Fruits and veggies for everybody

1. The filling for asian turkey lettuce wraps included turkey, ginger and soy sauce. Families prepared the turkey, along with broccoli cheddar soup at the final Fruits and Veggies for Families cooking class hosted by SNAP-Ed and Umatilla Morrow County Head Start on Jan. 29. The classes are open to families that face food insecurity, and the main goal is to teach families how to fit more produce into their cooking.

2. Silvia Castillo (left) enjoys a meal with her mother Juana Viellegras, her son Angel Arreola and her grandmother Margerita Viellegras on Jan. 29. Castillo said the family's favorite new recipes from the class are asian peanut butter noodles and kale chips.

3. Andrea Adams, the Fruits and Veggies for Families coordinator, prepared lettuce for turkey asian lettuce wraps served during the final cooking class in a grant-funded series hosted by SNAP-Ed and Umatilla Morrow County Head Start. The class was funded by Eastern Oregon Coordinated Care Organization.

4. Donna Abbott (right) and her daughter Saydie enjoyed their meal after helping cook Jan 29. Abbott cooks at a local senior living facility, where she says she gets to put recipes she learns in class to good use. "I take the recipe pages to work," she said.

5. SNAP-Ed and Umatilla Morrow County Head Start received about $100,000 last year to host Fruits and Veggie for Families cooking classes in Pendleton and Hermiston. The program sends families home with a grocery bag of fresh produce after each class. "We're trying to address main barriers to fruit and veggie consumption," said SNAP-Ed Coordinator Angie Treadwell.

6. Everyone got to choose between a gluten-free or regular broccoli cheddar soup on Jan. 29. The classes serve about 75 families each month in the Hermiston area.

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: **Q** equals **F**

VPYHEW RBCCXWX, VB WPEW-NB KBVHIGYHUGU IUKHYX GB WXG GB GNX QBBG BQ GNX RCIUU?

podiatrists aspire to get to the foot of the class?

Cryptoquip answer

During college, do gung-ho

SUPER CROSSWORD: RISING TO THE DEBATE

ACROSS
1 While away the hours
9 Amorphous, sunken-into seats
17 Book divs.
20 Adopts, as a belief
21 Do a new layout of
22 Marina del —, California
23 Start of a riddle
25 Musician Yoko
26 Fixes a seam, say
27 Drink served with scones
28 Suffix with final or solo
29 Heroic poetry
30 Riddle, part 2
37 7-Eleven drink
41 Isn't on target
42 Contract inker, e.g.
43 "Stones for —" (1988 film)
44 San —, California
46 Most fake
48 Riddle, part 3
51 With 57-Across, descent before pulling a rip cord
52 Chilean cheer
53 Praise publicly
54 Margarita glass liner
57 See 51-Across
60 1990s Philippine president
62 Ad entreaty
64 ET of TV
67 Riddle, part 4
71 "Rock and Roll, Hoochie —"
72 Gel alternative
74 Bow rub-on
75 "— Cassius has a lean and hungry look": Julius Caesar
77 — Sunday
78 Let out
79 Xenon, e.g.
81 Fesses (up)
85 Riddle, part 5
92 Deliver news about
94 Capacious
95 One of Jupiter's moons
96 Rare Italian violins
97 Trial run
98 Watched kids for cash
99 End of the riddle
104 Tip jar bills
105 Mimicker
106 "— There Was You"
107 — ghanouj
111 Poetry Out Loud org.
112 Riddle's answer
119 Wind up
120 Tendency to stick together
121 "Casino Royale" Bond girl player
122 Rds.
123 Outburst of wild emotion
124 Tokyo "ta-ta"

DOWN
1 Sunday seats
2 Court champ Arthur
3 Shoot forth
4 Male heirs
5 "Tsk!"
6 "Semi-" suffix
7 Get together
8 Road twists
9 Male sib
10 Always, to bards
11 Astern
12 Feature of a perfect ball game
13 Audacious
14 Just slightly
15 Slender fish
16 Hog home
17 Certain liquid fuel container
18 High-tech map subjects
19 Natalie Portman's childhood home on Long Island
24 "Bali —"
29 Most tense
30 Twist
31 Skin cream brand
32 Ensnares
33 Cookie giant
34 Lead singer
35 Beginning on
36 Have supper
37 Son of Willy Loman
38 Skyscraper beam
39 Many an app
40 Anguish
44 Actor Gibson
45 Had supper
46 Sainted pope
47 FDR follower
49 Hit the links
50 Boxing punch
55 London lav
56 16 eighths
58 Tummy "six-pack"
59 Actor Marvin
60 Interstate stop
61 Pal, in Calais
62 Earlier
63 "No — do!"
64 Rock blaster
65 Mauna —
66 Big magazine pitches
68 Suze with financial tips
69 Stir up, as silt
70 NASDAQ kin
73 Polishes
76 Bride's belongings
78 Green start?
79 Big Red, e.g.
80 Poet Lowell
82 "— calling?"
83 California's — Valley
84 TDs, e.g.
86 Fortitude
87 — -bitsy
88 Looking up
89 Attend
90 Imminent
91 Lard holders
92 Seminal punk band
93 Distinguished
97 Feared fly
98 Luxury watch company
100 Vows
101 In a tizzy
102 Dol. divisions
103 Quotes
107 Farm building
108 Cruising
109 South African Dutch
110 Actress Faris
112 "— bin ein Berliner"
113 Nerf ball, e.g.
114 Make public
115 "— will not!"
116 Genetic ID
117 Actor Liotta
118 Swelled head

SUDOKU

	4		8				7	
6			4	3		5		
		2			1			3
8			7			2	3	
		9			6	8		
	7			9				6
2			5				1	
	3	4			7	9		
	1			8				5

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 ★★

Super Crossword answers

P	A	S	S	T	I	M	E	■	B	E	A	N	B	A	G	S	■	P	G	S
E	S	P	O	U	S	E	S	■	R	E	F	O	R	M	A	T	■	R	E	Y
W	H	E	N	T	H	E	S	H	O	R	T	H	A	I	R	Y	■	O	N	O
S	E	W	S	■	■	T	E	A	■	■	■	I	S	T	■	■	E	P	O	S
C	O	U	S	I	N	O	F	T	H	E	A	D	D	A	M	S	■	■	■	■
B	I	G	G	U	L	P	■	■	E	R	R	S	■	■	S	I	G	N	E	E
I	B	A	R	R	A	■	M	A	T	E	O	■	P	H	O	N	I	E	S	T
F	A	M	I	L	Y	G	E	T	S	O	N	H	I	S	F	E	E	T	■	■
F	R	E	E	■	■	O	L	E	■	■	T	O	U	T	■	■	S	A	L	T
■	■	■	F	A	L	L	■	■	R	A	M	O	S	■	A	C	T	N	O	W
A	L	F	■	B	E	F	O	R	E	M	A	K	I	N	G	A	■	K	O	O
M	O	U	S	S	E	■	R	O	S	I	N	■	■	Y	O	N	D	■	■	■
P	A	L	M	■	■	E	M	I	T	■	■	G	A	S	■	■	O	W	N	S
■	L	O	G	I	C	A	L	A	R	G	U	M	E	N	T	W	H	A	T	■
R	E	P	O	R	T	O	N	■	R	O	O	M	Y	■	E	U	R	O	P	A
A	M	A	T	I	S	■	■	T	E	S	T	■	■	B	A	B	Y	S	A	T
M	I	G	H	T	Y	O	U	S	A	Y	O	C	C	U	R	S	■	■	■	■
O	N	E	S	■	■	A	P	E	■	■	■	T	I	L	■	■	B	A	B	A
N	E	A	■	I	T	S	T	O	R	E	S	T	A	N	D	S	T	I	L	L
E	N	D	■	C	O	H	E	S	I	O	N	■	E	V	A	G	R	E	E	N
S	T	S	■	H	Y	S	T	E	R	I	A	■	S	A	Y	O	N	A	R	A

Super Crossword

Answers

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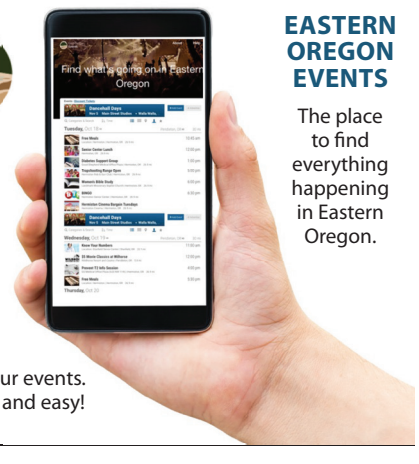

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5	2	3	4	8	9	6	1	7
8	6	9	7	2	1	4	3	5
4	7	1	6	3	5	9	8	2
6	4	1	8	9	2	5	7	3
7	5	8	1	6	3	2	9	4
9	3	5	2	7	4	1	6	8
3	8	6	5	4	7	3	2	9
1	9	4	3	5	8	7	4	6
2	1	7	9	3	6	8	5	1

Weekly SUDOKU Answer

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