

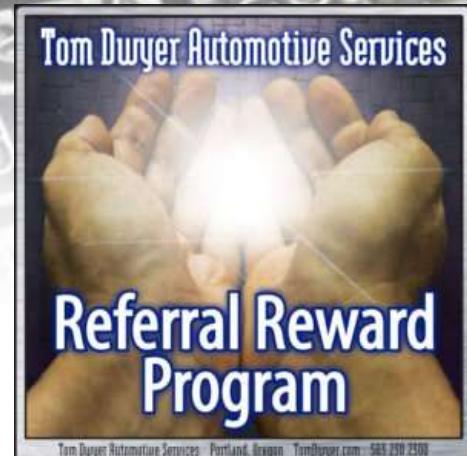


"Your Car Matters"

Tom Dwyer Automotive Services Monthly Newsletter for December, 2021



Tom Dwyer Automotive Services - Portland, Oregon - TomDwyer.com - 503.238.2300



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MEME EXPLOSION!

348 of our favorites from the Meme Locker

Referral Reward Wrapup

PLEASE VOTE for the \$1000 Yearly Award Winner!



Lauren Boebert or Saturday Night Live?
You Decide!



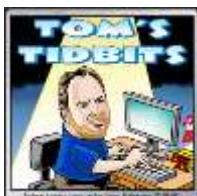
Comedy Wildlife Photography Winners



Changes Are Coming To OMSI's Neighborhood



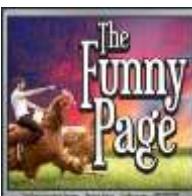
What Happens After They Empty Your Big Green Bin?



The other plague we can't escape



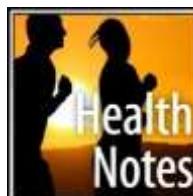
Help with your ride during vehicle service



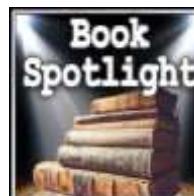
Your source for cartoons, puzzles, memes, jokes, and more



Synthetic Life, Amino Acids from Space, and an Actual Warp Bubble!



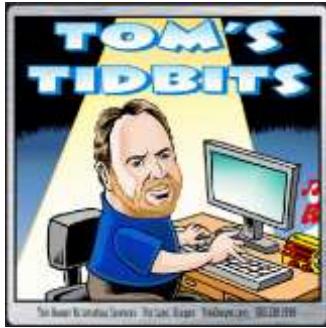
Clear vision, now in an eyedrop



"The Open Society and Its Enemies" by Karl Popper



Christmas Salmon Balls



Tom's Tidbits

The other plague we can't escape

Greetings,

As I write this, the world is closing out its second year of Covid. In round numbers there have been about 5,350,000 deaths worldwide with about 800,000 of them hitting here in the US. In a country of about 330 million, that means .24% of our Fellow Americans have died. So far. But I want to focus on not on our dead, but on our wounded and how they can be healed.

Those 800,000 deaths came from about 50,900,000 Covid cases, meaning over 50,000,000 survived. So far. But those survivors aren't unscathed; about [250,000](#) required hospitalization during their illness and a significant (but unknown) number will be [Covid Long Haulers](#) who will require care for the rest of their lives. These are direct casualties of the disease but their wounds will be compounded by a shattered medical and political system.

Each Covid case is a spin of the wheel where the question is not IF the spinner will lose, but how badly. Death is just the (arguably) worst outcome. In 2020 [8.6 percent of Americans](#), about 28 million of us, didn't have health insurance. That means 8.6% of those 250,000 hospitalized will be paying for their care out of pocket, and with very, very few exceptions, they'll be financially crushed. It's not much better for those with insurance. In a world where we're expected to be rational actors making life-and-death decisions on a price basis, there's no way to know what the price will be. The for-profit Insurance Companies and for-profit Hospitals set unpublished prices, negotiate between themselves out-of-sight, and send us a bill for whatever they settle on. The options are pay, go bankrupt, or die.

Covid means tens of thousands, hundreds of thousands of lives shattered, but of course, Covid is just the most visible mask on the same spectre. [Cancer](#), [Alzheimer's](#), [Diabetes](#), [Heart Disease](#), and more... the ghost of Medical Bankruptcy has haunted us all for decades. [62% of all bankruptcies in the US alone are for medical reasons](#), and worldwide there's... well... there aren't any. "As it turns out, [medical bankruptcy is almost unheard of outside of the United States](#). Other developed economies (except China) have single-payer health care systems where medical costs are financed by taxes, not by premium-financed insurance. In these countries, there are no out-of-pocket costs for medical care and thus no bankruptcy caused by medical debts."

You might expect that if [every other industrialized country on the planet has been able to figure out Universal Health Care](#), and the fact that we haven't [places us with countries like Iran and Syria](#), there might be a reason. Maybe our way is better and we might be getting something more for our money. Nope. [We pay more per capita for healthcare than any other country](#); roughly a third more than our nearest competitor (Switzerland) and roughly ten times as much as the lowest spender (Mexico), yet we [consistently rank near the bottom](#) on access to health care, equity and outcomes among high-income countries.

No, it's not that high quality demands high prices, it's pure greed by the for-profit Insurance providers who add no value to the system but stand as barriers between you and your health. Single payer is [politically popular with over 60%](#) supporting it in most polls. One might think the struggling Democrats, or the few sane Republicans trying to rebuild their party might ride this issue to popularity, yet they don't. Why? The Healthcare industry is the [biggest source of lobbying money, spending over \\$500M this year](#) and almost [\\$5 BILLION over the last 23 years](#). "Follow the money", indeed.

Under our current system the literal Life, Liberty, and Pursuit of Happiness of every American depends on the fiat of corrupt lobbyists and politicians, and an American public too propagandized to see it or too demoralized to fight back. The same people who scream 'freedom' from their unvaccinated, unmasked throats scream 'socialism' just as loudly when someone proposes a single payer system. The same people who decry 'death panels' fail to see profit-driven executives using 'pre-existing conditions' as just that.

A worldwide pandemic is no one's 'fault'. Some people will die while others will be affected for life, and just like more conventional natural disasters, those shattered lives can be laid at Nature's doorstep. But the lives ruined financially are on us, our society, and the greed of insurance companies or the cowardice of politicians because we have the power to prevent them... if we choose to use it. Single Payer!

Make a great day,

Digging Deeper...

[Coming soon, a surprise billing law may have unintended effects on health care](#), Julie Appleby on NPR, Oct 2021

[Health Insurance Coverage in the United States](#): 2020, US Census, Sep 2021

[COVID Data Tracker](#), Centers for Disease Control and Prevention

[Our Most Reliable Pandemic Number Is Losing Meaning](#), David Zweig in The Atlantic, Sep 2021

[COVID 'Long Haulers': Long-Term Effects of COVID-19](#), Johns Hopkins Medicine, Dec 2021

[AARP Nursing Home COVID-19 Dashboard](#), AARP, Dec 2021

[Heart Disease Facts](#), Centers for Disease Control and Prevention, updated

[Statistics About Diabetes](#), American Diabetes Association, updated

[2021 Alzheimer's disease facts and figures](#), National Library of Medicine, Mar 2021

[An Update on Cancer Deaths in the United States](#). Centers for Disease Control and Prevention, updated

[10 Countries Without Universal Healthcare](#), World Atlas

[Medical Bankruptcy and the Economy](#), Kimberly Amadeo and Michael Boyle on The Balance, Apr 2021

[International Healthcare Systems: The US Versus the World](#), Chris Slaybaugh, Axene Health Partners

[List of countries by total health expenditure per capita](#), Wikipedia

[Public Opinion on Single-Payer, National Health Plans, and Expanding Access to Medicare Coverage](#), Kaiser Family Foundation, Oct 2020

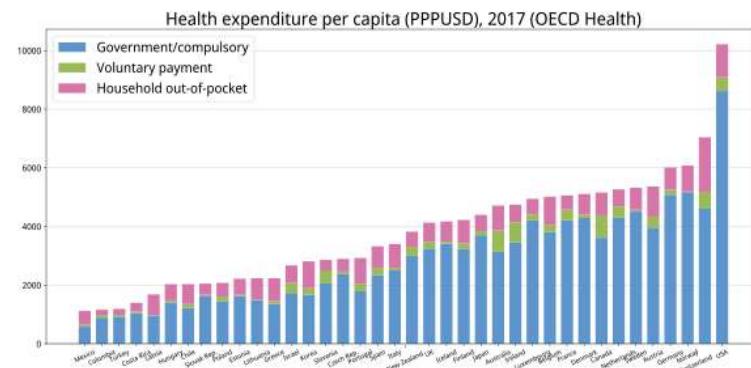
[Which Industry Spends the Most on Lobbying?](#) Jake Frankenfield on Investopedia, Nov 2021

[Lobbying Expenditures and Campaign Contributions by the Pharmaceutical and Health Product Industry in the United States, 1999-2018](#), JAMA Internal Medicine, May 2020

[Top 20 healthcare lobbyists by 2021 spending through June](#), Marcus Robertson in BeckerHospitalReview, Aug 2021

[Sector Profile: Health](#), OpenSecrets.org

[Increasing share of Americans favor a single government program to provide health care coverage](#), Bradley Jones at Pew Research Center, Sep 2020





MEME EXPLOSION!

Our favorites in eighteen categories!

Traveling through the darkest corners of the InterTubes, our staff often encounters rare and exotic memes, but they end up in a vault of interesting things no one will ever see. (You probably have a similar vault on your own computer!) We opened that vault recently and though the individual memes might not be interesting, we thought they really added up to something unique. So, we invite you to look through 348 memes broken up into 18 categories from Wordplay through Corruption.

We've given you three from each category to get you

going, but click on a link for many, many more. Hope you find something to make you think, and something worthwhile to share with your friends! And don't miss our extra special selection of Christmas memes!

Wordplay- For the love of language

Vote- Freedom is participation in power. VOTE!

Halloween- The most scariest time of the year

Trump- The Former Guy

Christmas- Possibly not a Dickens Christmas

Fascism- Wish we didn't have this section

Dying Middle Class- Not at all like the old days

Solutions- Really, really good ideas

Racism- Not even a scratch on the surface

The Military Budget- All guns, no butter

Healthcare- One of the biggest issues of our time

Quotes- Wise words on a variety of subjects

January 6- The dry run for the next one

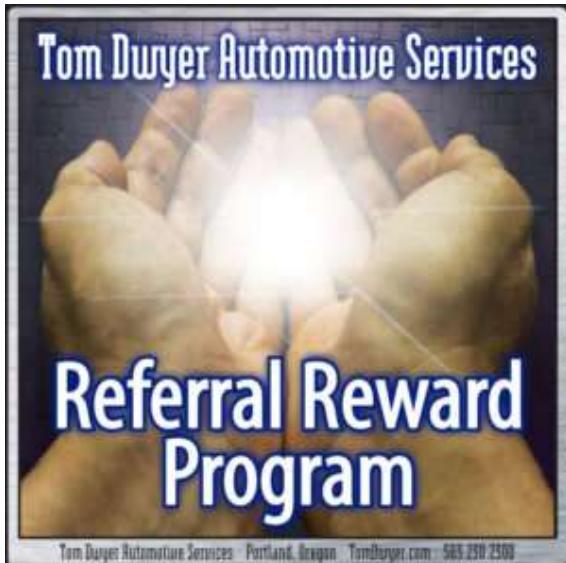
Mechanics- Memes from our stomping grounds

Religion- Thoughts on a radioactive subject

Science- The Department of Reality Studies

Humor- The main purpose of the InterTubes

Corruption- Follow the money



Referral Reward Wrapup

2021

VOTE for one of these groups to receive our \$1000 Yearly Award

Like every other small business, we depend on word of mouth for our business to thrive. Nothing means more to us than one of our clients who thinks enough of our service to recommend us to their friends and family, and we try our best to say 'thank you' through our Referral Reward Program. When a new client says you referred them we call you and make a donation to whatever non-profit group you choose. But the Program doesn't stop

there... one of those groups will receive our \$1000 Yearly Award! Which one? Only you can tell, because OUR CLIENTS VOTE FOR THE WINNER!

(Scroll down for the Voting List)

Our Referral Reward Program so far

Before we get started, just a little history. Since we started the Referral Reward Program in 2014, we're proud to say we've donated over \$30,000 to hundreds of organizations large and small. Here are the past recipients of our Quarterly and Yearly Referral Rewards...

2014- The Program was just starting, and we didn't have Quarterly Awards yet.

2014- Yearly Award – [Oregon Food Bank](#)

2015- Quarterly Awards – [Artichoke Music](#), [Janus Youth Services](#), [Madison High School](#), [RoseHaven](#)

2015- Yearly Award – [HealthCare for All Oregon \(HCAO\)](#)

2016- Quarterly Awards – [Medical Teams International](#), [Randall Children's Hospital](#), [Friends of the Columbia River Gorge](#)

2016- Yearly Award – [Planned Parenthood of Columbia/Willamette](#)

2017- Quarterly Awards – [Dougy Center](#), [ACLU of Oregon](#), no 3rd award

2017- Yearly Award- [Southern Poverty Law Center](#)

2018- Quarterly Awards- [p:ear](#), [Multnomah County CASA](#), no 3rd award

2018- We ended quarterly awards and started the Yearly award. Our first Yearly winner was [Immigration and Refugee Community Organization](#)

2019- We increased the Yearly Award to \$1000, and our Yearly Winner was [Pongo Fund](#)

2020- Yearly Winner- [Oregon Jewish Museum and Holocaust Education Center](#)

2021 Yearly Award Voting List

Which brings us to today! Pick the group from the list below that you think is most deserving and email your choice to Charles@TomDwyer.com. (If you particularly care about one of these groups, call your friends! We encourage groups to coordinate their supporters to vote, and it certainly worked for Pongo Fund and Oregon Jewish Museum!) Now, without further ado, we give you the 2021 list of groups for our Yearly Award. Good luck to all the groups, and thank you for your participation!

2021 Yearly Award Voting List

Returning Veterans Project
MPN Research Foundation
Portland Fruit Tree Project
Portland Rescue Mission
Equitable Giving Circle
SOAR Immigration
Street Books
Raleigh Hills Elementary

Feral Cats Coalition
Annie Ross House
Central City Concern
Restore Oregon
MPN Research Foundation
Portland Fruit Tree Project
Human Solutions
Willamette Riverkeeper

Regional Arts&Culture Council
Oregon Wild
Friends of Hopewell House
North Coast Land Conservancy
Sellwood Middle School
Against Malaria Foundation
Operation Tiny Home

**Once again, pick your favorite and email your choice to
Charles@TomDwyer.com, and once again, thank you for your
participation!**

2021 Candidate Links and Information

New this year, we asked each of our Service Advisors to nominate a group for the Yearly Award.

Ken chose the [Returning Veterans Project](#), which supports the healing and health of veterans and military communities by connecting post-9/11 veterans, service members, and their military families with free, confidential mental and physical health services.

Kyle picked [Oregon Wild](#), which protects and restores our wildlands, wildlife, and waters as an enduring legacy for future generations.

Dean nominated [Sellwood Middle School](#), a 6-8th grade neighborhood school in our own backyard.

And these were groups chosen by our clients for their own Individual Referral Rewards.

[MPN Research Foundation](#)- Helping people with an MPN live a better quality of life as we work toward answers to prevention, progression and a cure for polycythemia vera (PV), essential thrombocythemia (ET) and myelofibrosis (MF) – blood cancers collectively known as myeloproliferative neoplasms.

[Portland Fruit Tree Project](#)- Portland Fruit Tree Project increases equitable access to healthful food and strengthens communities by empowering neighbors to share in the harvest and care of city-grown produce.

[Portland Rescue Mission](#)- Since 1949 Portland Rescue Mission has been here to give hope and restore life to men, women, and children struggling with hunger, homelessness, and addiction.

[Against Malaria Foundation](#)- We protect people from malaria by funding nets and ensuring they are distributed and used properly. We monitor and report their use and impact.

[Operation Tiny Home](#)- Operation Tiny Home is a national nonprofit that assists people struggling with severe housing instability to maintain a life of dignity through custom high-quality tiny housing solutions and empowerment training programs.

[Equitable Giving Circle](#)- Our aim is to empower BIPOC (Black, Indigenous, and People of Color) communities in Portland by leveraging economic deposits from communities of privilege to empower BIPOC communities and begin to move towards economic equity.

[SOAR Immigration](#)- Since 1992, Ecumenical Ministries of Oregon's SOAR Immigration Legal Services has provided culturally competent, immigration-related legal representation and education to refugees and immigrants with limited income throughout Oregon.

[Street Books](#)- Street Books is a bicycle-powered mobile library, serving people who live outside

[Raleigh Hills Elementary](#)- Throughout its long history, the Raleigh Hills School community has valued the achievements of each child and the partnership between families and educators to support each child

[Feral Cats Coalition](#)- The Feral Cat Coalition of Oregon (FCCO) is a spay/neuter program for cats. Our services are donation-based for feral, stray, and barn cats. We serve Oregon and SW Washington.

[Annie Ross House](#)- The Annie Ross House is the only shelter for families experiencing homelessness in Clackamas County. Annie Ross House can serve up to 8 families at a time, each of whom receives a private room equipped with a bathroom and kitchenette for maximum privacy and dignity throughout their shelter stay.

[Central City Concern](#)- By providing housing, health care and jobs, CCC is ending homelessness in Portland and helping people achieve their highest potential.

[Restore Oregon](#)- Restore Oregon's mission is to preserve, reuse and pass forward the historic places and spaces that reflect Oregon's diverse cultural heritage and make our communities inclusive, vibrant, liveable and sustainable.

[MPN Research Foundation](#)- Helping people with an MPN live a better quality of life as we work toward answers to prevention, progression and a cure for polycythemia vera (PV), essential thrombocythemia (ET) and myelofibrosis (MF) – blood cancers collectively known as myeloproliferative neoplasms.

[Portland Fruit Tree Project](#)- Portland Fruit Tree Project increases equitable access to healthful food and strengthens communities by empowering neighbors to share in the harvest and care of city-grown produce.

[Human Solutions](#)- Human Solutions envisions vibrant, healthy neighborhoods where all people can share in the security, hopes and advantages of a thriving, supportive community.

[Willamette Riverkeeper](#)- For 25 years Willamette Riverkeeper has proudly served as the eyes, ears, and voice of the Willamette River. Our programs, together with your support, enable us to effectively generate positive change.

[Regional Arts and Culture Council \(RACC\)](#)- Regional Arts & Culture Council supports the creative economy in greater Portland by equitably providing funding and services to artists and art organizations; managing and growing a diverse, nationally acclaimed, public art program; and developing enduring public and private partnerships.

[Friends of Hopewell House](#)- Caring for those with the greatest need and the fewest options, we strive to help people live well while dying.

[North Coast Land Conservancy](#)- Helping to conserve Oregon's coastal lands, forever

These Groups Were Not Eligible For The Yearly Award

We want this award to matter to the group that receives it, and while \$1000 is a lot to a small group it can get lost in the budgets of the bigger groups. Though we gladly give to groups of any size in our Individual Rewards, we take the larger groups out of the running for this Yearly Award. These were the larger groups we gave to in 2021...

[PETA](#)
[Oregon Food Bank](#)
[Cancer Society of America](#)

[Planned Parenthood of Col/Wil](#)
[Red Cross Portland](#)
[Oregon Humane Society](#)

Referral Reward Program details

For each new client you refer to us we'll donate 20% (up to \$50) of the qualifying purchases from their first invoice to the non-profit group of your choice.

We'll be thankful for everyone you send us, but oil changes, tires, and batteries won't count toward their qualifying purchases.

At the end of the year our clients vote on a Yearly Winner from all the groups we donated to through the year. We make an additional donation of \$1,000.00 to that cause.

The person you refer must have a 15-years-old-or-newer vehicle of a type we service. Sorry, but our 15-years-old-or-newer policy still has to apply, and we can't help with their Lamborghinis or semi-trucks. (We should remind you that the "15-years-old-or-newer" restriction applies ONLY TO NEW CLIENTS. If you're an existing client and we've been servicing YOUR older vehicle, we'll gladly continue to do so!)

Referrals don't have to come singly; you can coordinate your group to come in as a whole. In fact, we have a sample letter you might want to use to tell them about the program.

You can pick any group or organization, preferably with a 501c3 designation, but that's not required. They can be political, social justice, environmental, recreational, religious, educational, or any other purpose YOU care about.

We prefer (but don't require) donations to smaller groups. Big groups like the Red Cross, Mercy Corps, or Oregon Food Bank do amazing work. Many of our clients choose these groups and we gladly give to them, but our donations aren't huge (max \$50) and may get lost in the noise of their bigger donations. Smaller, usually local, groups don't have the operating budgets or ability to go fund hunting, and \$50 to these groups can be a huge boost.

Are there groups you WON'T donate to?

We reserve the right to say 'no' to any group for any reason, but we've only rarely had to do it. Our Referral Reward program is designed to thank YOU, so we do our best to donate to any group YOU care about. If for ANY reason we decide not to accept them we'll have you pick another; in the UNIMAGINABLE situation that we couldn't find ANY group you wanted to give to then we'd turn your Referral Reward into an in-shop credit for future services. Like we said though, our goal is to give to the people YOU think need it most.

We won't donate to a group that won't ACCEPT our donation. For example, several clients wanted us to donate to Bernie Sanders but the Bernie campaign isn't allowed to accept corporate donations (and Tom Dwyer Automotive is a corporation). We found a 'support Bernie' group instead, BerniePDX, which worked out even better... one client is now an active member of the group!

We won't donate to a group if we CAN'T FIND them. One client wanted to donate to a small relief group in Nigeria (which sounds like a scam, but turned out not to be). After several attempts over about two months we finally gave up and donated to Mercy Corps instead. International donations can be tricky; we'll

try if you want but we'll recommend a US-based (or at least large and well-known international) charity instead.

No one's ever asked and we don't expect our clients ever would, but we won't donate to hate groups. No KKK, Proud Boys, Nazis, or suchlike. If you want to pick one of these groups then you can go pound sand. We'll give you a coupon for an oil change at a Quick Lube (because we're still grateful for your referral) but you'll never hear from us again.

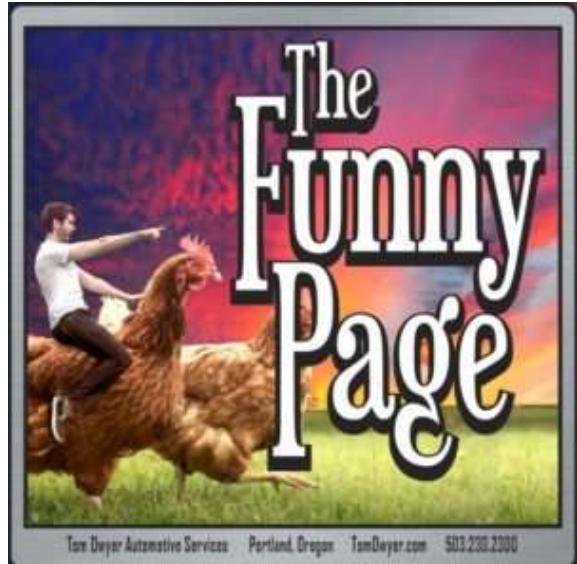
Why haven't I gotten a Referral Reward? I've referred lots of people!

First, we'd like to apologize... your word-of-mouth keeps our doors open, and we would love to be able to thank EACH person individually! Unfortunately, we don't always know who's doing the Referring. The only way we know how a new client found out about us is to ask them on their first visit, and we use their answer as their Referral source. Even if you sent someone to us they may not give your name as the Referrer. While they may have first heard about us through you, they may have later checked us out on Yelp or finally decided to come in just because we were convenient. When we ask, they may tell us "Web search" or "convenient location" instead of your name, and then we don't know there's a Reward to issue. We can't guarantee all your Referrals will give your name as a source, but if you want the charity you care about to get your Reward then it's up to you. Make sure your friend knows to "tell 'em I sent you!"

The Funny Page

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

If you never read our monthly **Humorousness** column, you see the problem... no one else ever read it either. That's a shame, too, because there was some pretty funny stuff on it. Once in a while. Well, once. But Tom's sole directive is to "make this newsletter worth your time", and if you weren't reading the **Humorousness** column our writing staff wasn't doing their jobs. We used **Coronavirus** as an excuse to fire them all and we brought in a whole new crew of edgy Millennials who'd work for just a sliver of the bloated salary we gave our past writers. We're pretty pleased with what the new, more motivated staff has come up with, and we think you'll like it too...



Keith Tucker' "What NOW?!!" Toon for December



"WHAT NOW?!!"

© KEITH TUCKER
WWW.WHATNOWTOONS.COM

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



THEME: **TO GET RID OF**

THEME LETTERS (+/-)

THEME WORDS :

T	—
O	—
G	—
E	—
T	—
R	—
I	—
D	—
O	—
F	—

START LIST:

CHATS	RANGER
ENVOY	REED
FENDS	TILLS
FLIES	VOICES
HUGS	WARD

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 the picture to the **THEME ...more or less!**

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



In honor of The Great Resignation we bring you an assortment of some of [the most creative "Take This Job And Shove It" letters you'll ever see](#).

Laughs from around the InterTubes



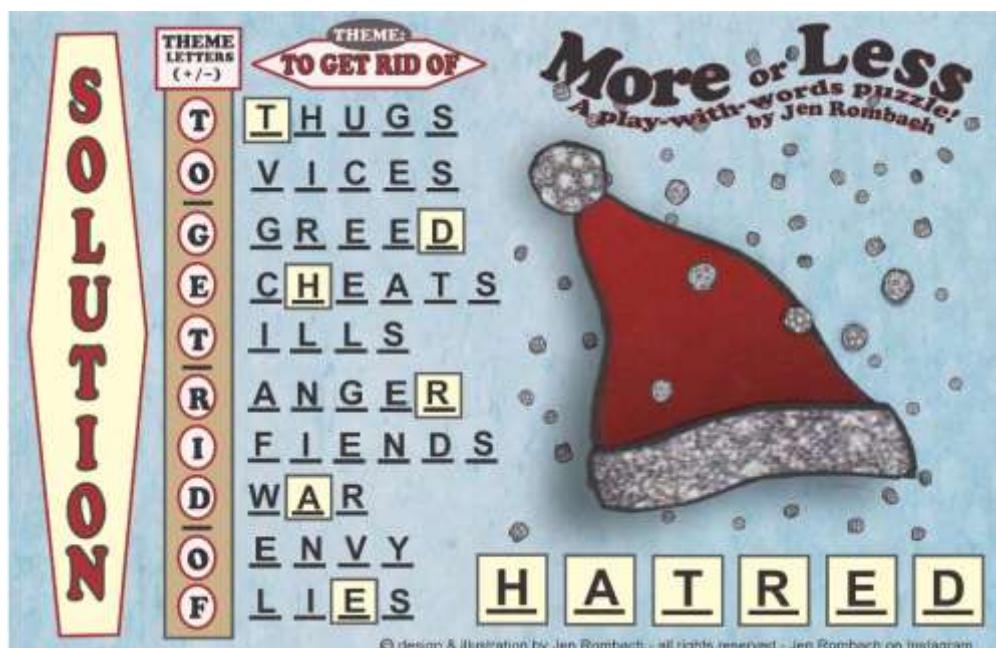
If you're here for memes this month we have just one place to send you... [our Meme Explosion article](#). Click here for more memes than even the most dedicated meme connoisseur can devour. But we invite you to try!

Memes from your Mechanic



(Just one this month. Our sincerest wishes to the fine folks at FAUX!)

“More Or Less” Solution for November



Shop Talk

Rides during your service



Construction is coming again... and again



Last month we told you about construction coming to both sides of Tacoma, and this month there's more. One lot in from Tacoma on the East side of Tenino, a small house will be replaced by a four story live-work complex, and the ground will be breaking early in 2022. Email land-use-chair@sellwood.org or go to Sellwood.org for more information. We'll keep you posted throughout the project here in our Shop Talk column, and other venues as needed. Buckle up, it's gonna be a long and bumpy ride!

Comment of the Month



This month we're passing on a compliment from Roxanne G...

"Your Advisor checked TriMet to give me options for taking the bus home. Better route than the one I found earlier!"

Covid closed our Waiting Room and Courtesy Shuttle, but we still want to help you make your vehicle service as convenient as possible. We've been working with Lyft for individualized rides, but mass transit is just one of the other possibilities. If this is an important issue to you, then please talk with your Service Advisor when you schedule your service... they're here to help!

We always have 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

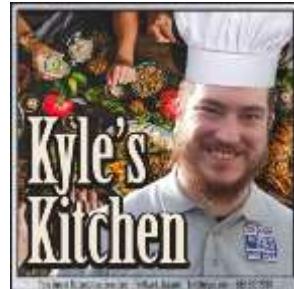


We are constantly grateful for the supportive and loyal clients we have developed over the years. Your comments and appreciation keep us on the right road to providing the superior automotive service you deserve. Your reviews and referrals are not only the highest compliments we can receive, but they're 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.



This month Kyle racked his brain trying to remember something that he ALWAYS had around the holidays. His mom came to the rescue with the recipe for his late grandfather's favorite appetizer, lovingly called "salmon balls". It's a smoked salmon dip formed into a large bowl to make it round, and Papa made it every single year without fail until he passed. It still brings him warm memories, and you can bet salmon balls will be on Kyle's table this year. We hope it brings warmth to your Holiday table as well.

Salmon Balls

Ingredients:

1- 16oz can salmon (drained and skin removed)
1- 8 oz cream cheese softened
1- teaspoon of lemon juice

1- teaspoon of salt
2- teaspoons of grated onion
1- teaspoon of horseradish
1- teaspoon liquid smoke

Ingredients:

- Line a bowl with plastic wrap, enough to fold over the excess to pat down salmon mixture
- Mix all ingredients well and form into bowl lined with plastic wrap. Fold wrap over and push down to form a ball.
- Chill for a minimum of 1 hour to set. Remove from bowl, set flat side down on serving plate and pull wrap off slowly.
- Serve with crackers or veggies or both.

Health Notes

Clear vision, now in an eyedrop



Presbyopia is a natural and annoying result of age and hardening of the cornea. In the past, your options for clear sight were 'reader' glasses, contact lenses, or surgery, but a new option is here. Miotic eye drops work by constricting the pupil to create a pinhole effect that increases the patient's depth of field, improving near vision. These new drops are described as fast-acting with long-lasting results, no decrease in distance vision, and very safe. Allergan's Vuity is the first to hit the market, but more are on the way. If magic vision drops seem interesting to you, here's some information to get you started. (You may need to pull out those cheater glasses to read it!)

[Presbyopia Eye Drops: The Next Frontier in Vision Correction,](#)

Dr. Laura Goldberg in EyesOnEyeCare.com, Dec 2021

[These New Eye Drops Treat Presbyopia—And They Could Lessen the Need of Reading Glasses for Millions of People,](#)

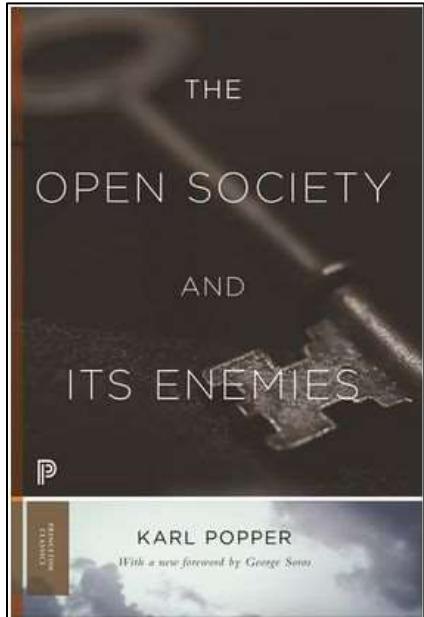
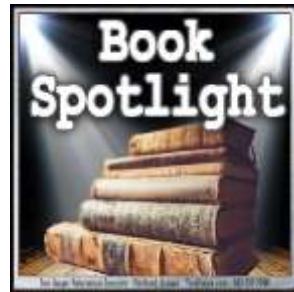
Maggie O'Neill on Health.com, Dec 2021

[Abbvie \(Allergan\) VUYITY Press Release](#), Abbvie.com, Dec 2021

[Some guy who tried VUYITY reviews it on YouTube](#)

Book Spotlight

"The Open Society and Its Enemies" by Karl Popper



["The Open Society and Its Enemies"](#)

by Karl Popper

(from the publisher)

One of the most important books of the twentieth century, *The Open Society and Its Enemies* is an uncompromising defense of liberal democracy and a powerful attack on the intellectual origins of totalitarianism. An immediate sensation when it was first published, Karl Popper's monumental achievement has attained legendary status on both the Left and Right. Tracing the roots of an authoritarian tradition represented by Plato, Marx, and Hegel, Popper argues that the spirit of free, critical inquiry that governs scientific investigation should also apply to politics. In a new foreword, George Soros, who was a student of Popper, describes the "revelation" of first reading the book and how it helped inspire his philanthropic Open Society Foundations.

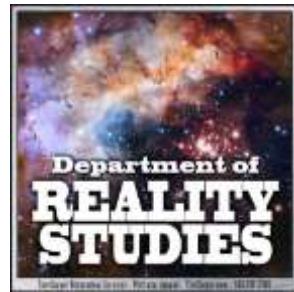
(from Amazon.com)

Written in political exile during the Second World War and first published in 1945, Karl Popper's *The Open Society and Its Enemies* is one of the most influential books of the twentieth century. Hailed by Bertrand Russell as a 'vigorous and profound defense of democracy', its now legendary attack on the philosophies of Plato, Hegel and Marx exposed the dangers inherent in centrally planned political systems. Popper's highly accessible style, his erudite and lucid explanations of the thought of great philosophers and the recent resurgence of totalitarian regimes around the world are just three of the reasons for the enduring popularity of *The Open Society and Its Enemies*, and for why it demands to be read both today and in years to come. This is the first of two volumes of *The Open Society and Its Enemies*.

Department of Reality Studies

Synthetic Life, Amino Acids from Space, and an Actual Warp Bubble!

"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!

[Scientists Create Synthetic Organisms That Can Reproduce](#), MJ Banias in *Futurist*, Nov 2021

"Scientists have created synthetic organisms that can self-replicate. Known as "Xenobots," these tiny millimeter-wide biological machines now have the ability to reproduce — a striking leap forward in synthetic biology. Published in the *Proceedings of the National Academy of Sciences*, a joint team from the University of Vermont, Tufts University, and Harvard University used *Xenopus laevis* frog embryonic cells to construct the Xenobots. Their original work began in 2020 when the Xenobots were first "built." The team designed an algorithm that assembled countless cells together to construct various biological machines, eventually settling on embryonic skin cells from frogs..."

[DARPA and NASA Scientists Accidentally Create Warp Bubble for Interstellar Travel](#), Lauren Coontz on *CoffeeOrDie*, Dec 2021

"A Defense Advanced Research Projects Agency-funded research project at NASA's Johnson Space Center may have accidentally discovered how to build a warp drive engine. The scientists published their findings in July. Harold "Sonny" White, a NASA researcher at the Eagleworks Laboratory in Houston, Texas, published a research paper with his team in July about the "possible structure of the energy density present in a Casimir cavity." According to the report, the Eagleworks team came across "a micro/nano-scale structure ... that predicts negative energy density distribution that closely matches requirements for the Alcubierre metric." In other words, White and his colleagues accidentally created a microscopic experiment while researching how energy distributes around wavelengths — a theory developed by Dutch physicist Hendrik Casimir. The experiment resulted in enough theoretical energy to achieve "warp speed," a concept theorized by Mexican mathematician and physicist Miguel Alcubierre..."

[50 Years Ago, Scientists Caught Their First Glimpse Of Amino Acids From Outer Space](#), Maria Temming on *ScienceNews*, Dec 2020

"Amino acids in a meteorite — from *Science News*, December 5, 1970

[Researchers] present evidence for the presence of amino acids of possible extraterrestrial origin in a meteorite that fell near Murchison, Victoria, Australia, Sept. 28, 1969.... If over the course of time their finding becomes accepted ... it would demonstrate that amino acids, the basic building blocks of proteins, can be and have been formed outside the Earth. Update- Scientists confirmed in 1971 that the Murchison meteorite contained amino acids, primarily glycine, and that those organic compounds likely came from outer space (SN: 3/20/71, p. 195). In the decades since, amino acids and other chemical precursors to life have been uncovered in other fallen space rocks. Recent discoveries include compounds called nucleobases and sugars that are key components of DNA and RNA. The amino acid glycine even has been spotted in outer space in the atmosphere of comet 67P/Churyumov-Gerasimenko. Such findings bolster the idea that life could exist elsewhere in the universe..."

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

[Lauren Boebert or Saturday Night Live... YOU Decide!](#)



A 'controversy' is currently swirling about whether Saturday Night Live's [December treatment of Marjorie Taylor Greene and Lauren Boebert](#) was unfair, but [Jimmy Kimmel already answered the question in November](#). He showed several 'people on the street' samples of Lauren Boebert saying embarrassing things, and asked if SNL went too far. There was some waffling, but most thought it was a pretty low-rent imitation of an actual Congressional Representative. GOTCHA! They were actual cuts of actual Lauren Boebert from her actual site. What do you think, is this a low-rent imitation of an actual Congressional Representative? Hmm....

[Comedy Wildlife Photography Winners](#)



([from NPR](#))- "The Comedy Wildlife Photography Awards have been unearthing hilarious and heartwarming photos of creatures basically being their best selves since 2015. And this year is no exception. The recently announced winners and finalists of the 2021 competition include a visibly uncomfortable monkey, a trio of gossipy raccoons, a joyful bird reunion, gravity-defying fish and an all-powerful prairie dog. A panel of judges sorts through thousands of submissions from expert and novice photographers alike and determines one winner for each of the several categories — except for the people's choice award, which is left up to members of the public..."

[Changes Are Coming To OMSI's Neighborhood](#)



([from Willamette Week](#))- "The OMSI District on the east bank of the Willamette River is now over a decade old, and still mostly theoretical. On Wednesday, the Oregon Museum of Science and Industry shared updated renderings of its plans, showcasing swanky glass apartment buildings, lively storefronts and communal green spaces covering 10 blocks of the inner eastside. The project launched in 2008 and has received money from the city, Metro and the state to create a neighborhood district with a focus on climate and science. The plans include: 1,200 housing units, a waterfront education park focusing on Indigenous heritage, mixed-use commercial and residential buildings, and new storefronts..."

[What Happens After They Empty Your Big Green Bin?](#)



([from Willamette Week](#))- "Jones latches the metal bar on the front of the bin to his truck. He flips a lever. A hydraulic lift called a "stinger" elevates the bin, then dumps it. The cart vomits yard debris and food waste into the truck. Moldy bread, rotten bananas, greenish-tinted hot dogs and carrots swim in a bilious sludge. Inhaling the essence makes me feel like I'm spinning around in the bottom of a garbage disposal. "Pretty nasty, huh?" Jones says with a grin. A belch of diesel exhaust as Jones pulls away from the curb provides relief from the sickly sweet smell of decay. Jones' employer, Cloudburst, is one of 19 companies that have contracts to collect Portlanders' waste, recyclables and debris..."