

#5

BOOK FIVE



**Helping you
to focus better**

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



crystalens[®]
see young ... be young

BUGS

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

Ant

Bedbug

Bee

Beetle

Bug

Caterpillar

Centipede

Cricket

Flea

Fly

Gnat

Grasshopper

Hornet

Lady Bug

Locust

Mite

Mosquito

Moth

Roach

Spider

Termite

Tick

Wasp

Weevil

Yellow Jacket

1950'S MOVIE STARS

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

Ann Margret

Audrey Hepburn

Ava Gardner

Dean Martin

Debbie Reynolds

Doris Day

Gary Cooper

Jane Powell

Janet Leigh

Marilyn Monroe

Marlon Brando

Rock Hudson

Tab Hunter

BUYING A CAR

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

Advice

Affordable

Budget

Knowledge

Loan

Numbers

Purchase

Questions

Reliable

Sticker

ANIMAL NEEDS

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

Bath
Blanket
Bowl
Brush
Coat
Collar
Comb
Crate
Doggy Day Care

Food
ID Tag
Leash
Love
Toys
Training
Treats
Veterinarian
Walks

OCEAN

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

Boat

Coral

Crab

Fish

Lifeguard

Salt

Sand

Seaweed

Shark

Shells

Starfish

Surf

Tide

Towel

Waves

Whale

BAKING

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

Apron

Bowls

Cookie Sheet

Cooling Rack

Ingredients

Measuring Spoons

Mitt

Mixer

Oven

Potholders

Recipes

Spatula

Timer

Utensils

FOOTBALL GAME

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

Bleachers

Cheerleaders

Coaches

Field

Goal Post

Grass

Kick Off

Patriots

Players

Team Spirit

SUMMER OLYMPIC SITES

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

Amsterdam

Antwerp

Athens

Atlanta

Australia

Barcelona

Berlin

Canada

England

Finland

France

Germany

Greece

Helsinki

Italy

Japan

London

Los Angeles

Melbourne

Mexico City

Montreal

Moscow

Munich

Paris

Rome

Russia

Seoul

South Korea

Spain

St. Louis

Stockholm

Sweden

The Netherlands

Tokyo

United States

ABRAHAM LINCOLN

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

Able
 Abraham
 Basic
 Command
 Debate
 Decent
 Douglas
 Family
 Freedom

Gettysburg
 Holiday
 Married
 Memorial
 Noble
 North
 President
 Slaves
 Slender

South
 Theatre
 Troops

AMUSEMENT PARKS

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

Adventure

Vacation

Children

Water Park

Concession

Family

Ice Cream

Roller Coaster

Skyscraper

Travel

SEAN CONNERY

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

Avengers

Dragonheart

Entrapment

Family Business

Finding Forrester

First Knight

Highlander

James Bond

Just Cause

Medicine Man

Rising Sun

Robin Hood

The Rock

Untouchables

COLORS

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

Aqua

Beige

Black

Blue

Brown

Gold

Gray

Green

Orange

Pink

Purple

Red

Silver

White

Yellow

DUNKIN DONUTS (DONUTS)

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

Apple Fritter

Bavarian Kreme

Blueberry Cake

Boston Kreme

Butternut

Chocolate Frosted

Cinnamon Bun

Coffee Roll

Glazed Cake

Jelly Filled

Lemon

Maple Frosted

Plain Cruller

Powdered Cake

Toasted Coconut

Vanilla Kreme

MLB TEAMS

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

Angels

Astros

Athletics

Blue Jays

Braves

Brewers

Cardinals

Cubs

Devil Rays

Dodgers

Mariners

Mets

Orioles

Rangers

Red Sox

Twins

JEWELS

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

Amethyst

Aquamarine

Diamond

Emerald

Garnet

Opal

Peridot

Ruby

Sapphire

Topaz

PROVIDENCE COUNTY

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

Burrillville	North Providence
Central Falls	North Smithfield
Cranston	Pawtucket
Cumberland	Providence
East Providence	Scituate
Foster	Smithfield
Glocester	Woonsocket
Johnston	
Lincoln	