

Loudoun County  
Senior Center at  
Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/  
seniors-cascades](http://www.loudoun.gov/seniors-cascades)



**Staff:**  
**Manager:**  
**Brenda Davis**

**Assistant Manager:**  
**Judith Mangilin**

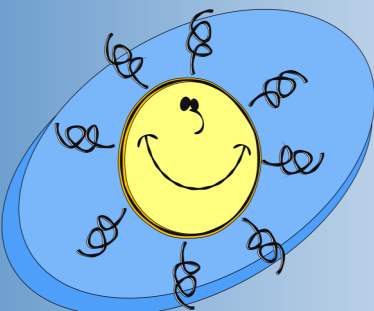
**Café Supervisor:**  
**Carrie Randolph**

**Recreation  
Programmer:**  
**Paul Torrible**

**Customer Service:**  
**Haley Moore**

**Vehicle Operator:**  
**Felix Duran**

**Vehicle Operator:**  
**Satish Sharma**



# CASCADES SENIOR CENTER

## E-NEWS May 14, 2021

### Manager's Note

The practice of gratitude has been an important part of my life for several years, and has become especially important to help me stay focused on the good and positive things during the pandemic. I am grateful for so many things – my job, my home, my family (including my dogs!), and for the food on my table. But even as we are thankful for these things, it's important to look deeper and extend gratitude for what makes it all possible.

I once learned of a Buddhist practice which expresses gratitude for an item, say a cookie, by recognizing everything it took to bring that cookie to you. A farmer had to plant, grow, cultivate and harvest the wheat for the flour; the soil, sunshine and rain made it possible for the wheat to grow; someone had to raise and milk the cow for the milk and butter – you get the picture.

In the spirit of that deep gratitude, I invite you to **join me in thanking the staff at the Central Kitchen** who, despite numerous challenges in food & supply shortages, have been dedicated over this last year to get meals to our senior centers, adult day centers, senior community congregate meal sites and even to the vaccination pod at the Dulles Town Center for two months (*feeding lunch to the staff and volunteers making it possible to get vaccinated*). Not only did they prepare our favorite meals, they have been packaging all of them individually so that we may consume them safely (*much more labor intensive than the cafeteria service we normally provide*).

Thank you to our Central Kitchen Staff for all you have done and continue to do to provide nutritious meals for our older adult population during the most challenging of times.

In deep gratitude,  
Brenda Davis, the rest of the Cascades Senior Center staff & our members



THANK YOU

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**CENTRAL  
KITCHEN STAFF!**



## VCE Loudoun Master Gardeners Virtual Lecture Series on Culinary Herbs Set for June 3, 2021



Join the VCE Loudoun Master Gardeners **Thursday, June 3, 2021, at 7:00 p.m.** for a **virtual lecture: "Learn to Grow and Use a Dozen Culinary Herbs"**.

For each herb, discover the best time and way to start, cultural conditions, harvesting and preserving techniques, and methods for using them in the kitchen. These herbs are easy to grow and can be grown in containers for the summer.

Speaker Peggy Riccio is a horticulturalist and garden communicator in Northern Virginia. She has been growing and cooking with herbs for her family's meals for 20 years. Her website, [pegplant.com](http://pegplant.com) is an online resource for gardeners in the DC metro area. She publishes a local gardening newsletter, Pegplant's Post, and initiated a Facebook group called Culinary Herbs and Spices.

For more information, visit the [registration page](#) and the [flyer](#).

This free virtual lecture series is hosted by Rust Library in partnership with the Loudoun County Public Library.

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## County Parks & Recreation Master Plan Public Meeting May 25

The third in a series of (virtual) public meetings regarding the Master Plan for the Loudoun County Department of Parks, Recreation and Community Services will be held **Tuesday, May 25, 2021, at 7:00 p.m.** The department contracted for a strategic master planning process with the goal of creating an environment for providing exceptional facilities, recreational opportunities and community services that enhance the health and well-being of Loudoun residents.

The purpose of the meeting is to provide an update on the project and present key technical findings. Details about the master planning project and how to join virtual meetings and submit comments can be found at [www.loudoun.gov/prcsmasterplan](http://www.loudoun.gov/prcsmasterplan).

## \*\*ACTIVITIES SCHEDULE\*\*

MON 5/17	TUES 5/18	WED 5/19	THURS 5/20	FRI 5/21
<b>10:30am-11:30am</b> ESL Class (Virtual)	<b>10:00am-11:00am</b> Aerobics Video (Indoor)	<b>10:00am-11:00am</b> Tai Chi (Outdoor)	<b>10:30am-11:30am</b> Learn Mandarin (Virtual)	<b>9:30am-11:30am</b> Knit & Crochet (Indoor)
<b>1:00pm-2:00pm</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Conversational Spanish (Virtual)	<b>10:30am-11:30am</b> Yoga Class (Virtual)	<b>1:00pm-2:00pm</b> Current Events (Indoor)	<b>1:00pm-2:00pm</b> Safe Bingo (Indoor)
<b>1:00pm-2:00pm</b> Book Club (Indoor)	<b>1:00pm-2:00pm</b> Ukulele Jam Session (Outdoor)	<b>12:00pm-2:00pm</b> Movie Day "Notting Hill" (Indoor)		<b>1:00pm-2:00pm</b> Yoga Class (Virtual)
<b>2:00pm-3:00pm</b> Walking Group (Outdoor)	<div>Computer Lab is open to senior center members Mon-Fri 10:00am-3:00pm Sign up is required. Masks are required and social distancing must be maintained.</div>			
<b>2:30pm-3:30pm</b> Teen Tech (Virtual)				

*The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.*

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

MON 5/24	TUES 5/25	WED 5/26	THURS 5/27	FRI 5/28
<b>10:30am-11:30am</b> ESL Class (Virtual)	<b>10:00am-11:00am</b> Aerobics Video (Indoor)	<b>10:00am-11:00am</b> Tai Chi (Outdoor)	<b>10:30am-11:30am</b> Learn Mandarin (Virtual)	<b>9:30am-11:30am</b> Knit & Crochet (Indoor)
<b>1:00pm-2:00pm</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Conversational Spanish (Virtual)	<b>10:30am-11:30am</b> Yoga Class (Virtual)	<b>1:00pm-2:00pm</b> Current Events (Indoor)	<b>1:00pm-2:00pm</b> Safe Bingo (Indoor)
<b>2:00pm-3:00pm</b> Walking Group (Outdoor)	<b>1:00pm-2:00pm</b> Ukulele Jam Session (Outdoor)	<b>12:00pm-2:41pm</b> Movie Day "Inside Man" (Indoor)		<b>1:00pm-2:00pm</b> Yoga Class (Virtual)
<b>2:30pm-3:30pm</b> Teen Tech (Virtual)				

# ACTIVITY DESCRIPTION

## Mondays

**10:30am ESL Class (Virtual)** – English as a second language class. Instructor: Judy Villedrouin

**1:00pm Yoga (Virtual)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

**1:00pm Book Club (Indoor, 3<sup>rd</sup> Monday's only)**—Monthly discussions, new members welcome. Leader: Mary Rudiak

**2:00pm Walking Group (Outdoor)** - A 25-30 minute walk on level terrain. Dress appropriately and bring water. Leader: Brenda, Paul or Haley

**2:30pm Teen Tech (Virtual Activity)**— Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie

## Tuesdays

**10:00am Aerobics Video (Indoor)**—light exercise featuring Richard Simmons and the Silver Foxes DVD

**10:30am Conversational Spanish (Virtual)**—Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

**Registration required 24 hours in advance for all activities.**

**Call 571-258-3280 to register.**

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## Wednesdays

**10:00am Tai Chi (Outdoor)** - Gentle physical exercise embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren

**10:30am Yoga (Virtual)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

**12:00pm- Movie Day (Indoor)**—Free movie presentation. Bring your own snacks.  
**“Notting Hill”** 199, PG-13 (May 19)  
**“Inside Man”** 2006, R (May 26)

## Thursdays

**10:30am Learn Mandarin (Virtual)** This class is for all levels and is informal. Instructor: Susan Xiaoping

**1:00pm Current Events (Indoor)** Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.

## Fridays

**9:30am Knit & Crochet (Indoor)**— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.

**1:00pm Safe Bingo (Indoor)**—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

**1:00pm Yoga (Virtual)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

Our Computer lab is open to senior center members between 10:00am-3:00pm. Sign up is required. Masks are required and social distancing must be maintained.

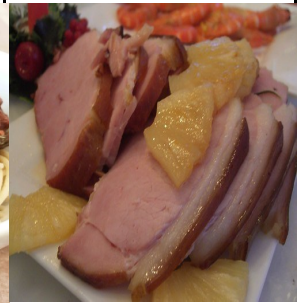


# What's for lunch at Cascades?

## REMINDER:

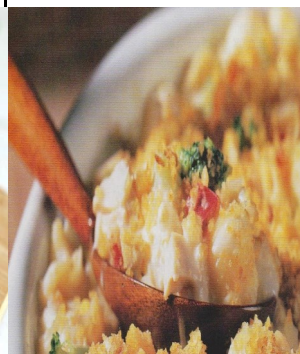
*If you are in need of a lunch meal or food in general, please call the center at 571-258-3280.*

<b>MON 5/17</b>	<b>TUES 5/18</b>	<b>WED 5/19</b>	<b>THURS 5/20</b>	<b>FRI 5/21</b>
Stuffed Cabbage Mashed Potato Vegetable Blend Fruit, Bread & Milk  Vegetarian meal Available	Hot Dog/bun Baked Beans Caribbean Blend Veggies Fruit & Milk  Vegetarian meal Available	Italian Sausage Braised Cabbage Parslied Potato Fruit, Bread & Milk  Vegetarian meal Available	Spaghetti/ Meatsauce Vegetable Blend Fruit, Bread & Milk  Vegetarian meal Available	Baked Ham Scalloped Potato Mixed Vegetables Fruit, Bread & Milk  Vegetarian meal Available



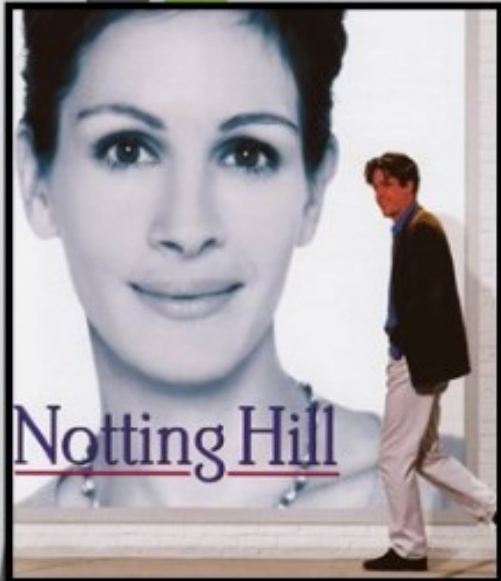
## DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)

<b>MON 5/24</b>	<b>TUES 5/25</b>	<b>WED 5/26</b>	<b>THURS 5/27</b>	<b>FRI 5/28</b>
Chili Rice Mixed Vegetables Fruit, Bread & Milk  Vegetarian meal Available	BBQ Chicken Corn Collard Greens Fruit, Bread & Milk  Vegetarian meal Available	Meatloaf Mashed Potato Green Peas Bread Fruit & Milk  Vegetarian meal Available	Escalloped Chicken Green Beans Lima Beans Fruit, Bread & Milk  Vegetarian meal Available	Baked Fish Macaroni & Cheese Vegetable Medley Fruit & Milk  Vegetarian meal Available



## **On the Big Screen**

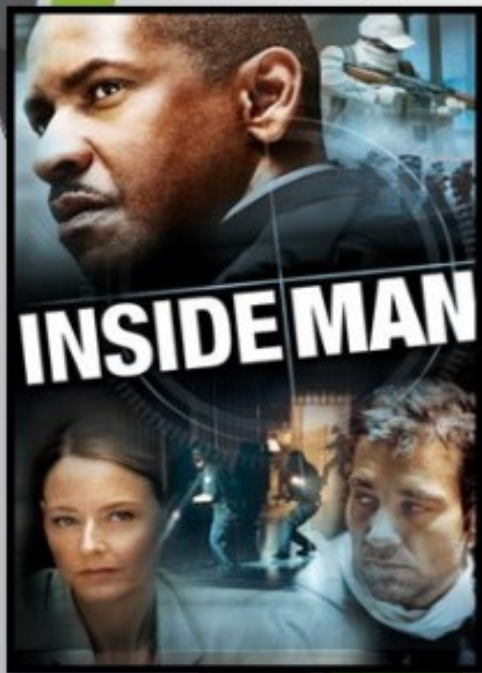
**@ Cascades Senior Center**  
**free for senior center members**



**Wednesday May 19<sup>th</sup> @ 12:00pm**

### **"Notting Hill" 1999 (PG-13)**

**William Thacker (Hugh Grant) is a London bookstore owner whose humdrum existence is thrown into romantic turmoil when famous American actress Anna Scott (Julia Roberts) appears in his shop. A chance encounter leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.**



**Wednesday May 26<sup>th</sup> @ 12:00pm**

### **"Inside Man" 2006 (R)**

**A tough detective (Denzel Washington) matches wits with a cunning bank robber (Clive Owen), as a tense hostage crisis is unfolding. Into the volatile situation comes a woman named Madaline (Jodie Foster), a mysterious power broker who has a hidden agenda and threatens to push a tense situation past the breaking point.**

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call the appropriate community center/program area at least 3 business days prior to the start of the activity.



# The Outdoor Ukulele Jam Session

If you are proficient with the ukulele and would like to jam with others, come to The Outdoor Ukulele Jam Session every Tuesday between 1:00pm-2:00pm.



This is not a class.  
Must bring your own ukulele.

Get together  
to play  
ukulele and  
have a good  
time!



All the Cascades Moms were treated to  
Carnations and Cakes on Friday May 7<sup>th</sup>!



We hope you had a happy Mother's Day!  
A big thank you to the Advisory Board  
for supplying the Carnations!



# Electronics Recycling Event

**Saturday, May 15**  
**751 Miller Dr. SE**  
**Leesburg**  
**9 a.m. - 3 p.m.**



**LOUDOUN  
COUNTY**  
VIRGINIA

**[loudoun.gov/electronics](https://www.loudoun.gov/electronics)**

Loudoun County will host an electronics recycling event Saturday, May 15, 2021, from 9:00 a.m. - 3:00 p.m. at 751 Miller Drive SE in Leesburg. There is a limit of five items per vehicle; a one-cubic-foot size box or equivalent size container for smaller items will be considered one item. Fees will be charged for televisions and hard drive destruction services. Only credit cards will be accepted: no cash, no checks.

In accordance with Governor Northam's Executive Order 63, members of the public will be required to wear face coverings at the point of service. The event features a drive-through process in which residents are instructed to remain in their vehicles and allow event staff to unload any items accepted for recycling. Items must be placed in the rear of the vehicle, such as the trunk of a car, the bed of a pickup truck or the very back of an SUV. Items will not be accepted if in the front seat, back seat or if the driver attempts to hand an item to staff.

**For more information, please call 703-771-5514 or send an email to [oswm@loudoun.gov](mailto:oswm@loudoun.gov)**

**More information is also online at:**

**<https://www.loudoun.gov/408/County-Electronics-Recycling-Events>**

# **ASIAN PACIFIC AMERICAN HERITAGE MONTH**

**May is Asian/Pacific American Heritage Month. It is a month to celebrate and pay tribute to the contributions Asian/Pacific Americans have made to American history, society and culture.**

**Source: Library of Congress, Census.gov & PBS**

**In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: the arrival in the United States of the first Japanese immigrants (May 7, 1843) and contributions of Chinese workers to the building of the transcontinental railroad, completed May 10, 1869.**

**In 1992, Congress expanded the observance to a monthlong celebration that is now known as Asian American and Pacific Islander Heritage Month. Per a 1997 U.S. Office of Management and Budget directive, the Asian or Pacific Islander racial category was separated into two categories: one being Asian and the other Native Hawaiian and Other Pacific Islander.**

**Celebrate Asian Pacific American Heritage Month with a special PBS collection of stories that explores the history, traditions and culture of Asians and Pacific Islanders in the United States.**

**Click below to view these stories:**

**<https://www.pbs.org/specials/asian-pacific-american-heritage-month/>**





Loudoun County Area Agency on Aging  
**VIRTUAL FAMILY CAREGIVER EDUCATION SERIES**

**EMBRACING THEIR REALITY: HOW TO BETTER COMMUNICATE IN DEMENTIA CAREGIVING**

May 19, 2021 • 1:30 pm – 2:30 pm EST

Presented by Rachael Wonderlin, MS, Dementia By Day

*Hosted by the Loudoun County Area Agency on Aging*

**TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,**

please send an email to [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov)



*If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.*



Saturday May 15<sup>th</sup> is  
Armed Forces Day

Since 1949, Armed Forces Day salutes the current members of the American Armed Forces. "We praise the work of the military services at home and across the seas. They are vital to the security of the nation and to a desirable peace."

-President Harry Truman

Source: Military.com

## SHAVUOT BEGINS AT SUNDOWN ON SUNDAY MAY 16<sup>TH</sup>



SHAVUOT (THE "FEAST OF WEEKS") IS CELEBRATED SEVEN WEEKS AFTER PASSOVER. IT COMMEMORATES THE SPRING HARVEST AND THE GIVING OF THE TORAH ON MOUNT SINAI. SINCE SHAVUOT IS AN ANCIENT PILGRIMAGE HOLIDAY, IT IS NOT SURPRISING THAT ITS RITUAL FOCUSES ON THE COMMUNITY. THERE ARE A NUMBER OF CUSTOMS ASSOCIATED WITH PERSONAL PRACTICE. CHIEF AMONG THEM IS THE EATING OF DAIRY PRODUCTS ON SHAVUOT. ALTHOUGH THE REASONS FOR THIS CUSTOM ARE NOT COMPLETELY CLEAR, IT HAS BECOME TRADITIONAL TO EAT MILK AND CHEESE PRODUCTS AS PART OF THE CELEBRATION OF SHAVUOT. Source: MyJewishLearning.com





# EARLY BIRDS

IN THE PARK



## BLES PARK

MONTHLY, 10A-11A  
2ND THURSDAYS  
MAY – SEPTEMBER

### A FREE PROGRAM FOR EARLY-STAGE PERSONS & CARE PARTNERS

Individuals newly diagnosed with a cognitive disorder and their care partners will experience:

- A safe, accepting social environment
- Therapeutic physical activities and creative stimulation guided by professional staff
- A spirit of community through fun and friendship

**BLES PARK**  
44830 BLES PARK DR  
ASHBURN, VA 20147

Hosted by Eastern Loudoun Adult Day Center  
Loudoun County Area Agency on Aging  
Advance registration required. Call 571-258-3232.  
Bring a chair, water, hat & bug spray!



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES  
**LOUDOUN.GOV/PRCS**  
FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711



# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

## Weekly PROGRAM SCHEDULE

### TUESDAY (5/18)

**12:00 PM — Mid-Day Meditation:** Led by certified yoga instructor Laura Banks.

**4:00 PM — Stop Motion Animation:** Use a smartphone to shoot fun and exciting animations.

**6:00 PM — Pilates for Stress Release:** Focus on your breath to help reduce tension and stress in the body. Instructor is Vanessa Caesare.

**7:00 PM — Online Game Night:** Play Pictionary!

### THURSDAY (5/20)

**6:30 PM — Forgotten History:** Using photo, video and 3D modeling, DC-area photographer and diver Frank Stopa recounts the story of the lost gunboat sitting at the bottom of a New York lake.

### SATURDAY (5/22)

**1:00 PM — Mr. Jon & Friends:** Mr. Jon and his companion George the monkey will rock and rhyme in this musical performance.

**1:00 PM — Virtual Star Wars Escape Room:** Brush up on your knowledge and be ready for some challenging puzzles. Also held at 2 and 3 PM.

**2:00 PM — Virtual Paint Along:** Paint a landscape with the Cascades Teen Leadership Council. For teens & adults.

### MONDAY (5/17)

**11:00 AM — Online Storytime:** Ms. Liesl from Brambleton Library reads *A Pig is Big* by Douglas Florian.

**2:00 PM — Advanced ESOL English Practice:** A conversation-based program to work on your English.

**6:00 PM — Hand Sewing:** Learn the art of sashiko, a traditional Japanese hand stitching technique.

**7:00 PM — Your Next Summer Reads:** Create a Reader Profile to get personalized book suggestions.

### WEDNESDAY (5/19)

**11:00 AM — Toddler Storytime:** Ms. Jennifer from Brambleton Library reads *Goodnight, Veggies* by Diana Murray.

**1:00 PM — Backyard Wildlife:** Take a safari in your backyard to learn about amazing animals that live around you.

**6:00 PM — Starting a Business in Virginia:** Local attorney Melanie Hammelman provides basic information for starting a business.

### FRIDAY (5/21)

**11:00 AM — Baby Storytime:** Join Ms. Bethany from Rust Library for rhymes, songs, tickles and bounces.

**4:00 PM — Paint With Watercolors:** Paint colorful hot air balloons with artist Kris Loya.

Links for these online programs are available from the Event Calendar at [library.loudoun.gov](http://library.loudoun.gov)



# Assistive Technology Webinar: From Low-Tech to High-Tech

Hosted by the Loudoun County Area Agency on Aging

Wednesday, May 26, 2021

1:00PM

Please join us as Debbie Jones of the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC.org) discuss and demonstrate assistive technology devices. \*

Examples of assistive devices and technologies include:

- Amplified telephones, captioned telephones, and videophones for the home
- Apps to bring those functions to our smartphones
- Doorbells that flash lights or send signals to our hand-held devices
- Alarm clocks that shake the bed
- Listening systems and captioning devices in movie theaters
- Live captioning and remote interpreting services in classrooms and meeting rooms



Time for Q&A will follow the presentation and demonstration.

To register for this free webinar, please send an email to:  
[aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov)

\*Devices and products under contract with the Virginia Department for Deaf and Hard of Hearing, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.

# 2021 Loudoun County Spring Farm Tour



Visit your favorite Loudoun farms online or in person! Local farmers have created video tours, online shops, and hands-on activities for this year's edition of the homegrown Loudoun County tradition that dates back to 1993.

Shop an even larger selection of products on the [Loudoun Made Loudoun Grown Marketplace](https://loudounfarmsmarketplace.org/), our online platform that facilitates direct payments to the farms you love. You can also [sign up for email updates](#) to stay connected with Loudoun Farms.



[Loudoun Spring Farm Tour - Loudoun County Farms, VA \(loudounfarms.org\)](https://loudounfarmstour.org/)





## **\*\*HEALTH & WELLNESS\*\***

# **MAY IS MENTAL HEALTH MONTH**



**MHIA**  
Mental Health America

[Adapting After Trauma and Stress](#)

[Dealing with Anger and Frustration](#)

[Processing Big Changes](#)

[Taking Time for Yourself](#)

For more information:

<https://www.mhanational.org/>



## **\*\*KITCHEN CORNER\*\***

### **Black Bean Stuffed Sweet Potatoes**



#### **Ingredients**

- 4 medium- large sweet potatoes
- 1/2 cup of **Cashew Cream Sauce** (you could also use sour cream or plain greek yogurt if not vegan)
- 1 teaspoon of lime juice
- 1/2 teaspoon of ground black pepper
- 1/2 of a medium red onion, finely diced (about 1 cup diced)
- 1 1/2 tablespoons of oil (I used olive oil)
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of sea salt
- 1- 15oz can of black beans, drained and rinsed

#### **FOR SERVING:**

- 1/2 an avocado, chopped
- handful of cilantro, chopped



## **\*\*KITCHEN CORNER CONTINUED\*\***

### **Instructions:**

Pre-heat oven to 350 degrees F.

Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes.

Prepare the cream sauce by whisking together the cashew cream sauce, lime juice, and black pepper. Set aside.

When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion. Saute for 5 minutes until the onions begins to become translucent. Add in the spices stir and cook for an additional 3 minutes.

Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of heat and set aside.

Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.

Evenly spread the black bean mixture, avocado, cilantro, and cashew crema sauce on top of the 4 sweet potatoes.

Serve immediately and ENJOY!!

### **NOTES:**

**Black beans**— you can make your own or do what I pretty much always do which is simply drain and rinse a can of black beans.

**Onion and other veggies**— as written, the recipe simply calls for onion. However, you could easily saute up some other veggies if you'd like.

## **\*\*O-WORD SEARCH\*\***

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



## **\*\*O-WORD SEARCH\*\***

observationally

oligodendrocyte

oligosaccharide

ontogenetically

operationalisms

ophthalmologies

ophthalmoscopic

opprobriousness

organochlorines

organophosphate

orthogonalities

orthopsychiatry

osteomyelitises

overrepresented

occidentalizing

oligodendroglia

omnicompetences

openheartedness

operationalists

ophthalmologist

opinionatedness

optoelectronics

organomercurial

orientationally

orthogonalizing

oscillographies

osteopathically

oxidoreductases

odoriferousness

oligonucleotide

omnidirectional

openmouthedness

operativenesses

ophthalmoscopes

opportunenesses

orchestrational

organometallics

orthodontically

orthophosphates

osmoregulations

over

oxytetracycline