

Tired Of Tire Punctures? Go Flat Out

BY TOM AND RAY MAGLIOZZI
www.cartalk.com



CAR TALK

Tom and Ray Magliozzi

Dear Tom and Ray:
Between yesterday afternoon and this morning, I have had three flat tires. The tire that was flat yesterday had a screw in it, and the tires that are flat this morning have finishing nails. Other than the obvious question of "Was this sabotage?" I have a question about repairing the tires. My question is, Are plugs reliable, or are patches or tire replacement recommended? I will add that I am living in Costa Rica, and tire puncturing is a known technique for robbing foreigners. Thus the idea of replacing tires only to have them re-punctured is not appealing. But even less appealing is having to stop along a highway (they do not have shoulders) and being held up by the people who put the nails in the tire.

— Bill
TOM: Well, my first thought was that you need run-flat tires. But I'm not sure that technology is widely available where you live. Run-flats require special equipment to mount them, plus they're expensive, require tire-pressure monitors and may not be as repairable as standard tires.

RAY: So, on second thought, you need a 55-gallon drum of pepper spray mounted on the roof.

TOM: It consists of a bunch of plugs, a reamer, which you use to make the hole the exact size of the plug, and a tool for inserting the plugs.

RAY: So you create the hole, then thread the plug into the insertion tool, and then you insert it and remove the tool. And voila! The repair is done and you're on your way.

TOM: So then what you need is a cylinder of compressed air that you can carry around in your trunk. Once you plug your tire, you can reinflate it by the side of the road, hand your wallet to the nice banditos who've been waiting patiently for you to fix the tire, and be on your way. Good luck, Bill.

What is the most cost-effective way to buy a car? Tom and Ray hash it all out in their pamphlet "Should I Buy, Lease, or Steal My Next Car?" Send \$4.75 (check or money order) to Next 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.

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Include The Library In Your 2012 Plans

BY KATHY JACOBS
Yankton Community Library

During the month of December, we start to think about New Year's resolutions. Often, these resolutions revolve around ways to get our bodies in shape, but what about our minds? No matter what our age, we need to exercise our minds as well as our bodies. What better way to do that than to include regular visits to the library as a part of your routine. You'll find all types of materials in many formats to meet both your needs and interests, as well as programs that entertain and inform.

Were you lucky enough to receive a new electronic device for downloadable books as a holiday gift? If so, you'll want to check out "South Dakota Titles To Go ..." on our website. All materials can be checked out and downloaded on your devices by simply logging into the site with your patron number and password which is your last name. Click on "Getting Started" or "Need Help? Get started here." for wonderful step-by-step guides for first-timers. If you are still having difficulties, staff members will be happy to help you with problems you might have either over the telephone or in person. Don't forget that the Kindle and Kindle Fire are now acceptable devices for these downloadable books.

For a complete list of acceptable devices, go to the library's website, <http://www.yanktonsd.org/yankton/library/index.php>, click on South Dakota Titles To Go..., Getting Started and Supported Portable Devices.

Story time, toddler time, and lap sit begin Jan. 4. Story time meets on Mondays at 6:30 p.m., and Wednesdays and Thursdays at 10:15 a.m. Toddler time meets Thursdays from 11-11:20 a.m. Lap sit meets Monday from 5:30-5:50 p.m. and Wednesdays from 11-11:20 a.m. All programs include stories and interactive music with instruments. Children also enjoy rhymes and finger plays. Infants to preschoolers won't want to miss these programs.

Join us for our after school movies "Dolphin Tale" on Jan. 12 and "Kung Fu Panda 2" on Jan. 26. Show time is 3:30 p.m.

Lauren Fosheim, Yankton County Youth Development program assistant, continues to bring great programs to our teens. The program at 3:30 p.m. Jan. 31 is "Food Jeopardy." There is a limit of twenty participants per program and teens are asked to register in advance.

Readers Anonymous will discuss "The Lovely Bones" by Alice Sebold on Jan. 10. This club, which is always open to new members, meets the second Tuesday of each month at 1 p.m.

Between the Lines Book Club will discuss "All the King's Men" by Robert Penn Warren on 5:30 p.m. Tuesday, Jan. 17. This book club, which meets on the third Tuesday of each month at 5:30 p.m., is open to new members as well.

Our sock tree gets a little fuller each day. Thanks to all for your generous donations. All socks will go to the Contact Center. In January, Food for Fines will continue. Canned fruit will erase fines from Jan. 14-22. No commodities or expired canned goods please, as we cannot take these to the Contact Center.

The children's area of the library has a new collection of parenting books that are available for check out. If you need helpful resources regarding issues such as growth stages, death and dying, divorce, social issues, child safety, social network safety, and many more, browse these books and DVDs. These resources can be read just by parents or used as conversation starters with parents and their children. The collection can be found in our online catalog by searching "family issues." We will continue to add items. If you have subjects that you would like us to consider as part of the collection, please let us know. You can also find an extensive collection on child rearing in our adult nonfiction area, 649.1.

Library tours to discuss our space needs are set for the following dates:

- January 9 — 4 p.m.
- January 11 — 10:30 a.m.
- January 24 — 6:30 p.m.

We are also happy to host organizations in our meeting room with the tour as your program.

Gourmet Guys, a night of food, music and fun, is set for Saturday, Feb. 11. This is the annual membership drive and fundraiser sponsored by Friends of the Library. Tickets will go on sale mid-January, so watch for further details. Only one hundred tickets are available, so you won't want to miss out.

Friends of the Library will hold their monthly book sale on Saturday, Jan. 7, from 10 a.m.-12:30 p.m. The group is happy to accept gently used books for their sales.

Did you know that in 2010, a total of 34,236 movies were checked out by patrons?

You can contact the library at 605-668-5275 or e-mail me at kjacobs@sdln.net. View us online at <http://www.yanktonsd.org/yankton/library/index.php> or visit us on Facebook by searching Yankton Community Library.

What's The Difference?

Making Sense Of Titles For Doctors And Nutritionists

BY JULIE DEARDORFF
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Finding the right medical expert can be one of the most frustrating aspects of health care. Osteopathic physicians are medical doctors (M.D.s), for example, but not all M.D.s are osteopathic physicians. Meanwhile, all dietitians are nutritionists, but not all nutritionists are dietitians. Huh?

To help break this down, here's an overview of the distinctions between four commonly used — and misunderstood — health care titles.

Osteopathic physician versus medical doctor

The problem: You've got a sore throat and are considering seeing a primary care doctor who has a "D.O." after her name. Is this a legitimate credential?

A doctor of osteopathic medicine (D.O.) is ... a fully licensed medical doctor who must attend medical school and participate in residency programs, according to the American Osteopathic Association (AOA), which represents osteopathic doctors. D.O.s can practice in any medical specialty, prescribe medication and perform surgery. Osteopathic physicians are specially trained in the body's musculoskeletal system, preventive medicine and holistic patient care; they also recognize the body's ability to heal itself. D.O.s are most likely to be primary care specialists and can treat you from birth (as an obstetrician/gynecologist) through death (as a geriatrician), says the AOA.

A medical doctor is ... also a physician. Like osteopathic doctors, they examine patients, obtain medical histories, and order, perform and interpret diagnostic tests. M.D.s generally do not practice spinal manipulation unless they are D.O.s. M.D.s and D.O.s work in one or more specialties, including anesthesiology, family and general medicine, internal medicine, pediatrics, obstetrics and gynecology, psychiatry and surgery.

Insurance: M.D.s, D.O.s and others with state licenses who are eligible are generally reimbursed.

Certified nutrition specialist versus registered dietitian

The problem: In some states, virtually anyone can declare themselves a nutritionist regardless of education or training. The terms nutritionist and registered dietitian are often incorrectly used interchangeably.

A certified nutrition specialist (CNS) is ... a nutrition practitioner or a person who uses nutrition therapy to address health needs, according to clinical nutritionist and CNS



Corinne Bush. CNSs have an advanced degree (master's level or above) in nutrition or a related field from an accredited university. CNSs must pass the Certification Board for Nutrition Specialists (CBNS) examination on science-based nutrition therapy.

A registered dietitian (RD) is ... a nutritionist who has been credentialed by the Commission on Dietetic Registration of the American Dietetic Association (ADA). RDs must have at least an undergraduate degree — usually in nutrition — and often work in community education or food service management settings, including nursing homes or hospitals. Most RDs go on to get advanced degrees, and some work in private practice, according to the ADA. They must also complete continuing education requirements to maintain registration.

Insurance: Reimbursement varies widely

depending on state regulations and specific plan restrictions for both CNSs and RDs. Medicare covers some services. Costs can vary widely for both, Bush said.

Be careful: Only CNSs and RDs are named in licensing laws. The ADA has long pushed for nutrition licensure laws in all 50 states. The CBNS opposes this push, as it would effectively "outlaw many extremely well-qualified nutrition professionals, just when the public needs them most," said Bush, CBNS' legislative chairwoman. The ADA says licensure laws are not intended to limit practice to a particular profession or provider; instead they "ensure that consumers can rely upon the competency of licensed practitioners."

Always look at credentials and remember that a CNS usually, but not always, has the most advanced science-based training.

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SAC Pool To Be Closed For Meet
The Summit Activities Center pool will be unavailable to members and guests on Saturday, Jan. 7, due to the Yankton Swim Team Meet. The weight and fitness area, track and gymnasium will still be open for members and guests as normal.
For further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street. Remember to follow the Yankton Parks and Recreation on its Facebook page.

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To our customers, neighbors, associates and friends, go our thanks and best wishes at the New Year. We wouldn't be where we are without people like you, and we're grateful for your loyal support.
We wish all of you a safe and happy New Year's Eve celebration, and we look forward to seeing you soon in 2012!
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