

#2

BOOK TWO



Helping you to focus better

crystalens® vision workbook
"your road to visual rejuvenation"

DOGS

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

Beagle

Boxer

Collie

Doberman

Great Dane

Greyhound

Husky

Labrador

Poodle

Retriever

Shepherd

Terrier

1950'S SINGERS

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

Buddy Holly
Chuck Berry
Dean Martin
Doris Day
Eddie Fisher
Elvis Presley
Frankie Avalon
Johnny Mathis

Kay Starr
Louis Armstrong
Nat King Cole
Ritchie Valens
Rosemary Clooney
Tony Bennett

SPIDERMAN

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

Black Cat
Doctor Octopus
Electro
Ezekiel
Green Goblin
J Jonah Jameson
Kraven
Mary Jane

Morlun
Mysterio
Sandman
Spiderman

COOKIES

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

Biscotti

Chocolate Chip

Christmas

Coconut

Double Chocolate

Fig

Macaroon

Oatmeal

Peanut Butter

Sugar

ICE CREAM FLAVORS

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

Black Raspberry
Chocolate
Chocolate Chip
Coffee
Cookie Dough
Maple Walnut
Mocha
Peach

Peanut Butter
Pistachio
Rainbow Chip
Rocky Road
Strawberry
Vanilla

GAME SHOWS

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

Card Sharks

Catch Phrase

Concentration

Dating Game

Double Dare

Family Feud

Gong Show

High Rollers

Jeopardy

Match Game

Newlywed Game

Password

Scrabble

WENDY'S

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

Big Bacon Classic
Chili
French Fries
Frosty
Jr Cheeseburger
Ketchup
Mayonnaise
Nuggets

Pickles
Potato
Salad
Sprite

PROVIDENCE PLACE

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

Ann Taylor
Borders
Brookstone
Coach
Godiva
Guess
Illuminations
Koch Eye

Nordstroms
Papyrus
Pottery Barn
Sharper Image
Swarovski
Talbots
Yankee Candle

BOSTON RED SOX

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

Bellhorn

Cabrera

Damon

Foulke

Lowe

Martinez

Millar

Mueller

Nixon

Ortiz

Ramirez

Schilling

Varitek

Wakefield

NHL (WESTERN CONFERENCE)

REUQCANGYRQJNKL UOPEO
WIADKUKNTFAZJJWIGZFC
KZWKUBVYGRHLCZLVYGUH
SIFBMLUBLUESLEAXCULI
WKJWBJDVSPPMRBVIZJHE
XSWHLMIEGQASHNAKRPKF
MHBAIMTTWOOSKILKRXST
BAVLHOMHEVMBYCAJWYOL
LRRGYKPHLRPEPCNYBZKX
UKKOYWCDVBRKZACFJIRS
ESCNEZLAZVEPMNHSQXOF
JMWLP IOTLRDWGUEGTFUC
APRBWHRHGBAUFCFKNAMK
CWJFHI BMUUTQTKBLNKRQ
KBGSRSZMZPOYASN IANNS
ERRPWFGTZKRSKCUDWMIG
TKPTIJGN AKSCCWHDYIEM
SXJEDWQLIGPKDCNQXOGS
CREDWINGSKOBQBTUGTHF
IHTYEQBZMDHBN OIMPJJG

Avalanche
Blackhawks
Blue Jackets
Blues
Canucks
Coyotes
Ducks
Flames

Kings
Oilers
Predators
Red Wings
Sharks
Stars
Wild

RACING

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

Aero Push
 Back Marker
 Balance
 Camshaft
 Chassis
 Drag
 Engine
 Firewall

Fuel
 Neutral
 Speedway
 Spoiler
 Turbulence
 Victory Lane
 Wind Tunnel

PIZZA TOPPINGS

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

Anchovies

Bacon

Beef

Cheese

Chicken

Ham

Mushrooms

Olives

Onion

Pepperoni

Peppers

Pineapple

Sausage

Tomatoes

RHODE ISLAND FOODS

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

Awful Awful

Clamcake

Coffee Cabinet

Dels

Doughboy

Haven Brothers

Pizza Strip

Quahog

Stuffies

Weiners

ZOO ANIMALS

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

Elephant

Fox

Giraffe

Lion

Llama

Monkey

Ostrich

Panda

Penguin

Polar Bear

Prairie Dog

Seal

Tiger

Zebra

CRUISE DESTINATIONS

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

Alaska

Australia

Bahamas

Bermuda

Canada

Caribbean

Europe

Hawaii

Mexico

New England

GARDENING

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

Cultivate

Fertilize

Hill

Hoe

Mulch

Plant

Season

Seed

Sow

Stake

Water

Weed