

**YOURS
FREE**

The Alex Gow Super Puzzle Book

**CROSSWORDS, WORDSEARCH
CODE CRACKER, SUDOKU & TRIVIA**



A Brisbane Family Owned Company

July to September 2024

HELPING QUEENSLAND FAMILIES SINCE 1840

Whilst the history of our business dates back to 1840 as the first ever funeral business in Queensland, it was not until 1909 when Alexander Gow acquired the remaining shares from his partner Walter S. Barrett, that the Alex Gow brand would become Queensland's first and oldest funeral director.



Five generations of the Gow family have worked in the business and today Alexander's grandson Alistair, along with his children and grandchildren continue the tradition of family ownership and the high standards set by their predecessors. We believe that by being family-owned, we are able to give a more personal service and be more flexible to the individual needs of our clients.

We live for our business and everything we do reflects our on-going commitment to providing affordable, quality services to our community. With four locations across SE Queensland Alex Gow Funerals is close by to assist you and your family 24hrs a day.

It doesn't matter if your need is immediate or you're just thinking ahead, the wonderful staff at Alex Gow will be there to guide you through all the options.

Call us anytime at all on 07 3851 7800.

We hope you enjoy our free puzzle book. It's a great opportunity to test your skill and knowledge and keep mentally active. It's also a lot of fun.

Alex Gow puzzle books are supplied free as part of our ongoing commitment to community service. The book is broken up into monthly sections and answers for each month will be published on our website.

WIN A \$100 GIFT CARD

When you visit the puzzle answers page on our website you can enter to go into our monthly draw to win a \$100 gift card.

PLUS, you'll find bonus questions there giving you another opportunity to win!

Full details on page 16

PLAYING SUDOKU

To solve a Sudoku puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 blocks

Remember no number can occur more than once in any row, column or 3x3 block.

PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our 15x15 crosswords are easy to do in one session or complete over time. Using the clues provided fill in the answers moving left to right and top to bottom. Work with a friend if you want as sometimes two heads are better than one when solving a crossword puzzle. The more puzzles you do, the more familiar you'll be with standard puzzle clues and answers.

PLAYING WORDSEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

PLAYING CODE CRACKER

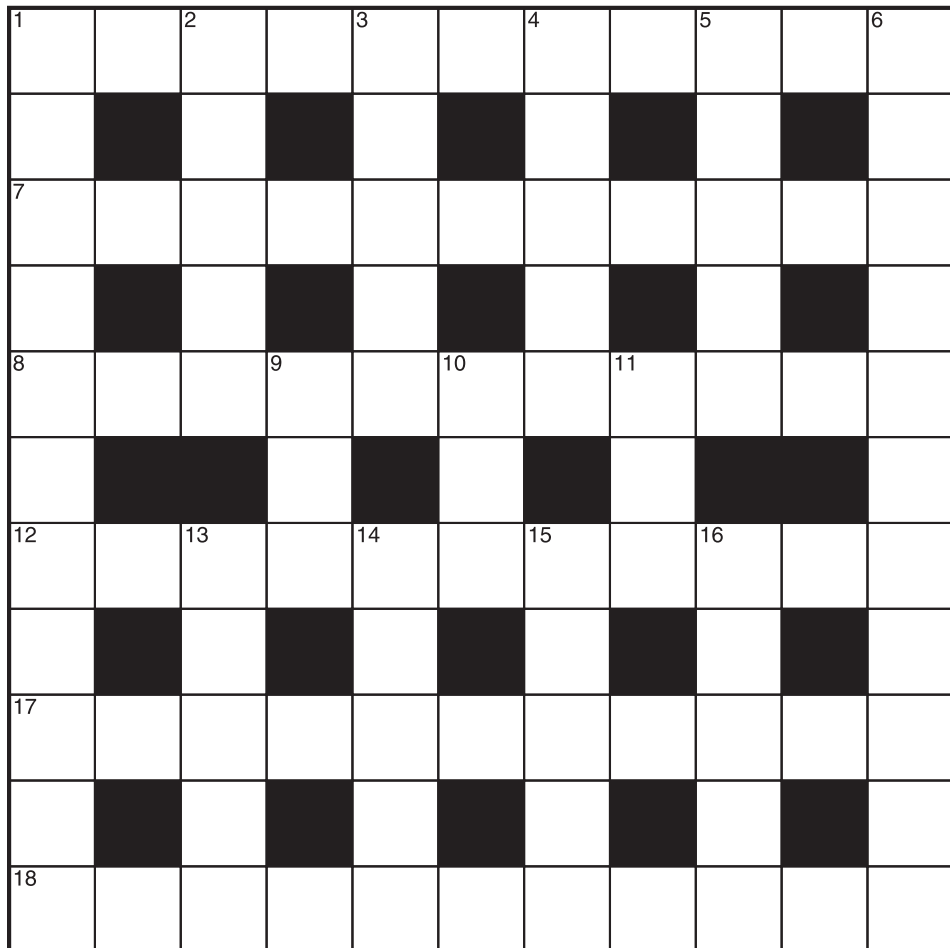
Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you two letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked the code fill in the answer in the boxes at the bottom.

PLAYING TRIVIA

Trivia is a great way to test your memory for general knowledge and history. Simply write your answers beside the questions and check to see how many you got right. Great to do with friends or on your own.

COLOURING FOR ADULTS

Like painting and craft, coloring offers a great source for focus and creativity. It has been shown to have stress-reducing benefits and helps with anxiety in people of all ages. It is a great fun social activity it also produces a similar calming effect on the brain to meditation.



ACROSS

- 1. Categorising
- 7. Bargaining process
- 8. Book artist
- 12. Deliberate
- 17. Flora/fauna scientists
- 18. Replanned

DOWN

- 1. Room cooler, air ...
- 2. Cherub
- 3. Locations
- 4. Natural talent
- 5. Fool
- 6. Was non-specific
- 9. Function
- 10. Young child
- 11. Fuss
- 13. Ballet dresses
- 14. Santa's home, ... Pole
- 15. Ran in neutral
- 16. Of the nose

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

BLONDE ON BLONDE
DESOLATION ROW
DULUTH
ELECTRIC
LOVE AND THEFT
NEW MORNING
NEWPORT
NIGHTCLUBS
PIANO
POP
PROLIFIC
RADIO SHOW
RECORDING
ROCK
SARA LOWNDS
SELF PORTRAIT
SHOT OF LOVE
SONGS
STREET LEGAL
THE BAND
TIME OUT OF MIND
TRIUMPH
WOODY GUTHRIE

Fun With Trivia 1145 -1147

1145. Which '60s musical featured the songs 'Good Morning Starshine' and 'Aquarius'?

.....

1146. Who first recorded the song 'The Last Thing on My Mind' in 1964?

.....

1147. Which band released the album 'Surrealistic Pillow' in 1967?

.....

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5	9		3	7				
1			2			6	7	
						9		

Fun With Trivia 1148 - 1151

1148. Who scored a hit in 1969 with the song 'In the Year 2525'?

.....

1149. Which band released the album 'A Whiter Shade of Pale' in 1967?

.....

1150. Who was the lead singer of the '60s Australian folk band the Seekers?

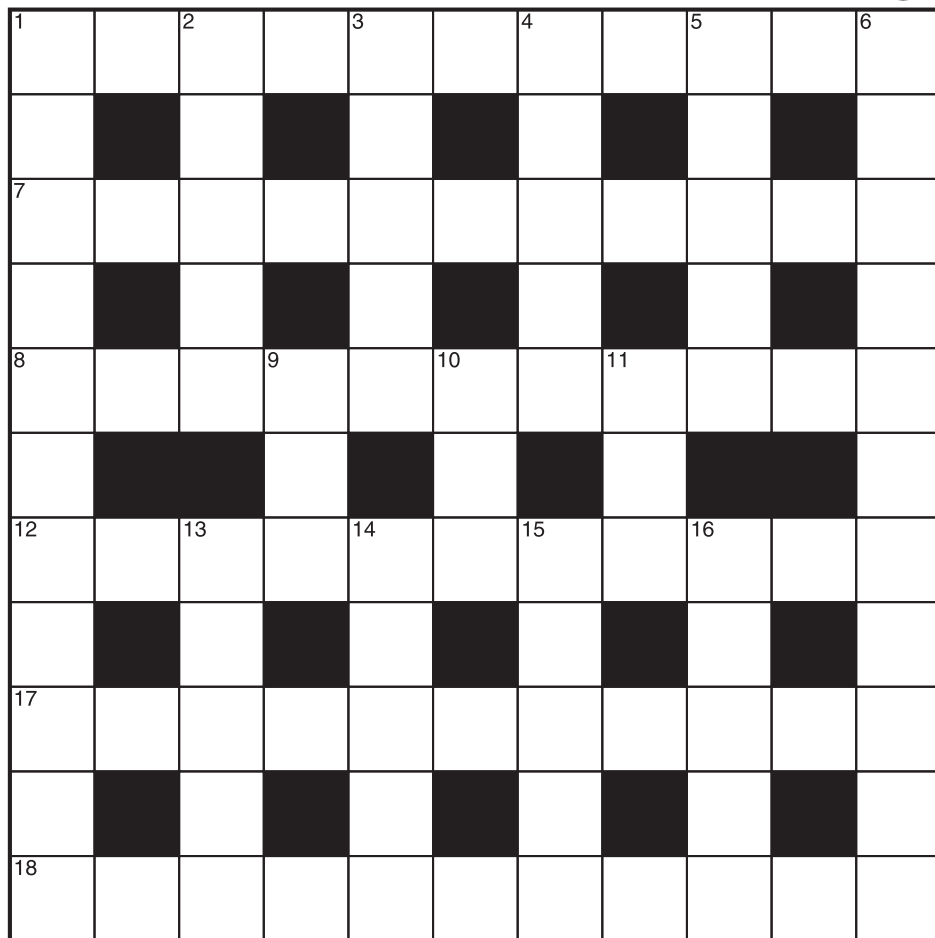
.....

1151. Which band released the album 'Days of Future Past' in 1967?

.....

CLUES													1	2	3	4	5	6	7	8	9	10
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ANSWER:													26									
17	6	15	7	10	4																	

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



ACROSS

- 1. Makes up for
- 7. Alpine climber
- 8. Official approval
- 12. Disagreeing
- 17. Cars
- 18. Outlines

DOWN

- 1. Advert
- 2. Pile of earth
- 3. Guzzler, fast ...
- 4. Pig
- 5. The ones here
- 6. Tacticians
- 9. Clumsy lout
- 10. Perform slalom
- 11. Door rug
- 13. Of birth
- 14. Back-bending dance
- 15. Pay-TV system
- 16. Isolated tract

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

- ABSEILING
- ALPS
- ANNAPURNA
- APPALACHIAN
- DHAULAGIRI
- ELEVATION
- FINSTERAARHORN
- GASHERBRUN
- KILIMANJARO
- LANDFORM
- MAKALU
- NILKANTHA
- OLYMPUS
- OROGRAPHY
- PEAK
- PLATEAU
- RIDGE
- ROCKIES
- SKIING
- SNOWDON
- SUGARLOAF
- TABLE
- TREES
- VOLCANOES
- ZUGSPITZE

Fun With Trivia 1152 - 1154

1152. In what year did Led Zepelin release their first album?

.....

1153. Who wrote the theme for the '60s TV show 'The Tonight Show Starring Johnny Carson'?

.....

1154. Which of the five senses was lacking in cartoon character Mr. Magoo?

.....

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

Fun With Trivia 1155 - 1158

1155. What type of creature was Jerry in Tom and Jerry?

.....

1156. What body part was Thing in The Addams Family?

.....

1157. What type of show was Top of the Pops?

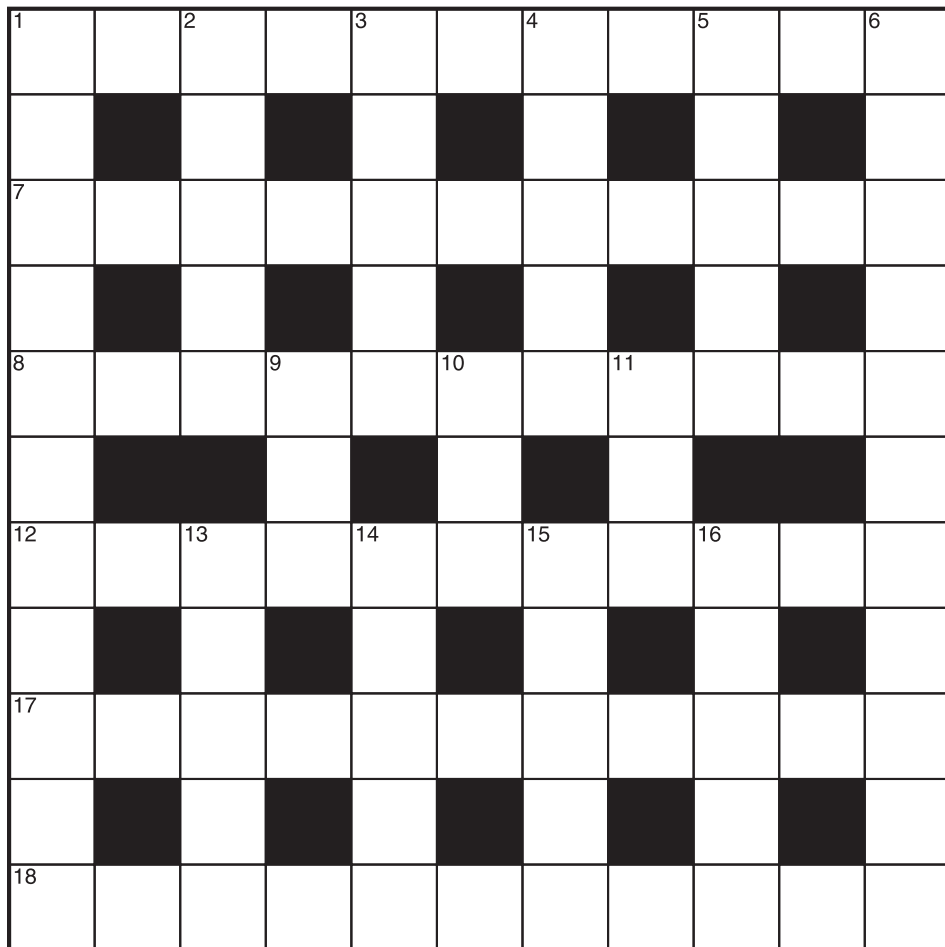
.....

1158. What colour of clothing did Penelope Pitstop wear in Wacky Races?

.....

CLUES												1	2	3	4	5	6	7	8	9	10
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10	7	9	6	14	3		9	4	9	10	23	21	11								
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23		23		7		5		23		17		23	24								
7	9	7	1	10	17		10	23	13	3	23	7	25								
ANSWER:												26									
9	15	8	6	23	13																

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

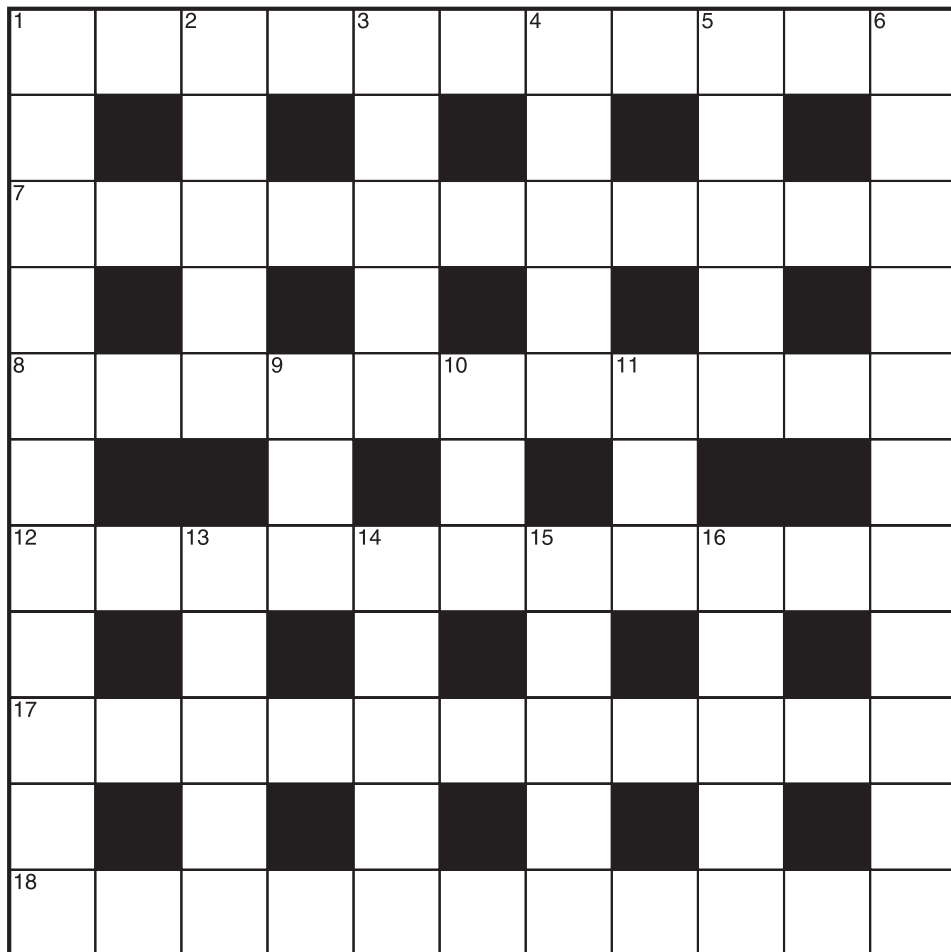


ACROSS

- 1. Economic slumps
- 7. Tiny hole
- 8. Clay-baked pottery
- 12. Educational
- 17. Inconsiderate
- 18. Severely

DOWN

- 1. Lost value
- 2. More refined
- 3. Beginning of era
- 4. Discolour
- 5. Spiritualist's board
- 6. Futilely
- 9. Overly
- 10. Shady tree
- 11. Intelligence
- 13. Plant life
- 14. Correct
- 15. Prank
- 16. Perfect



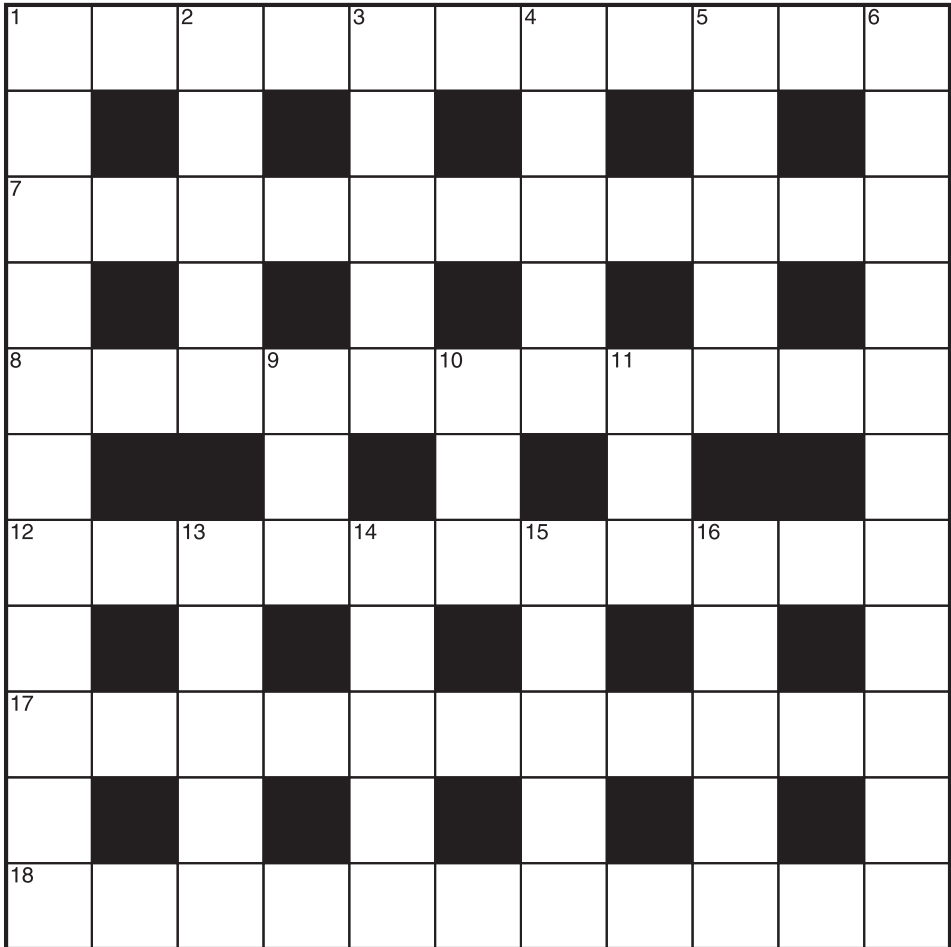
ACROSS

- 1. Muscle spasms
- 7. Upkeep
- 8. Futility
- 12. Stocks & bonds
- 17. Insufferable
- 18. Gravity

DOWN

- 1. Towns
- 2. Din
- 3. Undo
- 4. Nasal bone cavity
- 5. Weight measure
- 6. Cinderella's ugly kin
- 9. Rest on bed
- 10. Perch
- 11. Formerly named
- 13. Elector
- 14. Volley of bullets
- 15. Spots
- 16. Dignified





ACROSS

1. Non-meat-eaters
7. Gadget
8. Lose footing
12. Medical listening tool
17. Business ventures
18. Brazenly

DOWN

1. Cruelty
2. Magic lamp spirit
3. Pulsate
4. Drive back
5. Straighten
6. Pointlessly
9. Plague rodent
10. Bustle
11. Rainbow shape
13. Spare
14. Crowd
15. Sudden boost
16. Desert water hole

WIN a \$100 Gift Card

July

Find all the answers and solutions to our puzzles at www.alexgowfunerals.com.au and each month you can go in the draw to win a Gift Card valued at \$100



It's so simple!

Once you have finished your July puzzles, simply log onto the website and click the **PUZZLE Answers & Solutions button**. Once you're on the puzzles page just click on **July Answers & Solutions icon**. Just by logging in you'll go into the draw to win a \$100 Gift Card and get access to all the puzzle answers for that month.

You'll also find 2 online bonus questions. Answer them correctly and you will receive an extra entry in the \$100 Gift Card draw. It's all so easy.

HINT: the answers to the bonus questions can be found on our website.

The same applies to August and September puzzle answers. Just click on the icon and all the answers will be there for you. Answers & Solutions will all be published on the 1st of each month and added to the website.

- July Answers & Solutions – published on 1st July 2024
- August Answers & Solutions – published on 1st August 2024
- September Answers & Solutions – published on 1st September 2024

The Gift Card winners will be drawn on the 7th day of month immediately following entry. Winners will be notified via email or phone based on nominated preference. Winners are drawn randomly by Alex Gow staff and all decisions are final. No correspondence will be entered into. Winners agree to have their photo and image published to verify their win.

**Do you need an extra Puzzle Book for a friend or relative?
They can be downloaded or printed from the Puzzle Page
on the website www.alexgowfunerals.com.au**

1		2		3		4		5		6
	■		■		■		■		■	
7										
	■		■		■		■		■	
8			9		10		11			
	■	■		■		■		■	■	
12		13		14		15		16		
	■		■		■		■		■	
17										
	■		■		■		■		■	
18										

ACROSS

1. Walkers
7. Being watched, under ...
8. Forward-looking
12. Remember with ceremony
17. Responsibilities
18. Doubtfully

DOWN

1. Gold explorers
2. Nightclub
3. More painful
4. Paper quantities
5. Whereabouts excuse
6. Pointlessly
9. Jewel
10. Deciduous tree

11. Respectful address
13. Crowd brawl
14. Roman VIII
15. Of sight
16. French N-Test region, Mururoa ...

It makes good sense to pre-plan your funeral



Ease the burden on your family

If your wishes are known when you die, they won't be faced with making difficult decisions at a trying time. But when planning with the Alex Gow, there is also provision where you can leave permission for your family to change your wishes, should the need arise. This doesn't mean they have complete freedom to change everything, but it does show that you trust those left behind to carry out your wishes and at the same time fulfil their personal needs as they face your passing.

Assume financial responsibility

Planning ahead enables you to make financial arrangements to cover your funeral costs. Even if you are leaving behind sufficient money, will your survivors be able to access it? Life insurance and superannuation payouts are quite often not available when it comes time to pay for funeral expenses. And unfortunately, with Funeral insurance there is no guarantee it will be used to pay for your funeral. Pre-paying gets it all sorted and out of the way so you can move on confidently.

Help your family to have the benefit of a meaningful funeral

A funeral is an important event for a grieving family. Psychologically, it enables the family to begin the healing process. Families benefit emotionally and socially by honouring the lives of their loved ones with a fitting ceremony and by giving them a proper send off they will remember.

4 great reasons to choose an Alex Gow Pre-arranged Funeral

1. We're local, just like you

Alex Gow Funerals is a Brisbane family owned business with almost 180 years of experience looking after local families.

2. We offer guaranteed security

Alex Gow Funerals recommends you place your investment in a Sureplan Funeral Bond. Sureplan Friendly Society is a Queensland company owned by its members since 1935 and therefore all members benefit from lower premiums and higher returns.

3. We offer real options

The unique flexibility of the Alex Gow Executor Funeral Plan gives you a wide choice of options so you can tailor your plan to suit your own individual requirements. You can invest up to \$13,500 in a funeral bond for each person and this is not subject to the Governments Income and Assets Tests. So, your pension entitlements are protected.

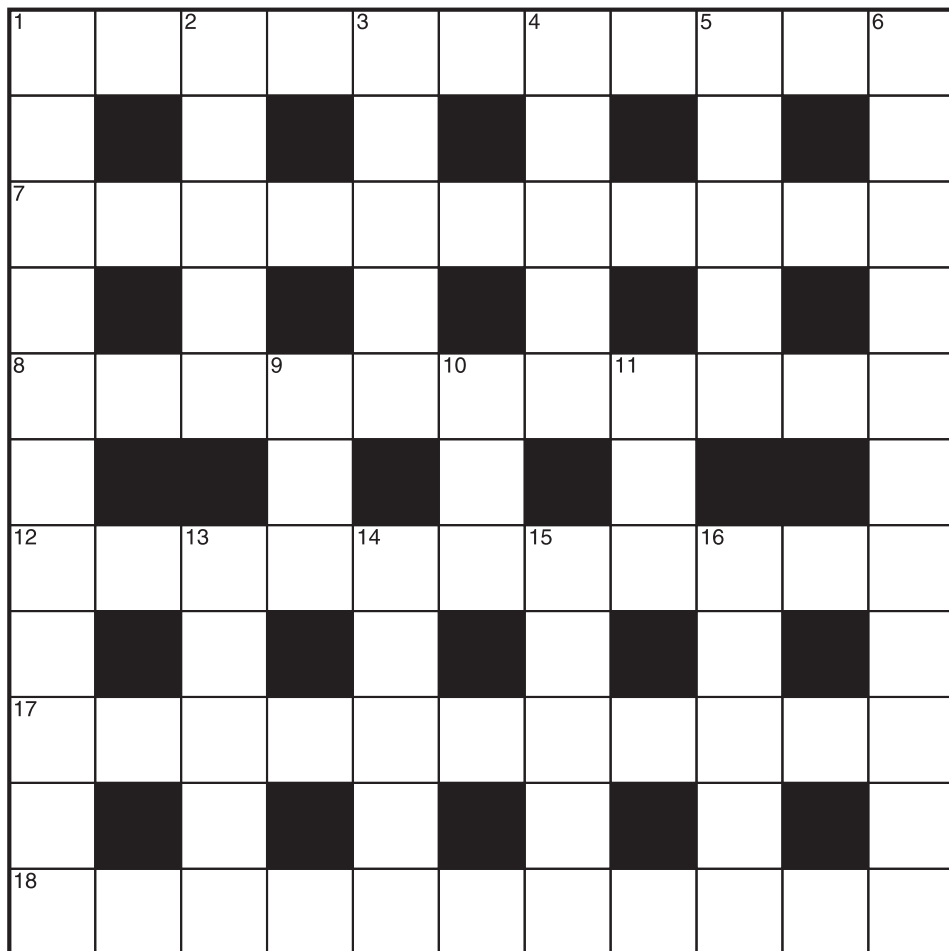
4. We're flexible to ensure you get what YOU want

At Alex Gow Funerals we have no lock-in contracts so once you have completed your Executor Funeral Plan you can change your details at any time. There are also no financial penalties imposed should you move interstate or to an area where Alex Gow Funerals cannot carry out your Executor Plan funeral.



Pre-arranged Funerals

GEEBUNG | BROWNS PLAINS | REDLANDS | DECEPTION BAY



ACROSS

- 1. Christmas trimmings
- 7. Judge of good taste
- 8. Fast-food package material
- 12. Broadcast
- 17. Non-drinker
- 18. Vanished

DOWN

- 1. Beheaded
- 2. Waterway
- 3. Rampages
- 4. Irritable
- 5. Portly
- 6. Yielded
- 9. Japanese monetary unit
- 10. Male cat
- 11. Decompose
- 13. Aids (felon)
- 14. News exclusive
- 15. Senseless
- 16. Ceramic slab-layer

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

- A-LIST
- ATTENTION
- BELLE
- CATWALK
- EXTROVERT
- FAMOUS
- FANS
- GOSSIP
- HEROES
- HOLLYWOOD
- IDOLS
- INTERNATIONAL
- INTERVIEW
- MEDIA
- MOBBED
- MUSICIANS
- NAME
- NEWS
- PERSONALITIES
- POLITICIAN
- RECOGNITION
- RED CARPET
- RICH
- SINGERS
- SOCIETY
- SUPERMODELS
- TABLOID
- TALK SHOW
- TELEVISION

Fun With Trivia 1159 - 1161

1159. In The Magic Roundabout, what sort of animal was Dougal?

.....

1160. What was the name of the clever, bespectacled character in Scooby Doo?

.....

1161. Flipper was which type of sea creature?

.....

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6				7	8	5		
2	8				6		9	
5								

Fun With **Trivia** 1162 - 1165

1162. What day of the week is also a character in the Addams Family?

.....

1163. Who was Yogi Bear's sidekick?

.....

1164. What was the occupation of Ironside?

.....

1165. What was the nationality of Mr. Chekov, crew member on the starship Enterprise?

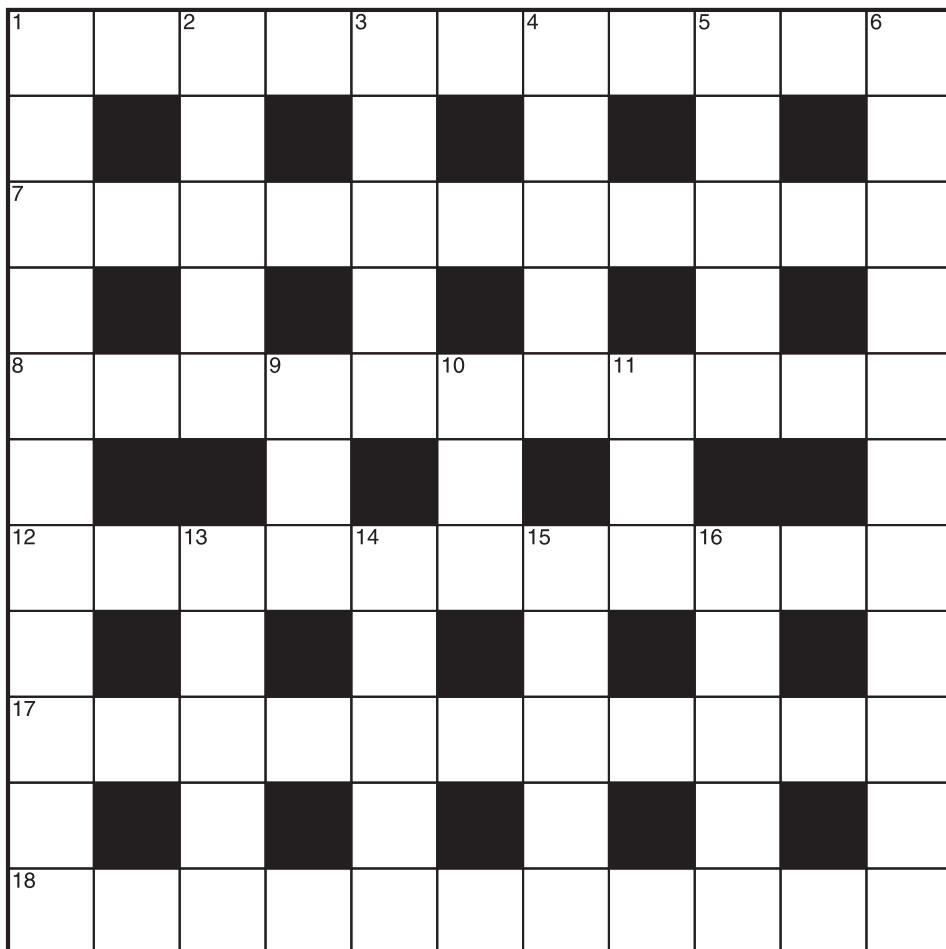
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CLUES												1	2	3	4	5	6	7	8	9	10
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	11		11	21	9	6	4	10	13		4		24								
13	2	14	19		16		8		22	21	1	4	25								
													26								

ANSWER:

14	10	21	4	11	13							
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~~A~~ B C D E F ~~G~~ H I J K L M N O P Q R S T U V W X Y Z



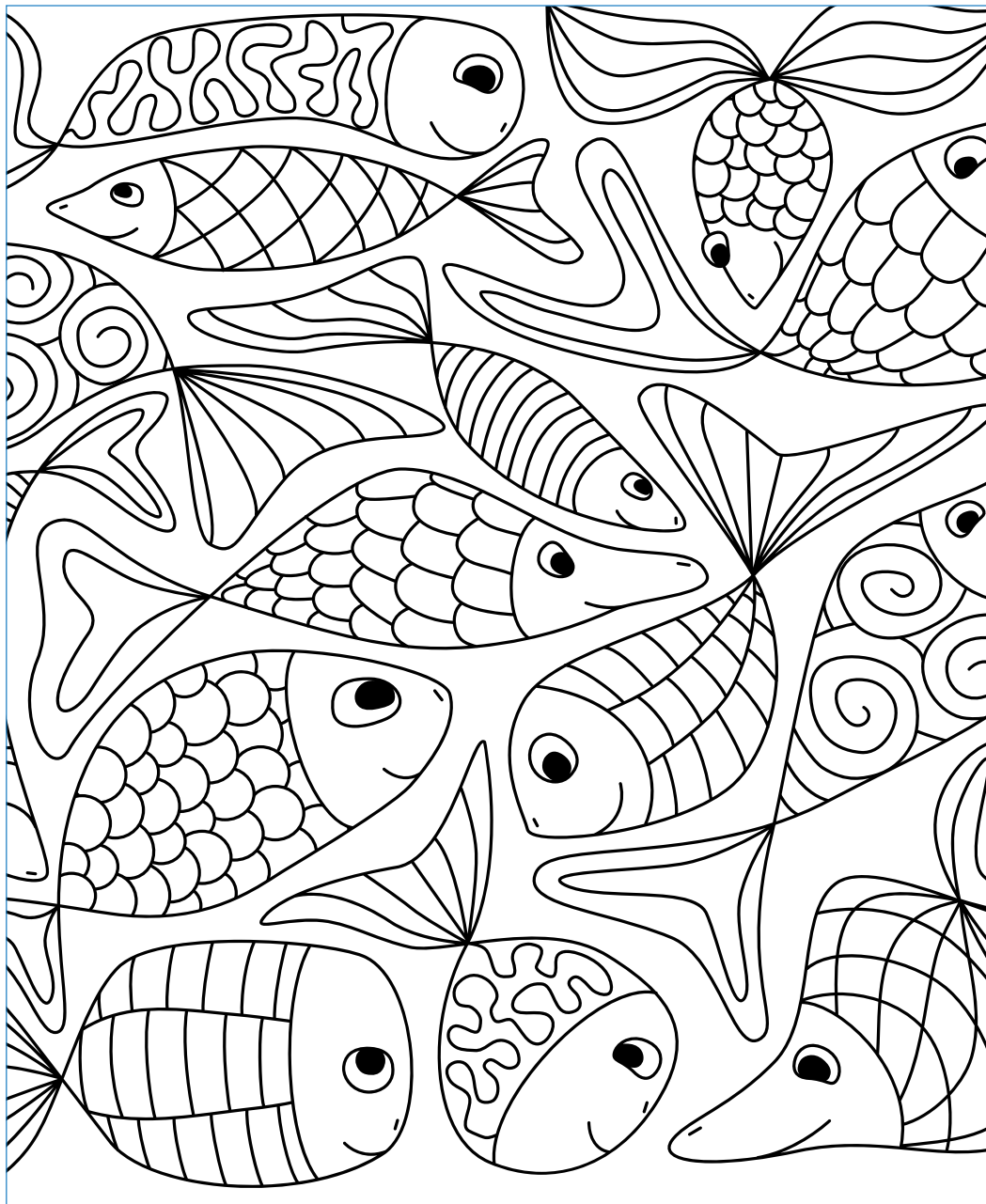
ACROSS

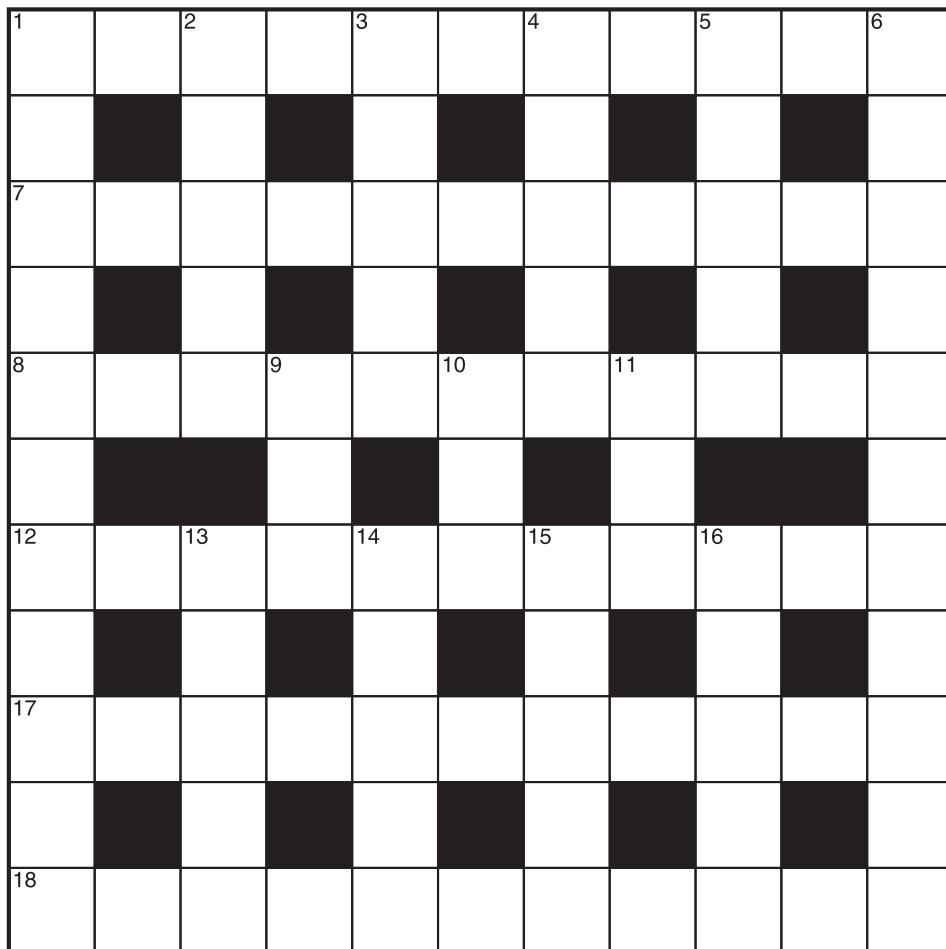
- 1. Replacement players
- 7. Fireplace shelf
- 8. Accomplishment
- 12. Overly energetic
- 17. Boat maker
- 18. Safes

DOWN

- 1. Feels compassion for
- 2. Cluster
- 3. In that place
- 4. Wigwam
- 5. Movie title music
- 6. Beaus

- 9. Chill
- 10. By that route
- 11. Small rug
- 13. Previous
- 14. Batman & ...
- 15. Scale (mountain)
- 16. Look-up guide





ACROSS

- 1. Deliberate
- 7. Finding fault with
- 8. Beverage
- 12. Annihilate
- 17. Exasperating
- 18. Personal right

DOWN

- 1. Lock up (prisoner)
- 2. Pickpocket
- 3. Commotion
- 4. Dog, ... setter
- 5. Innocent
- 6. Boxing category
- 9. Cereal grass
- 10. Arithmetic problem
- 11. Blokes
- 13. Taut
- 14. Respond to stimulus
- 15. Public persona
- 16. Existing

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

- ADMIRER
- AUTHOR
- BUSINESSMAN
- CHAIRMAN
- DAUGHTERS
- DOCTORATES
- FOUNDATIONS
- GOLF
- HOME LIBRARY
- HUMANITARIAN
- INFLUENTIAL
- INVESTMENT
- MAGNATE
- MANAGEMENT
- MICROSOFT
- OPERATING SYSTEM
- PHILANTHROPY
- RICHEST
- SOFTWARE
- SON
- TECHNOLOGY
- TENNIS

Fun With **Trivia** 1166 - 1168

1166. Who was Gomez's wife in The Addams Family?

.....

1167. What type of animal was Skippy?

.....

1168. The High Chaparral was which type of show?

.....

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

Fun With **Trivia** 1169 - 1172

1169. What is the name of Thunderbird's female English agent?

.....

1170. The Cartwrights featured in which 60s Western show?

.....

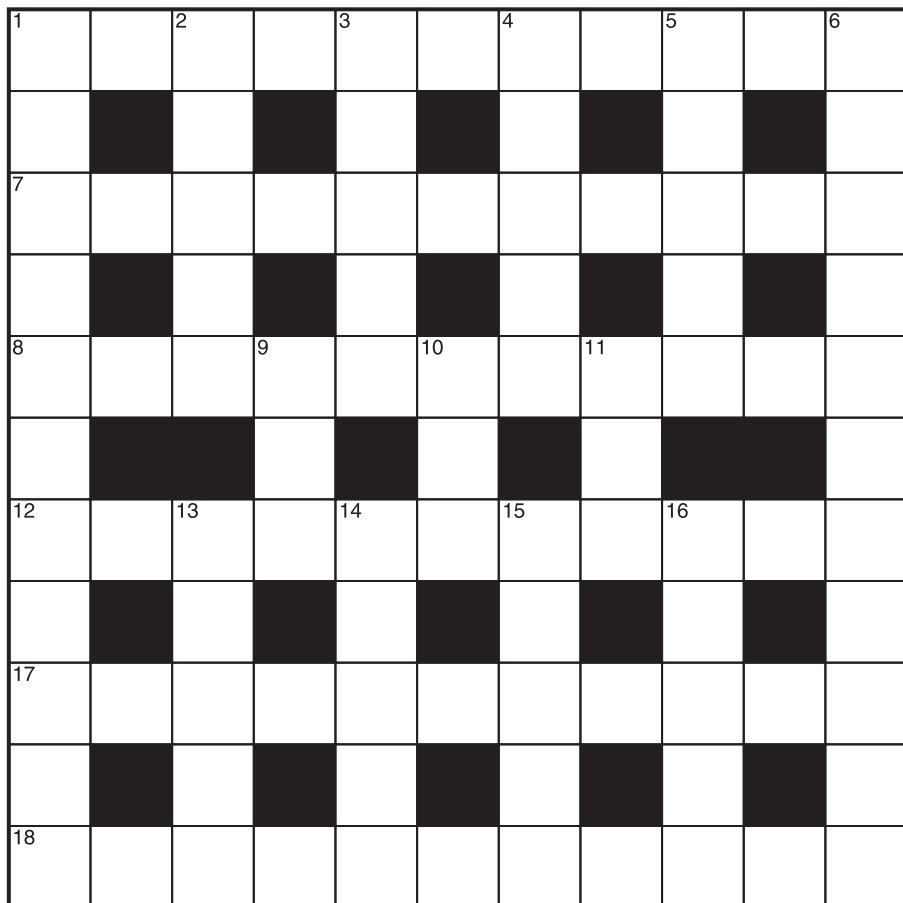
1171. Cartoon Top Cat was set in which American city?

.....

1172. The Monty Python members met at which UK University?

.....

Crossword No: 518

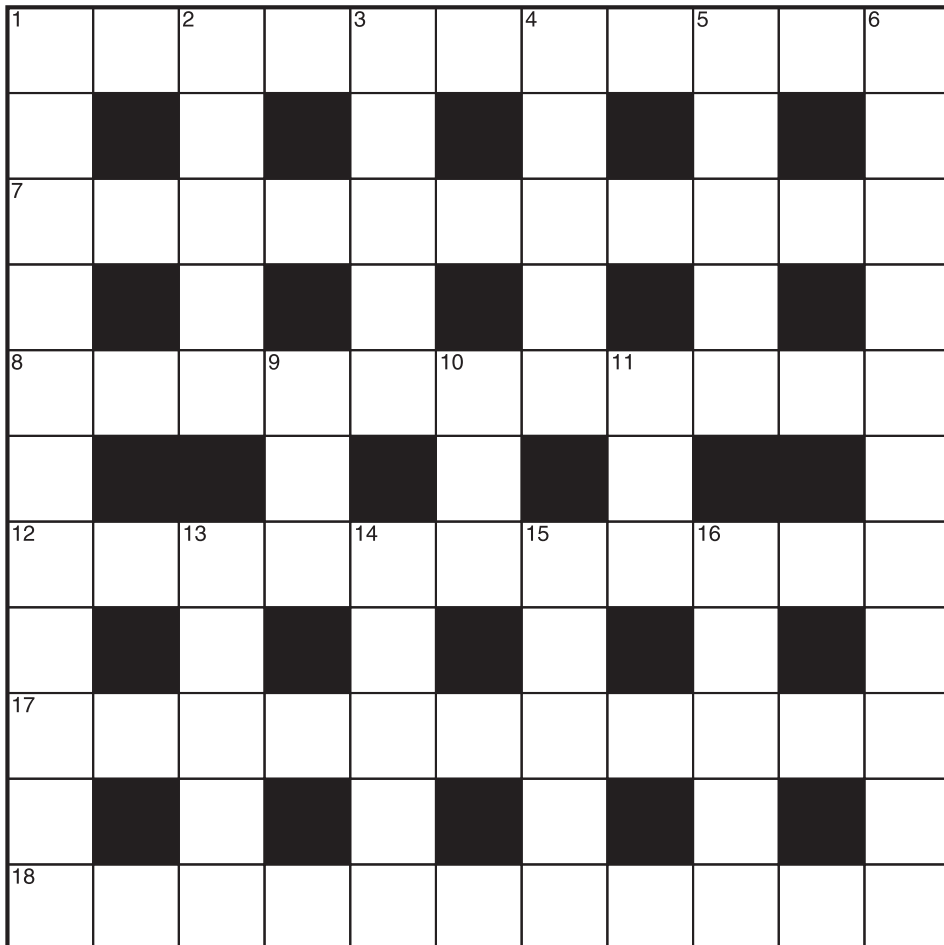


ACROSS

1. Investigations
7. Climber
8. Substitute
12. Mediating
17. Annoyances
18. Business firms

DOWN

1. Enshrine
2. Drink noisily
3. Surplus
4. Two times
5. Excessively fat
6. Tacticians
9. Hawaiian garland
10. Motor vehicle
11. Was introduced to
13. Charred
14. Private teacher
15. In pursuit of
16. Golf clubs



ACROSS

- 1. Financial support
- 7. Day hospital clients
- 8. Pottery
- 12. Hangman
- 17. Prophecies
- 18. Finds anew

DOWN

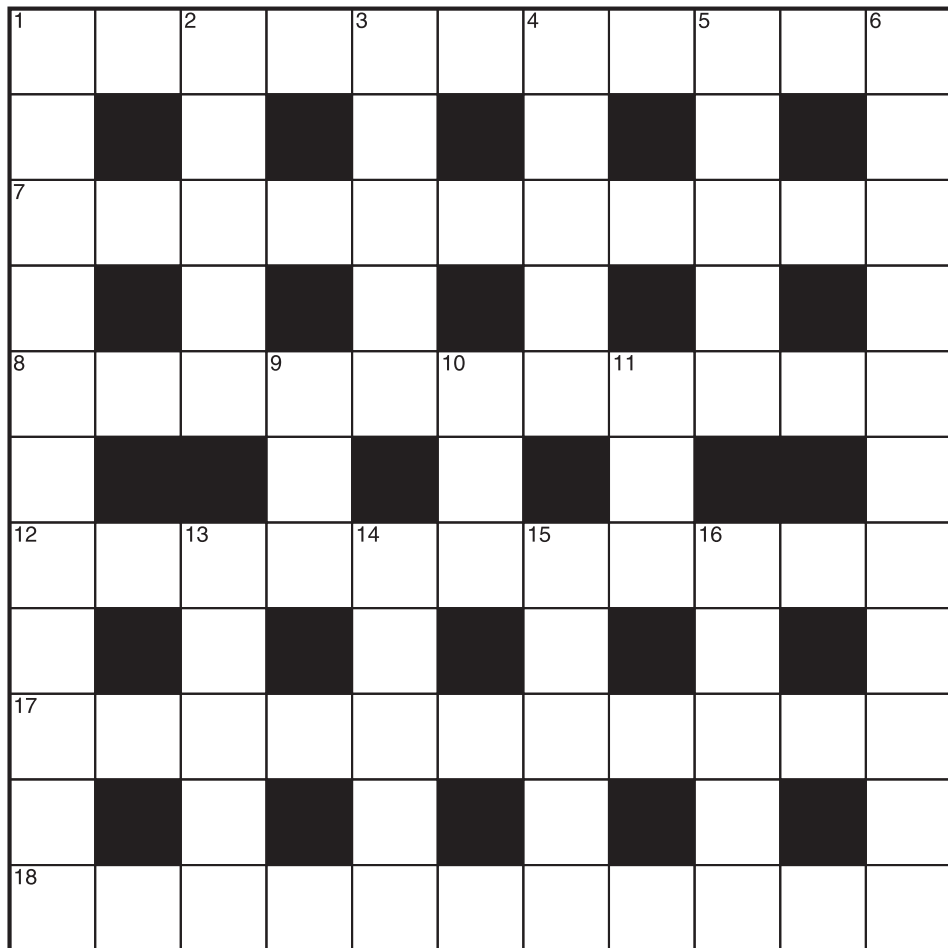
- 1. Shop owner
- 2. Freshwater mammal
- 3. Violent cut
- 4. Rule (of monarch)
- 5. Red dye
- 6. Treats (milk)
- 9. Muscle twitch
- 10. Consume food

- 11. Which person?
- 13. Alter (text)
- 14. Modules
- 15. Preamble
- 16. Nobody (2-3)

CLUES													1	2	3	4	5	6	7	8	9	10
19		20	12	3	3	9	2	14	2	13		22	11									
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ANSWER:													26									
12	2	13	6	9	22																	

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





ACROSS

- 1. Handled skilfully
- 7. Tenseness
- 8. Education grant
- 12. Noisy snake
- 17. Thinker
- 18. Raised the white flag

DOWN

- 1. Handwritten stories
- 2. Opposite of south
- 3. Roam stealthily
- 4. Light-ray weapon
- 5. Incisors or molars
- 6. Vanished
- 9. Away

- 10. Reverence
- 11. Solar body
- 13. Persistent person
- 14. Not tight
- 15. Chide
- 16. Despise

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

- BALD EAGLE
- CANYON
- CHANNELS
- COLORADO RIVER
- FIRE ANTS
- GORGE
- HERMIT'S REST
- KAIBAB PLATEAU
- MOJAVE DESERT
- MOUNTAIN LIONS
- NORTH RIM
- PINYON PINE
- PONDEROSA
- RAFTING
- RATTLESNAKES
- SCENERY
- SCORPIONS
- SKYWALK
- TAMARISK
- TOURISTS
- UPLIFT

Fun With Trivia 1173 - 1175

1173. What was the name of Fred and Wilma's daughter in The Flintstones?

.....

1174. The Pot Black program featured which sport?

.....

1175. What event took place in Munich in 1972 that shocked the world?

.....

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4								
		6			9			

Fun With Trivia 1176 - 1179

1176. Which American president resigned in 1974 due to the Watergate scandal?

.....

1177. Which popular fashion accessory was invented in the 1970s?

.....

1178. Who was the first woman to be appointed to the U.S. Supreme Court in 1979?

.....

1179. Which iconic arcade game was released in 1978, featuring a little yellow character?

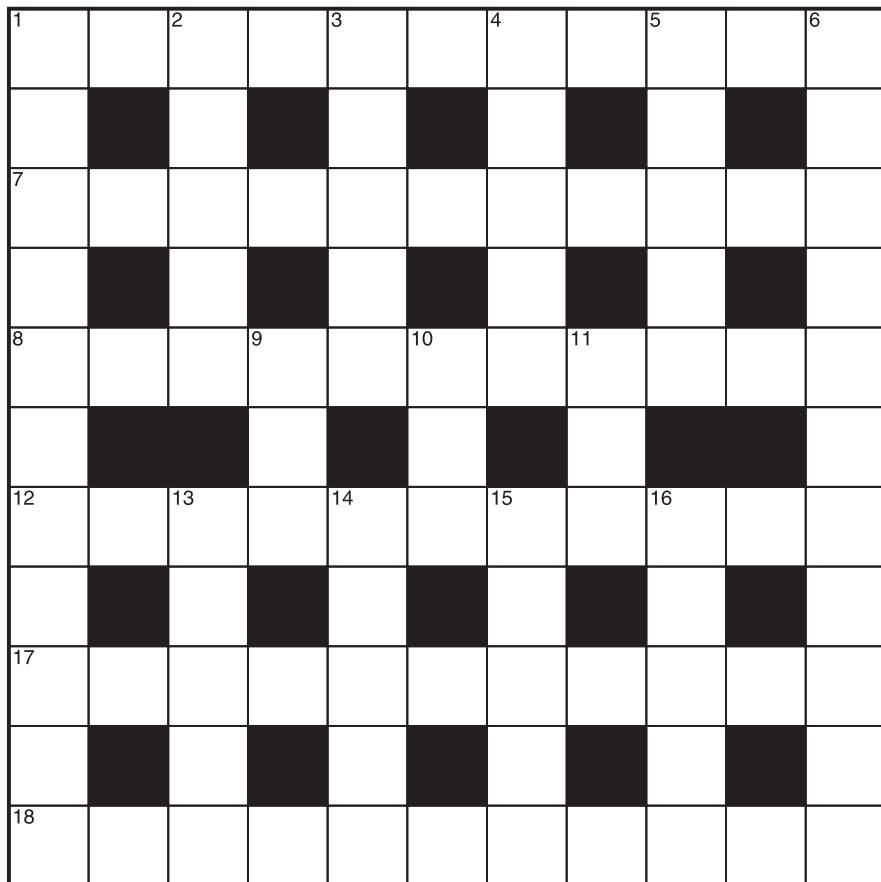
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CLUES													1	2	3	4	5	6	7	8	9	10
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	2		16		19		19		19		4											12
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8	16	1	1		10	3	7		14	3	20	3										23
	11		17		19		19		3		2											24
19	12	13	1	3	20		12	3	1	2	20	3										25
																						26

ANSWER:

19	9	1	21	3	11								
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A B C D E F G H I J K ~~L~~ M N O ~~R~~ Q R S T U V W X Y Z



ACROSS

1. Artistic triumph
7. Sheer
8. Barber
12. Speed pedal
17. Assets
18. Age groups

DOWN

1. Arranging marriages
2. Indian guru
3. Simplified
4. Crockery item
5. Pitchers
6. Bold undertakings
9. Regret
10. Fish eggs
11. Therapeutic bath
13. Witches' meeting
14. Defeated person
15. Send back
16. Dramatic ballroom dance

More than just a meal

Sometimes, the pressures of life brought about by ill-health, a disability or depression impact on our motivation, desire or ability to cook. Yet to remain healthy and enjoy life, we need to eat nutritious meals.

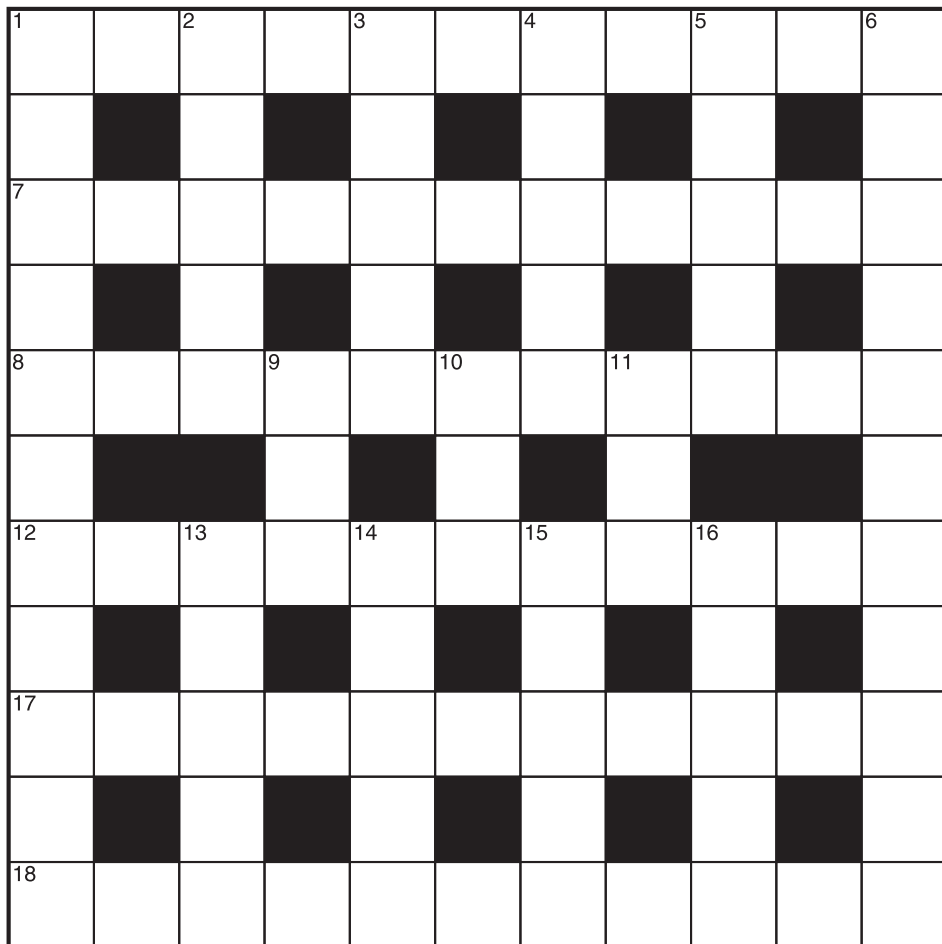


Our sense of independence can be challenged by admitting we might need a little help but Meals on Wheels is here to deliver more than just a meal to you. Whether you need meals every day, or just a few to help on those days you are not at your best, there is support available for you.

The easiest way to find out about services is to ring your local Meals on Wheels service. Their numbers are listed below. They will be more than happy to explain how their particular service operates, and how to get started.

ACACIA RIDGE	3275 1860	GEEBUNG	3263 6634
ASHGROVE	3366 4299	HOLLAND PARK	3397 9150
BEENLEIGH	3287 1477	LOGAN CENTRAL	3808 2312
BRIBIE ISLAND	3408 1721	LOGAN WEST	3800 5263
BULIMBA	3399 8900	MT GRAVATT	3343 6026
BURPENGARY	3888 3754	PINE RIVERS & DISTRICT	3285 2532
CABOOLTURE	5495 2996	REDCLIFFE	3284 3861
CAPALABA	3390 3450	SANDGATE	3269 2073
CARINA	3398 7438	STAFFORD	3356 2382
CENTENARY	3279 1974	WYNNUM & MANLY DISTRICTS	3396 9479
CLEVELAND	3286 2626	YERONGA	3848 9607
CROSBY PARK	3256 0788		
DECEPTION BAY	3203 2800		

Additional information on Meals On Wheels Queensland can be found at www.qmow.org

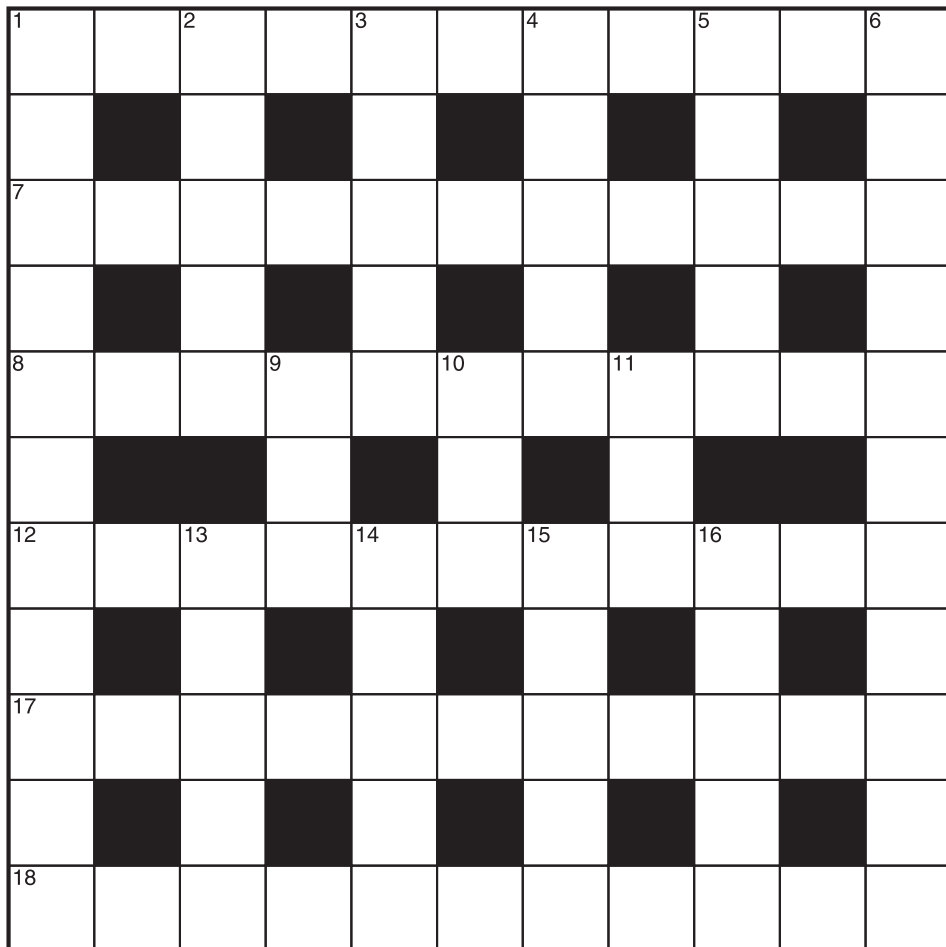


ACROSS

- 1. Teenage years
- 7. Skydiver
- 8. Becoming outdated
- 12. Absent-minded
- 17. Make room for
- 18. Seal of approval

DOWN

- 1. Rough (guess)
- 2. Man-eating giants
- 3. Surpass
- 4. Pals
- 5. Fracas
- 6. Amount rightfully due
- 9. Stunned, knocked ...
- 10. Before (poetic)
- 11. Baby's bed
- 13. Shorted out
- 14. Lion handler
- 15. Hangman's loop
- 16. Foolish



ACROSS

- 1. Contrasts
- 7. Application of grease
- 8. Avoidable
- 12. Make unsteady
- 17. Insensitive
- 18. Perilously

DOWN

- 1. Decrepit
- 2. Moral story
- 3. Banish from own country
- 4. Pass (legislation)
- 5. Scale (mountain)
- 6. Pointlessly
- 9. Animal doctor

- 10. Catch (thief)
- 11. Totally
- 13. Clipped (of sheep)
- 14. 90 degrees, right ...
- 15. Prelude
- 16. Brainwaves, bright ...

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

Fun With **Trivia** 1180 - 1182

1180. Which country was the host of the 1976 Summer Olympics?

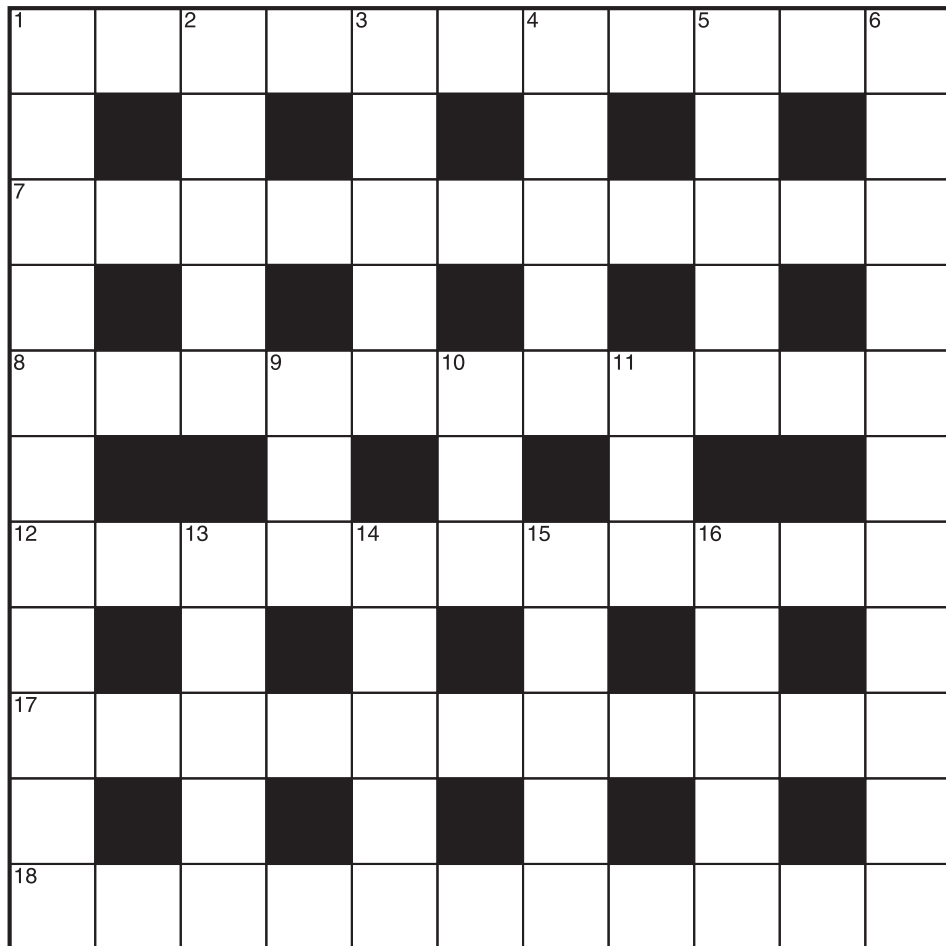
.....

1181. What popular toy was introduced in 1977, consisting of coloured plastic tiles?

.....

1182. Which space probe was launched in 1977 to explore the outer planets of our solar system?

.....

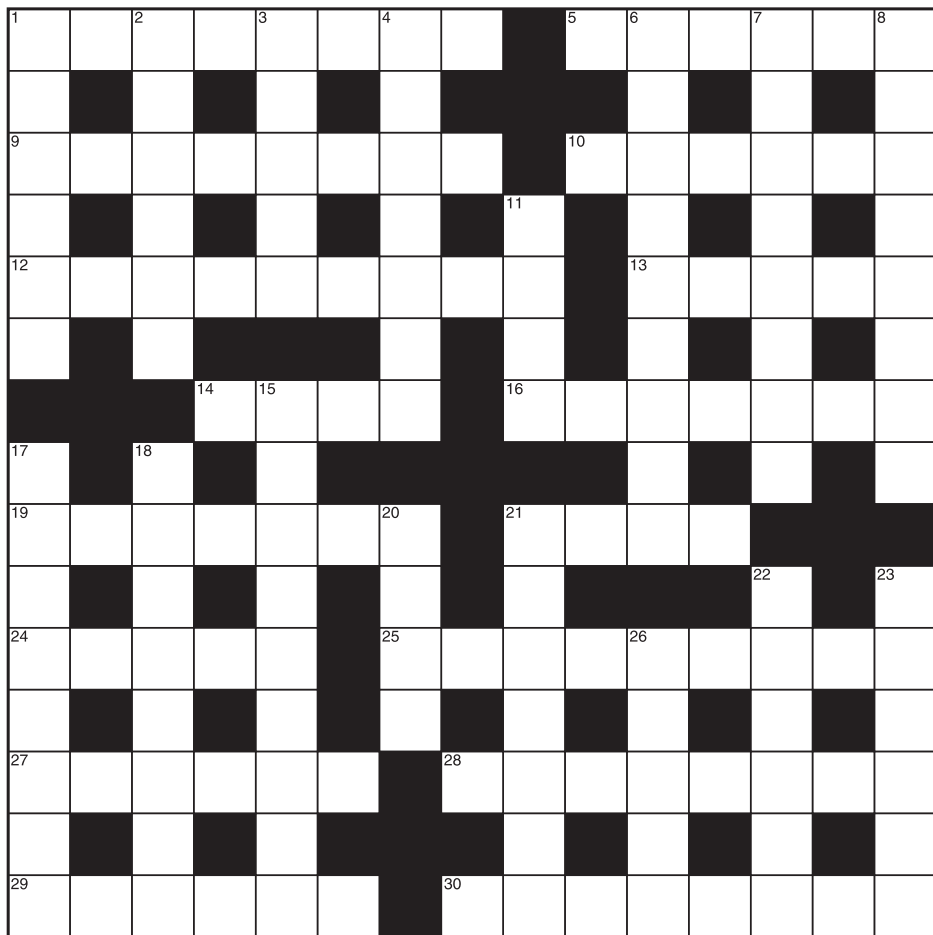


ACROSS

- 1. Brought back to life
- 7. Small measures of distance
- 8. Decent
- 12. Made red-faced
- 17. Water loss
- 18. Beaus

DOWN

- 1. Merciless
- 2. Grain stores
- 3. Hoist (flag)
- 4. Wield
- 5. Ache
- 6. Heirs
- 9. Flower, sweet ...
- 10. Mongrel
- 11. Horse-like animal
- 13. Bonfire
- 14. Bird's perch
- 15. Ease
- 16. Snow sportsman



ACROSS

- 1. Crowing (over)
- 5. Levels
- 9. Poppycock
- 10. Llama relative
- 12. Excusing
- 13. Backcomb (hair)
- 14. Rank, ... admiral
- 16. Gunman
- 19. Deficiency
- 21. Soviet Union (1,1,1,1)
- 24. Scratch out
- 25. Peach variety
- 27. Weather map line
- 28. Powerless
- 29. Salutes
- 30. Unmerited

DOWN

- 1. Sacred Indian river
- 2. Weight measures
- 3. Tether (3,2)
- 4. Not as nice
- 6. TV charity appeals
- 7. From the menu (1,2,5)
- 8. Hobbyists
- 11. Encourages, ... on
- 15. Full of high spirits
- 17. Tendering
- 18. Sleeveless overdress
- 20. Universal ages
- 21. Insanitary
- 22. Homing bird
- 23. Discontinued
- 26. First Greek letter

Puzzles Can Help Your Brain

Scientific studies have proven that working with puzzles and other logic games helps improve reasoning, memory and logic. They promote a form of synergy between the left and right brain, termed by psychologists as a “full brain approach”. This can result in better memory, deeper learning and better recall. Puzzles appeal to our creative and logical minds, offering a full brain work out, especially for retirees who don’t have a daily work commitment.

Alex Gow recognises this and hopes that by offering this Puzzle Book with up to three-month’s worth of fun brain exercises, we can actually help you improve your brain vibrancy as you get older. One of the biggest fears for us all as we get older is losing our mental sharpness, possibly developing dementia, Alzheimer’s or other mental illnesses – but by giving our brain a moderate workout on a frequent basis we can help hold off the onset of some of these issues.

Puzzles and games also instigate social interaction and communication. Doing puzzles together is a pleasurable experience for all participants helping to maintain social and communicative skills. Science has also shown that when a puzzle is finally completed there is a feeling of satisfaction and dopamine is released in the brain, as a kind of reward system for our efforts.

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Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.

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