

**MINDFOOD WHEEL WORDS**

Create words of four letters or more using the given letters once only, but always including the centre letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

**SOLUTION**

- DREG
  - EDGE
  - GELD
  - GILD
  - GILT
  - GIRD
  - GIRL
  - GIRT
  - GLEE
  - GRID
  - GRIT
  - DIRGE
  - EDGER
  - EGRET
  - GELID
  - GLIDE
  - GREED
  - GREET
  - LEDGE
- LIEGE
  - LIGER
  - RIDGE
  - TIGER
  - EDGIER
  - GELDER
  - GETTER
  - GILDER
  - GIRDLE
  - GLIDER
  - LEDGER
  - REGLET
  - RIDGEL
  - GLITTER
  - GRITTED
- NINE-LETTER WORD**

**SUDOKU**

Rating ★☆☆☆

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

Rating ★★★★★

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

Rating ★★☆☆

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

Rating ★★★★★

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

**FIND-A-WORD**

**WAVE-MAKING WOMEN**

Once you've completed the names of these influential people and found the missing words in the grid, the leftover letters will spell out what activist Gloria Steinem says the future depends upon.

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

**ANSWERS**

- 1. Anne Frank
  - 2. Betty White
  - 3. Cathy Freeman
  - 4. Dawn Fraser
  - 5. Edith Cowan
  - 6. Eleanor Roosevelt
  - 7. Ella Fitzgerald
  - 8. Emily Dickinson
  - 9. Florence Nightingale
  - 10. Frida Kahlo
  - 11. Greta Thunberg
  - 12. Harriet Tubman
  - 13. Helen Keller
  - 14. Jacinda Ardern
  - 15. Jane Goodall
  - 16. Joan of Arc
  - 17. Malala Yousafzai
  - 18. Margaret Thatcher
  - 19. Marie Curie
  - 20. Mary MacKillop
  - 21. Miles Franklin
  - 22. Mother Teresa
  - 23. Nancy Wake
  - 24. Nellie Melba
  - 25. Oprah Winfrey
  - 26. Rosa Parks
  - 27. Ruth Bader Ginsburg
  - 28. Serena Williams
- SOLUTION**  
WHAT EACH OF US DOES EVERY DAY.

**FIND-A-WORD**

**SEVENTIES CINEMA**

The 1970s were arguably one of the most adventurous decades in film history. Complete the titles of these memorable '70s films, then find the missing words in the grid and cross them off. The leftover letters will spell out the name of an enduring star who appeared in both *Annie Hall* and *Alien*.

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

**ANSWERS**

- 1. *A Bridge Too Far*
  - 2. *All The President's Men*
  - 3. *Apocalypse Now*
  - 4. *Blazing Saddles*
  - 5. *Charlotte's Web*
  - 6. *Close Encounters Of The Third Kind*
  - 7. *Diamonds Are Forever*
  - 8. *Escape From Alcatraz*
  - 9. *Invasion Of The Body Snatchers*
  - 10. *Murder On The Orient Express*
  - 11. *National Lampoon's Animal House*
  - 12. *One Flew Over The Cuckoo's Nest*
  - 13. *Salem's Lot*
  - 14. *Star Wars*
  - 15. *The Man With The Golden Gun*
  - 16. *The Outlaw Josey Wales*
  - 17. *The Return Of The Pink Panther*
  - 18. *The Rocky Horror Picture Show*
  - 19. *The Spy Who Loved Me*
  - 20. *The Taking Of Pelham One Two Three*
  - 21. *The Texas Chain Saw Massacre*
  - 22. *The Towering Inferno*
  - 23. *The Way We Were*
  - 24. *Willy Wonka & The Chocolate Factory*
- SOLUTION**  
SIGOURNEY WEAVER

**SUDOKU**

Rating ★☆☆☆

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

Rating ★★★★★

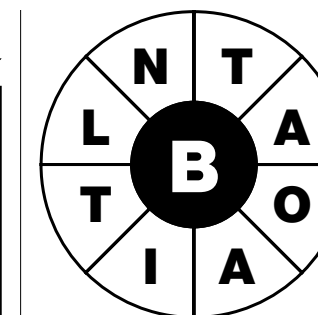
4	8	1	6	5	2	7	3	9
6	3	2	1	9	7	8	4	5
9	7	5	3	8	4	1	6	2
3	6	8	9	7	5	4	2	1
5	2	7	4	1	3	6	9	8
1	9	4	2	6	8	3	5	7
7	4	9	8	2	6	5	1	3
2	5	3	7	4	1	9	8	6
8	1	6	5	3	9	2	7	4

Rating ★★☆☆

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

Rating ★★★★★

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



**MINDFOOD WHEEL WORDS**

Create words of four letters or more using the given letters once only, but always including the centre letter. Do not use proper names or plurals. See if you can find the nine-letter word using up all letters.

**SOLUTION**

- BAIL
  - BAIT
  - BATT
  - BITT
  - BLOT
  - BOAT
  - BOIL
  - BOLA
  - BOLT
  - OBIT
  - BANAL
  - BATON
  - BIOTA
  - BLAIN
  - BLOAT
  - TABLA
  - ALBINO
  - OBTAIN
  - BLATANT
  - ABLATION
- NINE-LETTER WORD**  
BATTALION