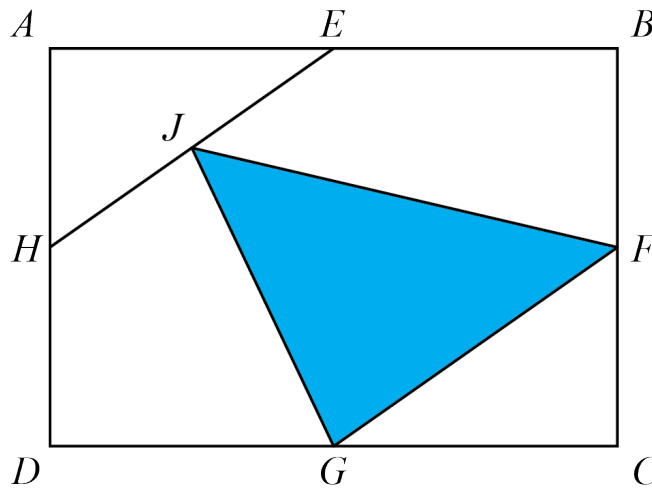# Problem of the Week
Problem E
Stained Glass

A stained glass window hanging is in the shape of a rectangle with a length of 8 cm and a width of 6 cm.

Rectangle $ABCD$ represents the window hanging with $AB = 8$ and $BC = 6$. The points E, F, G, and H are the midpoints of sides AB, BC, CD, and AD, respectively. The point J is the midpoint of line segment EH. Triangle FGJ is coloured blue.

Determine the area of the blue triangle.