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
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 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.

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.
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON 5/17</th>
<th>TUES 5/18</th>
<th>WED 5/19</th>
<th>THURS 5/20</th>
<th>FRI 5/21</th>
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</thead>
<tbody>
<tr>
<td>10:30am-11:30am ESL Class (Virtual)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>10:00am-11:00am Tai Chi (Outdoor)</td>
<td>10:30am-11:30am Learn Mandarin (Virtual)</td>
<td>9:30am-11:30am Knit &amp; Crochet (Indoor)</td>
</tr>
<tr>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual)</td>
<td>10:30am-11:30am Yoga Class (Virtual)</td>
<td>1:00pm-2:00pm Current Events (Indoor)</td>
<td>1:00pm-2:00pm Safe Bingo (Indoor)</td>
</tr>
<tr>
<td>1:00pm-2:00pm Book Club (Indoor)</td>
<td>1:00pm-2:00pm Ukulele Jam Session (Outdoor)</td>
<td>12:00pm-2:00pm Movie Day “Notting Hill” (Indoor)</td>
<td></td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
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<tr>
<td>2:00pm-3:00pm Walking Group (Outdoor)</td>
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<tr>
<td>2:30pm-3:30pm Teen Tech (Virtual)</td>
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</table>

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.

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.
### Activity Description

#### Mondays

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>ESL Class (Virtual)</td>
<td>English as a second language class. Instructor: Judy Villedrouin</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga (Virtual)</td>
<td>Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Book Club (Indoor, 3rd Monday’s only)</td>
<td>Monthly discussions, new members welcome. Leader: Mary Rudiak</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Walking Group (Outdoor)</td>
<td>A 25-30 minute walk on level terrain. Dress appropriately and bring water. Leader: Brenda, Paul or Haley</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Teen Tech (Virtual Activity)</td>
<td>Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie</td>
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#### Tuesdays

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10:00am</td>
<td>Aerobics Video (Indoor)</td>
<td>Light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
</tr>
<tr>
<td>10:30am</td>
<td>Conversational Spanish (Virtual)</td>
<td>Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney</td>
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#### Wednesdays

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10:00am</td>
<td>Tai Chi (Outdoor)</td>
<td>Gentle physical exercise embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren</td>
</tr>
<tr>
<td>10:30am</td>
<td>Yoga (Virtual)</td>
<td>Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
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#### Thursdays

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<th>Time</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>Learn Mandarin (Virtual)</td>
<td>This class is for all levels and is informal. Instructor: Susan Xiaoping</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Current Events (Indoor)</td>
<td>Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.</td>
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#### Fridays

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:30am</td>
<td>Knit &amp; Crochet (Indoor)</td>
<td>Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.</td>
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<tr>
<td>1:00pm</td>
<td>Safe Bingo (Indoor)</td>
<td>Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga (Virtual)</td>
<td>Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev.</td>
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</table>

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

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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.
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<th>FRI 5/21</th>
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</thead>
<tbody>
<tr>
<td>Stuffed Cabbage</td>
<td>Hot Dog/bun</td>
<td>Italian Sausage</td>
<td>Spaghetti/</td>
<td>Baked Ham</td>
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<tr>
<td>Mashed Potato</td>
<td>Baked Beans</td>
<td>Braised Cabbage</td>
<td>Meatsauce</td>
<td>Scalloped Potato</td>
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<tr>
<td>Vegetable Blend</td>
<td>Caribbean Blend</td>
<td>Parslied Potato</td>
<td>Vegetable Blend</td>
<td>Mixed Vegetables</td>
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<tr>
<td>Fruit, Bread &amp; Milk</td>
<td>Veggies</td>
<td>Fruit, Bread &amp; Milk</td>
<td>Fruit, Bread &amp; Milk</td>
<td>Fruit, Bread &amp; Milk</td>
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**DRIVE-THRU PICKUP** (11:00am-11:30am) & **DINE-IN** (11:45am-12:30pm)

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<tbody>
<tr>
<td>Chili</td>
<td>BBQ Chicken</td>
<td>Meatloaf</td>
<td>Escallopded</td>
<td>Baked Fish</td>
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<tr>
<td>Rice</td>
<td>Corn</td>
<td>Mashed Potato</td>
<td>Chicken</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Mixed Vegetables</td>
<td>Collard Greens</td>
<td>Green Peas</td>
<td>Green Beans</td>
<td>Vegetable Medley</td>
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<td>Fruit, Bread &amp; Milk</td>
<td>Fruit, Bread &amp; Milk</td>
<td>Bread</td>
<td>Lima Beans</td>
<td>Fruit, Bread &amp; Milk</td>
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<tr>
<td>Vegetarian meal Available</td>
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REMINDER: If you are in need of a lunch meal or food in general, please call the center at 571-258-3280.
Wednesday May 19th @ 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 26th @ 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.
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 7th!

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

More information is also online at: https://www.loudoun.gov/408/County-Electronics-Recycling-Events
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

PRCS
COUNTY OF LOUDOUN

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 15th 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 16TH

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.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
**Weekly Program Schedule**

**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.

**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!

**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.

**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.

**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.

**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.

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

*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.
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](#), 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)](#)
**Health & Wellness**

May is Mental Health Month

Adapting After Trauma and Stress

Dealing with Anger and Frustration

Processing Big Changes

Taking Time for Yourself

For more information:
https://www.mhanational.org/
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
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**

OPPEXOUVUXALOAMRIYIAEGHISFOLLOW
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DETNESERPERREVOGLCNGBYQKOSAONW
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