

#4

BOOK FOUR



**Helping you
to focus better**

crystalens[®] vision workbook
"your road to visual rejuvenation"



crystalens[®]
see young ... be young

SALON

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

Brush

Chair

Comb

Conditioner

Curl

Hairdryer

Nails

Polish

Scissors

Shampoo

Sink

Spritz

Style

Wax

RI MANSIONS

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

Bellevue Avenue
Breakers
Chateau Sur Mer
Chepstow
Elms
Hunter House
Isaac Bell House
Kingscote
Marble House

Newport
Ocean Drive
Rosecliff

SPORTS

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

Baseball

Basketball

Bowling

Football

Golf

Hockey

Ice Skating

Sailing

Skiing

Snowboarding

Soccer

Surfing

Swimming

Tennis

NHL (EASTERN CONFERENCE)

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

Bruins

Canadiens

Canes

Capitals

Devils

Flyers

Islanders

Lightning

Maple Leafs

Panthers

Penguins

Rangers

Sabres

Senators

Thrashers

GARDENS

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

Apples

Bugs

Compost

Corn

Cucumber

Drought

Farmer

Fertilizer

Flower

Green Thumb

Grow

Harvest

Herb

Hoe

Hose

Manure

Mulch

Orchard

Patch

Peppers

Plant

Pumpkins

Rabbit

Rain

Raised

Rose

Rototiller

Scarecrow

Shovel

Sprinkler

Tomato

Topsoil

Weeds

Wheelbarrow

HOLIDAYS

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

Christmas

Columbus

Easter

Fathers Day

Halloween

Hanukkah

Independence

Labor Day

Memorial

MLK

Mothers Day

New Years

Presidents

Rosh Hashanah

St Patrick

Thanksgiving

Valentines

Veterans

Victory

Yom Kippur

BOARD GAMES

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

Checkers

Uno

Chess

Yahtzee

Clue

Life

Monopoly

Scrabble

Trivial Pursuit

Trouble

MUSICIANS

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

Beatles

Bette Midler

Billy Joel

Bruce Springsteen

Celine Dion

Cher

Elton John

Eric Clapton

James Taylor

Jimmy Buffett

Madonna

Rod Stewart

RHODE ISLAND BEACHES

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

Charlestown

Easton

Gallilee

Goddard Park

Matunuck

Misquamicut

Moonstone

Narragansett

Ninigret

Oakland

Roger Wheeler

Salty Brine

Scarborough

Watch Hill

DRIVE THRU RESTAURANTS

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

Arbys

Burger King

Dairy Queen

Hardees

KFC

McDonalds

Popeyes

Taco Bell

Wendys

White Castle

GAMBLING

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

Baccarat

Bingo

Blackjack

Cards

Casino

Chips

Dog Races

Foxwoods

Horse Races

Keno

Lottery

Money

Poker

Slot Machines

PICNICS

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

Ants
 Ball
 Barbecue
 Basket Ball
 Beer
 Bread
 Buns
 Cake
 Catch
 Cheese

Chicken
 Cokes
 Colas
 Corn
 Cups
 Date
 Eggs
 Family
 Food
 Football

Fruit
 Games
 Grass
 Kids
 Napkins
 Olives
 Pepper
 Pepsi

Pickles
 Picnic
 Radio
 Salt
 Sandwich
 Table
 Thermos
 Watermelon

AMERICAN PRESIDENTS (1913-PRESENT)

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

Carter

Clinton

Coolidge

Eisenhower

Ford

GHW Bush

GW Bush

Harding

Hoover

Johnson

Kennedy

Nixon

Reagan

Roosevelt

Truman

Wilson

EASTER

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

Angels

Arimathaea

Barabbas

Calvary

Chief Priests

Cross

Crucifixion

Emmaus

Gethsemane

John

King

Magdalene

Nail

Ninth Hour

Peter

Pilate

Resurrection

Risen

Scribes

Sepulchre

Simon

Stone

Thieves

Thomas

Thorns

Three

Vinegar

CHILDREN'S MOVIES

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

Cinderella

Fantasia

Ice Age

Lion King

Little Mermaid

Mulan

Peter Pan

Pocahontas

Shrek

Snow White

Toy Story

ANIMALS

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

Bear

Cat

Dog

Fish

Frog

Leopard

Lion

Lizard

Penguin

Pig

Ram

Seal

Tiger

Turtle

Wolf