

Creating healthier families

The Family Health and Fitness Day in Hermiston drew families to Hermiston High School on Saturday for free snacks, health information, giveaways, medical screenings and a teddy bear clinic.



Kailey, 5, of Hermiston, listens to the diagnosis of her teddy bear on Saturday at the x-ray table at the Family Health and Fitness Day in Hermiston. Her mother, Jessica Brown, said the teddy bear clinic was a fun way for children to learn about what happens in hospitals.



STAFF PHOTOS BY PHIL WRIGHT

Free turkey sandwiches with local produce were the healthy lunch special Saturday at the Family Health and Fitness Day at Hermiston High School.



Locals line up at some of the many booths promoting wellness Saturday at the Family Health and Fitness Day at the high school in Hermiston.

Hermiston High School senior Randy Conejo helps fit a bicycle helmet to 11-year-old Isaac of Umatilla on Saturday at the Family Health and Fitness Day in Hermiston. Isaac's mother, Johanna Shelley, said this was the family's first time going to the event and they learned plenty.

CRYPTOQUIP

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: J equals P

HMEKIDM B KL K DQIVGJKC CGQ
3KJMXD VQ HM HBS KXA DVZQXS,

AQ JMQJYM EQXDBAMZ LM K

GMWVF YMWVF?

Because I am a southerner who happens to be big and strong, do people consider me a hefty lefty?

answer
Cryptoquip

Answers grid for Cryptoquip puzzle

SUPER CROSSWORD: GRAIN SUBSTITUTES

- ACROSS: 1 Back muscles, informally; 48 Fierce fire; 51 Easily seen cereal grain?; 90 Carroll of "All in the Family"; 93 Puzzle cube inventor; 94 Old TV dog; 95 — oxide (laughing gas); 98 Word-for-word; 100 Response after being gifted with a cereal grain?; 103 Charms; 108 Roof feature; 109 — rule; 110 See 5-Down; 113 Wild fight; 114 Dream; 115 TV's Jillian; 116 Channel in a recording studio; 117 West Indies vacation isle; 118 Inner turmoil; 119 University in New Orleans; 120 Long-running CBS show; 121 Unshackled; 122 Like custard; 123 Nonclerical; 125 Muscle woe; 126 Starts using in an arena; 127 Glimpsed; DOWN: 1 Cash in Turkey; 2 Whisper for the audience; 3 Implied; 4 Clay target shooting; 5 With 110-Across, NFL all-star game; 6 Like many gory films; 7 Comeback?; 8 Expression; 9 Right fielder; 10 Slaughter; 11 Final mo.; 12 On the nose; 13 Soften; 14 Do moguls; 15 Zodiac sign; 16 TV's Jillian; 17 Channel in a recording studio; 18 West Indies vacation isle; 19 Inner turmoil; 20 University in New Orleans; 21 Long-running CBS show; 22 Unshackled; 23 Like custard; 24 Nonclerical; 25 Toe feature; 26 Basic lesson; 27 Combined; 28 Pan relatives; 29 Letter before omega; 30 Basic lesson; 31 French city; 32 Nirvana, e.g.; 33 "blows no good"; 34 Ship again; 35 Friendly; 36 Epps of films; 37 Like many gory films; 38 Short while; 39 Float easily; 40 Thick polar coverings; 41 New Mexico resort; 42 Unruly tyke; 43 Less dry; 44 Clod buster; 45 Great anger; 46 — and hers; 47 Gyro meat; 48 Singer Perry; 49 Gp. for Iran; 50 City near Lake Tahoe; 51 Eligible for Soc. Sec.; 52 Hanukkah pancake; 53 Olympic god; 54 Leslie Caron musical film; 55 Behind; 56 Razz; 57 Israeli dance; 58 With 57-Across, easily attached patches; 59 Whopper; 60 Sub meat; 61 Evening, in some ads; 62 To the — degree; 63 Arbitrary decrees; 64 Methodology; 65 Softer; 66 Employ anew; 67 PLO's Arafat; 68 Clodhopper; 69 Goes soft; 70 Iran-Contra; 71 Methodology; 72 PLO's Arafat; 73 Clodhopper; 74 Goes soft; 75 Iran-Contra; 76 Superman; 77 Determined to do; 78 Born and —; 79 Quarterback; 80 Graham; 81 Thrash; 82 Ford fluid; 83 Put tears in; 84 "— believer!"; 85 "— pro nobis"; 86 Pas' mates

Super Crossword grid with starting numbers

SUDOKU

Sudoku grid with some numbers filled in

DIFFICULTY THIS WEEK ★★



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Answers grid for the Sudoku puzzle

Weekly SUDOKU Answer

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