

**YOURS
FREE**

The Alex Gow Super Puzzle Book



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



A Brisbane Family Owned Company

August to October 2025

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.



**“A funeral company with tradition,
not a traditional funeral company”**

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 ANSWERS

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. The leftover letters will reveal the mystery answer.

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.

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

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

ACROSS

- 1. Fruit growers
- 7. Work together
- 8. Of housing
- 12. Aggravated
- 17. Stroke of luck
- 18. Fencing duels (5,6)

DOWN

- 1. Happenings
- 2. Honeycomb segments
- 3. Medal
- 4. Suffocate in water
- 5. Guru
- 6. Portable stairs
- 9. ... & buts

- 10. Just get by, ... out a living
- 11. Liqueur, ... Maria
- 13. Mexican friend
- 14. Strode
- 15. Diameter halves
- 16. 10 percent

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

- ABEL
- ANIMALS
- BANISHED
- CAIN
- CHERUBIM
- CREATION
- CURSE
- EDEN
- EVIL
- FALL
- FERTILE
- FIG LEAF
- FLAMING SWORD
- FRUIT
- GARDEN
- GOOD
- MANKIND
- MOTHER
- PARADISE
- RIB
- RIVER
- SERPENT
- SETH
- TEMPTATION
- TREE OF LIFE
- WOMAN

Mystery Answer:

Fun With Trivia 1297 - 1299

1297. What was the biggest film of the 1980s?

1298. Who was the creepy Jack Torrance in the 1980 horror film “The Shining”?

1299. Who played wisecracking John McClane in the 1988 action film “Die Hard”?

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

Fun With **Trivia** 1300 - 1303

1300. Who became Sarah Connor in the time-traveling thriller “The Terminator” in 1984?

1301. In “Ghostbusters” (1984) what was the name of the weird and wonderful ghost hunter played by Bill Murray?

1302. Who directed the aerial action film “Top Gun” in 1986?

1303. What was the Best Picture winner in 1982?

CLUES

1	2	3	4	5	6	7	8	9	10
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10		16		9	15	17	14	15		8		9	14
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ANSWER:

17	16	17	8	21	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

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8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Thwarted by bad luck (4-7)
- 7. Decor
- 8. Bleed heavily
- 12. Positive (reply)
- 17. Personal tribute
- 18. Decontaminated

DOWN

- 1. Compassionate
- 2. Concur
- 3. Nile metropolis
- 4. Different
- 5. Saint Nick, ... Claus
- 6. Uncombed
- 9. Magnetic resonance imaging (1,1,1)
- 10. Brink
- 11. Shack
- 13. Boxer's weapons
- 14. Govern
- 15. Without company
- 16. Twerp

U	T	M	L	A	T	I	P	A	C	R	G	T
R	N	O	S	K	Y	T	O	W	E	R	N	J
B	E	N	I	H	S	N	U	S	A	E	E	L
A	M	U	S	S	H	E	O	N	M	B	S	A
N	N	M	E	I	K	R	D	P	E	H	S	R
B	R	E	N	H	T	M	O	L	K	I	Z	U
E	E	N	U	S	O	L	D	I	S	A	S	T
A	V	T	D	S	E	H	E	A	Y	E	E	L
C	O	S	Q	V	A	H	O	T	R	E	T	U
H	G	U	E	N	S	D	M	I	O	I	A	C
E	E	D	N	O	S	Q	U	E	L	V	D	U
S	N	A	T	I	L	O	P	O	M	S	O	C
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AL MAQTAA FORT
ARID
BEACHES
CAPITAL
COSMOPOLITAN
CULTURAL
DATES
DEVELOPMENT
DUNES
GOVERNMENT
GRAND MOSQUE
JEBEL DHANNA
MONUMENTS
NOVOTEL
OASIS
OIL
RESORTS
SHEIKHS
SKY TOWER
SUNSHINE
UAE
URBAN

Mystery Answer:

Fun With Trivia 1304 - 1306

1304. Who played Axel Foley in the 1984 comedy "Beverly Hills Cop"?

1305. In "The Breakfast Club" who is Molly Ringwald's character the "princess"?

1306. Who starred as Maverick in the 1986 film "Top Gun"?

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

Fun With Trivia 1307 - 1310

1307. Which smooth-talking actor brought the scheming J.R. Ewing to life in the iconic TV series “Dallas”?
-
1308. Which groundbreaking medical drama aired from ‘82 to ‘88, featuring a stellar cast of doctors at the fictional St. Eligius Hospital?
-
1309. What was the no-nonsense name of Carroll O’Connor’s character in the legendary TV series “All in the Family”?
-
1310. Who took on the role of the resilient Kunta Kinte in the powerful TV mini-series “Roots” (1977)?
-

CLUES

1	2	3	4	5	6	7	8	9	10
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3	20	12		3	10	5	16	16	3
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	16	4		3	18	13	6	18	11
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	14		13		17	6	13	18	13
	16		21		19		10		16
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4	4	6							

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

1		2		3		4		5		6
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8			9		10		11			
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17										
18										

ACROSS

- 1. Inoculating
- 7. Yam-like vegetable (5,6)
- 8. Airport area, ... deck
- 12. Public showings
- 17. Absent-minded
- 18. Powerful lamp

DOWN

- 1. Prophets
- 2. Aircraft staff
- 3. Bury
- 4. Hawaiian greeting
- 5. Baghdad citizen
- 6. Tent-floor's waterproof barrier
- 9. Cain & Abel's mother
- 10. Video recorder (1,1,1)
- 11. Heavy weight
- 13. Shopping mall
- 14. Room within roof
- 15. Cancel
- 16. Adhere

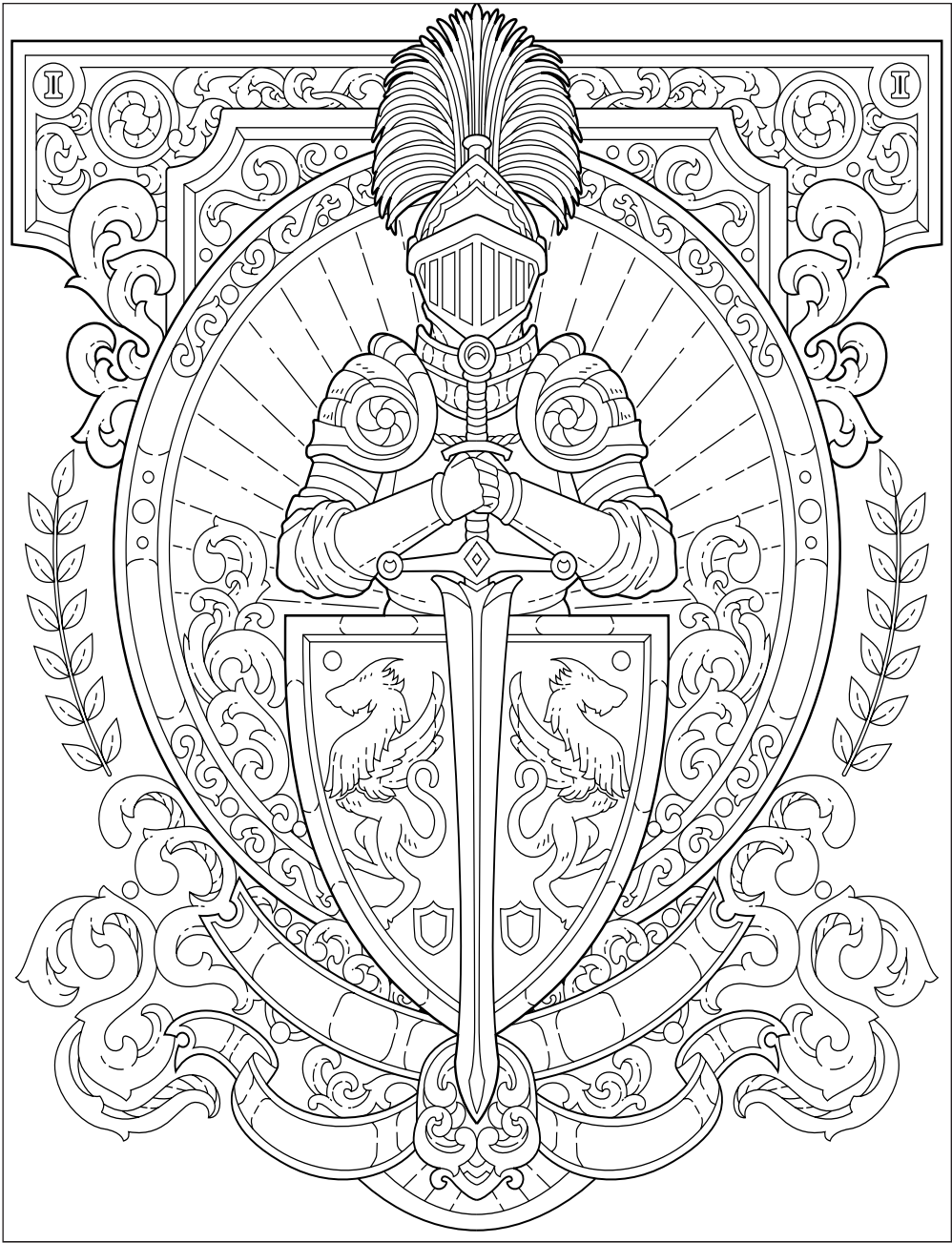
1		2		3		4		5		6
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18										

ACROSS

- 1. Downcast
- 7. Book-to-movie conversions
- 8. Hot drink with whiskey (5,6)
- 12. Beheaded
- 17. Tendency
- 18. Aligns

DOWN

- 1. Thumb tacks (7,4)
- 2. Florida resort
- 3. Try to vomit
- 4. Release grip (3,2)
- 5. Hoax
- 6. Heirs
- 9. Spanish coast, Costa del ...
- 10. Dove call
- 11. US crime agency (1,1,1)
- 13. Become liable for
- 14. Fraternal twin to Nintendo's Mario
- 15. Wreck
- 16. Unworldly



1		2		3		4		5		6
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17										
18										

ACROSS

- 1. Mixed (with enemy)
- 7. Pastry flatteners (7,4)
- 8. Offender
- 12. Too worked-up
- 17. Most distant
- 18. Dealt out

DOWN

- 1. Made blaze-resistant
- 2. More skilled
- 3. Privileged class
- 4. W African country
- 5. Speedy
- 6. Damaged reputation of
- 9. Off-colour, below ...
- 10. Put strain on
- 11. Boxer, Muhammad ...
- 13. High-ranking lords
- 14. Anaesthetic
- 15. Chocolate substitute
- 16. Game fish

WIN a \$100 Gift Card

August

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 August puzzles, simply log onto the website and click the **PUZZLE Answers & Solutions button**. Once you're on the puzzles page just click on **August 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 September and October 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.

- August Answers & Solutions – published on August 1st 2025
- September Answers & Solutions – published on September 1st 2025
- October Answers & Solutions – published on October 1st 2025

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
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8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Laundry machine (6,5)
- 7. Vehicle snarl-ups (7,4)
- 8. Translator
- 12. Rink boot (6,5)
- 17. Sheer
- 18. Daunted

DOWN

- 1. Ice-cream flavour (5-6)
- 2. Implied
- 3. Non-parole murderer
- 4. Furnishing scheme
- 5. Dough ingredient
- 6. Raised from dead
- 9. Conger or moray fish
- 10. The P of RPM
- 11. Moose
- 13. Reclined
- 14. Purgative, ... salts
- 15. Witness box
- 16. Delegate

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

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

ACROSS

- 1. Not binding (4,3,4)
- 7. Hospitals
- 8. Male executives
- 12. Unattainable
- 17. Throwing bomb (4,7)
- 18. Large grocery shop

DOWN

- 1. Finger scrubbers (4,7)
- 2. Raises
- 3. Kitchen garment
- 4. Faculty heads
- 5. Poppy drug
- 6. Neutrality
- 9. Wrath
- 10. And so on
- 11. Body of water, Dead ...
- 13. Incur (debt) (3,2)
- 14. Rage
- 15. African predator
- 16. Cartridge without bullet

L	O	I	P	H	I	L	O	S	O	P	H	Y
D	H	N	T	D	I	L	I	G	E	N	C	E
I	A	T	N	E	M	T	I	M	M	O	C	L
S	Y	E	A	D	O	H	T	E	M	I	A	T
C	H	R	E	E	Z	E	A	L	F	T	R	U
I	K	V	E	F	R	S	P	R	N	A	O	S
P	M	E	S	S	F	B	E	E	N	R	S	E
L	A	N	X	N	I	E	M	S	I	E	U	R
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BODY
BREATH
COMMITMENT
DE-STRESS
DILIGENCE
DISCIPLINE
EFFECTIVE
ENJOY
EXERCISE
FREEDOM
GOAL
INTERVENTION
LIBERATION
MENTAL
METHOD
PHILOSOPHY
POSTURE
RELAX
SAMKHYA
STILL
SUTRAS
TRANSCEND
UNION
ZEAL

Mystery Answer:

Fun With **Trivia** 1311 - 1313

1311. Which gritty crime drama had us rooting for private eye Jim Rockford as he cracked cases with style?
.....
1312. What actor played the quirky alien character that stole our hearts in the beloved TV series “Mork & Mindy”?
.....
1313. Which classic sitcom sashayed onto our screens in ‘75, featuring Henry Winkler’s iconic leather-jacketed legend, “The Fonz”?
.....

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

Fun With Trivia 1314 - 1317

1314. Which out-of-this-world sci-fi series blasted off in '78, showcasing a brave crew navigating the stars aboard the Galactica?
1315. Who donned the scrubs and brought the laughs as Hawkeye Pierce in the heartwarming TV series "MASH"?
1316. Which groovy variety show twirled onto air from '76 to '79, hosted by the dynamic duo Donny and Marie Osmond?
1317. What was the name of the bossy, beeping robot who kept "Lost in Space" afloat with charm and wit?

CLUES

1	2	3	4	5	6	7	8	9	10
	N					T			

15	17	19	3		22		5		10	13	17	16
	20		8	21	14	2	8	10	18		8	
15	19	14	9		18		17		4	20	19	9
	11		9	20	5	17	10	18	20		15	
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	13		20	18	18	20	2	5	20		9	
15	20	19	18	7	18		18	19	22	14	18	21
14				10				3				20
6	9	19	2	22	18		18	20	19	21	19	2
	20		14	18	17	19	2	22	18		22	
7	19	17	5		19		8		12	20	19	17
	5		11	20	16	4	8	17	20		21	
18	4	8	20		14		1		5	17	19	12
	20		17	8	2	13	20	18	7		2	
10	18	20	18		13		18		18	19	7	20

ANSWER:

21	14	9	9	8	9							
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ABCDEFGHIJKLMNOPQRSTUVWXYZ

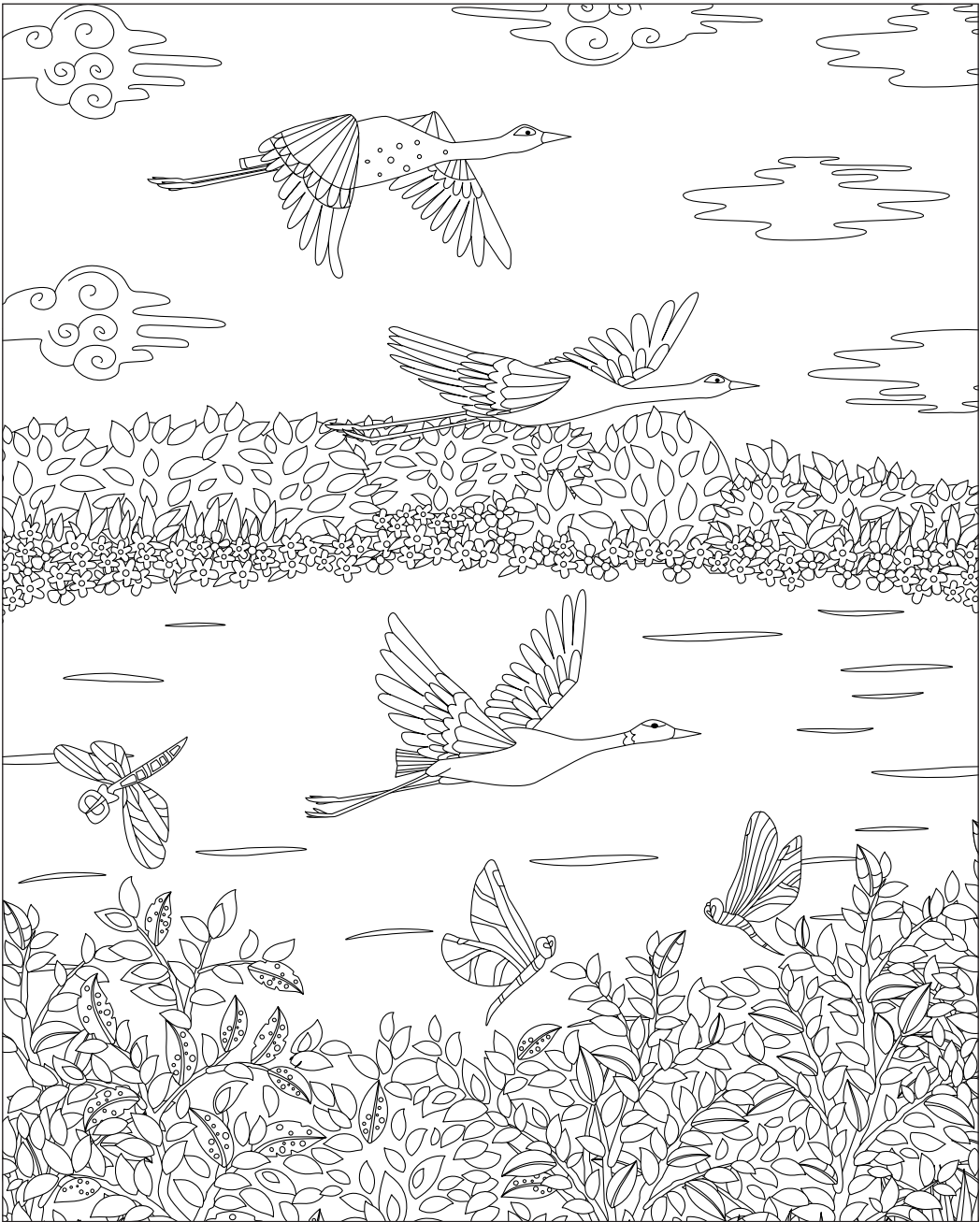
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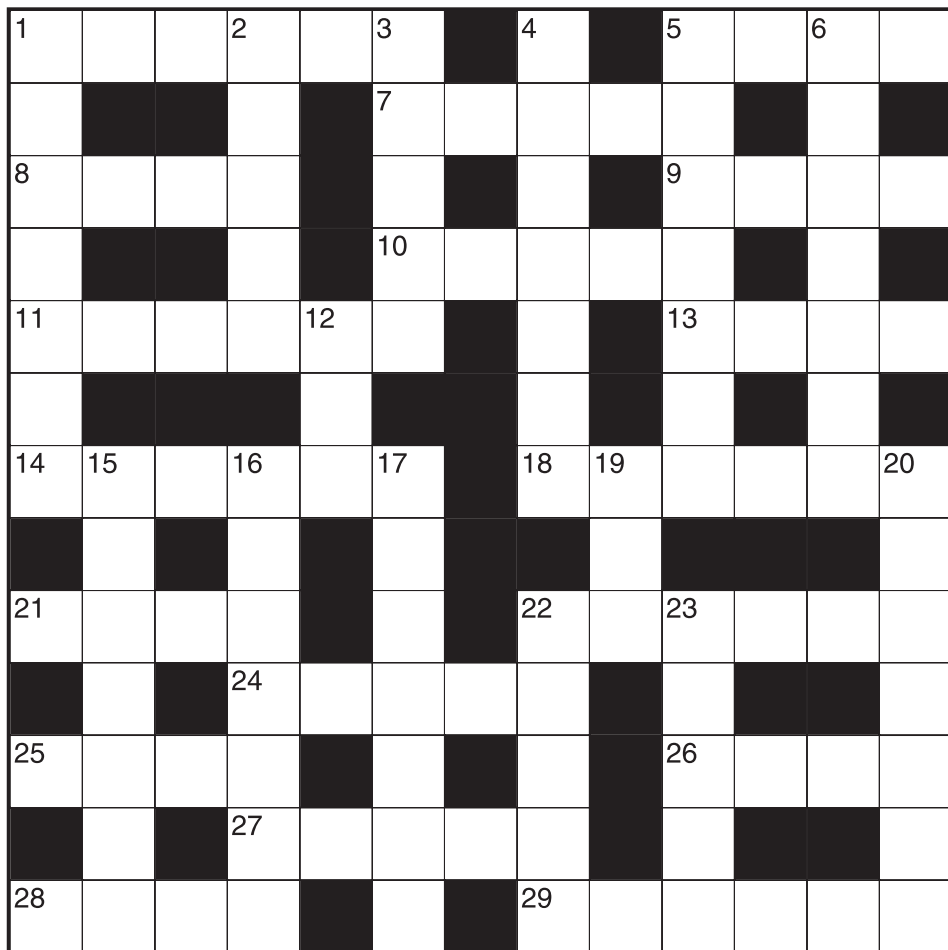
ACROSS

- 1. Oppressing
- 7. NYC landmark, ... Building (6,5)
- 8. Happiness
- 12. Possibility
- 17. In working order
- 18. Lovers

DOWN

- 1. Traitorous
- 2. Become ready to pick
- 3. Sense receptor
- 4. Magnified section
- 5. Foolish
- 6. Grandmother’s brothers (5-6)
- 9. Lace up
- 10. Negative adverb
- 11. Rug
- 13. Segment
- 14. Nautical map
- 15. Comply, ... by the rules
- 16. Interior





ACROSS

- 1. Poked
- 5. Ku Klux ...
- 7. Address crowd
- 8. Wine
- 9. Barks
- 10. Dame Judi ...
- 11. Not long ago
- 13. Exclude
- 14. Jellied petrol
- 18. Slum area
- 21. Chopped
- 22. Creeping (toward)
- 24. The U of EU
- 25. Nil
- 26. Visited, ... to
- 27. Disentangle
- 28. Fitness centres
- 29. Pastoral

DOWN

- 1. Athletics field event
- 2. Chap
- 3. Frumpy
- 4. Staffing
- 5. Door aperture
- 6. Assign
- 12. Laugh out loud
- 15. Worry
- 16. Laborious
- 17. Arbitrate
- 19. Camouflaged
- 20. Naturally grown
- 22. Type in (data)
- 23. Cruel wisecracks

D	N	A	L	D	O	O	W	E	X	Q	A	A
G	R	A	S	S	L	A	N	D	U	N	F	S
C	S	T	R	I	P	E	D	A	I	R	D	W
E	S	E	S	S	A	R	G	M	I	R	I	E
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- AFRICA
- BLACK
- BRAY
- CANTER
- FOAL
- GALLOP
- GRASSES
- GRASSLAND
- HERDS
- MOUNTAIN
- NIGHT VISION
- PLAINS
- QUAGGA
- SCRUBLAND
- SLEEK
- SOCIAL
- STAMINA
- STRIPED
- TANZANIA
- TROT
- UNGULATE
- WHINNY
- WHITE
- WILD
- WOODLAND
- ZIG-ZAG

Mystery Answer:

Fun With Trivia 1318 - 1320

1318. What 80s sitcom had a group of friends living in the city?

.....

1319. What 80s cartoon was about a wacky yellow family?

.....

1320. Who played Tony Micelli in the TV show "Who's the Boss"?

.....

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Fun With **Trivia** 1321-1324

1321. What sci-fi show ran from 87-94?

.....

1322. What was the name of the robot in the show “Small Wonder”?

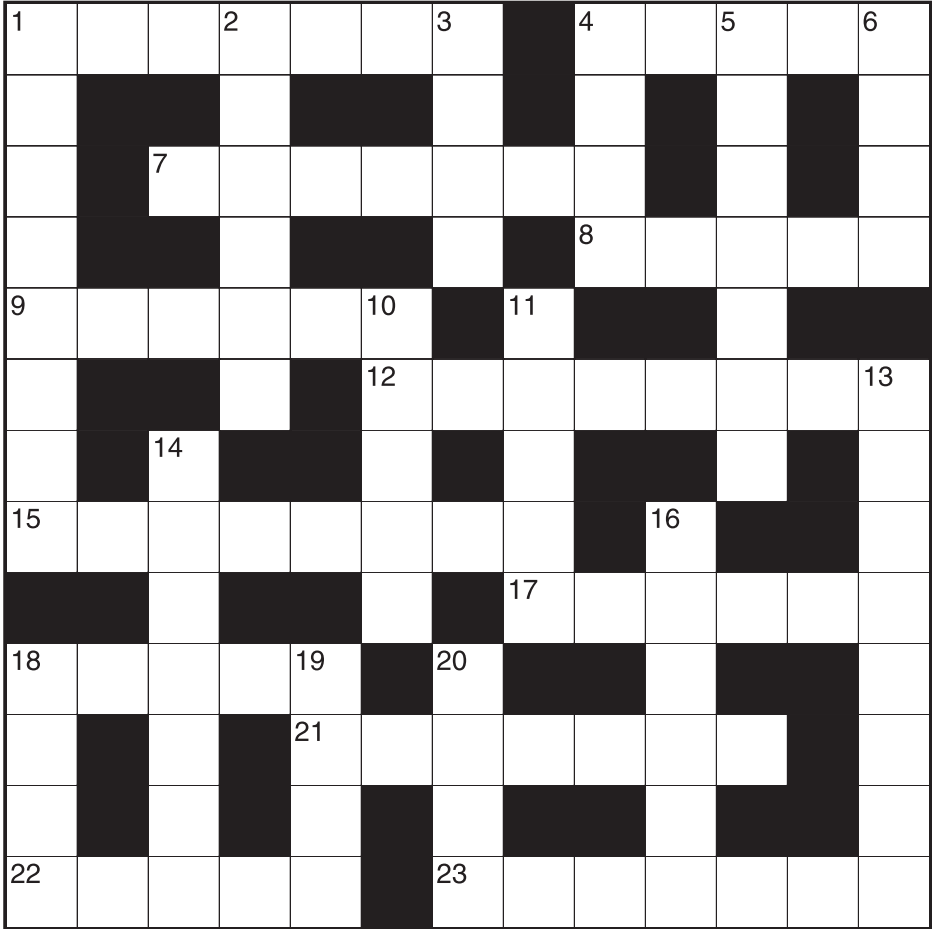
.....

1323. Who played Angela Bower in “Who’s the Boss”?

.....

1324. Who played Dr. Heathcliff Huxtable in “The Cosby Show”?

.....

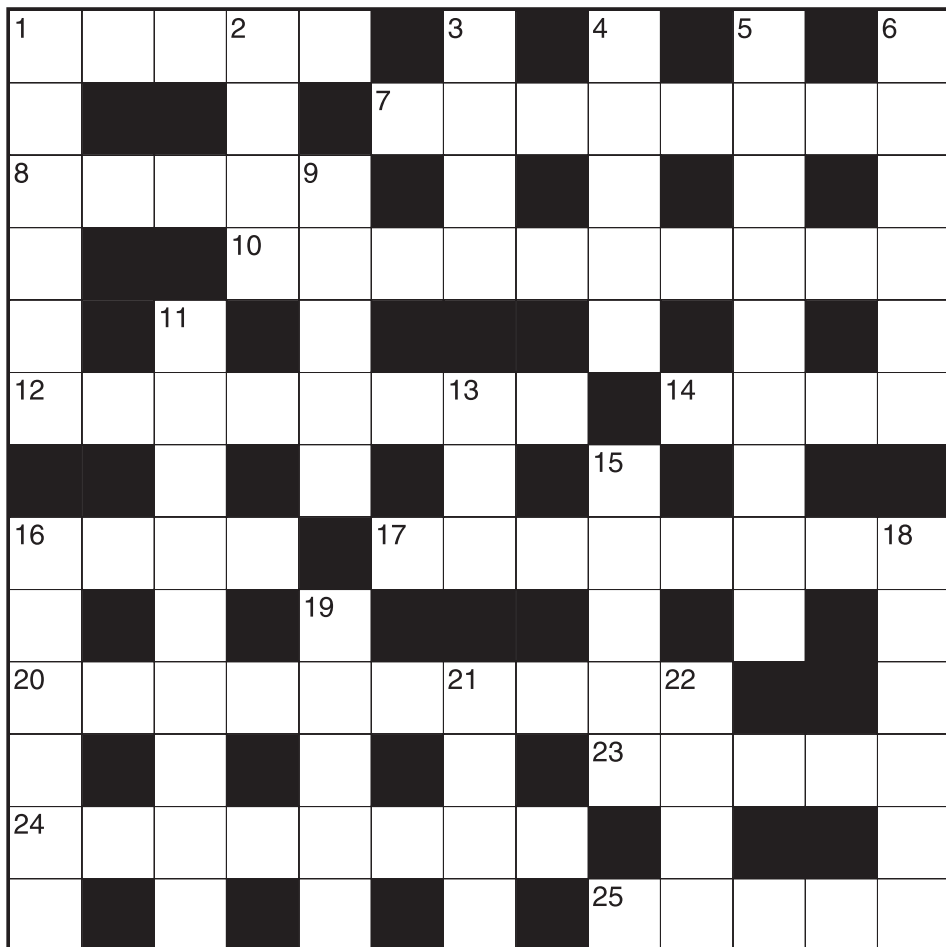


ACROSS

- 1. US capital of Georgia
- 4. Lay oneself open to
- 7. Provoke
- 8. Castle water barriers
- 9. Strolled
- 12. Persians
- 15. Fluid removal system
- 17. Disastrous
- 18. Fighting birds
- 21. Age-old
- 22. Travels by bike
- 23. Doomed liner

DOWN

- 1. Scored (on par)
- 2. Historical records
- 3. Leave, go ...
- 4. Object
- 5. Mobile home
- 6. Engine turns
- 10. Backless couch
- 11. Diamond's cut
- 13. Particular
- 14. Kept tabs on
- 16. Philippines capital
- 18. Mask actress
- 19. Animal pouches
- 20. Highlander



ACROSS

1. Racy
7. Last one standing
8. Drifter
10. In a motherly way
12. Understood
14. ... & suffering
16. Apple Inc device
17. Colonels and admirals
20. Tequila cocktails
23. Mountain chain
24. Wedding
25. Flow out

DOWN

1. Lower in rank
2. Chowder shellfish
3. Improper
4. Occurrence
5. Assessed
6. Wax colouring stick
9. Goliath's foe
11. Block of text
13. Mischievous fairy
15. Indian guitar
16. Not subject (to)
18. Plan
19. Scientist, ... Curie
21. Casually
22. Gradually weakens

CLUES

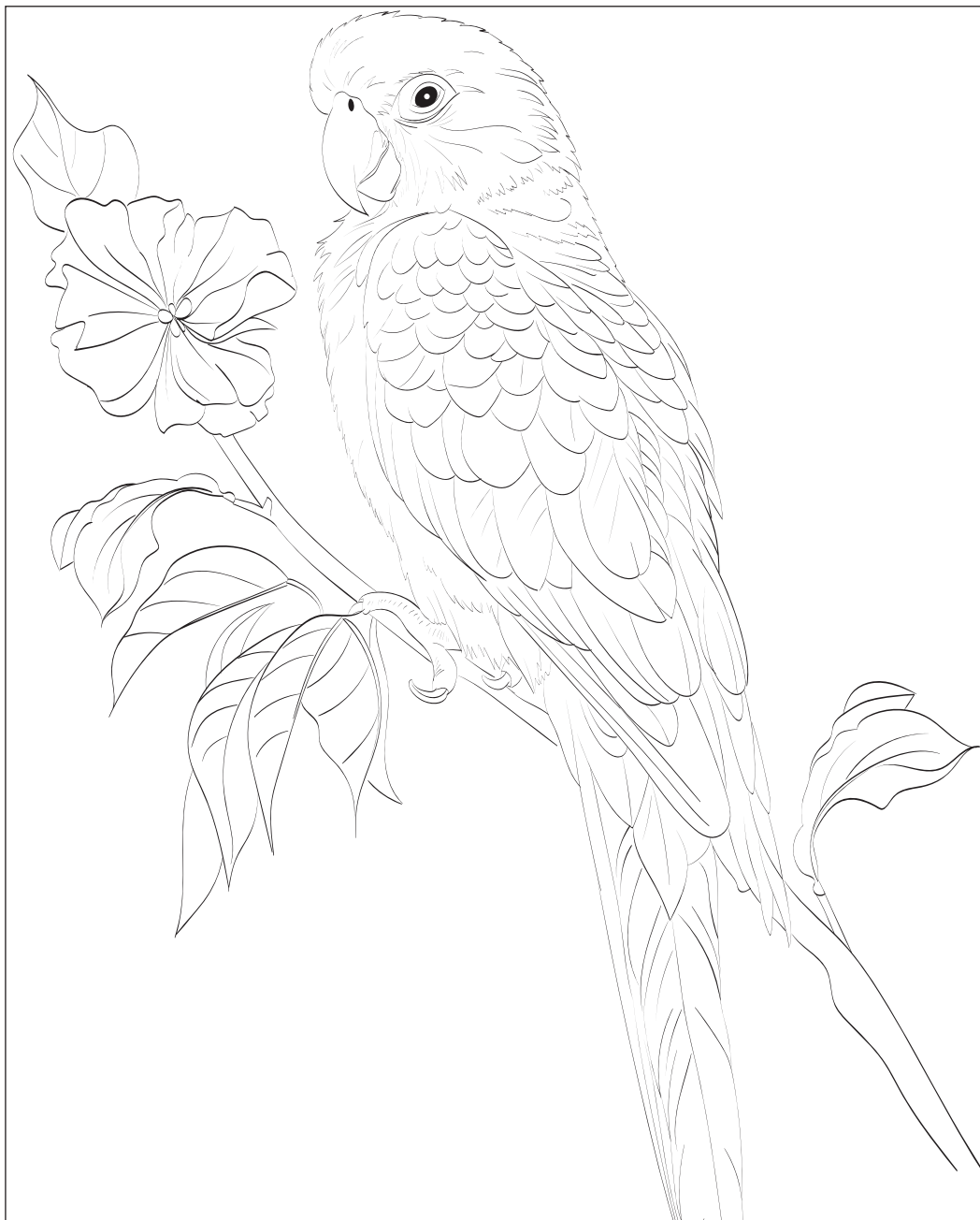
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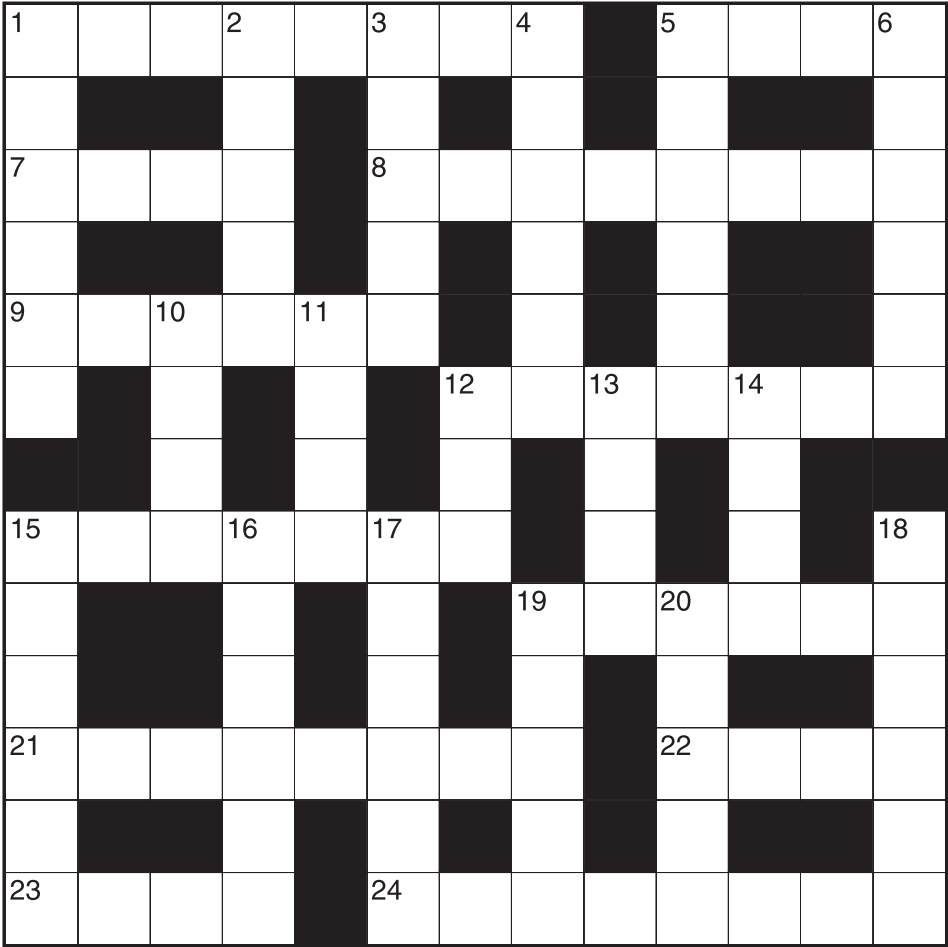
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ANSWER:

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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. Masculinity
- 5. Rectangular courtyard
- 7. Antiquated
- 8. Refrains (from)
- 9. House actor, Hugh ...
- 12. Influence
- 15. Lawsuits

19. Nastier

- 21. Improved
- 22. Stuck-up person
- 23. Trade for cash
- 24. Bolt shifters

DOWN

- 1. Paltry
- 2. Tribal senior
- 3. Avoid
- 4. Network
- 5. Tremble
- 6. Hurling plate
- 10. Module
- 11. Data
- 12. ... & buts

- 13. Fir relative
- 14. Moulin Rouge! actor, ...
McGregor
- 15. Cherubs
- 16. Tel Aviv is there
- 17. Nephews and ...
- 18. Explores
- 19. Radio & TV
- 20. Incendiary crime

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- ANATOMY
- ANIMALS
- BIOLOGY
- BREEDING
- CLASSIFY
- ENTOMOLOGY
- ENVIRONMENT
- ETHOLOGY
- EVOLUTION
- FISH
- HABIT
- NATURE
- ORGANS
- ORNITHOLOGY
- PHYSIOLOGY
- REPTILES
- STRUCTURE
- STUDY
- SYSTEMS
- TAXONOMY

Mystery Answer:

Fun With Trivia 1325 - 1327

1325. Who played Alex P. Keaton in “Family Ties”?
1326. Which stylish Miami crime drama showcased the detective duo Sonny Crockett and Ricardo Tubbs?
1327. What’s the name of Dr. Who’s groovy time-traveling blue box?

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Fun With Trivia 1328 - 1331

1328. What was Betty and Barney’s last name in the Flintsones?
-
1329. In Steptoe and Son, what was the old man’s first name?
-
1330. Hawaii 5-0 wasn’t just about beaches and hula—what genre was it?
-
1331. In The Man From U.N.C.L.E., what shady crime syndicate was up to no good?
-

CLUES

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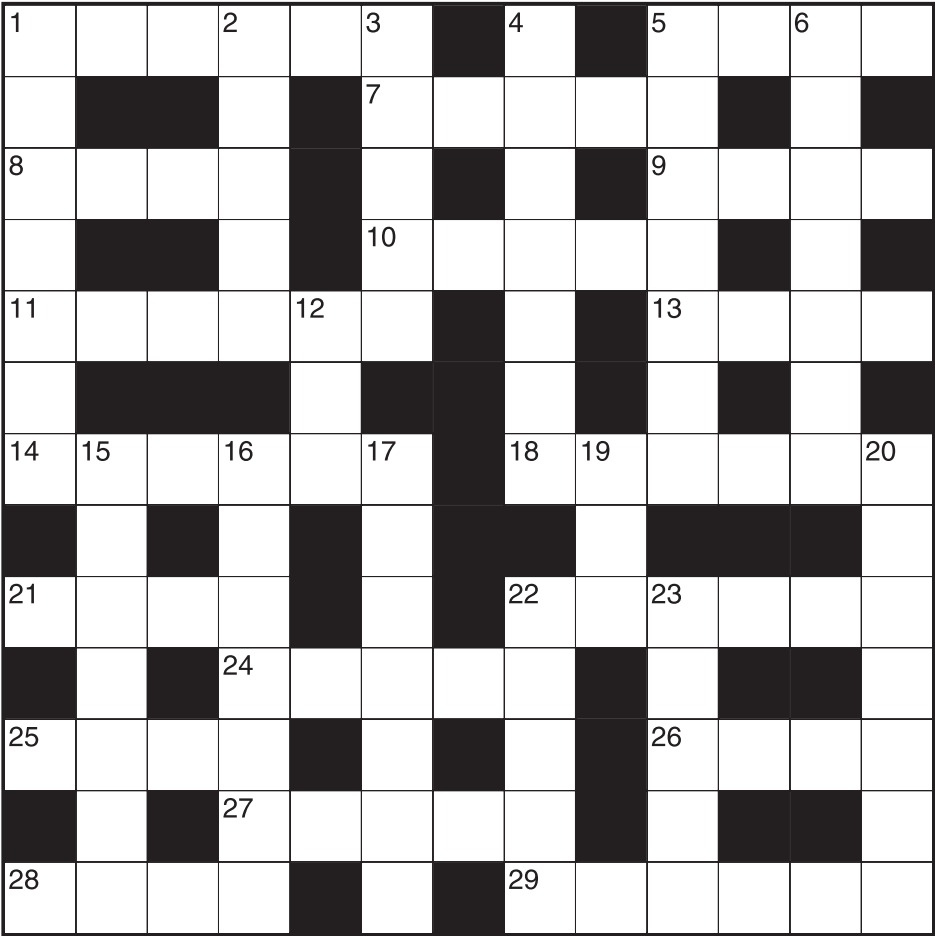
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ANSWER:

10	15	19	2	12	4							
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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

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ACROSS

- 1. Money for good deed
- 5. Resounding noise
- 7. Thump
- 8. Baking chamber
- 9. Written test
- 10. Fanatical
- 11. Independently, by ...
- 13. ... & twos
- 14. Raw vegetable dishes
- 18. Abhor
- 21. Move briskly
- 22. Of cattle
- 24. Create on loom
- 25. Angel's ring
- 26. Corporals (1,1,2)
- 27. Cowboy show
- 28. Enliven, ... up
- 29. Enter (4,2)

DOWN

- 1. New recruits
- 2. Cowgirl, ... Oakley
- 3. Stunt growth of
- 4. Made bet
- 5. Frugally used (4,3)
- 6. Practical jokers
- 12. Guided
- 15. Flight cost
- 16. Illustrations
- 17. Leaves high & dry
- 19. Self-pride
- 20. Betrayal
- 22. Out of form, ... par
- 23. Tough plastic

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.



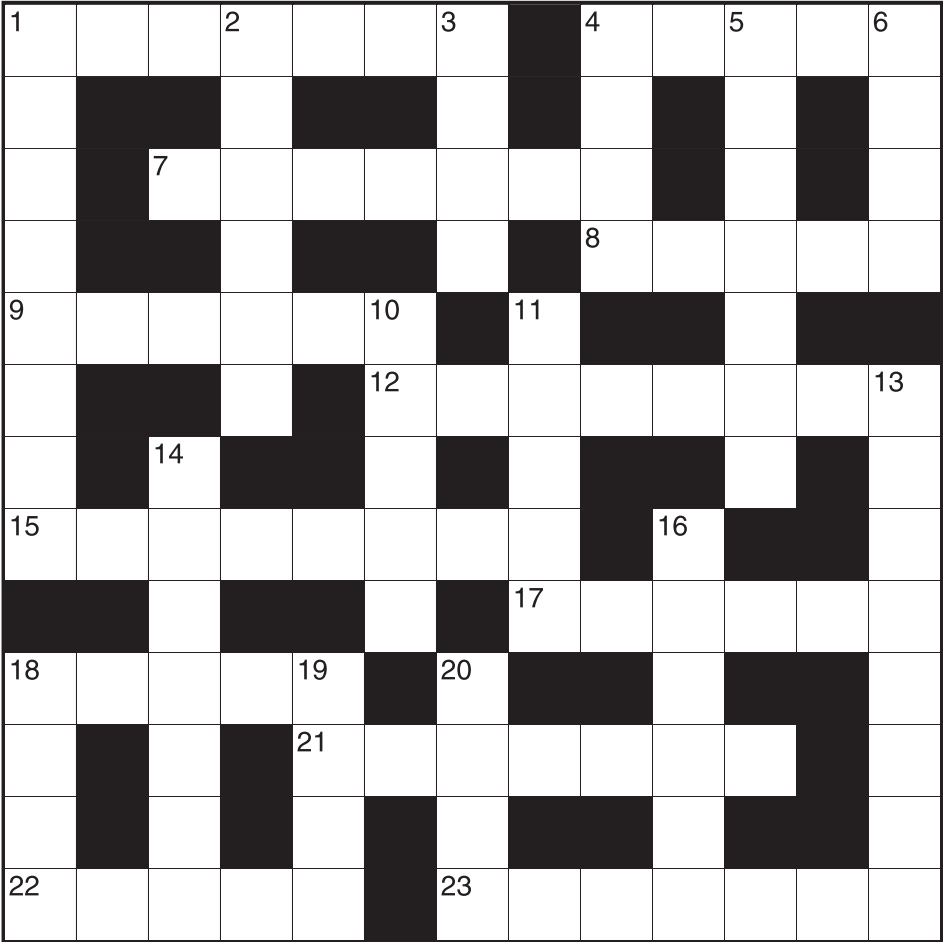
Our sense of independence can be challenged by admitting we might need a little help but Meals on Wheels is here to deliver more than just a meal to you. Whether you need meals every day, or just a few to help on those days you are not at your best, there is support available for you.

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
ASHGROVE	3366 4299
BEENLEIGH	3287 1477
BRIEBIE ISLAND	3408 1721
BULIMBA	3399 8900
BURPENGARY	3888 3754
CABOOLTURE	5495 2996
CAPALABA	3390 3450
CARINA	3398 7438
CENTENARY	3279 1974
CLEVELAND	3286 2626
CROSBY PARK	3256 0788
DECEPTION BAY	3203 2800

GEEBUNG	3263 6634
HOLLAND PARK	3397 9150
LOGAN CENTRAL	3808 2312
LOGAN WEST	3800 5263
MT GRAVATT	3343 6026
PINE RIVERS & DISTRICT	3285 2532
REDCLIFFE	3284 3861
SANDGATE	3269 2073
SHAILER PARK	3806 0529
STAFFORD	3356 2382
SUNNYBANK	3345 3795
WYNNUM MANLY	3396 9479
YERONGA	3848 9607

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

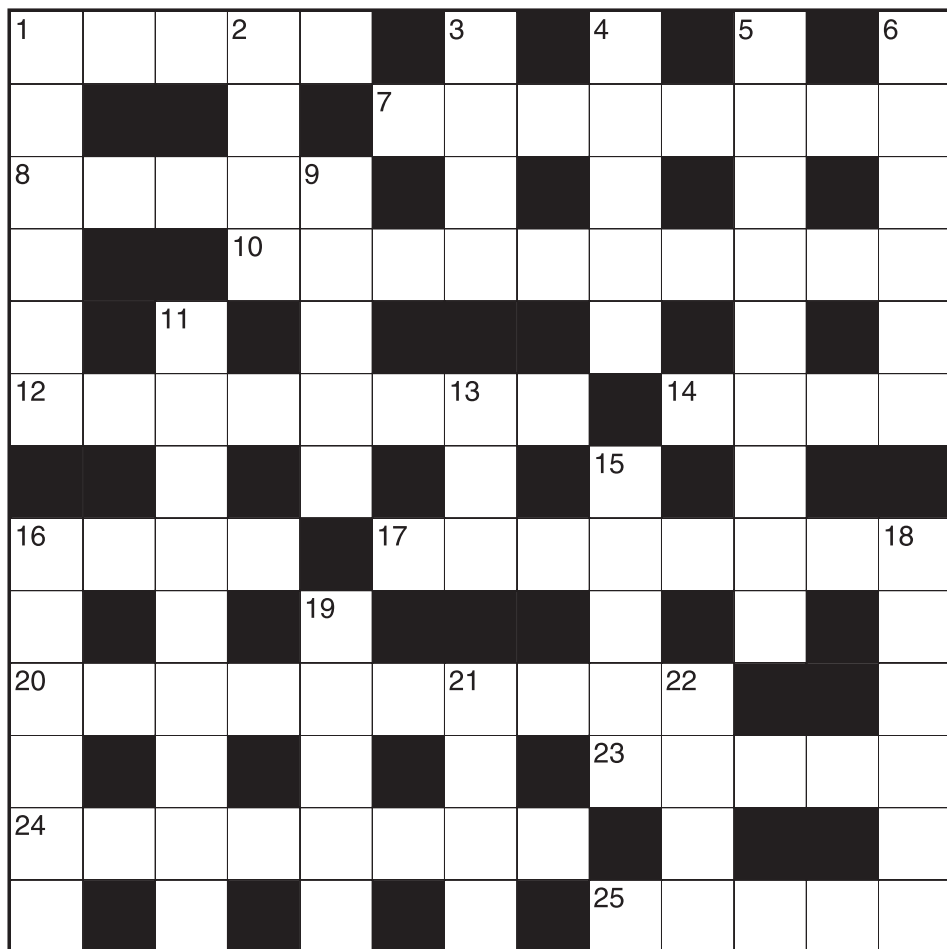


ACROSS

- 1. Predatory fish
- 4. Fourth, ..., sixth
- 7. Pinball parlours
- 8. Unadventurous
- 9. Adult (video) (1-5)
- 12. Underlying flaw
- 15. Specimens
- 17. Shocking ordeal
- 18. Pier
- 21. Sloping letters
- 22. Beef dish, steak ...
- 23. Distant settlement

DOWN

- 1. Hair bleach
- 2. Carbonate
- 3. Pop artist, ... Warhol
- 4. Song & dance
- 5. Outward appearances
- 6. Head covering
- 10. Reside
- 11. Hips to ribs region
- 13. Devil worshipper
- 14. Kingston is there
- 16. Zany
- 18. Undomesticated
- 19. Genuine, bona ...
- 20. European pact



ACROSS

- | | |
|----------------------------|---------------------|
| 1. Perfect | 20. Small sweets |
| 7. Aerosol container (5,3) | 23. Recorded on VCR |
| 8. Thin cord | 24. Smartly |
| 10. Damaging (reputation) | 25. Eyed lustfully |
| 12. Hinged cellar entry | |
| 14. Dull paint finish | |
| 16. Imperial length unit | |
| 17. Humility | |

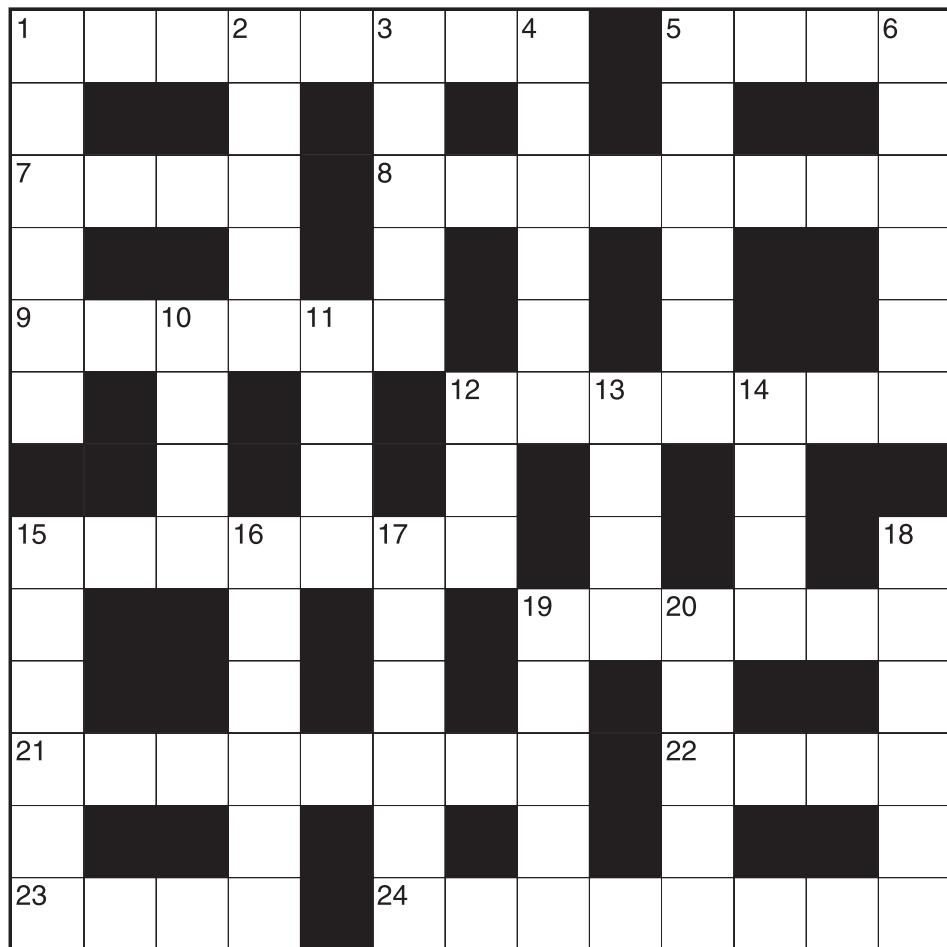
DOWN

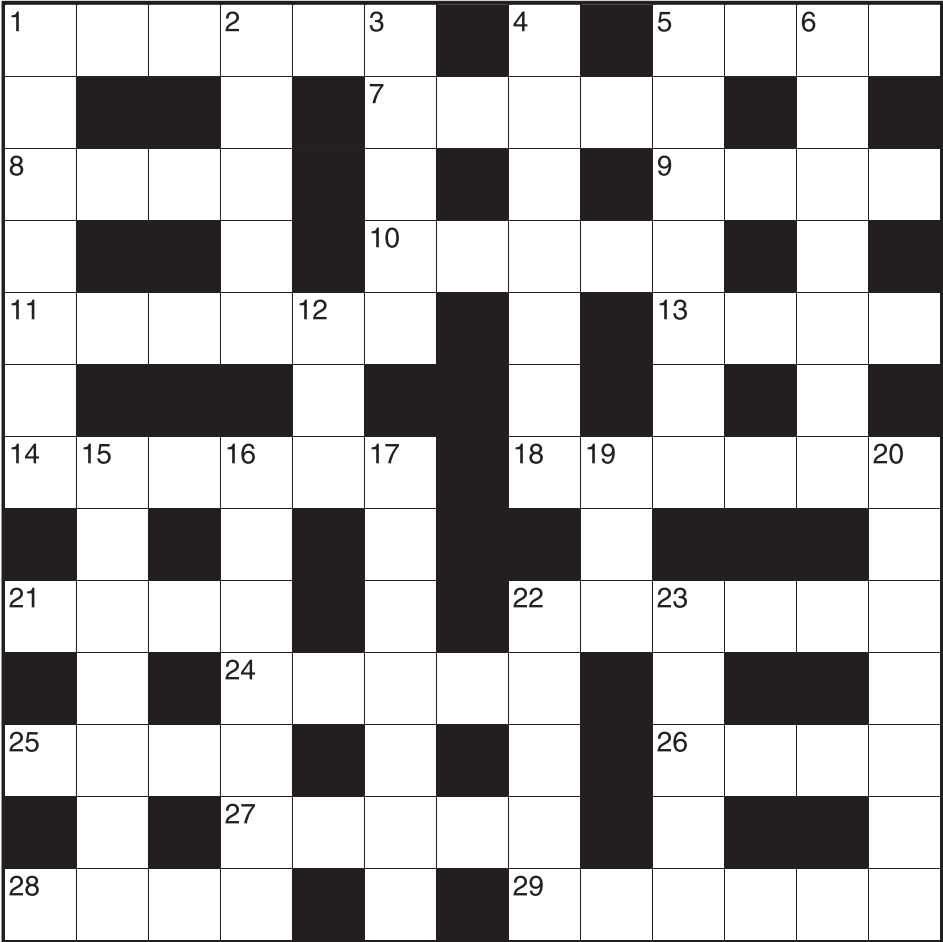
- | | |
|----------------------|---------------------------|
| 1. Premeditation | 15. Penniless |
| 2. Uncle & ... | 16. Give drug via syringe |
| 3. Atop | 18. Toned |
| 4. Hoist (flag) | 19. Retreads |
| 5. Sets in motion | 21. Fashion mag |
| 6. Jousting warrior | 22. Carolled |
| 9. ... Cologne (3,2) | |
| 11. Packaged | |
| 13. Bullring shout | |

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

Fun With Trivia 1332 - 1334

1332. What kind of circus did Monty Python run? Hint: It's up in the air!
.....
1333. Which British sci-fi series took off in November 1963 and is still wowing fans?
.....
1334. What role did Leonard McCoy play on the starship Enterprise?
.....





ACROSS

- 1. Enrol
- 5. Stack
- 7. Barack ...
- 8. Enormous
- 9. Iran's neighbour
- 10. Biblical tower
- 11. Races
- 13. Curved-bill bird
- 14. Young eyrie dweller
- 18. Sharply bent
- 21. Passport endorsement
- 22. Speaks
- 24. Parish incumbent
- 25. Ginger/cardamom tea
- 26. Donkey/horse cross
- 27. Not anybody (2-3)
- 28. Dinner chime
- 29. Fated

DOWN

- 1. In a group (2,5)
- 2. Reflection
- 3. Mausoleums
- 4. Romance novelist, ...
Cartland
- 5. Acclaiming (as)
- 6. Greed
- 12. Female rabbit
- 15. Sneeze sound
- 16. Going
- 17. Plough puller
- 19. Immature louse
- 20. Puff out
- 22. Egged on
- 23. Musical pace

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.

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