

**BLUES ROCK BOB**  
The hardness of butter is directly proportional to the softness of the bread.  
**Thursday Prime Rib**  
44 Village Plaza • Channah, KS 67182-0400 • Monday-Saturday  
BULLY'S BLUES ROCK BOB, VOTED AMERICA'S BEST RESTAURANT 5 YEARS STRAIGHT

**4 DOWN**  
See Jays  
lower fourth  
in a row  
**REAL**  
SAYS  
**PAGE 1B**

**LEADER & TIMES**  
Year daily news & news for 127 years

**Yard Sale**  
SEE A COMBINATION OF HOT FOODS!  
#1 CUCUMBER ONE 1/2 PRICE!  
#2 CUCUMBER ONE 1/2 PRICE!  
The Best Mexican Food in Topeka  
Open Mon. every Tuesday, 10am-10pm  
Honeydew Special  
www.mexicanfood.com

**WEDNESDAY** JUNE 19, 2013 \$5.00 PER COPY \$1

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### USDA issues recall of ground beef at Liberal's National Beef



**Recall involves 22,737 lbs. of raw ground beef**

USDA announced today that it is recalling 22,737 pounds of raw ground beef from Liberal's National Beef Co. The recall is due to a possible contamination with E. coli O157:H7. The affected product is ground beef, 80 percent lean/20 percent fat, produced between June 10 and June 14, 2013. The recall covers approximately 100 cases of the product. Consumers who have purchased this product should discard it immediately. For more information, visit [www.usda.gov](http://www.usda.gov).

### Hungry days

Did it exhaust you?  
It must be a sign that you're hungry.

As the days grow longer, it's time to think about your diet. The weather is warming up, and you're probably spending more time outdoors. That's a good thing, but it also means you're burning more calories. To keep your energy up, you need to eat more. Focus on healthy fats, like those found in avocados, nuts, and olive oil. These fats help you feel full longer and provide essential nutrients. Don't forget to drink plenty of water to stay hydrated.

**NEED MEMORABILIA**  
I have many items for sale...  
Call 785-833-1111

**Children helping raise money for Big Brothers Big Sisters**  
The Big Brothers Big Sisters of Central Kansas is seeking volunteers to help raise money for the organization. Children of all ages are encouraged to participate. For more information, call 785-833-1111.

**Walk-a-thon to benefit Plains grocery store project**  
Registration information is available at [www.plainswalkathon.com](http://www.plainswalkathon.com). The walk-a-thon is scheduled for June 23rd. Proceeds will go towards a new grocery store project in the Plains area.

### 'Her honor' a first



**Registration information is available at [www.plainswalkathon.com](http://www.plainswalkathon.com).**

**THROUGHOUT JUNE**  
City accepting applications for not-for-profit funding requests. Applications should be submitted to the City of Topeka, 201 N. Kansas, Topeka, KS 66601. For more information, call 785-833-1111.

**APPLY NOW**  
Soroptimist Club seeking for open committees. The Soroptimist Club of Topeka is seeking members for its various committees. For more information, contact the club at 785-833-1111.

**APPLY BY JUNE 30**  
City of Topeka is seeking applications for various positions. For more information, visit [www.topeka-ks.gov](http://www.topeka-ks.gov).

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