

MINDFUL

PUZZLES



Issue 36
COMPETITION
SOLUTIONS

Solutions

Pg 15 ACROSTIC

A. *A Midsummer*, **B.** *Destinations*, **C.** *Visas*, **D.** *Ottoman*, **E.** *Chihuahuas*, **F.** *Ammunition*, **G.** *Touchdown*, **H.** *Earnestness*, **I.** *Africa*, **J.** *No-nonsense*, **K.** *Downwards*, **L.** *Clamps down*, **M.** *End product*, **N.** *Letterman*, **O.** *Engineering*, **P.** *Boo-boos*, **Q.** *Respectively*, **R.** *Amphetamine*, **S.** *Twitched*, **T.** *Eucalypts*
A-T: ADVOCATE AND CELEBRATE

TEXT: Coined by Ann Friedman and Aminatou Sow, Shine Theory champions mutual support among women and asserts that empowering others doesn't diminish one's own radiance but instead cultivates collective empowerment and success.

Pg 32-33 WORDSMITH

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

ANSWER: Look for the magic.

Pg 41 CROSS-STITCH

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|---|---|---|---|---|---|---|---|---|---|---|
| O | C | T | A | N | E | U | R | G | E | S |
| G | L | A | R | E | A | N | O | I | N | T |
| R | U | P | E | E | S | C | U | R | S | E |
| E | M | E | N | D | F | O | N | D | U | E |
| S | P | R | A | Y | S | I | D | L | E | R |
| S | S | I | L | L | E | S | | | | |
| S | S | A | T | E | S | S | | | | |
| M | A | I | M | S | G | O | L | D | E | N |
| E | N | M | E | S | H | R | O | U | S | E |
| A | G | I | L | E | P | A | W | P | A | W |
| R | E | L | E | N | T | T | E | E | M | S |
| S | L | E | E | T | J | E | R | S | E | Y |

ANSWER: Courage.

Pg 55 STARWORDS

Crater, Canyon, Valley, Peninsula, Plateau.
SOLUTION: Ravine.

Pg 59 THE WHITE MOUSE

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

Pg 61 COLOUR-IN CIPHER

SOLUTION: Be happy. Be bright. Be you.

Pg 88 WORDSEARCH

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

ANSWER: Oh, I adore to cook. It makes me feel so mindless in a worthwhile way.

Pg 98 QUEST

Fungus, Chicago, Panda, Blast, Bush, Darwin, Meatloaf, Moss, Rainbow, Whale, *Traffic*, Dickens, Spaghetti, Bill Clinton.
LEFTOVER WORD: Water.

