

CASHING IN YOUR PUNT OR STERLING ENDOWMENT? WE PAY 5% TO 30% OVER SURRENDER VALUE... LTD.

IRISH MIND MEDICINE ACADEMY Presents 1 year Course in affiliation with HARVARD INSTITUTE OF MIND/BODY MEDICINE

Commencing October 20th, 1998 at Griffith College, S.C. Road, Dublin 8.

- Course includes: (1) 12 week Foundational Training in Relaxation Response Techniques, Neuro-anatomy pertinent to stress and cognitive restructuring.

Places limited to 80 Students For further information contact 01-285 3222

CARERS Are you providing high levels of care within your own home for a person who is frail in old age or has a significant disability?

STOCK XCHANGE Indulge your passion for fashion without damaging your wealth Designer fashions Excellent prices

CASHEL PALACE HOTEL 2 Nights B&B and 1 Dinner Only €129.00 pps Complimentary Bottle of Wine with Dinner Tel. 062-62707

VETERINARY SURGEON required for testing and practice, one in four rota. Summerhill Veterinary Clinic, Nenagh. Ph: 067-31248.

DO YOU HAVE MILD ASTHMA? We are seeking Volunteers to participate in a twelve week, five visit research study of an investigational treatment for asthma.

YOU MAY QUALIFY IF YOU: Are 16 years or older Have mild asthma for at least six months

AS A QUALIFIED VOLUNTEER YOU WILL RECEIVE Study medications free of charge Pulmonary function tests Physical examination including laboratory tests

ASHBOURNE HOUSE HOTEL CORK Relax and enjoy the spectacular Award Winning Gardens overlooking the River Lee 2 nts. B&B & 1 Dinner €74 p.p.a. + 10% service charge

Summit Drama School Sutton, Clontarf, Glasnevin, Malahide, Dublin city-centre. The northside's favourite drama school for children, teenagers and adults with a full scale city-centre Theatre Show.

VETERINARY SURGEON - Colleague required for large mixed practice, City based, Munster. All duties, 1 in 3 rota. Modern facilities and equipment. Experience an advantage. Ph 087 2387139

MR JOHN BLAKE continues to see patients at 15 Ailesbury Road, Dublin 4

THE PERSONAL COLUMNS

MEMOREX TELEX (IRL) LTD would like to extend our deepest sympathy on the untimely death of our colleague BRIAN SHERIDAN to his wife Patricia his children Chloe, Ashley and Megan and family

PREGNANT? YOU WANT TO MAKE A STATEMENT? YOU WANNA, YOU WANNA YOU WANNA BE BLOODING

MATERNITY CLOTHES 3 South Leinster Street, Dublin 2. and Mothercare Stores. Tel: 4535677 for brochure.

A1 KITCHENS 12 Osory Rd. Dublin 3 Wish to announce that they have re-opened again after a recent flood. Ph. 8550404, open 6 days

SPANISH FREEHOLD PROPERTY EXHIBITION One of the Largest Independent Spanish Property Exhibitions every seen in Ireland

EXCELLENT VALUE Low Cost viewing Trips available to view the finest selection of freehold properties in Spain today.

GOLFERS Sites available overlooking fairways. Freehold Villas and Apts. available on Golf Courses in Southern Spain.

PRESTIGE VILLAS (Ireland) LTD. 40 The Quay, Waterford. Tel: 051-858932 • Fax: 051-878868

THE DRAWING ROOM OPERA COMPANY In Association With THE GREY DOOR RESTAURANT (Natcha Suite)

A MUSICAL FEAST With Excerpts From: Carmen, Marriage of Figaro, Così Fan Tutte, La Traviata, Operetta and Neopolitan selections and many more

LAKE HOTEL KILLARNEY LAKESIDE SPLENDOUR SEPTEMBER BREAKS 2 B&B, 1DIN - €79.00 p.p.a.

PACKAGING - PACKAGING Wrapping, Filling, Bagging, Lidding, Capping, Printing, Marking, Sticking, Coding, Loading, Strapping, Weighing, Checking, Lifting, Stacking and Conveying

AN BORD ALTRANAIS Nursing Board REPORT OF THE COMMISSION ON NURSING A Blueprint for the Future

DUBLIN VET HOSPITAL requires S.A. colleague, permanent part-time basis. Reply to Box 6798

ACUPUNCTURE - 3 yr. part-time Course rec. by B.U.P.A. Irish College of Traditional Chinese Medicine est. 1983. Tel: (01) 496 7820.

QUALITY HOTEL & LEISURE CENTRE, GALWAY Luxury new 3* Hotel 93 rooms, Bar & Restaurant Full leisure Facilities Inc. 20 metre pool

SPECIAL OFFER €49.00 Room only per night Sunday - Thursday €65.00 Room only per night Friday & Saturday

For information on Autumn Gold Breaks Tel: 091 792244

YOU are invited to visit our NEW HOUSE PLANT and GARDEN GIFT SHOP MACEKEYS Garden Centre

CASTLEROSSE HOTEL KILLARNEY Autumn Breaks by Killarney's Lakes €129 p.p.a.

KILLARNEY Autumn / Winter Specials Superb choice of Hotels, Guesthouses, Self-catering, Budget & Hostel, Leisure, Shopping, Dining & Entertainment

Irish Health Culture Assoc. Talk & Demonstration on K1 massage Therapy Monday 21st Sept. at 6.30pm. Venue: Tony Quinn Centre, 9/11 Grattan St. D.2

VETERINARY SURGEON reqd. Modern mixed practice, Co. Meath. Ph: 086 290762

IMAGINE... Getting away for a few days, - just the 2 of you. Lazy mornings, on soft white sheets, leisurely breakfasts, served until noon each day, afternoons at your own pace and candlelit dinners with a bottle of French wine each evening.

Its all this and more on a Ryan Free & Easy Break. 4 nights with breakfast, dinner and wine each day for just €200pp in the Killarney Ryan Hotel & Leisure Centre and €220pp in the Galway Ryan Hotel & Leisure Centre.

TEL 1 860 77 77 77 RYAN HOLIDAYS

ANDERSON (nee Nolan) Carmel (late of 19 Capel St and Bartra, Dalkey) - First Anniversary. Kevin and family remember her, her beauty, her grace and her love, and again thank all friends and acquaintances for the sympathy expressed in the great loss.

CASTLEROSSE HOTEL KILLARNEY Autumn Breaks by Killarney's Lakes €129 p.p.a.

KILLARNEY Autumn / Winter Specials Superb choice of Hotels, Guesthouses, Self-catering, Budget & Hostel, Leisure, Shopping, Dining & Entertainment

Irish Health Culture Assoc. Talk & Demonstration on K1 massage Therapy Monday 21st Sept. at 6.30pm. Venue: Tony Quinn Centre, 9/11 Grattan St. D.2

VETERINARY SURGEON reqd. Modern mixed practice, Co. Meath. Ph: 086 290762

MERRIMAN HOTEL Kinvara, Co. Galway Largest thatched roof in Ireland ** Golden Years ** Midweek Specials 2B&B, 2Dinner € 80.00 pps 3B&B, 3Dinner €125.00 pps Tel: 091-638222

Enjoy the tranquility of this quaint fishing village on the Galway/Clare border

KNOCKRANNEY HOUSE HOTEL Westport, Tel: 098-28600 Mayo's only 4**** Hotel * Elegant & Stylish. Warm & Welcoming. * Award Winning Restaurant with Friendly, Efficient Service. * Picturesque Setting & * Warming Log Fires. * Tranquillity, Relaxation & Serenity.

Celebrate our 4**** Grading 4 DB&B commencing 20th or 26th Sept. only £200 p.p.s. Limited availability

RYANS WORLD OF FURNITURE Fire Damage sale Goods sold as seen. No warranty or guarantee, what so ever. No deposit, no deliveries. Starts Tuesday, September 29th, 12 o'clock. Echlin St., Off James's St., near Guinness, Dublin 8.

PLANNING APPLICATIONS ATHLONE U.D.C. - Outline planning permission sought for 32 no. semi-detached two storey houses and 2 no. two storey 4 no apartment buildings at Ballynashon Road, Athlone for Athlone R.F.C.

DUN LAOGHAIRE/RATHDOWN COUNTY COUNCIL - Planning permission is sought for internal renovations and back extension at 1 Morte Terrace, Blackrock, Co. Dublin for Norvella Conolly.

KERRY COUNTY COUNCIL - I. Denis Sheehan, intend to apply to Kerry County Council for outline permission to construct 7 houses on my lands at Gortboy, Beaufort, Co. Kerry.

DUN LAOGHAIRE/RATHDOWN COUNTY COUNCIL - Outline permission sought for dwelling on site adjoining No. 4 Rowanberry St. S. Saunders.

NORTH TIPPERARY COUNTY COUNCIL - I am applying for permission to retain house, septic tank and entrance at Ballywest, Toomevara, signed J. Scanlan.

CLONMEL CORPORATION - Permission is sought for retention of front elevation at 17 Market Street, Clonmel, Co. Tipperary. For Mr. John Higgins.

KERRY COUNTY COUNCIL - Planning permission is sought by Mr. and Mrs. Martin Harris for new four bedroom house at Boreur, Ardara, Co. Kerry.

TWO-IN-ONE

For all today's solutions, call 1550 131 426

CRYPTIC CLUES Across 1 Millions and millions see Clinton lie uncomfortably... (10) 2 ... Some made Monica the evil influence... (5) 3 ... Had a strong desire. Bill, the man, had... (5) 4 ... sinned, showing hesitation and blushing (5) 5 Having been driven by another to employ hundreds (4) 6 Yield to the Whip (4) 7 Dress very quietly when in a real mess (7) 8 Border town? Not really! (4) 9 One drink is neither here nor there (4) 10 Promises to be faithful in medications (7) 20 Supports second-rate artists (4) 22 Turn up with student in steerage (4) 24 Strikes holding things up? (5) 27 Something more than a lace in the crowd? (5) 28 Mother's performing to get one in order (5) 29 Not meant to be Celtic, Dana performing (10)

Down 1 French nobleman to arrive about the end of August (5) 2 Direction over Eurovision opening. Nil points? (4) 3 Foreign chap backing soldier with gold (4) 4 See notice of cargo (4) 5 Biblical girl is different (5) 6 Capable of movement this time? Barely competent! (10) 9 Leaving the office? (10) 11 Traveller getting more money for repeat performance (7) 12 Heats or stew within range? (7) 13 Father meets politicians (nets) (5) 15 Collision when about to tie up (5) 21 Old Greek may be converted (5) 23 Relax on leather top with canvas backing (5) 24 Bail out from holiday island (4) 25 Learning difficult role (4) 26 Indelicacy corporations rejected (4)

CRYPTIC AND DEFINITION

The first set of clues is for readers who like the cryptic style of puzzle. The second set is for those who prefer the simple definition kind. The same square is used for each set of answers

YESTERDAY'S SOLUTION Across: 1 Bertha, 4 Fallet, 7 Cash prize, 9 Ashy, 10 Ends, 11 Baggly, 13 Boston, 14 Eglet, 15 Bronx, 17 Unison, 19 Heros, 20 Chew, 22 Iron, 23 Divisible, 24 Pampas, 25 Ensure, Down: 1 Baggly, 2 Troy, 3 Askew, 4 Forage, 5 Laze, 6 Russet, 7 Chastised, 8 Enchanted, 11 Bough, 12 Yarns, 15 Back-up, 16 Solids, 17 Unripe, 18 Nonage, 21 Wimp, 22 Ills.

Across: 1 Double, 4 Down: 1 Deaths, 2 Bore, Divide, 7 Protected, 9 3 Estate, 4 Desert, 5 Tirc, 10 Defi, 11 Stern, 13 Vied, 6 Elates, 7 Sedate, 14 Topics, 15 Predicted, 8 Degradate, 11 Sting, 12 Nomad, 15 Grand, 20 Fret, 22 Stop, 23 Desperate, 24 Erases, 25 Simmer.

TWINPLEX

FOR ALL TODAY'S SOLUTIONS

You can choose to do either quick or cryptic clues, the answers are the same. No. 10,338

ACROSS 1. Help to define the goal of any lawyers (8) 2. Not a great deal of notice? (4) 3. It turns on an opponent (4) 4. Arrive after it's finished and exhausted (8) 11. The detectors don't sound very keen (5) 12. Attachments with inside help (7) 13. Device that should catch on, if handled properly (9,4) 18. Renders an account (8) 19. French girl returns if encored (4) 20. Apprehend how to turn property into money? (7) 21. A rash sort of girl (5) 22. Keep going after everybody else? (4) 23. Payments bid spent for a change (8) DOWN 2. Deep hatred for a soldier who hear (7) 3. It's important to one's standing as a rider (7) 4. Meet and strive to produce some display (13) 6. Daring type of blazer? (7) 7. Such crime upsets the senator (7) 8. Endeavouring to be irritating (6) 13. Common soldier? (7) 14. High line to take (7) 15. Same number in tartan (6) 16. Isn't felt unusually moist? (7) 17. Casual way in which you removed a glove? (3-4) SOLUTIONS NO. 10,337 Across: 1 Vedic, 4 Biceps, 8 Strains, 9 Bulbs, 10 Tact, 11 Handmade, 13 Drips, 14 Arise, 16 Campaign, 17 Gait, 20 Rotor, 21 Intense, 22 Fines, 23 Pines, Down: 1 Waterproof, 2 Biceps, 3 Alias, 4 Senses, 5 Demure, 6 Pensive, 7 Senses, 8 Senses, 12 Senses, 15 Demure, 16 Pensive, 18 Felice, 19 Felice, 20 Lamps.

TWO-IN-ONE

For all today's solutions, call 1550 131 426

CRYPTIC CLUES Across 1 Millions and millions see Clinton lie uncomfortably... (10) 2 ... Some made Monica the evil influence... (5) 3 ... Had a strong desire. Bill, the man, had... (5) 4 ... sinned, showing hesitation and blushing (5) 5 Having been driven by another to employ hundreds (4) 6 Yield to the Whip (4) 7 Dress very quietly when in a real mess (7) 8 Border town? Not really! (4) 9 One drink is neither here nor there (4) 10 Promises to be faithful in medications (7) 20 Supports second-rate artists (4) 22 Turn up with student in steerage (4) 24 Strikes holding things up? (5) 27 Something more than a lace in the crowd? (5) 28 Mother's performing to get one in order (5) 29 Not meant to be Celtic, Dana performing (10)

Down 1 French nobleman to arrive about the end of August (5) 2 Direction over Eurovision opening. Nil points? (4) 3 Foreign chap backing soldier with gold (4) 4 See notice of cargo (4) 5 Biblical girl is different (5) 6 Capable of movement this time? Barely competent! (10) 9 Leaving the office? (10) 11 Traveller getting more money for repeat performance (7) 12 Heats or stew within range? (7) 13 Father meets politicians (nets) (5) 15 Collision when about to tie up (5) 21 Old Greek may be converted (5) 23 Relax on leather top with canvas backing (5) 24 Bail out from holiday island (4) 25 Learning difficult role (4) 26 Indelicacy corporations rejected (4)

CRYPTIC AND DEFINITION

The first set of clues is for readers who like the cryptic style of puzzle. The second set is for those who prefer the simple definition kind. The same square is used for each set of answers

YESTERDAY'S SOLUTION Across: 1 Bertha, 4 Fallet, 7 Cash prize, 9 Ashy, 10 Ends, 11 Baggly, 13 Boston, 14 Eglet, 15 Bronx, 17 Unison, 19 Heros, 20 Chew, 22 Iron, 23 Divisible, 24 Pampas, 25 Ensure, Down: 1 Baggly, 2 Troy, 3 Askew, 4 Forage, 5 Laze, 6 Russet, 7 Chastised, 8 Enchanted, 11 Bough, 12 Yarns, 15 Back-up, 16 Solids, 17 Unripe, 18 Nonage, 21 Wimp, 22 Ills.

Across: 1 Double, 4 Down: 1 Deaths, 2 Bore, Divide, 7 Protected, 9 3 Estate, 4 Desert, 5 Tirc, 10 Defi, 11 Stern, 13 Vied, 6 Elates, 7 Sedate, 14 Topics, 15 Predicted, 8 Degradate, 11 Sting, 12 Nomad, 15 Grand, 20 Fret, 22 Stop, 23 Desperate, 24 Erases, 25 Simmer.

TWINPLEX

FOR ALL TODAY'S SOLUTIONS

You can choose to do either quick or cryptic clues, the answers are the same. No. 10,338

ACROSS 1. Help to define the goal of any lawyers (8) 2. Not a great deal of notice? (4) 3. It turns on an opponent (4) 4. Arrive after it's finished and exhausted (8) 11. The detectors don't sound very keen (5) 12. Attachments with inside help (7) 13. Device that should catch on, if handled properly (9,4) 18. Renders an account (8) 19. French girl returns if encored (4) 20. Apprehend how to turn property into money? (7) 21. A rash sort of girl (5) 22. Keep going after everybody else? (4) 23. Payments bid spent for a change (8) DOWN 2. Deep hatred for a soldier who hear (7) 3. It's important to one's standing as a rider (7) 4. Meet and strive to produce some display (13) 6. Daring type of blazer? (7) 7. Such crime upsets the senator (7) 8. Endeavouring to be irritating (6) 13. Common soldier? (7) 14. High line to take (7) 15. Same number in tartan (6) 16. Isn't felt unusually moist? (7) 17. Casual way in which you removed a glove? (3-4) SOLUTIONS NO. 10,337 Across: 1 Vedic, 4 Biceps, 8 Strains, 9 Bulbs, 10 Tact, 11 Handmade, 13 Drips, 14 Arise, 16 Campaign, 17 Gait, 20 Rotor, 21 Intense, 22 Fines, 23 Pines, Down: 1 Waterproof, 2 Biceps, 3 Alias, 4 Senses, 5 Demure, 6 Pensive, 7 Senses, 8 Senses, 12 Senses, 15 Demure, 16 Pensive, 18 Felice, 19 Felice, 20 Lamps.