



# MINDFUL

# PUZZLES

Issue 35  
COMPETITION  
SOLUTIONS

# Solutions

## Pg 15 ACROSTIC

A. Boxing match, B. Occurrence, C. Overcrowding, D. Knee-jerk, E. Bath salts, F. Incarcerate, G. Nuts, H. Donald Trump, I. Indistinctly, J. Nonpoisonous, K. Gouda, L. Off the cuff, M. Regenerates, N. Frenchman, O. Exclusively, P. Learnedness, Q. Time frame, R. Immaturity, S. Nincompoop, T. Glamorous  
**A-T: BOOKBINDING OR FELTING**

**TEXT:** From simple sketching to complex embroidery, humans have found enjoyment in creating for centuries. By taking a slower, more mindful approach to crafting, focusing on textures and colours, one can reduce stress and cultivate inner calm.

## Pg 32-33 WORDSMITH

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

ANSWER: Excite your soul.

## Pg 41 CROSS-STITCH

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

ANSWER: Play Games.

## Pg 55 STARWORDS

Paintball, Macramé, Karaoke, Quilting, Ceramics.  
**SOLUTION:** Parkour.

## Pg 59 THE WHITE MOUSE

A=13, B=21, C=10, D=4, E=7, F=23, G=11, H=18, I=2, J=16, K=22, L=1, M=9, N=19, O=12, P=15, R=8, S=3, T=20, U=14, V=17, W=5, Y=6.  
**SOLUTION:** Ada Lovelace.

## Pg 61 COLOUR-IN CIPHER

**SOLUTION:** Light tomorrow with today.

## Pg 88 WORDSEARCH

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

ANSWER: Food without wine is a corpse; wine without food is a ghost; united and well matched they are as body and soul, living partners.

## Pg 98 QUEST

Carbon, Bengal, Pigs, Lemon, Sierra, England, Copper, White, Orange, Sheep, Gibb, Turkey, Smith, Sri Lanka.  
**LEFTOVER WORD:** Strawberry.

