



# Around the Garage

**EPIDEMIC CLAIMS LIFE OF NASCAR CREWMAN** -- A familiar pit-crew member, D.J. Richardson, died on Dec. 25 from complications of the H1N1 "swine flu" virus.

Richardson, 37, died in a Massachusetts hospital. He was a native of Leominster, Mass. He contracted the H1N1 virus during the Thanksgiving holiday. Richardson was admitted to Health Alliance Hospital in Leominster after being diagnosed as suffering from acute respiratory distress syndrome.

A rear-tire changer on Kevin Harvick's No. 29 Chevrolet, Richardson had been a NASCAR crewman for 10 years. In addition to Richard Childress Racing, he also spent time at Andy Petree Racing, Penske Racing, Hendrick Motorsports and Braun Racing.

"All of us at RCR are saddened by D.J.'s passing," said Richard Childress. "D.J. was a gifted tire changer, one of the greatest team players in the business and a valued member of the RCR family. Our thoughts and prayers go out to his family and friends."

**KESELOWSKI'S KREW** -- Penske Racing has hired Jay Guy and Paul Wolfe to serve as crew chiefs for Brad Keselowski's programs in the Sprint Cup and Nationwide

Series.

Roy McCauley, previously crew chief for Penske's No. 12 Dodge (driven in 2009 by David Stremme), will be moved to a new post within the organization.

Guy will head up the Cup team, while Wolfe, himself a former driver, will head the No. 22 Dodge fielded by Penske for Keselowski in the Nationwide Series.

Guy was crew chief at Furniture Racing with driver Regan Smith last season. The 36-year-old is a native of Lancaster, Pa.

**ADVENTURES ABROAD** -- Four-time World of Outlaws champion Donny Schatz won a Dec. 28 race, the Valvoline Australian Sprintcar Grand Prix, at Tyrepower Parramatta City Raceway in Sydney, Australia.

Another familiar American, two-time Sprint Cup champ Tony Stewart, finished seventh after starting on the back row in the main event.

"I think to finish seventh from the tail (of the starting field) was OK," said Stewart. "It was a good first night for me, obviously not as good as my teammate (Schatz), who won the race, but he runs 100 races a year and I get to run three."

Another American, Tim Shaffer, finished third. **WHO ELSE?** -- Jimmie Johnson, already named Male Athlete of the Year by The Associated Press, also earned the Al Holbert Memorial National Driver of the Year award from the Eastern Motorsports Press Association.

The EMPA also named Ted Christopher its Richie Evans Memorial Northeast Driver of the Year. Scheduled for



Brad Keselowski has a new set of crew chiefs for his new stint with Penske Racing. (John Clark/NASCAR This Week photo)

induction into the EMPA Hall of Fame in January are Freddy Adam, Steve Smith, Lou Blaney and Norm Patrick.

The longtime public-relations director at Pocono Raceway, Bob Pleban, earned the Art McHugh Memorial for service to the EMPA.

Monte Dutton has covered motorsports for The Gaston (N.C.) Gazette since 1993. He was named writer of the year by the National Motorsports Press Association in 2008. His blog NASCAR This Week (<http://nascar.rbma.com>) features all of his reporting on racing, roots music and life on the road. E-mail Monte at [nascar\\_thisweek@yahoo.com](mailto:nascar_thisweek@yahoo.com).

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# Bangor Council of K of C to Sponsor Youth Free Thrown Championship

All boys and girls ages 10-14 are invited to participate in the local level of competitions for the 2010 Knights of Columbus Free Throw Championship. The local competition will be held at Pius X High School, Saturday, January 16th at 9pm.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, and state competitions. International champions are announced by the K of C international headquarters based on scores from the state-level competitions. All boys and girls 10 to 14 years are eligible to participate and will compete in their respective age divisions. Last year more than 179,000 sharpshooters in over 3,000 local competitions.

All contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent. For entry forms or additional information, contact any of the Slate Belt Schools.

The Knights of Columbus is an international Catholic family fraternal service organization with nearly 1.7 million members in over 12,500 local councils. Last year, Knights donated 60 million volunteer hours and \$130 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, families and youth.

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# SENIOR NEWS LINE

by Matilda Charles

## Help Your Brain by Helping Others

Seniors are always told to keep busy. Exercise keeps us more physically fit. Getting out among friends keeps us socially active and aware. And now we're told that helping others can help our brains.

A recent study determined that volunteering in a social setting netted dual results: Others were helped, and the seniors made gains in brain function.

In this particular study, volunteers age

60 and over were recruited to teach literacy and other skills to children in kindergarten through third grade. After two weeks of training, they worked alongside other volunteers for 15 hours per week for six months. The volunteers had brain MRIs before the study started, and follow-up MRIs when the study was finished.

At the end of the study, the volunteers showed increases in brain activity and cognitive function, which proved the point the researchers were trying to make: Specific activities can increase "plasticity" in the brain and "prevent or halt age-vulnerable cognitive and neurological declines."

This is more than a case of "use it or lose it," as the skills were not those we would necessarily use every day. The specific skills the volunteers used in this program were problem solving, literacy support, conflict resolution and being able to work through

distractions.

One thing that came out of the study was that it's important that the activities have meaning. Researchers had a high level of participants who stayed with the program, likely because it was rewarding and stimulating to work with the children.

If we're to use social volunteering as a means of strengthening our own brain functioning, we need to decide what things matter to us -- literacy, poverty, animal welfare, soup kitchen and food bank, transportation for cancer or dialysis patients, tree planting, Habitat for Humanity -- and focus on those activities.

What matters the most to you?

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com).

## King Crossword

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**ACROSS**

1 Did some weeding  
5 Cudgel  
8 "National Treasure" actor  
12 Roundish hairdo  
13 Inventor Whitney  
14 Rainbow  
15 Just lie there  
17 Gridlock elements  
18 Deity  
19 Within one's power  
21 Xbox enthusiast  
24 Crow or crane  
25 Metmorphoses" poet  
26 Military headquarters  
30 Automaton, for short  
31 Leans to one side  
32 Singer DiFranco  
33 Cameo's opposite  
35 Shell-less snail  
36 Mah-jongg piece  
37 Tether  
38 "— Preacher Man"  
41 Vast expanse

**DOWN**

1 Owns  
2 Frequently  
3 Mound stat  
4 Followed relentlessly  
5 Rosary component  
6 Elev.  
7 Included as  
8 Locust  
9 Speedy  
10 "You go, —!"  
11 Being, to  
16 Neither mate  
20 Table scraps  
21 Asian desert  
22 Shake-speare's river  
23 Catcher's prop  
24 Prove untrue  
26 Pirate  
27 Festive  
28 Responsibility  
29 At hand  
31 Workweek's end initials  
34 Lacking a musical key  
35 Rap session?  
37 Director Spike  
38 Foundered  
39 "Grapes of Wrath" type  
40 Baseball team  
41 Unescorted  
44 Actress Hagen  
45 AAA job  
46 Hearty quaff  
47 Needlefish

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## Weekly SUDOKU

by Linda Thistle

|   |   |   |   |   |   |   |   |   |
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★ ★ ★**

★ Moderate    ★ ★ Challenging  
★ ★ ★ HOO BOY!

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Solution time: 21 mins.

### King Crossword

Answers

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### Weekly SUDOKU

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