

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

COURAGE IS THE MOST IMPORTANT OF ALL THE VIRTUES, BECAUSE WITHOUT COURAGE YOU CAN'T PRACTICE ANY OTHER OTHER VIRTUE CONSISTENTLY. YOU CAN PRACTICE ANY VIRTUE ERRATICALLY, BUT NOTHING CONSISTENTLY WITHOUT COURAGE. -MAYA ANGELOU

SUDOKU

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

*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

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|----------------|--------------|--------------|
| 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 | |