

#5

BOOK FIVE



Helping you to focus better

crystalens® vision workbook
"your road to visual rejuvenation"

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

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

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

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

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

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

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

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

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

Central Falls

Cranston

Cumberland

East Providence

Foster

Glocester

Johnston

Lincoln

North Providence

North Smithfield

Pawtucket

Providence

Scituate

Smithfield

Woonsocket

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

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

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	Starfish
Coral	Surf
Crab	Tide
Fish	Towel
Lifeguard	Waves
Salt	Whale
Sand	
Seaweed	
Shark	
Shells	

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

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

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

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