

BRAIN TEASERS



STRETCH YOUR MENTAL MUSCLES AND WIN!

Complete all three puzzles correctly for a chance to win* a \$25 Panera gift card! Snap a photo of this page and email it to contest@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

F J S O Z C G P H E Y G L J H E P L R J O E Z U E J N Z M M E Y G X P O E S G H,
V G F Z S H G K P E Y J S E F J S O Z C G B J S F Z U E R O Z F E P F G Z U B
J E Y G O X P O E S G F J U H P H E G U E M B. B J S F Z U R O Z F E P F G Z U B
X P O E S G G O O Z E P F Z M M B, V S E U J E Y P U C F J U H P H E G U E M B
K P E Y J S E F J S O Z C G. - L Z B Z Z U C G M J S

Clue: J=O, M=L, E=T

SUDOKU

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

*Entries must be received by the 21st of July.

NAME: _____ PHONE: _____

EMAIL: _____

WORD SEARCH

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

- | | | |
|----------------|--------------|--------------|
| America | Heros | Potato Chips |
| Blue | Humidity | Red |
| Fireworks | Independence | Stary Skies |
| Flags | Military | Stripes |
| Fourth of July | Parades | Watermelon |
| Freedom | Patriotic | White |
| Full Moon | Popsicle | |