

At Least 13 Major **Environmental Projects Are Underway**

From Ocean Cleanups To Planting Millions of Trees And A Swiss Based Project That Decreases Cows Farting In Order To Stop Global Warming

Whilst many news sources want to make you think that there is only doom and gloom in the world, there are many positive things happening.

There is an Elderly Granny who is inspiring people to clean up the sandy beaches of the UK by going out every week and picking up rubbish from the beaches and people are joining in and starting their own cleanups.

There is a small Australian City of Kwinana that has been testing custom built nets over storm water outlets that is catching hundreds of kilos of plastic and other waste going into their local natural habitat and other councils are now showing lots of interest.



the land will not be sold for many years and have turned the whole place into national park for the public.

The World's second largest coral reef has just been removed from the endangered list.

A man has recently and by accident discovered how to get Coral Reef to grow 40 times faster than they do in the wild.

He is now putting off his retirement to work with marine biologists, conservationists and other scientists to help regrow coral reefs all around the world.

There is a young boy from Germany who is now a young adult who started planting trees at age 9 and who is now responsible for having lead other people to plant so far 1 million trees and now his organistation is on

1 Trillion Trees. Legislation has also been passed to preserve rainforests and natural landscapes. An online search engine similar to Google has allowed people all around the world to plant another 30 million trees. A European Billion-

track to plant another aire has given away A over a Billion Dollars of his own money to help preserve 30% of the Planet in its Natural State to ensure it cannot be messed up by us humans. A UK Bus Company has started using bus-

es that clean the air

as they drive around

picking up and drop-

ping off passengers.

German Train tonnes of CO2 reduc-Company has started tion today.". They are using passenger trains hoping that farmers fully powered by Hyall around the world drogen. will also buy the new feed to further reduce A Swiss Company flatulence in cows. has produced a new feed for cows that re-A Family in America duces their flatulence has inherited a large area of land that has and farting by 10% and they feed approx nearly 1,500 ancient 1 Million cows a day Giant Redwood around Europe which Trees. in one year, "That

represents 300,000 They are making sure

All these Good News Stories are only just the tip of the Ice Berg so to speak. If you know of any good news stories please send them to us so we can publish them to the world. Kind regards Derek Editor.

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<u>Environmental</u> **Statement**



Derek and Cath White Owners Derek Senior Editor Cath Executive Director



Neil and Evelyne Clark Founding Members and Senior Advisors

This is an online Humanitarian Based, Environmentaly Friendly Newspaper helping to minimise the impact on the environment. If you have any questions, enquiries or wish to advertise in our paper please phone or email our Sydney Office (02) 9837 4443 Derek's Mobile 0425 315 615 or info@thegoodnewsnp.com.au cath@thegoodnewsnp.com.au





We Report On & Publish Endless Weekly Waves Of Environmentally Friendly Good News, **Inspirational Stories & Positive Solutions All Around The World To Help Make People's Lives Better.**

My Gosh! Did you see that there is now a way of ending **Unemployment**,

Wow! Some Good News At Last.

> Did You Hear About That

Hey! Have you seen that

incredible health article in The

Good News Newspaper in

Poverty and Financial Hardship on Earth? Check it out in The Good News **Newspaper** in Australia



Amazing Inspirational Story In The Good News Newspaper From Australia

Picture thanks to www.pixabay.com



Proof Of Environmental Recovery By N.A.S.A



Trend in Annual Average Leaf Area (% per decade, 2000-2017)

Picture Thanks To NASA Earth Observatory

The above picture is breaking tree replant- the are air quality in Delhi event proof from N.A.S.A. ing programs. expected to register the by reducing carbon that the World is much achievement soon. dioxide by planting Greener than it was 20 For example in India. these 1,000,000 Trees. India broke its own According to years ago. world record for the report Wouldn't it be great if that was A great deal of this most trees planted af- previously published all the People in all ter Over 1.5 million in The National Asia the Countries of the increased green vegvolunteers gathered to etation is thanks to the Times Newspaper. World followed these efforts of China and approximatly 60,000 plant 66 million sapfantastic examples, India the Worlds 2 big-Military troops were we could literally all lings in just 12 hours. gest populations have reassigned from their help to reverse the both been embarking million duties to reforest an Over 1.5 negative effects of volunteers area roughly the size obsession with on massive tree plantgathered our ing and reforestation together cars and things that plant of Ireland. to the saplings by the produce harmful CO² programs. Also in Delhi there Narmada Emissions. River in Both the Army and Madhya Pradesh. are plans to plant 1 members of the pub-Representatives from million trees. The Derek White Editor. lic are and have been Guinness World Delhi Government taking part in record Records who attended aims improve to

12 ≥16

Earth: It's The Only Place We Have, Let's All Look After It.





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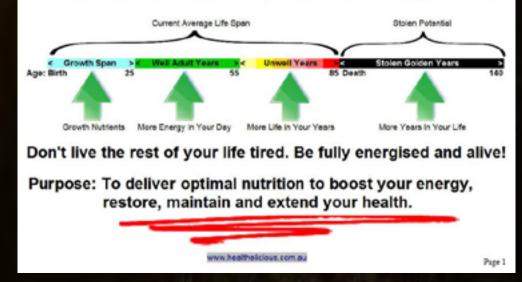
"When Health Is Absent, Wisdom Cannot Reveal Itself, Art Cannot Manifest, Strength Cannot Fight, Wealth Becomes Useless And Intelligence Cannot Be Applied."

Quote By Herophikus The Father Of Anatomy Who Founded The First School Of Anatom

To Help You Have Better Health And Increase Your Life Span Please Visit www.healthelicious.com.au

Healthelicious Lifespan Correction

Most mammals live a maturity 4 to 7 times their growth span but we humans are lucky to live a maturity twice ours. For too many of those years we lack energy and are unwell, we merely exist rather than being fully alive and healthy.



"Be Careful Of What You Constantly Think About Because You Will Constantly Keep On Attracting It"

Why Do I Always Get A Speeding Ticket?

Why Am I Always In Debt?

Why Do I Never Have Enough Money For School Fees?

Why Don't I Ever Have Enough Money?

ILL



Good Nerves - Your Secret To Speaking Success

It is the most common • Most mind blanks request a speaking last for less than two please help me to not seems much longer be nervous in front when you're up there). the honest answer is, "No." Famous singers won't even notice it -Rihanna, Beyonce and or, if they do, they'll Harry Styles all admit think you're pausing to a level of nervousness that makes them physically ill.

show in Amsterdam, sis."

So, if performers can transform 'bad' nerves into 'good' nerves. Here are some 2. UNDERSTAND YOUR Many speakers say hints that I have used over thirty years of

AVOID THE UNAVOIDABLE.

when the nervousness over this and it may to say only what eve- speaking to an audi- National President of Just before they take catches them by sur- result in speaking too ryone agrees with it ence is natural. Stop Professional Speakers the stage, most speakwill be so bland that trying to avoid it and ers have a head full prise. fast, uncoordinated of unrealistic wishes movements, quaverno-one will want to use these hints to - dreams that are des-They think, "I ex- ing voice, shortness listen. Putting an al- make it work for you. tralian Speakers Hall tined to be dashed. of breath, dry mouth, point of Kevin is an expepected to be nervous, ternative view and backing it rienced conference but I didn't expect blushing, sweating to be THIS and a myriad of other up with a strong arguspeaker, workshop They hope nervthey ment will always be leader, facilitator and won't have a 'mind ous!" Experience has unfortunate sympblank' or lose their shown that toms. more engaging than MC. He speaks at conwe all way. They probably have a particular auwishy-washy plati- ferences and seminars dience that makes us There are deliberate across Australia, New will - then they will tudes. actions you can take spend the rest of their Zealand, Asia and in feel more anxious presentation regretto counteract this - to 5. YOU DON'T HAVE the UK specialising than others. It might ting it. Instead they be friends, strangers, put yourself back in TO BE THE EXPERT IN in the areas of sales, should remind themfamily, peers, supericontrol. Settle your- THE ROOM. negotiation skills, huself with deep breathmour in business and selves of these facts: ors or subordinates.

coach gets: "Can you seconds (although it of an audience?" And This means that most audience members for effect.

• Checking your notes to prompt your Adele once said, "One memory or get yourself back on track I was so nervous I does not compromise escaped out the fire your presentation. It exit." Actress Emma adds to your credibil-Watson has described ity because it shows it as "a kind of paraly- you are prepared and have taken time beforehand to organise professional your thoughts. The suffer audience is judging anxiety like this, what your credibility on hope is there for the your subject - not rest of us? Don't de- your memory. So, prespair. While it may be pare your notes clearimpossible to elimi- ly so you can prompt nate nervousness, you yourself when this 3. CONTROL WHAT sition and have water room on that subject. His articles are reguhappens.

NERVOUSNESS.

with everyone watchcoaching - so I know Speaking to a group should make you feel ing. Standing in front Okay, this might not the subject that prothey work. nervousness because of an audience will count when you're vide valuable in-**1. STOP TRYING TO** it's taking up people's trigger the release of giving a wedding sights. This is your important time. The adrenalin. toast, but in business gift to the audience. time that speakers presentations if you get most unsettled is You have no control modify your speech Nervousness

group it is for you so it won't catch you by surprise.

YOU CAN.

the worst feeling is being 'out of control' -

with a more measnearby to sip if your Not so. mouth goes dry.

4. STOP TRYING TO PLEASE EVERYBODY.

Get to know which ing before you speak, Some speakers con- communication skills. slow yourself down vince themselves that He has co-authored to speak about a subured deliberate walk ject they must be the munication skills and to your speaking po- most expert in the humour in business.

> Don't try to play the Australia and Asia. You have expert. unique and perspectives on

eleven books on comlarly printed in major daily newspapers in

experiences Kevin is a Certified Speaking Professional (CSP) which is the highest possible level in professional speaking and the only one recognised internawhen tionally. He is a Past Australia. He has been inducted into the Ausof Fame.



Read more at *http://* www.ryanandassociates. com.au

Article Source: https://EzineArticles. com/expert/Kevin J Ryan/546945

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Learn To Play Banjo The EASY Way! By Geoffrey White

Here Is Your First Free Lesson, Enjoy



Banjo Tradition Like father, like son...



William White ma 1930

Geoffrey White 2011

Pick-Hammer intro part 1

the NEW Learn STYLE of easy-tolearn banjo..."Pick-Hammer". Pick-Hammer was developed many years ago out of the frustration in learning other banjo styles.

Banjo is NOT an easy instrument to learn, especially picking styles. It takes hours of conpractice centrated to play banjo, it was and only the ones extremely who REALLY want to learn and play make it to proficien-

results to prove it.

Success Stories

Micky says: "What took me 4 years with another teacher I learned in 4 weeks with Geoffrey! Highly recommended."

Karen says" "As a woman of plus 50 years with no musical ability other than a long held passion

difficult

for beginners be- tise, I learned roll cause, while learning all the necessary nique and by the end basic skills, you are actually learning to play a tune and produce the wonderful banjo sounds which sparked originally our passion for this beautiful instru-

Geoffrey is help- LESSON and expeing me to realise my rience "Pick-Hamdream and I highly mer" and have Geofrecommend him as a frey show you how teacher to banjo loveasy it is to learn the ers wanting to learn banjo...call him for face to face lessons improve their or skills". on 0434 544 181 or go to his website at www.dreamtreebanjos. Pete writes: "I started my lessons with com Cheers, Geoffrey Geoffrey not knowing very much about the banjo I received as a gift for Christmas.

patterns, finger techof our block of lessons, a whole tune! Couldn't have done it without his patience and banjo wisdom. Thank you!"

Phone Geoffrey For Lessons In Sydney On: 0434 544 181

Click on the above ment... FREE 15-minute



But imagine a twofinger style that is easy to learn and gets you playing right away? Geoffrey developed this style and has taught students for close to a decade and has the

cy.

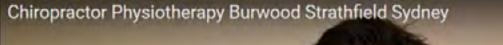
for me to find a teacher. My guardian angel was guiding me the day I stumbled on Geoffrey White on the internet. Geoffrey is an amazingly patient and supportive teacher.

His method is ideal

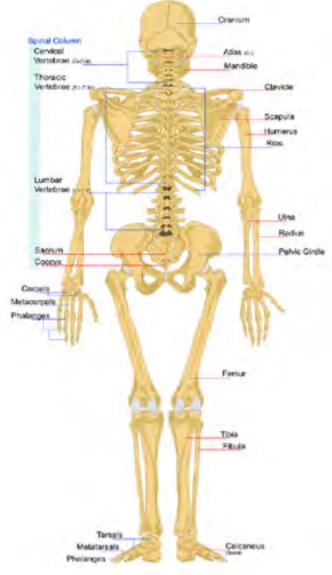
Through Geoffrey's patience and exper-

If You Want No More Pain, Fly, **Drive Or Catch The Train To Burwood Back** Cranium Addat .cli

Pain. (Please Click Picture To Watch The Video)









Personal Testimonial From The Editor Of The Good News

Newspaper. NICK, CHRIS AND ALL me from having to THE FANTASIC STAFF spend the rest of my AT BURWOOD BACK life in a wheelchair. PAIN HAVE BEEN MY SAVING GRACE AND Since then they have GUARDIAN ANGEL'S rescued FOR MANY YEARS.

very serious lower not recommend them back collapse when all highly enough. I was bent over and Derek White. doubled up in serious

pain, Nick, Chris and all the staff cared for me so well that between them they kept

me from quite a number of serious spinal and Years ago after a neck problems. I canEverything Is Connected. If One Thing Is Out Of Alignment, It Can Likely Affect Something Else.

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We Cannot Solve The Problems We Have In The World Using The Same **Inking That Created Them**

with so much technol- The Workers". ogy and countless Billions and Trillions of Using and implementdollars available that ing this program on there is still widespread a gradual basis could poverty in so many very possibly erase at places in the world with least some of the major people living day to day on almost nothing?

erty?

negative critical at- np.com.au

How is it that in 2019 It is called "Wealth For

poverty in the world.

For anyone that is in-What is the thinking terested in finding out that has been used that more who has an inhas lead to the creation terest in solving this of this wide spread pov- problem please contact Derek The Editor at The Good News Newspaper Let's not go into a big at: info@thegoodnews-



tack on anyone which is completely pointless as all it will do is create more hostility and we don't need anymore of that do we?

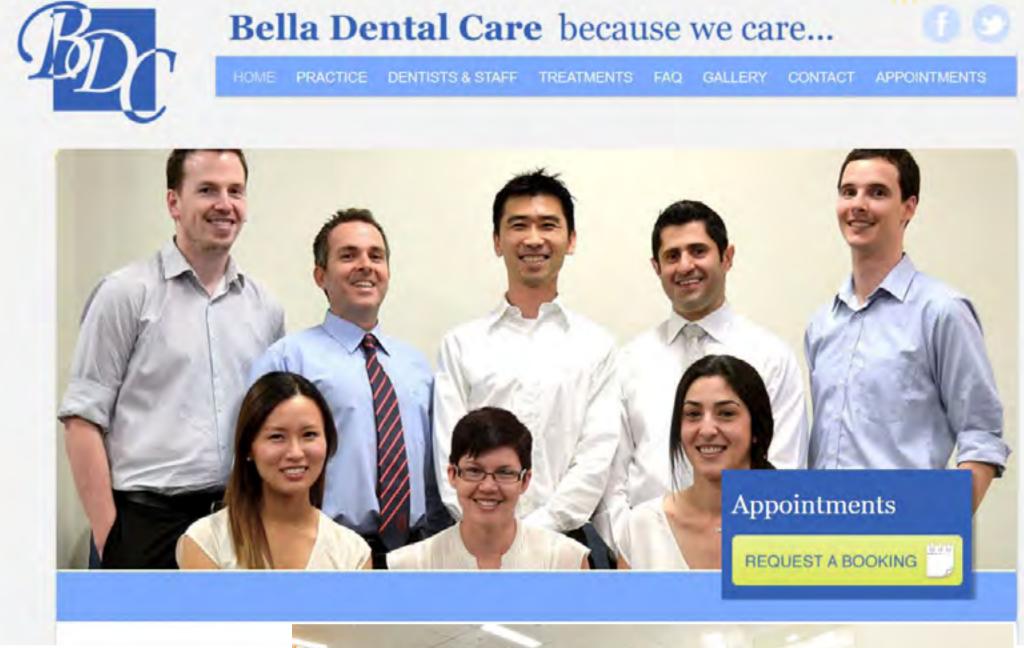
A project has been created that can be used in any country step by step to help solve these problems of poverty and all the other problems that come from poverty in the world.



<u>217th Edition 18th February 2019</u>



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Practice



Appointments

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Bella Dental Care is lo- sionals, cated on Level One of staff members. the Atlas Building in Norwest's area.

Mission Statement

Dental Working as a team in different dentists all a family environment with their own individwe welcome people to ual specialities that are experience the highest able to assist in all facquality of dental care tors that you need. under the strictest hygiene conditions. With Dental Technology and care and integrity we Equipment aim to improve the oral heath and well being of Bella Dental Care has the community in which the latest equipment in dental x-ray technology. we live. Resin What You Can Expect We use digital x-rays Veneers minimal rathat emit diation. Our sterilisa-A clean and profession-Bridges, environment, with tion area and equipment al Onlays. are of the highest qualbest dental profesthe

friendly and

commercial Bella Dental Care will try and go above and beyond to make our patients comfortable and happy. There are many

ity and there are highly **Orthodontic** skilled dental assistants maintaining the sterilisation of instruments.

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Treatments

Orthodontic Plates, Braces and Invisalign. Childrens Dentistry

Page 10

Mouthguards, Fissure Sealants, Fillings and Surgical Extractions and Wisdom Also known as happy for anxious

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lift their spirits

Our hope is that our gift of a balloon will help to lift the child's spirits, and, if only for a little while, help make that stay in the hospital a little brighter. The readers of this paper can subscribe and partner with the Smith Family to help disadvantaged kids.









At lides love to play—including Emly But & can be hard, impricially when the spends to much time in and out of hospital. Thur's why playing with Cacture Statight in the Stanight Express Room is the best part of every knowled was for Emly Real and stress tumito (by and laughter, is she longers she's seck for a while and gets down to the senous business of having fun. Statight is in every major children's

hospital in Australia and we need your help to support over 135,000 children and their families each year. Give the gift of play today

for the former of the second s

Starlight

Life Is Too Short Not To **Live Out Your Purpose** By Dr. Shauntel Peak-Jimenez, Ph.D



Do you dream of becoming a life coach and helping others to live a happier and more abundant life?

Do you have a calling to help others live the life that God has to live? And are you tion of your purpose?

You only have one rewarding for you but you living out your. To find out about bea life that is also rechance to live life to true purpose and desthe fullest, so you warding for others. tiny. have to get it right. That means you are I began to realize You have so much innot sitting on your years ago that life was side of you that someone else needs. Never You can also comdreams, that means passing me by pretty you are not letting fast, and I had not be- underestimate what other people say gan to even accom- power of your gifts, tion program and enabout you stop you plish the things that I pain, struggle, sucor block you, and that knew God had put in cesses, or story. My late mother used to say you are not letting my heart to accomfear keep you from plish. "Our words will outlive us." And that is moving forward. so true. Because even Things were going Your life was given okay for me, but I after we are gone we wasn't living my best to you so that you can can leave a legacy that LIVE IT! And that life possible. I was continues to live way after we do. doesn't mean that you living my life accordjust go to work, work ing to the box that I had allowed others And some of the most 8 hours a day, get off, powerful things we go home, eat, shower, to put me in, and that wasn't acceptable. go to sleep, wake up can leave behind are the next morning and love, encouragement, do it all over again! Why do we even live and inspiration.

You deserve to do our life according to Dr. Shauntel Peaksomething that makes the rules of others, you feel amazing, something that lights live with the regret Self-Esteem (CASE) your fire, and some- but us? That is so unthing that makes you excited to wake up every morning.

designed for them And if you have a desire to become a ready to finally get life coach you could moving in the direc- live the life that you dream of living, and a life that is not only

when nobody has to fair to us. And we truly deserve more.

It is your time to fully step into your greatness. You don't have to settle for anything less than God's best for your life. And I believe that includes

Jimenez is the founder of The Character and Institute where she provides life coach training and certification to purpose-driven individuals. She specializes in providing inspiration and education to help others transform their purpose into profit.

coming a Certified Life Coach please visit http://www.thecaseinstitute.com.

the plete a dual certifica-





hance your purpose and profit even more. Article Source: https://EzineArticles. com/expert/Dr.__ Shauntel Peak-Jimenez, Ph.D/4748

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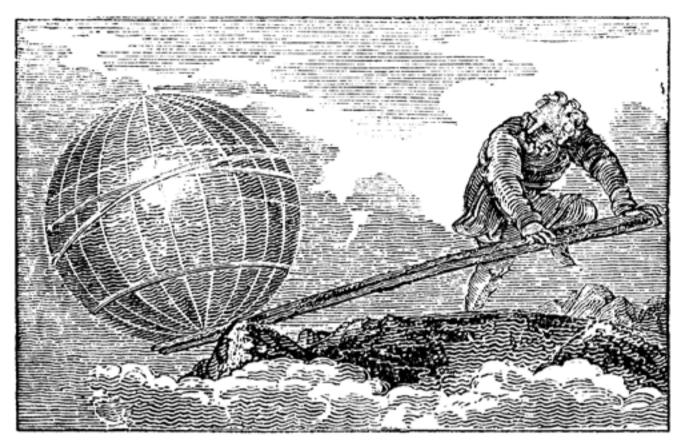
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GIVE ME A LEVER LONG ENOUGH AND A FULCRUM ON WHICH TO PLACE IT, AND I SHALL MOVE THE WORLD. Archimedes Circa 287 - 212 BC

Using the wisdom just \$3.30 a week. and idea of leverage Then imagine using that has given us, the day a week paper! people of the world can now all come together to start fixing the problems we have on earth for

Archimedes the leverage of a 7

This is the simplicity of the plan. We use a percentage of the combined weekly subscriptions and leverage the subscriptions and money towards doing whatever things are needed whether they be local or international.

Examples: On a beginning per week subscription we take out our running costs while causes. and taxes owed and then give the remainder to the At the end of each month to help restore sight to costs and paying taxes approximately 129 people a we give half of what we month.

On a larger scale if we joined projects. together 50,000 subscribers using the same percentage This way using the idea of we would have \$322,500 at leverage from Archimedes the end of the month. After where every reader in taking out our running the world can be part of costs, wages, expenses and a massive worldwide paying taxes etc. we give movement to help heal the this amount to the Fred world. Hollows Foundation and All the good news stories give sight back to approx that we all create and the 12,900 people a month and donations we make will 154,800 people per year. be put into the Newspaper As the subscriptions get each week and month. larger and larger by each How truly exciting! person recommending others to take out a \$3.30

small scale: If we join 500 can take on larger and subscribers at \$3.30 per larger projects. Imagine week together at the end of this, with 500,000 weekly each month we would have subscriptions we could approximately \$3,225. At donate approx. \$31 million the end of each month we dollars a month to worth-

Fred Hollows Foundation after taking out our running collect to other worthwhile



I food Mwater Mshelter Ma future

From Indonesia to our own **Gulf Coast, Oxfam helps** communities not just rebuild, but build back better.

Together, we can end poverty.

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- The Cood New Newspaper

Highly Recommended Reads For 2019

The Magic of Believing

Claude M. Bristol

THE FIFTEEN PRINCIPLES TO WINNING BY THE MOTIVATIONAL CHAMPION OF ALL TIME

THE LAW OF SUCCESS

The Master Wealth-Builder's Complete and Original Lesson Plan for Achieving Your Dreams

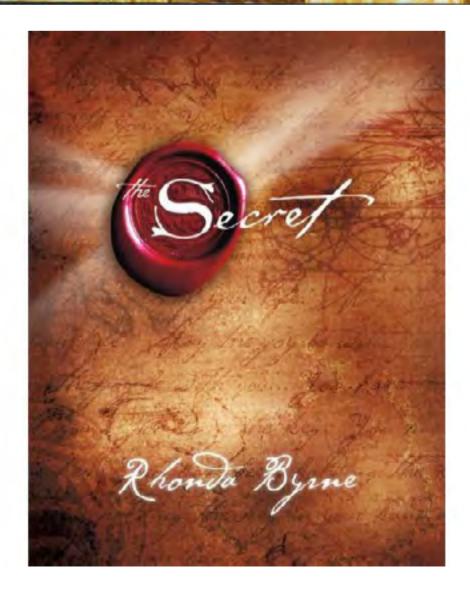
NAPOLEON

HILL

author of Think and Grow Rich

Somewhere between the cow pasture and paradise...you will encounter...

Murphy's





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The Secret to Turning Your PASSION Into **Profit:**

(& Simple Questions That Will Change Your Life)

There is a guy who above. lives in my building, to time in the parking lot.

Every time I see him he asks me the same question, undoubtedly trying to make harmless small talk:

"Heading to work?" Each time I see him, I the same thing:

store. I actually work from home" Or -

"No, headed to the my condo" Or -

meet a friend for from here."

who I see from time It's the question that he asks, each time, that reveals something really important about how much he cares about me, my life, and my answer at all. Not much.

I had this moment where I realised that say some variation of the quality of the questions we ask offer up an amazing "No, headed to the insight into the level of passion and sense of purpose we have Tribe Questions: about ourselves, and others. The truth?

beach. I work out of The quality of the Who are my people? questions you ask about your blog, your brand, your business, "On my way out to your content, your community will have lunch. I actually work a direct effect on your How can I serve them? bank account to boot.

ed from the ideas, in- What do they need? sights and experiences with others.

asking empowering questions. They endure from niche to niche, market to market, person to person would my blog and and even over generations, and remain phenomenally effective for getting hyper clear about your mission, your manifesto and what matters most.

Who is my ideal audi-

ence?

What do they love?

What do they need?

change when I do This is the beauty of what I do BEST for to make this product/ them?

> absolutely If Ι couldn't fail, what business look like in 30 days?

What would I have?

What would I do?

What would I be?

my life were a If book, and I was the author... what would I write?

If my life were a IF there is one great movie, and I was the lesson I've learned in HERO, what would life as a creative, it's I do NEXT? (this is this: very powerful for me) If my life were a Your relationship to movie, and I was the life is really about the What do they fail to HERO and millions questions you ask. ing my story right You prioritize yourwhen you are self diligent enough to keep probing your psyche for answers How good would I be? that empower and in-How kind could I be? spire you.

ones to ask.

How do their lives What is the absolute MINIMUM I need project/program helpful to others?

> What is ONE key rive at out destination, thing I can teach that how we got there rewill save people time/ money or pain. (based on my own experience NEW: Get Your First or expertise).

What would this look like if it were FUN?

What would this look life if it were EASY?

What would this look like it were SUPER simple, and

By Ian Ross Hollander

care :-)

When we don't ask questions, we are pulled and poked and prodded in a million directions, different and even when we armains a mystery.

Idea By Business Asking This One Question. Ready? Send me the Question Now

Article Source: http:// EzineArticles.com/ expert/Ian Ross Hollander/176337

And every time he I want to give you a do or understand? of people were watchseems to nod know- series of questions I up a started to ask myself What service can I of- NOW, how would I ingly, offers fer to make them bet- act next? quick wave, and off a bunch of years ago that have had an inwe go in different diter? rections. credible effect on my business, my content, **Brand/Business** It occurred to me a my community, and **Identity Questions.** while ago, that while more importantly,

he may be a very nice how much I actually (I call these clarity Who would I serve? guy, I really don't like enjoy my work. questions). seeing him. Not because we've ever had Important Who am I? note:

any really acrimoni- NONE of these are ous interaction, or anreally "my" ideas, and What do I do? ything much beyond all are, in some form I described or another, extrapolat-Who do I do it for? what

But ask with passion and purpose and with a genuine curiosity How can I help? to connect with truth. Lastly, questions that (rather than to make whatever small talk with yoursimplify you are working on self like a neighbor are often the very best who doesn't really



Quote Of The Week!

SEE HOW YOU CAN APPLY IT TO MAKE YOUR LIFE AND

OTHER PEOPLE'S LIVES BETTER.

In case no one told you today: You're beautiful. You're loved. You're needed. You're alive for a reason. You're stronger than you think. You're going to get through this. I'm glad you're alive.



www.thegoodnewsnp.com.au

217th Edition 18th February 2019

ED OF TGNNP



Crosswords + Puzzles

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH

How Tuned Up Is Your Mind? Here Is This Week's 217th Edition Crossword.

Across

- 1 a long way off (3)
- **3** a cereal to make flour, pasta etc. (5)
- 8 a material made from poymers (8)
- **9** a con (4)
- 13 a cooling device (12)
- 19 opposite of sweet flavour (4)
- **20** noisy (3)
- **21** yes in Italian (2)
- 22 very long time ago (3)
- **25** towards (2)
- 27 bag made out of hession (pl) (5)
- 28 duplicates (11)
- **30** liver or meat that has been finely chopped spread on crackers (4)
- **31** very sad (5)
- 33 an animal in your care (4)
- 34 pause or break in an activity (pl) (9)
- 35 flat, thin, circular object (5)

Down

- **2** agents (15)
- **3** existed (3)
- 4 abbr higher school certificate (3)

				1		2	1						
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						8							
								9					
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	13	14	15		16				17		18		
19				20				21			22	23	24
						25	26		27				
28					29								
				30					31	32			
								33					
		34											-
												-	
				35									

- 23 a voice of
- (2)
- 7 abbr top cat (2)10 covering a large
- 11 possesses (3)
- **12** act (2) 13 visiting a
 - number of people in turn (pl) (6)

5 abbr estimated

(3)

6 target (3)

area (10)

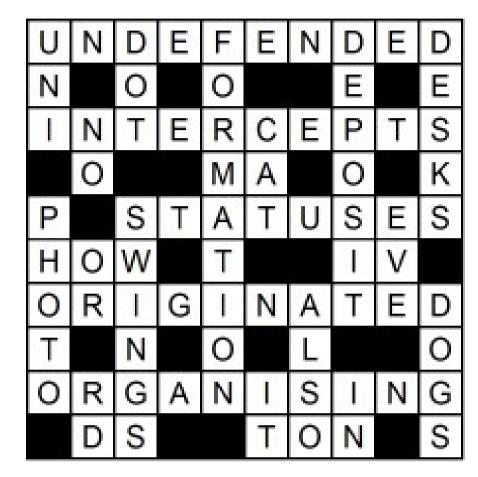
time of arrival

- 14 abbr Europe (2)
- 15 turning water into ice (8) 16 the loose white jacket use in Judo (2)
- 17 paper handkerchief (pl) (7)
- 18 a break at school (6)

agreement (2) 24 abbr north south

- **26** single (3)
- **29** abbr thank you (2)
- 32 abbr personal trainer (2)
- **33** in addition to (4)

216th Edition Solution.





ED OF TGNNP

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH



Crosswords + Puzzles

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

Sudoku

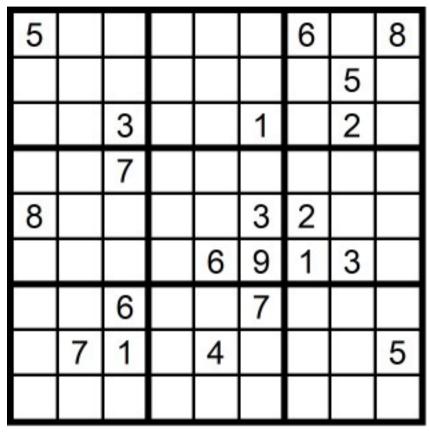
Easy 217th

7					5			
				4	6			
9		8						1
			5					
	4	5						
1						9	8	
	2		8		1			7
		7			0	4	3	
					2			

Hard 217th

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

Medium 217th





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Easy

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

Medium

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

Hard

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

ED OF TGNNP

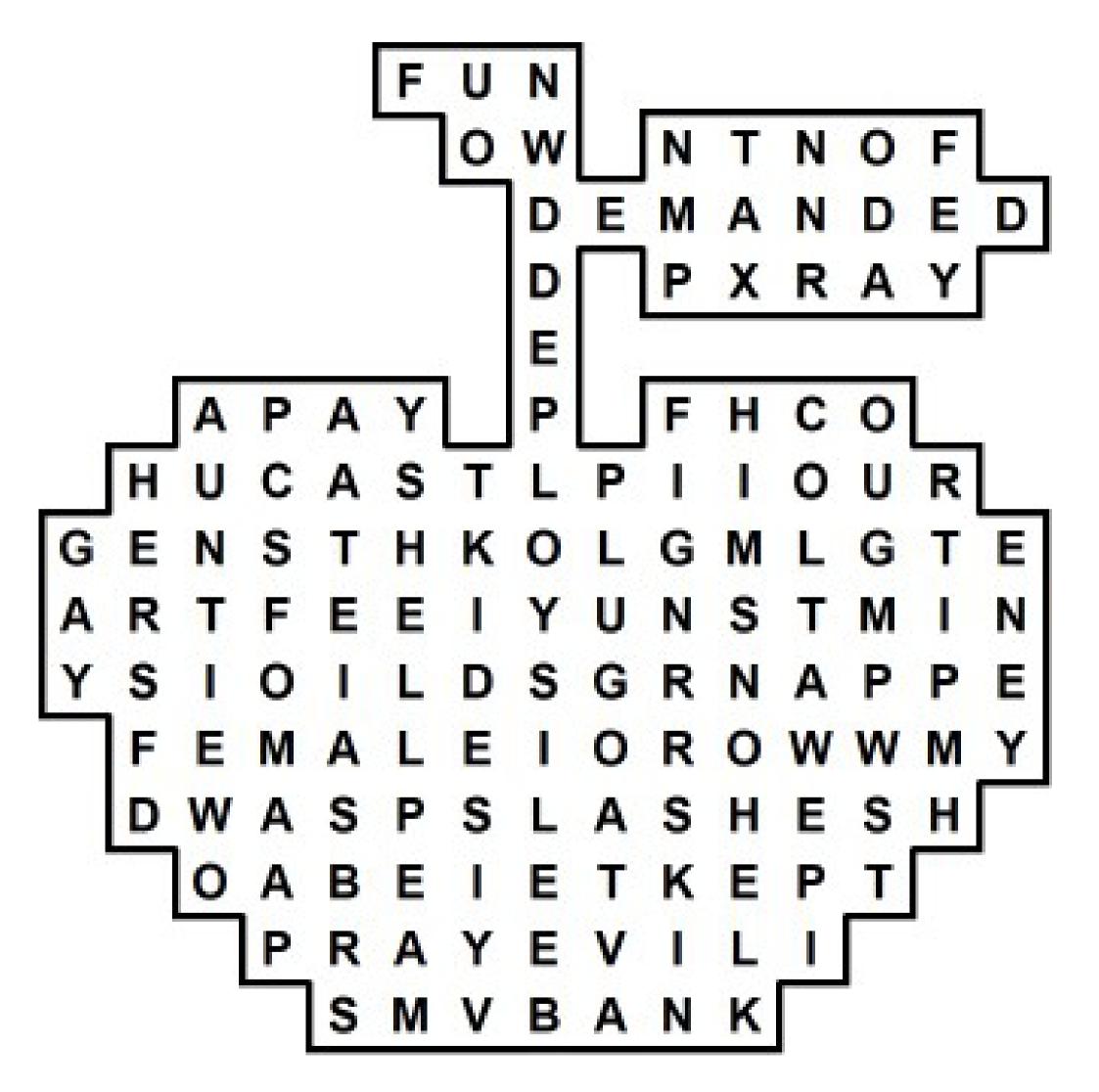


Crosswords + Puzzles

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH

Word Search 217th Edition





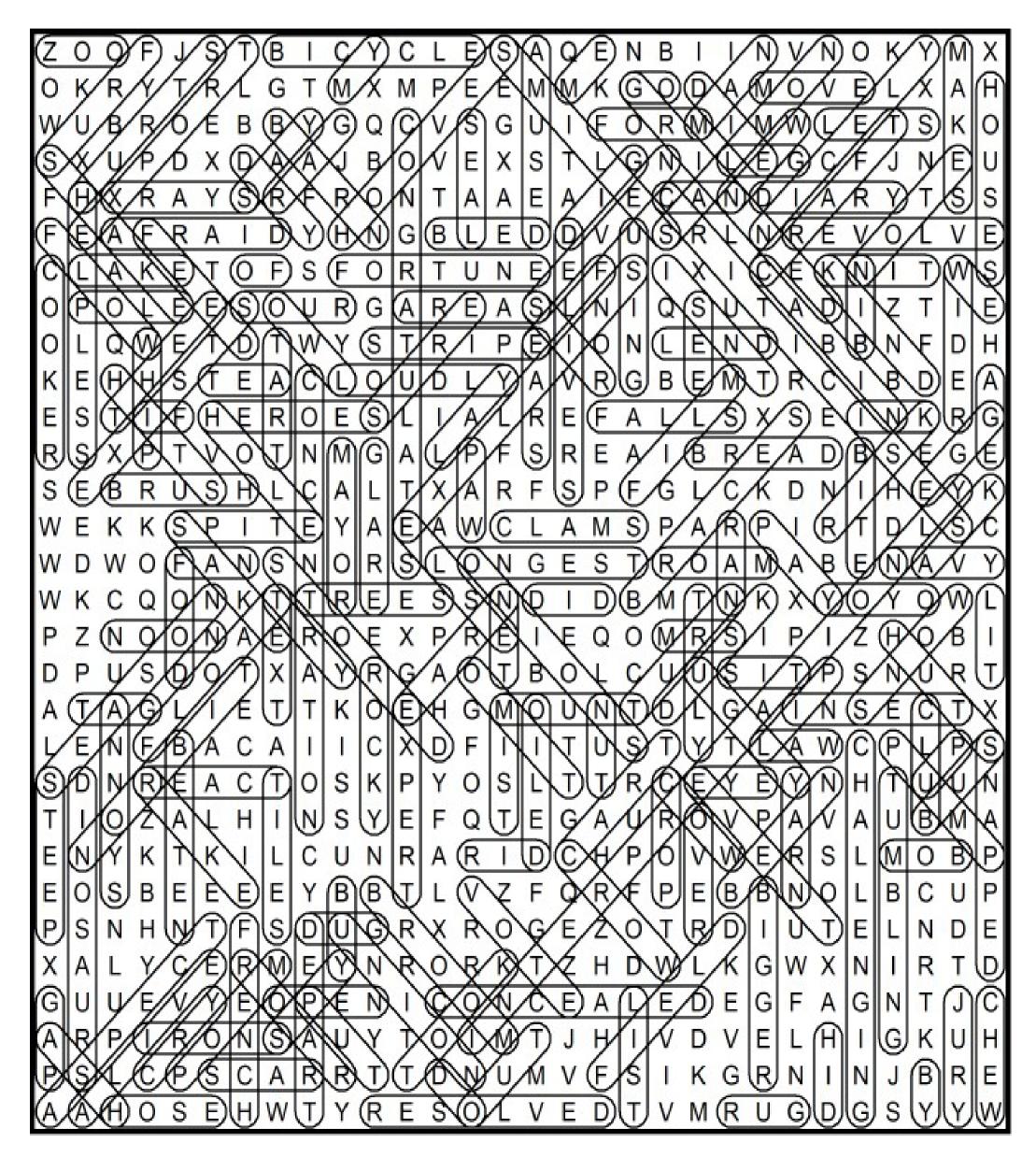




CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

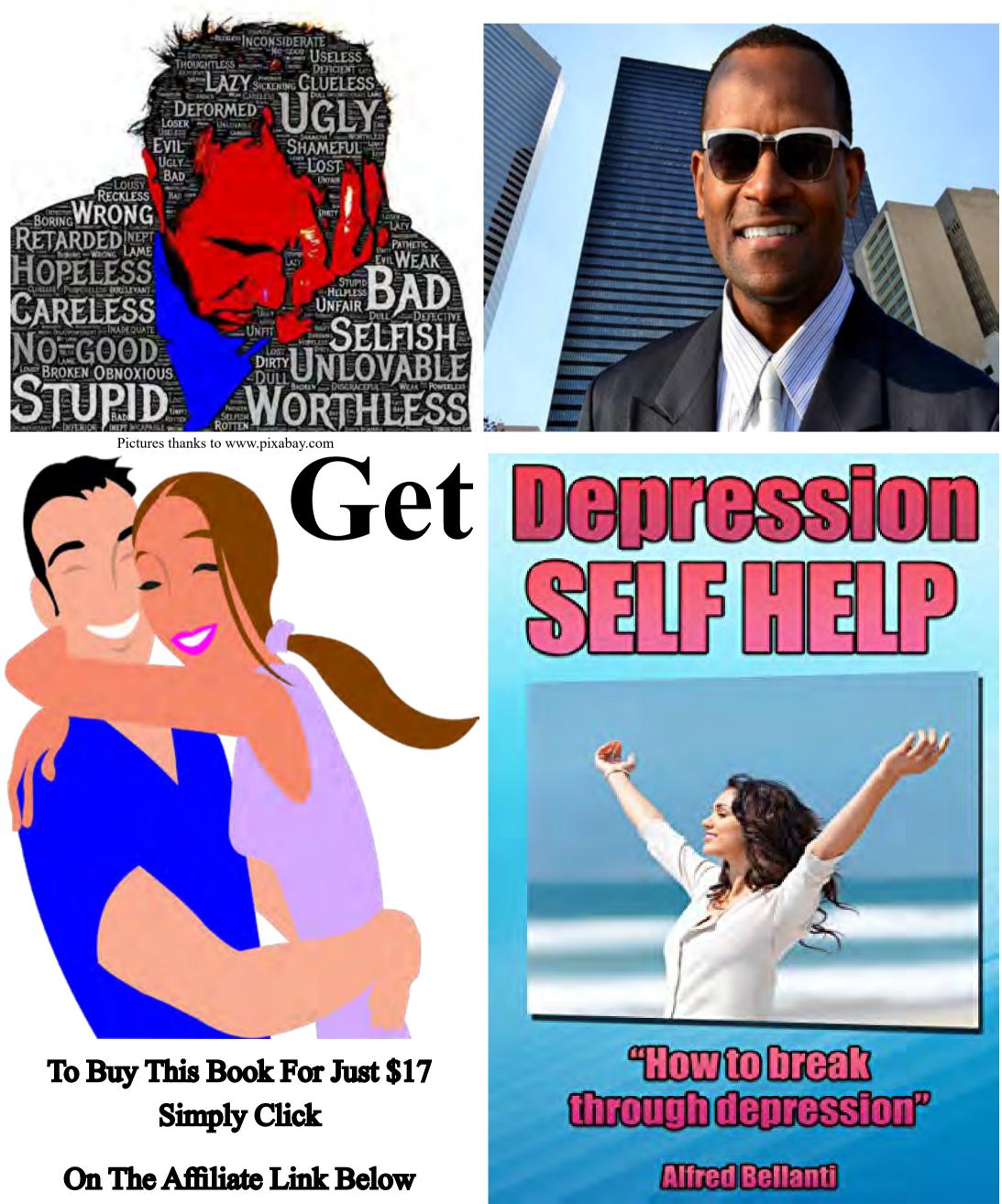
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