

# ASK MEN'S HEALTH

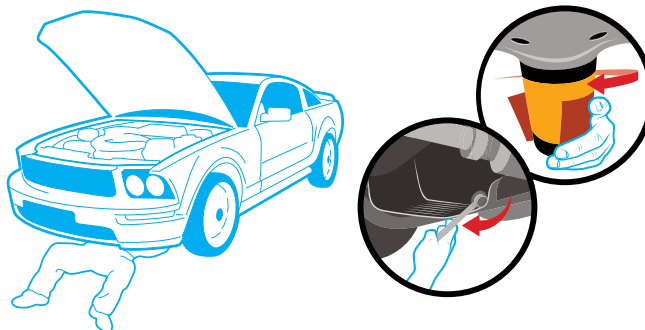
## ESSENTIAL GUY SKILL

### How hard is it to change the oil in my car? JON, SCARSDALE, NY

It's a 3 out of 10 on the Essential Guy Skill difficulty scale. While most car maintenance has become either too complicated or computerized for the average guy to attempt, an oil change is a low-tech task that's still within your reach. Just follow this plan from Courtney Hansen, host of *PowerBlock* on Spike TV, and you'll have your engine freshly lubed in a jiffy.

#### 1 GRAB YOUR TOOLS

You'll need a socket set, a piece of 100-grit sandpaper, a new oil filter, a 2-quart funnel, a disposable aluminum broiler pan, a large zip-top bag, gloves, newspaper, and 4 to 6 quarts of new oil. (Check your owner's manual for the exact amount and type.)



#### 2 DRAIN THE OIL

Park your car on a level spot, apply the emergency brake, and let the engine cool. Next, pop the hood and remove the oil filler cap. Shimmy under the engine\* and place the newspaper beneath the oil drain plug, which is a single bolt on the lowest part of the oil pan. Place the broiler pan under the plug. Remove the plug using the wrench. Oil will gush out and then drip for 10 minutes.

#### 3 REPLACE THE FILTER

The oil filter looks like a fat soda can. Put the broiler pan under it, and then, using the sandpaper, grab the filter and twist. Empty it into the pan. Now open the new oil, dip the tip of your index finger inside, and rub your oily finger over the seal of the new filter. Add new oil to the filter until it's two-thirds full, and then install it. Insert the drain plug, tightening it firmly.

#### 4 POUR IN NEW OIL

Pour new oil into the oil reservoir, using the funnel. Add slightly less than the amount specified in your owner's manual. Now check the dipstick. The oil level should be between the two lines, or near the word "max." Start the engine and let it run for 5 minutes. Then turn it off, wait a few more minutes, and check underneath for leaks. Recheck the dipstick. All good? You're done!

#### 5 CLEAN UP

Funnel the old oil into the empty containers from your new oil. Cap them, toss the old filter into the zip-top bag, and take it all to a recycling center or gas station that accepts used oil.

*\* Can't squeeze under? Use ramps on level ground, like the Petersen portable ones (\$80, sears.com). Be sure to engage the emergency brake and place a chock behind each rear wheel.*

## How can I speak with greater authority during meetings?

TYLER, SCOTTSDALE, AZ

Start by understanding what *doesn't* work—like turning up the decibel level. "It's not about being dominant," says Nancy Cetlin, Ed.D., a psychologist and public-speaking coach based in Boston. "It's about speaking fluidly, having facts at your fingertips, and being your authentic self." Use Cetlin's strategies to grab and hold your audience's attention.

- **Stall less** "Ums" and "ahs" make you look nervous even if you aren't. Cetlin recommends practicing your talk in front of a friend or spouse who can flag the filler words for you.
- **Be decisive** Master your material. That includes anticipating difficult questions and rehearsing the answers. Back it up by memorizing three key points before the meeting. At the same time, don't worry about making mistakes—it'll only distract you and erode your confidence.
- **Act gracious** "Assume a 'host-of-the-party' mindset before a meeting," says Cetlin. "It'll help you relax, and you'll project a nonthreatening alpha quality." Speak in a lively (not loud) manner that's appropriate to your topic and make eye contact with your guests—er, listeners.

## I'm more stressed than ever, and my wife says I've aged 5 years in the last 6 months. How can I regain my looks?

TREVOR, PHILADELPHIA, PA

Assuming you're already doing what you can to keep your stress in check, the next step is to take strategic showers. First, spend a couple of extra minutes with your face tilted toward the showerhead. "Warm water and light water pressure will immediately improve bloodflow and help relieve tension," says David Colbert, M.D., a board-certified dermatologist and founder of the New York Dermatology Group, in Manhattan. Next, suds up your scalp and use your index fingers to massage your temples and hairline for 2 minutes to further stimulate circulation. Rinse and relax. Finally, towel off and apply one of these go-to lotions recommended by Dr. Colbert: Cetaphil Moisturizing Lotion, which contains emollients and humectants that will keep skin soft and replenished (\$9, drugstore.com), or Aveeno Positively Ageless Daily Moisturizer with SPF 30 with shiitake-mushroom extract that slows the aging process (\$20, drugstore.com). Now repeat this entire process once a day, or until you hear your wife say, "Wow."

Illustrations by MCKIBILLO