

AC Not Affected By Car's Speed

BY TOM AND RAY MAGLIOZZI
King Features Syndicate

Dear Tom and Ray:
Nearly 40 years ago, I was told that it was a bad idea to turn on the air conditioning when driving at highway speeds. I was advised that the AC should be turned on only when the car was idling or moving very slowly. I guess the idea was that starting the AC when the engine was operating at high RPMs would jolt it and put a lot of sudden strain on the belt-driven AC parts. I have always followed that old advice, and I get funny looks when I slow to 20 mph to turn on the AC. Is it a bad idea to start the AC when not idling or moving slowly? Was it EVER a bad idea? Am I the victim of a 40-year-old joke? Thanks! - David

TOM: Bad news, David. For at least the past 40 years, while you were being so careful, your AC was cycling ITSELF on and off at highway speeds.

RAY: That's how the air conditioner works. It has a clutch, and it engages based on demand, and then disengages itself when the demand or other conditions have been met. This happens at all speeds, from idle to highway.

TOM: For example, the AC also will cut out when you start the engine so that all the battery power can go to the starter. And it'll cut out if you put a large demand on the engine for power. So if you're entering a highway, or climbing a hill on a highway, the AC may shut off during that hard acceleration to allow all available engine power to go to the wheels.

RAY: So the air conditioner is designed to be started and stopped at all kinds of speeds.



CAR TALK

Tom and Ray Magliozzi

And it's doing that whether or not you turn it on and off.

TOM: So you can forget all about this advice. And — let me do some calculations — it's been 40 years, so hopefully your father is still around. He's obviously the one who gave you this lousy advice, so give him the good news, too. Tell him he can now enjoy his golden years by turning on the AC at any speed he wants to.

Tom and Ray offer a strategy for everyone who's shopping for a car. Find yours 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 e-mail them by visiting the Car Talk Web site at www.cartalk.com.

© 2012 BY TOM AND RAY MAGLIOZZI AND DOUG BERMAN

South Dakota DSS Awards \$840,000 In Emergency Food Assistance Grants

PIERRE — The South Dakota Department of Social Services announced today that \$840,000 in grants will be distributed to provide emergency food assistance to low-income people in 39 South Dakota counties.

"We were pleased with the response we received from local agencies that were interested in expanding services to those in need of food assistance in South Dakota," said Department of Social Services Secretary Kim Malsam-Rysdon.

Added Darci Bultje, ROCS Community Services Director in Lake Andes: "ROCS is very pleased to have been awarded this grant. Some of the pantries in our 20 county service area are struggling to meet the demand for food and this funding will help put food on the shelves. This funding will also be used to help underserved communities open and operate new food pantries to help meet the needs of their community."

Funds were appropriated by the 2012 South Dakota Legislature to expand services to new populations or offer innovative strategies to help South Dakotans in need of food assistance.

The Emergency Food Assistance grants were awarded to four agencies:

- Feeding South Dakota will receive \$491,813 to purchase a truck, purchase food and deliver it to the least populated, most low-income counties in the state.
 - The Rural Office of Community Services, Inc. will receive \$66,000 to assist in establishing food pantries in areas where there are currently none and will provide funding for additional food in other food pantries in their service areas.
 - Western South Dakota Community Action Agency will receive \$225,000 to implement a mobile food pantry for low-income individuals in rural areas.
 - Messiah New Hope in Sioux Falls will receive \$57,250 to expand its Bread Break program to harvest and transport food from sources who have prepared excess food that can be served to homeless and other individuals in Sioux Falls.
- The grants will serve people across the state for three years. At the end of the initial three-year grant period, the programs are expected to be self-sustaining.
- All grants include a monitoring and evaluation component of each program's effectiveness. The agencies are required to maintain fiscal accounting and program performance data to illustrate the success of each program.

★ ★ **LOG HOME KIT** ★ ★

QUICK SALE A MUST!!!

PERSONAL FINANCIAL PROBLEMS

Purchased from American Log Homes
(No! I am not a salesman)

Model # 303 Little Rock with Building Blueprints,
Construction Manual & **FREE DELIVERY**
(NO!! Windows, Doors & Roofing ARE NOT Incl)

★ **PAID \$38,825** **MUST HAVE \$17,500★**

**** NO TIME LIMIT ON DELIVERY ****

view at www.thegreatamericanlogco.com
****Ready Buyer Only Reply**** Call Jim at 704-200-2333

Tell Your Story With
GLACIAL BOULDER MEMORIALS

Dakota Classique
—ROCK—

LEO DURKIN
9-26-1957 - 7-14-2006
Beloved Brother

Nancy Gordon

Creating unique products out of natural stone.
Memorials, Dakota Carved Boulders, Countertops & More!

605-224-8089 • 4030 Hwy 34, Pierre • DakotaClassiqueRock.com

iHELP
student loans
BEST PRICE, BEST VALUE

Still Need Money For College? We Can Help.

iHELP is an affordable loan program sponsored and funded by your local Independent Community Bank - Main Street, not Wall Street! We provide students loans that fill the 'gap' in education funding.

ICBA
INDEPENDENT COMMUNITY BANKERS of AMERICA
The Nation's Voice for Community Banks®

www.ihelploan.com
800-645-7404

ASK THE EXPERTS

Comfort Care

Lars Aanning, MD
Medical Director

Q What is Hospice?

A. Hospice care is a positive alternative for patients with a terminal illness who choose to emphasize comfort and freedom from pain in their remaining life. The advantage of hospice care is that patients are able to enjoy time with family and friends instead of undergoing further questionable and often painful treatments. Patients in hospice continue to receive intense medical support from their physicians and our professional hospice staff to treat any medical conditions — but the main focus is to relieve any pain or discomfort. Hospice is not about giving up hope but it is all about compassionate support to live as dignified and comfortably as possible.

Autumn Winds
Comfort Care

605-689-0382 Yankton, SD

Family Medicine

Q Do I need to be concerned about West Nile disease?

A. The short and easy answer is yes. West Nile is a viral infection that is transmitted primarily through infected mosquitos. Most people (80%) will have no symptoms. Twenty percent will develop West Nile Fever. This means that 20 percent will develop systemic illness such as fever, headache, sore muscles, weakness, abdominal pain with nausea and vomiting. Less than 1 percent of infected people will develop meningitis, encephalitis or flaccid paralysis. The severity of the disease does increase with age. There have been reported cases in South Dakota and Nebraska. If you have any signs or symptoms suggestive of WNF please see your doctor. We are happy to see you at Lewis & Clark Family Medicine.

Jeffrey Johnson, M.D.

Brandi Pravacek, CNP
L&C Specialty Hospital

We are moving to a new location on Aug. 6: Lewis & Clark Medical Plaza, 2525 Fox Run Parkway, Ste. 200. See you there for all your medical needs.

LEWIS & CLARK
FAMILY MEDICINE, PC

1101 Broadway, Suite 103A, Morgen Square, Yankton, 260-2100

Ear, Nose & Throat

Q Dr. Rumsey, I am getting geared up for hunting season what can I do to save my hearing?

A. Consistent use of hearing protection is the best way to protect your hearing from dangerously loud firearms. There are several different options when it comes to hearing protectors, ranging from the thirty three cent disposable foam plug to \$450.00 custom fit electronic protector. The best one for you is the one you will wear every time you shoot. Personally, I use custom fit earplugs until the temperature drops into the 20s, then I switch to electronic earmuffs. Sporting goods stores carry a good variety of all styles. If you want help selecting the right system for you I would be happy to sit down go through all the options. If you have any questions regarding hearing protectors and what might work best for you feel free to call (605) 665-6820 or write mrumsey@avera.org.

Matthew Rumsey, Au.D. CCC-A

Avera
Medical Group
Ear, Nose & Throat
Yankton

Jeffrey J. Liudahl, M.D.
Matthew Rumsey, Au.D., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • www.yanktonent.com

Podiatry

Q Are flip-flops bad for your feet. Is it better just to go barefoot?

A. We're seeing more heel pain than ever in patients 15 to 25 years old, a group that usually doesn't have this problem. A major contributor is wearing flip-flop sandals with paper-thin soles everyday to school. Flip-flops have no arch support and can accentuate any abnormal biomechanics in foot motion, and this eventually brings pain and inflammation. I recommend wearing sandals with reasonably strong soles and arch support. Especially for girls and young women, thicker soled sandals with supportive arches might not be considered stylish, but if you want to wear sandals most of the time, you'll avoid heel pain if you choose sturdier, perhaps less fashionable styles. It is estimated that 15 percent of all adult foot complaints involve plantar fasciitis, the type of heel pain caused by chronic inflammation of the connective tissue extending from the heel bone to the toes. Being overweight and wearing inappropriate footwear, such as flip-flops, are common contributing factors for heel pain.

Terence Pedersen, D.P.M.

Scott Torness, D.P.M.

Avera
Medical Group
Podiatry
Yankton

Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton • 668-8601

Orthopedics

Q Sometimes it feels good to crack my knuckles. My sister says I am going to give myself arthritis if I keep doing this.

A. Popping, cracking or snapping joints is usually normal if not associated with any pain, swelling or loss of motion. Many joints will create noise with bending or stretching. The sound is usually produced when ligaments slide over bone or joint surfaces. Cracking knuckles may occur because the rapid change in joint pressure causes sudden release of dissolved gases in the joint fluid similar to what happens when you open a can of "pop". Extra joint noise is often noticed for several months after joint surgery. Cracking in the neck is very noticeable because the joint sounds are easily transmitted to the ear through bone conduction. Painless, popping joints are usually nothing to worry about.

Dr. Dan Johnson, M.D.
Board Certified
Orthopedic Surgeon

ORTHOPEDIC INSTITUTE

1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-0077

Urological

Q Did you know?

A. A) Parents who smoke may be putting their young children at a greater risk for bladder irritation from the effects of second hand smoke. B) A significant risk factor for heart disease or poor peripheral blood circulation problems in men with no previous known cardiovascular risk factors is trouble achieving erections and may be an early warning sign of significant heart disease or problems with your blood supply to your legs. C) Testosterone replacement for patients with low levels of testosterone can reverse fat accumulations leading to improved lean body mass, improve your cardiovascular risk factors and improve control of type 2 diabetes.

Dr. Joseph Boudreau
MD, F.R.C.S.

Yankton Urological Surgery, Prof., L.L.C. 2009 Locust, Yankton • 689-1100

Chiropractic

Q Can chiropractic help my back during my pregnancy?

A. It is not unusual to experience back pain during some stage of pregnancy. Chiropractic is a great option for treatment. Treatment is drugless and safe for both the mother and baby. Treatment can start at any stage of pregnancy. Treatment includes techniques that are easy to apply and comfortable for the mother. Due to the nature of how the pregnancy can affect the spine, chiropractic will address both the mechanics of movement and the function of the body through its neurology. This approach has been quite successful and our patients go on to enjoy the rest of their pregnancy.

Sheila Fitzgerald, DC

first
chiropractic
CENTER

2507 Fox Run Parkway,
Yankton, SD, 665-8073

Fitness/Health

Q I have noticed as I've gotten older that my balance isn't what it used to be. What can I do?

A. While there are things associated with age that can affect balance such as reduced reflex speed and poor vision, poor balance doesn't have to be inevitable. Safely remaining active can help you retain and improve your current balance. Performing cardiovascular exercise helps improve general muscle coordination and gate. Increasing lower body muscle strength can help as well. Muscle weakness or imbalances can definitely throw off your balance. Utilizing some strength training exercises can make for relatively quick improvements. If poor balance is caused by poor flexibility then perhaps an appropriate stretching routine could help. Sometimes after a fall it is your confidence that is slowing you down. Safely practice the things that are challenging to you for example, walking up and down curbs, using the stairs etc. A physical therapist or personal trainer can be a great asset in determining what might be the cause and what could be the cure for your poor balance.

Angie O'Connor
Clinical Exercise Specialist

Avera
Sacred Heart
Wellness Center

501 Summit • 665-9006

Pharmacy/Nutrition

Q Leg cramps

A. Anyone who has experienced leg cramps knows they can be quite troublesome and painful. Leg cramps are a common issue, experienced by roughly half of the elderly population and in about 50% of women in their final 4 to 5 months of pregnancy. Although there is no perfect cure for leg cramps, there are quite a few non-prescription options available. First off, you want to make sure that you are well hydrated. Getting in the recommended 8 glasses of water a day may be enough to combat leg cramps, but it will take some time to fully rehydrate your body. Additionally, you can try stretching your muscles or applying either a cold or heat pack to the affected area as well. If these options don't work, there are a few products available that you can find over the counter. A vitamin B complex taken three times a day would be the best choice. Magnesium is also an option and has been shown to have some benefit in pregnant women. Choose a product that contains 250 mg of magnesium and take one-half of the tablet in the morning and one whole tablet in the evening. Hyland's Leg Cramps with Quinine and tonic water are two other products that are also available. While these two products have not been proven to show any benefit, there are some people who have found relief with these items. Lastly, a pain medication such as ibuprofen (Motrin) or acetaminophen (Tylenol) may be used to control the pain associated with leg cramps, but they will not stop the leg cramp from occurring. Your local pharmacist is available to answer any further questions you may have and to help you find a suitable non-prescription item. If these products fail to relieve your leg cramps, there are prescription products available from your doctor.

Leah Remphew
Pharm. D.

HyVee
EMPLOYEE OWNED
Pharmacy • 665-8261