## YOURS FREE

## The Alex Gow Super Puzzle Book CROSSWORDS, WORDSEARCH CODE CRACKER, SUDOKU \& TRIVIA

## A Brisbane Family Owned Company

AIEX GONEM

July to September 2023

## 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 24 hrs 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 0738517800 .

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 $3 \times 3$ blocks

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

## PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our $15 \times 15$ 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. Significant
2. Became mature
3. Hang loosely
4. Rink boots $(3,6)$
5. Luggage item
6. Halfway golf hole
7. Alive
8. Slim
9. Actor, Yul ...
10. Put back

## DOWN

23. ..., willing \& able
24. Extinguishes
25. Dear
26. Miniature (animal)
27. Milk star, ... Penn
28. Uneasily
29. Fabricated
30. Battery size $(1,1,1)$
31. Awkward
32. Pull a face
33. No good
34. Climb aboard $(3,2)$
35. Relieved of duty
36. Superficial (4-4)
37. Oneness
38. Fast food meals
39. Needling
40. Duck's mate
41. Need
42. Vote in again (2-5)
43. First Greek letter
44. Scrounge
45. Dodgy
46. Abdominal muscles

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| E | L | L | R | R C | C | F | Y | A |  | A | R | R |  |  |
| R | D | A | U | A | A | T | 0 | N | 1 | A | R | R Y |  |  |
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## Fun With Trivia 993-995

993. What was the name of the rock band formed by Jimmy Page?
994. Who was the first woman to win a Nobel Prize (1903)?
995. Which mammal has no vocal cords?

All the solutions and answers for each month's puzzles can be found on our website at

|  |  |  |  |  | 8 |  | 4 | 9 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
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|  | 8 |  |  |  | 7 | 2 | 1 |  |
| 5 |  | 1 |  | 3 | 8 |  | 6 |  |
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| 3 |  | 8 | 4 |  | 6 |  | 5 |  |
|  | 3 | 4 | 2 |  |  |  | 6 |  |
|  |  |  |  |  |  | 1 |  | 5 |
| 8 | 1 |  | 7 |  |  |  |  |  |

## Fun With Trivia 996-999

996. What type of music has been shown to help plants grow better and faster?
997. What celebrity has their dog cloned- twice? Answer: Barbara Streisand
998. What is the painting 'La Gioconda' more usually known as?
999. Ludwig Van Beethoven was born in 1770 in which city?

## Code Cracker No: 131



All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Sun or rain
2. Antelope
3. Pedalling sport
4. Lingered (on)
5. Striped African animal
6. Lethargy
7. Ancient remnant
8. Thuggish groups
9. Pale-faced
10. Or near offer $(1,1,1)$

## DOWN

1. Prison guards
2. Descend cliff by rope
3. Frantic
4. Ship's distress flares
5. Tough meat tissue
6. Jagged (course)
7. Portugal's capital
8. Stretch of land
9. Sacred effigies
10. Concur
11. Alphabet $(1,1,1)$
12. Attila the ...
13. Nought
14. Crushed (fly)
15. Strenuous
16. Circus performer
17. Contends
18. Baghdad natives
19. Martial art $(4,2)$
20. Speech sounds
21. Tolerate
22. Throw out, get ... of
23. Suez or Panama
24. Snatch (away)
25. Turns suddenly
26. Experience (change)
27. Rail transport
28. Thick slice
29. Au revoir
30. Talk about
31. Cosmetics samplers

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| N | M | A | A | 1 | 1 | 1 | B | R | 1 | S | 1 |  | P | G | 0 |  |
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## Fun With Trivia 1000-1002

1000. Water has a pH level of around?
1001. What's the most expensive home in the world?
1002. What did the Crocodile swallow in Peter Pan?

|  |  |  |  |  | 9 |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
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| 4 |  |  |  |  | 6 | 7 | 1 | 3 |
|  |  | 2 | 7 | 3 |  | 6 |  |  |
| 8 |  | 1 |  |  |  | 5 |  | 2 |
|  |  | 7 |  | 5 | 2 | 9 |  |  |
| 5 | 9 | 8 | 3 |  |  |  |  | 6 |
| 2 |  |  |  | 4 | 8 |  | 5 | 7 |
|  |  |  | 1 |  |  |  |  |  |

## Fun With Trivia 1003-1006

1003. What's the hardest rock?
1004. What is the national dish of Spain?
1005. Which horoscope sign has a crab?
1006. What colour is Absinthe?


All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Absurd pretences
2. Bushy
3. Neatest (gadget)
4. Pivoted
5. Temporary posting
6. Board
7. Accurate,.. on
8. Germ-free
9. Actor/director, Kenneth ...

## DOWN

21. Tiny songbird
22. Make into law
23. Carving artists
24. Roof straw
25. Regard as perfect
26. Painting stands
27. Worshipped
28. Canvas awning
29. Noisy brawl
30. Lewis Carroll heroine
31. Simplest
32. Toupee
33. Huge
34. Alpine singer
35. Bank machines $(1,1,2)$ 26. Oyster gem
36. Truant
37. Trailers
38. Air leak sound
39. Hit
40. Small horses
41. Climb

- 

| 1. Canvas awning | 15. Prank, ... joke |
| :--- | :--- |
| 2. Noisy brawl | 17. Truant |
| 3. Lewis Carroll heroine | 18. Trailers |
| 4. Simplest | 20. Air leak sound |
| 6. Toupee | 21. Hit |
| 7. Huge | 22. Small horses |
| 8. Alpine singer | 23. Climb |
| 11. Bank machines $(1,1,2)$ | 26. Oyster gem |



## ACROSS

1. Larger-than-life individuals
2. Caribbean nation
3. Copy outline of
4. Rissoles
5. From Edinburgh
6. Accessory
7. Nappies
8. Garbage can
9. Enquired
10. Soft leather
11. Yellow shade
12. Airmen
13. 80th
14. Invasions
15. Squeal
16. Moving staircases

## DOWN

1. Sydney or Paris
2. Also titled ( $1,1,1$ )
3. Warning, red ...
4. Stomachs
5. Stretched (for)
6. Not illuminated
7. Going without alcohol
8. Utterly preoccupied
9. Hoist
10. Sufficiently
11. Leave homeland
12. The Mentalist actor, Simon
13. Sliding shelves
14. Hindu sect, Hare ...
15. Jewish bread roll
16. Land, ... firma
17. Small vipers
18. Wedding vow $(1,2)$

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Adult colouring-in No: 77



## ACROSS

1. Quitting (habit)
2. Payment request
3. Beer factory
4. Permanent jailbird
5. Ethiopia's Addis ...
6. Deleting
7. Performed again
8. Older person
9. VII

## DOWN

1. Assassins
2. Rubbed until sore
3. Innate
4. Small bomb
5. List
6. Passage by ship
7. Country's interior
8. Finger-shaped pastries
9. Tyre part, ... tube
10. High
11. Aegean or Caspian
12. Video player $(1,1,1)$
13. Bushranger, ... Kelly
14. Plainer
15. Common cheese
16. Sloped letters
17. Hidden marksmen
18. Frosted (glass)
19. Cultured dairy food
20. Followed relentlessly
21. Susceptible

All the solutions and answers for each month's puzzles can be found on our website at

# WIN a $\$ 100$ Gift Card 

## 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 1 st of each month and added to the website.

- July Answers \& Solutions - published on 1st July 2023
- August Answers \& Solutions - published on 1st August 2023
- September Answers \& Solutions - published on 1st September 2023

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


## ACROSS

1. Wears out (one's welcome)
2. Bids
3. No matter what
4. Lustfully
5. Dutch port city
6. Light yellowish-
brown
7. Potato
8. Least hurried
9. Filthy

## DOWN

1. Assassins
2. Rubbed until sore
3. Innate
4. Small bomb
5. List
6. Passage by ship
7. Country's interior
8. Finger-shaped pastries
9. Tyre part, ... tube
10. High
11. Aegean or Caspian
12. Video player $(1,1,1)$
13. Bushranger, ... Kelly
14. Plainer
15. Common cheese
16. Sloped letters
17. Hidden marksmen
18. Frosted (glass)
19. Cultured dairy food
20. Followed relentlessly
21. Susceptible

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## 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. Prepaying 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 I BROWNS PLAINS I REDLANDS I DECEPTION BAY

| 1 |  | 2 | 3 |  | 4 |  | 5 |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## ACROSS

1. Actress, Cameron ..
2. Mideast canal
3. Car's fuel system part
4. Destroy by fire
5. Milled (timber)
6. Storm centres
7. Blessing
8. Health resort
9. Pitcher
10. ... \& outs
11. Chat
12. Water boiler
13. Hospital ward (1,1,1)
14. Judge
15. Beef cut
16. Premonition
17. Exclude
18. Window ledge
19. Grain husks
20. Left or ...
21. Frosted
22. Savings, nest ...
23. Formerly named
24. Gene acid $(1,1,1)$
25. Atmosphere
26. Deity
27. Spy group $(1,1,1)$
28. Cain \& ...
29. Port
30. Nip
31. Emollient, ... vera
32. Hard manual work $(5,6)$
33. Thin fog
34. Revise (article)

## DOWN

1. Liabilities
2. Spread of land
3. Madcap
4. Curved-bill bird
5. Obtain
6. Strike (toe)
7. Iffy (2-2)
8. Radioactive element
9. Districts
10. Recede
11. French yes
12. Protruding, $\ldots$ out
13. Ground (teeth)
14. Between
15. Oscar-winner, ... Firth
16. Add soundtrack
17. Baronet's title
18. Sports gear
19. Bushranger, ... Kelly
20. Charges with gas
21. Study of Earth's crust
22. Laughed like witch
23. Exclamation, ... whiz!
24. Couple
25. Scrapbook
26. Proficient
27. Conveyor strip
28. Circuit
29. Fabric colorants
30. Travel bag

| F | D | 0 | R | F | A | K | K | C | 0 | G | 1 | C | P | BLANCHED |
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## Fun With Trivia 1007-1009

1007. The Statue of Liberty was given to the US by which country?
1008. Which US city is known as the City of Brotherly Love?
1009. What substance are nails made out of?

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

## Fun With Trivia 1010-1013

1010. How many children does Oprah Winfrey have?
1011. Where is the Sea of Tranquillity located?
1012. What country has the world's most ancient forest?
1013. Which kind of bulbs were once exchanged as a form of currency?

## Code Cracker No: 133



All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Slum district
2. Shade of blue
3. Physio
4. Roofing with straw
5. Reflex kick $(4,4)$
6. Japan's capital
7. Champagne flutes

18 . The ... Scrolls $(4,3)$
20. Lewd
22. Experience (change)
23. Medal
25. Arrogant beginners
28. Resembled $(4,5)$
29. Fool
31. Annually, per ...
32. Discourages $(6,4)$

## DOWN

1. Hurting
2. Volcanic fallout
3. ... \& chairs
4. Muffled laughs
5. Thumped
6. Peculiar mannerism
7. Old English (5-5)
8. Glasgow is there
9. Approaches
10. Unknowingly
11. Dragster racing track
12. Swagger
13. Imaginary earth line
14. Untwist (jar lid)
15. Hawaiian greeting
16. Female relatives
17. Church song
18. Chill (in the air)


All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Tremble
2. Goes back on deal
3. Leave in protest $(4,3)$
4. Big
5. Non-rural
6. Heartier
7. Mountain call
8. Enthusiastic
9. Pre-Soviet emperors
10. The good ... days
11. Annoy
12. Tired \& bored
13. Bull-riding show
14. Unpaid drudge
15. Soldier's burrow
16. Botch (lines)
17. Aircraft
18. Arrogant person
19. Dwells
20. US coins

DOWN

1. Hills \& ...
2. Made loud noise
3. Also $(2,4)$
4. Recruits
5. Ampler (space)
6. Natural world
7. Chatterbox
8. Theatre backdrop
9. Actor, ... Murphy
10. Metal-working block
11. India's ... Mahal
12. Attach
13. Downhearted
14. Vagrant
15. Worried
16. Soil depletion
17. Firms up (agreement)
18. Mistrusts
19. Insult
20. Infected
21. Geronimo's tribe

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | WALLET |

1014. What colour jersey is worn by the winners of each stage of the Tour De France?
1015. Which chess piece can only move diagonally?
1016. When did the Cold War end?

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## Fun With Trivia 1017-1020

1017. What is allspice alternatively known as?
1018. Who invented scissors?
1019. Which country was the Caesar salad invented in?
1020. On which ship did Charles Darwin make his famous expedition, which led to his evolution theory?


## ACROSS

1. Fluid losses
2. Fame
3. Closest-fitting
4. Tender
5. Protective barrier
6. Up to (that moment)
7. Hey there!
8. Fault-finders
9. Dawn
10. Humble, ... \& mild
11. Terminate
12. Climbed down
13. Swarm over
14. Benevolence
15. Spray
16. Impaled

DOWN

1. Releases grip $(4,2)$
2. Kabul native
3. Mind-readers
4. Outlawed
5. Represented in court, ... for 20. Swirl
6. Illegal party drug
7. Entrepreneur
8. Outdistance
9. Superfluous
10. Actor, ... Baldwin
11. Female beneficiaries

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| 55 |  |  |  |  |  |  |  |  |  | 56 |  |  |  |  |

## ACROSS

1. Honey liquo
2. Proportional, pro ...
3. Centimetre tenths
4. Honest
5. Lengthy movie
6. Antlered deer
7. Jobless benefit
8. Flower garland
9. Scoundrel
10. Cow's re-chewed food
11. Brief sleep
12. Due time $(1,1,1)$
13. Insecticide $(1,1,1)$
14. Cups
15. Jetties
16. Is not $\left(3^{\prime} 1\right)$
17. Series of bell notes
18. Adult nits
19. Self-defence aerosol
20. Single number
21. Carnival
22. Octopus liquid
23. Convent dweller
24. Weight unit
25. Attila the ...
26. Pop concert
27. Military actions
28. Wet
29. Donation
30. Low in pitch
31. Throat-clearing noise
32. Present again
33. Investigate, ... out
34. Historical periods

## DOWN

1. Rock music, heavy ...
2. Funny
3. Meal regimen
4. Dutch shoe
5. Strive to equal
6. Fastener, press .
7. Fishing spool
8. Facets
9. Short-circuited
10. Serpent
11. Peculiar
12. Room height
13. Sweetheart
14. Colorado resort town
15. California's San ...
16. Silent
17. Helicopter platform
18. Take a chair
19. Liqueur, ... Maria
20. Coals
21. Strummed instruments
22. Second (one)
23. Actress, ... Basinger
24. ... chi ( $1^{\prime} 2$ )
25. Animal skins
26. Engine oil pans
27. Imitates
28. Awful smell
29. Gallivants
30. Confront, ... up to

## Code Cracker No: 134

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| 16 |  | (3) | 22 | 21 | 22 | 9 | 15 | 2 | 3 |  |  | 16 | 19 |
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| ANSWER: |  |  |  |  |  |  |  |  |  |  |  |  | 26 |
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All the solutions and answers for each month's puzzles can be found on our website at

$\qquad$


## ACROSS

1. Tennessee city
2. Tossed (coin
3. Poster
4. Kit out
5. Washstand jugs
6. Wrap
7. Outlay (cash)
8. Condemns
9. Hold
10. Research room
11. Off-colour, below ...

## DOWN

23. Diaper
24. Mocking remarks
25. Common flower
26. Tenor, ... Domingo
27. Altogether $(2,3)$
28. Small house reptile
29. Laundry chore
30. Wavers (on edge)
31. Rosiness
32. Deliciou
33. Full-grown
34. Jumped on one leg
35. Less abundant
36. Wine flasks
37. Certainly
38. Mucus
39. Thickest
40. Lordly
41. ..., beta, gamma
42. Firearm
43. Sound booster
44. Wool thickness
45. Opposed to
46. Female warriors
47. Actor, Sidney ...
48. Powerful businessmen
49. Breed of hound
50. Weave (ropes) together
51. Determined
52. Goad

All the solutions and answers for each month's puzzles can be found on our website at

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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AMINO ACIDS BEANS
BREAD
BUCKWHEAT
CARBON
CHEESE
COLLAGEN
CONSUMPTION
DIGEST
ENERGY
FOOD
GRAINS
HYDROGEN IMPORTANT
KERATIN
LEGUMES
LENTILS
LIVING CELLS
NITROGEN
OAT BRAN
ORGANIC
OXYGEN
POLYPEPTIDES
STUFF OF LIFE SULPHUR VITAL

Fun With Trivia 1021-1023
1021. In which film did father and son actors Will and Jaden Smith first appear together?
1022. Which NFL team holds the record for the most Super Bowl appearances?
1023. In which city is musician Jim Morrison buried?

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## Fun With Trivia 1024-1027

1024. Which actress keeps her Oscar in her bathroom so guests can hold it and make speeches in the mirror shame-free?
1025. In medieval England, what was used as currency, specifically for rental agreements?
1026. What is the most common letter in the English alphabet?
1027. Chimpanzees and gorillas have human-like fingerprints, and so do what other non-human animals?

All the solutions and answers for each month's puzzles can be found on our website at

## Code Cracker No: 135




## ACROSS

1. Discoveries
2. Give enjoyment
3. Scrutinises
4. Whiten
5. Records
6. Flare
7. A great distance
8. Biology or physics
9. Flabby
10. Coral barrier
11. Local language
12. Tangy bread style

## DOWN

1. Devils
2. Subtle difference
3. Colloquial saying
4. Stalk food
5. Daintily odd
6. Paler
7. More jealous, ... with envy 26. Tennis 40/40
8. Virginal (4-5)
9. Presenting (medal)
10. Beautified
11. In current state $(2,2)$
12. Plants
13. Sewage
14. Hock shop
15. Prescribed amount

## 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.

| ACACIA RIDGE | 32751860 | GEEBUNG | 32636634 |
| :---: | :---: | :---: | :---: |
| ashgrove | 33664299 | HOLLAND PARK | 33979150 |
| BEENLEIGH | 32871477 | LOGAN CENTRAL | 38082312 |
| BRIBIE ISLAND | 34081721 | LOGAN WEST | 38005263 |
| BULIMBA | 33998900 | MT GRAVATT | 33436026 |
| BURPENGARY | 38883754 | PINE RIVERS \& |  |
| CAbOOLTURE | 54952996 | DISTRICT | 32852532 |
| Capalaba | 33903450 | REDCLIFFE | 32843861 |
| CARINA | 33987438 | SANDGATE | 32692073 |
| CENTENARY | 32791974 | STAFFORD | 33562382 |
| Cleveland | 32862626 | WYNNUM \& |  |
| CROSbY PARK | 32560788 | MANLY DISTRICTS | 33969479 |
| DECEPTION BAY | 32032800 | YERONGA | 38489607 |

[^0]

## ACROSS

1. Fraught with danger
2. Own patch, home ...
3. Borders upon
4. Chain of stores
5. Medical help $(5,3)$
6. Frenzied
7. Written authority
8. Abate $(3,4)$
9. Accosted
10. Hurries busily
11. Monarch's rule
12. Cosmos
13. Omission
14. Kinsman
15. Retailed
16. Bold explorer

## DOWN

1. Intend
2. Ostrich relative
3. Donkeys
4. Cause swelling
5. Without assistance
6. British flag, ... Jack
7. Intensity
8. Scurries
9. Irritating
10. Plant vessels
11. Closeness
12. Leers at
13. Doped
14. Prickle
15. Perfect
16. Blow up
17. Barrier across river

All the solutions and answers for each month's puzzles can be found on our website at

## Crossword No: 455



## ACROSS

1. Hide (the taste of)
2. Scared
3. Rissole
4. Surreptitious liaison
5. Moving up
6. Internet post
7. Minor hitch
8. Inherited (trait)
9. Swapped (tyre) positions

## DOWN

7. From the menu $(1,2,5) 26$. Hire contract
8. Represented $(5,3)$
9. Fluid channel
10. Summer shoes
11. Official decrees
12. Handsome youth
13. Lower (oneself)
14. Posture
15. City-dwelling
16. Vending
17. 15th
18. Dilapidated
19. Eagerly expectant
20. Chattering idly
21. Three-wheeled bike
22. Infuriate
23. Tests
24. London nightclub zone
25. Approaching
26. Finalised
27. Burial box
28. Caribbean native

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| 8 |  |  |  | 1 |  |  |  |  |
| 3 |  |  |  |  |  | 9 |  |  |

## Fun With Trivia 1028-1030

1028. A tick bite can make you allergic to what food?
1029. What animal is constitutionally protected in Florida?
1030. Saudi Arabia imports camels from what country?


## ACROSS

1. Percussion instrument
2. Three feet
3. Socially unstable
4. Rascals
5. Biblical first man
6. Siamese
7. Ruptured (muscle)
8. Because of, ... to
9. Munched
10. Parent
11. Improvise, play it by ...
12. In support of
13. ... de toilette
14. Charged atoms
15. Tyrant
16. Once ... a time
17. Persian title
18. Abel's killer
19. Ox harness
20. Log vessels
21. Story
22. Keyboard key
23. Zilch
24. Computer port type $(1,1,1)$
25. Le or La in French
26. Utter
27. Also known as $(1,1,1)$
28. Helicopter landing areas
29. Goes on and on (about)
30. Mountain goat
31. Interrupting cough
32. Retrievable
33. Snake sound
34. Revise (article)

## DOWN

1. Extracted moisture from
2. Any amount of
3. Pulp (potato)
4. German WWII fascist
5. Pilot safety aid, ... seat
6. Is not ( $3^{\prime} 1$ )
7. Annually, per ..
8. Totalled, ... to $(5,2)$
9. Curved (roof)
10. Flight path, ... corridor
11. Bullfight cry
12. Hunting hounds
13. Rigidly
14. Donkeys
15. Uncles \& ..
16. Vine, poison ...

## 27. Paddle

28. Crack army force $(1,1,1)$
29. Maiden name indicator
30. Hockey goalies
31. Bride-to-be
32. Made ashamed
33. Ruminant's food
34. Actress, ... Thurman
35. Upper leg
36. Allow in
37. Discontinues
38. Broadway stage musical
39. Ark builder
40. Strong wind


## ACROSS

1. Flattering remark
2. Region
3. Lightweight timber
4. Gabbling
5. Rustic
6. Sibling's daughter
7. Miami is there
8. Impairs hearing of
9. Biffed
10. Get the wrong message
11. Lag behind
12. Most majestic
13. Childish
14. Poke
15. Carnival
16. Uncontrollably emotional

## DOWN

1. Ears of corn
2. Actors Gibson or Brooks
3. Sprang
4. Spanish holiday isle
5. Incapacitated (racehorse)
6. White wine, ... Riesling
7. Hostile parties
8. Ball-filled cushions
9. Beautify
10. Unsettling (3-7)
11. Sniffing
12. Washstand jugs
13. Honour (with)
14. Unkindest

All the solutions and answers for each month's puzzles can be found on our website at

## 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.

> Please enjoy your FREE Alex Gow Puzzle Book. Remember all the answers and solutions can be found on our web site www. alexgowfunerals.com.au They are published at the beginning of each month along with a couple of bonus Questions that will give you an extra entry in the monthly draw for the $\$ 100$ GIFT CARD.

[^1]
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The guide provides you with quality information to help you choose a service that is meaningful and appropriate to you.

For more information or to arrange a free consultation, simply call our friendly staff on 38517800.

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Arranging a funeral can be quite emotional and sometimes it's easier if done in the comfort of your own home with family around to assist. That is why Alex Gow come to you when you need us most.

With branches at Geebung, Deception Bay, Redlands and Browns Plains we can be there quickly to help guide you through this difficult time.

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ALEX


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Telephone (07) 38517800 www.alexgowfunerals.com.au

## We all deserve a meaningful farewell

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Scan this code to discover more

$\qquad$

## GEEBUNG I DECEPTION BAY I REDLANDS I BROWNS PLAINS


[^0]:    Additional information on Meals On Wheels Queensland can be found at WWW.qmow.org

[^1]:    Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.

