

#5

BOOK FIVE



Helping you to focus better

Crystalens® vision workbook "your road to visual rejuvenation"



Crystalens®

see young ... be young

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	

RI BEACHES

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	Paris	France	Sweden
Antwerp	Berlin	Spain	Italy
Melbourne	Rome	Germany	The Netherlands
Mexico City	Canada	St. Louis	Japan
Athens	Russia	Greece	Tokyo
Montreal	England	Stockholm	London
Atlanta	Seoul	Helsinki	United States
Moscow	Finland		Los Angeles
Australia	South Korea		
Munich			
Barcelona			

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

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

Jane Powell

Audrey Hepburn

Janet Leigh

Ava Gardner

Marilyn Monroe

Dean Martin

Marlon Brando

Debbie Reynolds

Rock Hudson

Doris Day

Tab Hunter

Gary Cooper

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

Dodgers

Astros

Mariners

Athletics

Mets

Blue Jays

Orioles

Braves

Rangers

Brewers

Red Sox

Cardinals

Twins

Cubs

Devil Rays

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

kick off

cheerleaders

patriots

coaches

players

field

team spirit

goal post

grass

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

Jelly Filled

Bavarian Kreme

Lemon

Blueberry Cake

Maple Frosted

Boston Kreme

Plain Cruller

Butternut

Powdered Cake

Chocolate Frosted

Toasted Coconut

Cinnamon Bun

Vanilla Kreme

Coffee Roll

Glazed Cake

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

Just Cause

Dragonheart

Medicine Man

Entrapment

Rising Sun

Family Business

Robin Hood

Finding Forrester

The Rock

First Knight

Untouchables

Highlander

James Bond

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

Orange

Beige

Pink

Black

Purple

Blue

Red

Brown

Silver

Gold

White

Gray

Yellow

Green

CAMPING

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

axe

backpacking

backyard

beach

mountains

nature

outdoors

overnight

campground

pocketknife

campsite

poles

canteen

rain

cook

repellant

dutch oven

retreat

escape

rope

fire

skillet

flame

trailer

hot dogs

vacation

insects

wilderness

kindling

lantern

latrine

marshmallows

matches

mess kit

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

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

Oven

Bowls

Potholders

Cookie Sheet

Recipes

Cooling Rack

Spatula

Ingredients

Timer

Measuring Spoons

Utensils

Mitt

Mixer

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

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

Skyscraper

Children

Travel

Concession

Vacation

Family

Water Park

Ice Cream

Roller coaster

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

Gettysburg

Slender

Abraham

Holiday

South

Basic

Married

Theatre

Command

Memorial

Troops

Debate

Noble

Decent

North

Douglas

President

Family

Slaves

Freedom

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

Ruby

Aquamarine

Sapphire

Diamond

Topaz

Emerald

Garnet

Opal

Peridot