

ENDPAGE.

Digital Diet Advice

All of the delicious digital options for patients, doctors and staff to stay connected are tempting, but it's important to keep track of your digital intake, too. Solve the cryptogram below for some advice on how to keep things byte-sized.



VM / OptiGram

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6				13				20												21					

M A I N T A I N A H E A L T H Y A P P - E T I T E  
3 6 6 23 21 6 20 23 6 18 13 6 7 21 18 22 6 2 2 13 21 20 21 13

What Are You Wearing? / Seacrest Optical, Del Ray Beach, Fla.

/ Your TURN

SANDRA SCHAINKIN-SCOTT  
OPTICIAN/OWNER



In the optical industry since 1972. "I owned a Pearle Vision franchise from 1984 to 1993, then purchased Seacrest optical and have been here ever since."

Owns 26 pairs of glasses and seven pairs of sunglasses.

FRAMES / Frost Vine in purple

LENSES / Shamir Autograph 3 1.67 with Zeiss Pure Coat

"These frames allow me optimum comfort. The colors are vibrant and I love the comments people give me when I wear them."

MICHAEL DAWKINS  
LAB TECHNICIAN



In the optical field since 1989. "He grew up in Jamaica where his cousin was an optometrist, so he began learning about lab work at an early age. There is nothing he can't do in the lab."

Owns four pairs of glasses and three pairs of sunglasses.

FRAMES / Lafont Issy & La Farwest color 265

LENSES / Shamir Autograph 3 with Zeiss Pure Coat

"They make a conversation piece when I wear them. They have become part of my image and are extremely comfortable and fashion forward."



Have anything to add? We'd love to hear from you!  
E-mail your comments to [visionmonday@jobson.com](mailto:visionmonday@jobson.com).