under attack these days. Science and education are increasingly something for the 'elite'; something to be distrusted by honest folk. Scientists aren't trusted on public health, environmental science, or even cosmology, not because they've been proven wrong but because they've been proven so ruthlessly right. Objective reality is inconvenient for those who would like their whims to create reality instead. RestOfNewsletter But society has always and only existed in the real world and modern society isn't possible without science. Pretending otherwise can, and will, get us all killed.

The way to promote understanding and appreciation of science isn't to tell people they should care... it's to show them why it's so exciting. From the unimaginable expanse of the multiverse to the tiniest living beings and the quarks and leptons they're made of, science is an adventure. The "Department of Reality Studies" may do little to affect the appreciation of science for many people one way or another, but we'll enjoy sharing our own excitement with you so we hope you'll check back frequently to see some glimpses of Reality that may not have made your radar. Let's go!

[Earth Looks Like A Living Creature In This Amazing NASA Video](#)

NASA's Scientific Visualization Studio (SVS) has released a stunning [video that shows Earth in a way you may have never seen before](#). The video is a timelapse simulation that depicts seven days in 2005 when a category-4 typhoon developed off the coast of China. The seven-day period is repeated several times during the course of the visualization. Scientists used data from NASA's Goddard Earth Observing System Model, Version 5 (GEOS-5), to depict the simulation's volume-rendered clouds. This particular run of the simulation, called 7km GEOS-5 Nature Run (7km-G5NR), was executed on a supercomputer. This short visualization produced petabytes of output and referenced nearly a terabyte of brickmap files.

[NASA Curiosity rover celebrates 3,000th day on Mars with stunning panorama of planet](#)

NASA's Curiosity rover just celebrated a major milestone — 3,000 days on the surface of Mars. To mark the occasion, the space agency has released a stunning new panorama of the red planet, captured by the rover. Curiosity landed on Mars on August 6, 2012. However, scientists track its activities in Martian days, called "sols," which are a bit longer than Earth days, at 24 hours and 39 minutes. [The epic new panorama](#), released by the space agency on Tuesday, captures the view of the 96-mile-wide Gale Crater and part of Mount Sharp, its central mountain. It was taken by Curiosity's eyes, AKA the Mast Camera.

[Mystery of massive, train-stopping millipede swarms solved](#)

For over a century, thousands of poisonous millipedes have swarmed train tracks in the thick, forested mountains of Japan, forcing trains to grind to a halt. These "train millipedes," so-called for their famous obstructions, would appear every so often — and then disappear again for years at a time. [Now, scientists have figured out why](#). It turns out that these millipedes (Parafontaria laminata armigera), endemic to Japan, have an unusually long, and synchronous, eight-year life cycle. Such long "periodical" life cycles — in which a population of animals moves through the phases of life at the same time — have only previously been confirmed in some species of cicadas with 13- and 17-year life cycles, as well as in bamboos and some other plants.

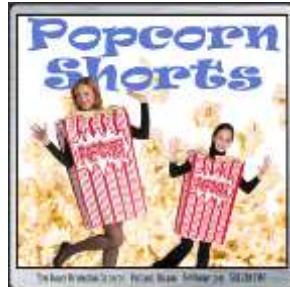
[People with extreme anti-science views know the least, but think they know the most: study](#)

Recently, researchers asked more than 2,000 American and European adults their thoughts about genetically modified foods. They also asked them how much they thought they understood about GM foods, and a series of 15 true-false questions to test how much they actually knew about genetics and science in general. The researchers were interested in studying a perverse human phenomenon: People tend to be lousy judges of how much they know. Across four studies conducted in three countries — the U.S., France and Germany — the researchers found that [extreme opponents of genetically modified foods "display a lack of insight into how much they know." They know the least, but think they know the most.](#) "The less people know," the authors conclude, "the more opposed they are to the scientific consensus."

"Science communicators have made concerted efforts to educate the public with an eye to bringing their attitudes in line with the experts," they write in the journal *Nature Human Behaviour*.

Popcorn Shorts

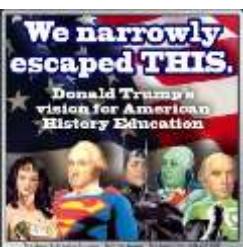
Cool stuff that's too small for a big article



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!

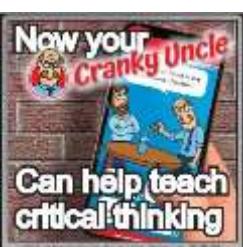


[We narrowly escaped THIS... Donald Trump's vision for American History Education](#)



Before you relax into the Biden administration, let's remember just one of the things we avoided. When Conservatives were outraged by the [1619 project](#), Trump rose to defend America's honor by [writing a curriculum to churn out happy little patriots](#). Describing the work as "definitive" and "dispositive", they were able to settle many questions legal scholars and historians thought were legitimate from slavery to Christian nationalism. The Biden administration [scrubbed this from the WhiteHouse website](#) in embarrassment, [but not before we could download a copy](#). You may also be interested in coverage from [Washington Post](#) or [The Regulatory Review](#).

[Cranky Uncle game: building resilience against misinformation.](#)



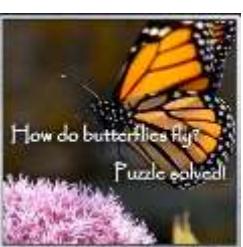
(from the website)- Developing solutions to misinformation is more important than ever in this post-truth era where science and facts are under constant assault. A key solution to making the public more resilient against fake news is inoculation – avoid being misled by learning the techniques of denial. In the [Cranky Uncle game](#), players are mentored by a cartoon personification of climate science denial. Cranky Uncle explains 14 techniques of science denial, from fake experts to cherry picking and a variety of different logical fallacies. The game was developed by George Mason University scientist John Cook, in collaboration with creative agency Autonomy. The game is now available for free on iPhone and Android.

[This is NOT a flamethrower... it says so on the box](#)



Elon Musk's maintains that his quirky little fire-shooting gadget is not a flamethrower, but police around the world aren't buying it. [from TechCrunch.com](#)- "After being locked up in an Italian prison, American Max Craddock was finally able to make his case to a judge. "It's not a weapon of war," his lawyer told the investigating magistrate. "It's a toy they sell to children." More than 1,000 flamethrower purchasers abroad have had their devices confiscated by customs officers or local police, with many facing fines and weapons charges. In the U.S., the flamethrowers have been implicated in at least one local and one federal criminal investigation. There have also been at least three occasions in which the Boring Company devices have been featured in weapons hauls seized from suspected drug dealers..."

[How do butterflies fly? Puzzle solved!](#)



[from BBC.com](#)- "Flying species have evolved various methods of evading death. Some have developed powerful and efficient wings to speed them to safety. But what about the slow-moving, meandering butterfly? The problem for these creatures is that they have unusually large wings relative to their body size, which are aerodynamically inefficient for flight. Back in the 1970s, researchers developed a theory that their big wings allowed the butterfly to clap them together on the upstroke to power their take off. Now, a new study shows that butterflies evolved an effective way of cupping and clapping their wings to generate thrust..." but no one has shown how this works in natural flying conditions. Now, Swedish scientists, using a wind tunnel and high-speed cameras, have captured the butterfly's unique flying skill..."