

BRAIN TEASERS



STRETCH YOUR MENTAL MUSCLES AND WIN!

Complete all three puzzles correctly for a chance to win* a \$15 iTunes gift card! Snap a photo of this page and email it to editorial@thehealthjournals.com, or tear this page out and send it by mail to:

The Health Journal
4808 Courthouse St., Ste. 204
Williamsburg, VA 23188

Winner announced in our next issue on pg. 6 in the Inbox. See bottom of page for submission deadlines and details.

CRYPTOGRAM

LET A MAN WALK TEN MILES STEADILY ON A HOT
SUMMER'S DAY ALONG A DUSTY ENGLISH ROAD,
AND HE WILL SOON DISCOVER WHY BEER WAS
INVENTED. -GILBERT K. CHESTERTON

SUDOKU

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

*Entries must be received by the 20th of June.

NAME: _____ PHONE: _____

EMAIL: _____

WORD SEARCH

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

- | | | |
|--------------|-------------|----------|
| Beach Towel | Hammocks | Sand |
| Breeze | Hot Dogs | Summer |
| Camping | Mosquitoes | Sun Burn |
| Cottage | Ocean | Swimsuit |
| Father's Day | Outer Banks | Tan |
| Grilling | Picnic | Vacation |
| Hamburgers | Sailing | |