

CAR TALK

# Switching Oil On Your Vehicle Is No Big Deal

BY TOM AND RAY MAGLIOZZI



CAR TALK

Tom and Ray Magliozzi

**Dear Tom and Ray:**  
I have a 2009 Nissan Cube. I take the car to the dealer for oil changes. I always use synthetic, but at the last oil change, they put in regular oil by mistake. I drove the car for 3,000 miles and then asked them to put in synthetic oil. Now my husband says that I have "ruined" the engine by switching the oils back and forth. Is this true? He says that I immediately should have asked them to drain out the regular oil and replace it with synthetic before I drove the car away. What do you think? — Mary

**TOM:** I think he's got his head up his oil drain, Mary.  
**RAY:** When synthetic oils first came out, we heard rumors that you shouldn't switch from regular oil to synthetic, or vice versa. But we never saw any proof that this was more than a rumor.  
**TOM:** And now several of the major oil companies sell synthetic blends, which are what? Mixtures of regular oil and synthetic! So they mix them right at the factory.  
**RAY:** So obviously, no harm is done by mixing them in your crankcase, or switching from one to another.

**TOM:** So drive happily, Mary. It sounds like the only thing you ruined here is your husband's credibility.

It's NEVER cheaper in the long run to buy a new car. Want proof? Order Tom and Ray's pamphlet "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).

# Weighing Holiday Health

## Tips On Getting Back On Track After (Over) Indulging In Holiday Goodies

BY ALEXIA ELEJALDE-QUIZ  
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If ever you need incentive to wash the dishes after a holiday feast, consider what a little sudsing might do for your hips.

Activity — whether through the gym, sports or household chores — is your best friend during the gluttonous holidays, the key to indulging in pumpkin toffee cheesecake without looking or feeling like one yourself.

The American Council on Exercise a few years ago estimated the average holiday dinner packs 3,000 calories and 229 grams of fat. Add in the snacking and drinking you do throughout the day, and you've ingested about 4,500 calories, the council said — a sure path to weight gain, as 3,500 calories makes a pound, and the average person hoping to maintain their weight is supposed to consume 2,000 calories (for women) or 2,500 (for men) a day (though that varies by height, weight and activity level).

So what does it take to burn it off? Fighting the turkey coma and getting your butt off the couch is a good start. After that, any number of activities, from the vigorous to the mundane, can melt calories.

Take cooking, which requires reaching, bending and mixing. If you're the one slaving in the kitchen all day, you really can earn yourself a slice of pie (though mind the mindless grazing).

Here's a list of some popular holiday fare, with the amount of exercise you'd have to do to burn it off.

The per-serving nutritional information is based on recipes on the Better Homes and Gardens website ([bhg.com](http://bhg.com)). The exercise calculations are from [everydayhealth.com/calorie-counter.aspx](http://everydayhealth.com/calorie-counter.aspx) and assume a 150-pound person; it takes longer to burn off the same number of calories if you weigh less.

Note that the meal here has a total of only 2,081 calories. Better Homes uses low-calorie and fat-free substitutes in most of the recipes, so your own homemade versions may have higher calorie and fat content, especially when you reach for second helpings.

Chef and registered dietitian Rebecca Cameron, owner of [hauenutrition.com](http://hauenutrition.com), offered ideas for making each of these holiday favorites healthier:

**EGGNOG**

**CALORIES:** 201 Fat: 13g (7g saturated) Sodium: 71mg  
**BURN IT OFF:** 23 minutes of touch football or 47 minutes of bowling

**HEALTH TIP:** If you're buying from the store, a soy nog or light eggnog trims calories and fat considerably. If you're making from scratch, find a recipe that uses nonfat milk, fat-free half-and-half and fewer egg yolks. You can compensate with a thickener like cornstarch or vanilla pudding mix and a flavoring agent like vanilla extract, citrus zest and cinnamon or nutmeg.

**POTATO PANCAKES**

**CALORIES:** 113 Fat: 4g (1g saturated) Sodium: 142mg  
**BURN IT OFF:**



ILLUSTRATION: METRO GRAPHICS

13 minutes of moderate biking (11-15 mph) or 56 minutes of washing dishes

**HEALTH TIP:** Try baking the latkes instead of frying. You can also use sweet potatoes instead of baking potatoes or add roasted vegetables, cauliflower or zucchini to the pancakes to increase nutrients and fiber.

**ROAST TURKEY AND STUFFING**

**CALORIES:** 392 Fat: 19g (5g saturated) Sodium: 343

**BURN IT OFF:** 35 minutes of running (6 mph, a 10-minute mile) or 53 minutes of brisk walking

**HEALTH TIP:** Remove the skin and stick to white meat, which will reduce the fat by about 3 grams per 3 ounces of meat. For the stuffing, try substituting half the butter with applesauce, and instead of pork sausage try turkey sausage.

**MASHED POTATOES AND GRAVY**

(Made with butter-flavored sprinkles instead of real butter)

**CALORIES:** 201 Fat: 23 minutes of vacuuming

**HEALTH TIP:** Cook potatoes in chicken broth instead of water for more flavor, or try a more flavorful potato like Yukon Gold, Caribe or purple potato. Save calories by using half mashed potatoes mixed with half pureed cauliflower. You can also increase flavor when reducing calories by adding ingredients like garlic, white pepper, fresh herbs, scallions or caramelized onions.

**CANDIED YAMS**

**CALORIES:** 398  
**FAT:** 9g (5g saturated) Sodium: 103 mg  
**BURN IT OFF:** 39 minutes on the stair-stepper or 61 minutes of light freestyle swimming

**HEALTH TIP:** Try reducing the butter and swapping out some of the sugar for orange juice, light maple syrup or sugar substitutes like Splenda. Add flavor with pineapple, apples or cranberries.

**GREEN BEAN CASSEROLE**

**CALORIES:** 121 Fat: 6g (1g saturated) Sodium: 330mg  
**BURN IT OFF:** 13 minutes of push-ups or 31 minutes of beginner Pilates

**HEALTH TIP:** Try a low-sodium, low-fat mushroom soup and use caramelized onions instead of fried onions. If the recipe calls for heavy cream, swap it out for fat-free half-and-half or decrease the amount of butter used in the recipe.

**CLASSIC GINGERBREAD MAN COOKIE**

**CALORIES:** 58 Fat: 2g (1g saturated) Sodium: 41mg  
**BURN IT OFF:** 5 minutes of jumping rope or 40 minutes of sexual activity

**HEALTH TIP:** You could replace some of the butter or shortening with applesauce or prune puree. Or try slightly lighter gingerbread biscuits. Or just have a cookie and watch your portion size.

## AG: Grandparent Scam Resurfaces In South Dakota

PIERRE — Attorney General Marty Jackley is warning South Dakota seniors to be cautious if they receive telephone calls from someone who claims to be their grandchild or other family member and requests money for a critical situation.

The South Dakota Consumer Protection Division has received numerous calls over the past few days. In this reoccurring scam, a fraudster calls a senior individual and poses as a grandchild. The person calling uses a plea for help and a sense of urgency when asking for a wire transfer in amounts up to \$6,500.

Here are some tips to remember to avoid becoming a victim:

- Ask several personal questions including something that only a grandchild would be able to answer like a nickname, name of a family pet or special family tradition. This will help determine if this is a fraud or not.
- Don't hesitate to call another family member or the grandchild directly with a number that is familiar to you.
- Do not fill in the blanks for the caller. If the caller says, "This is your granddaughter," ask "which one?" or "where are you calling from?" The caller is looking for answers that will assist them in the scam.

Be cautious if the caller asks you to not tell anyone else, like the parents, because he or she will get in trouble. It is all part of the scam.

If you believe the call is fraudulent then contact your local law enforcement agency. Those who have already sent money should contact the Consumer Protection Division at 1-800-300-1986 or by email at [consumerhelp@state.sd.us](mailto:consumerhelp@state.sd.us).

## Programs Added By Board Of Regents: USD To Offer New Degree

RAPID CITY — South Dakota School of Mines and Technology will soon offer a master's degree in mining engineering to support the region's growing need for mining engineers and to complement a strong undergraduate degree program.

The South Dakota Board of Regents approved the graduate-level degree, to begin next semester at the Rapid City campus and by distance delivery. No new state resources or new student fees were requested to support the program.

University officials noted that the undergraduate program in mining engineering at the School of Mines has grown from 20 students in 2004 to nearly 100 students currently. It is one of the largest mining engineering programs in the country.

In other action, the Board of Regents approved:

- A bachelor's degree in sustainability at The University of South Dakota to begin in the fall of 2012. Graduates will be prepared for careers in natural resource management, renewable energy, and community planning, with a focus on industries identified as crucial to South Dakota's future, such as wind energy, hydroelectric power, geothermal energy, green construction techniques, and bio-fuels.

• Requests to deliver existing academic programs at new locations. The new sites include:

— The B.S. degree in banking and financial services from Northern State University to be offered at off-campus centers in Pierre and Rapid City

— The B.S. degree in nursing from South Dakota State University to be delivered in Aberdeen. An accelerated 12-month curriculum will be offered to students who have already completed a bachelor's degree in another discipline, with the first cohort of students to begin coursework in January 2013.

— The B.S. degree in business administration from NSU via Internet delivery.

— The B.S. degree in sociology from SDSU via online delivery.

• A new minor in digital editing at Dakota State University, providing students with the skills needed to use a variety of digital platforms in marketing, new media, and computer game design.

• A new 12-hour certificate in graphic design at SDSU. Certificate programs are developed by packaging a small set of courses that allow students to develop expertise in a focused area of study addressing identified market needs.

## 'Women Of Distinction' Noms Sought

The Women Community Leaders Committee of the Yankton Chamber of Commerce is seeking nominations for two "Woman of Distinction" awards. The criteria for the awards and the nomination form can be obtained and submitted on line at <http://www.yanktonsd.com/distinctionluncheon>.

Nomination deadline is Dec. 29. Applications postmarked after that date will not be considered.

Don't let depression pull you under.

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# Shop Local this Holiday Season

Participating Businesses will be open until 6 p.m. nightly and Noon-4 p.m. on Sundays.

Visit our Website for upcoming events & members [www.historicdowntownyankton.com](http://www.historicdowntownyankton.com).