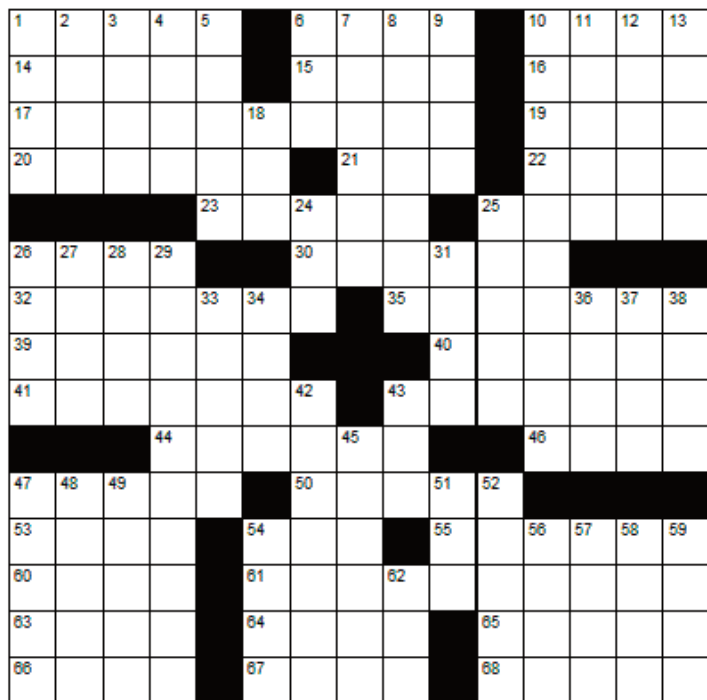


echocrossquiz Q0103

win a €20 one4all voucher



Name: _____
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 Phone: _____

ACROSS

1. Noodles
6. Skin irritation
10. A territorial unit of Greece
14. Homeric epic
15. Have the nerve
16. Nile bird
17. A mathematical device
19. Male offspring
20. Used to boil water
21. Pair
22. Hint
23. Covered with linoleum squares
25. Tumbler
26. Dock at a wharf
30. Ring around the nipple
32. Sympathy
35. Emptied
39. Hit the sack
40. Fleet
41. Trap
43. Roomette
44. An elaborate party
46. Lease
47. A simple seat
50. The ability to see
53. 365 days
54. Bog
55. Battalions
60. Be worthy of
61. Impossible to satisfy

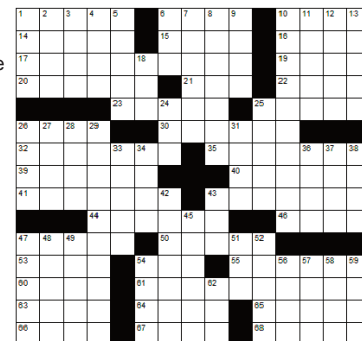
63. Applications
64. Cards with 1 symbol
65. Excrete
66. Flippant
67. Express in words
68. Genders

DOWN

1. Choose
2. Wings
3. Sediment
4. Diplomacy
5. Grownup
6. Actress Lupino
7. Shred
8. Overfilled
9. Protagonist
10. Disavowal
11. African virus
12. Subtract
13. S S S S
18. Floral necklace
24. Nonclerical
25. Menacing look
26. No more than
27. Portent
28. Chooses
29. Jungle
31. By mouth
33. Path
34. Not there
36. Back of the

- neck
37. Biblical garden
38. Blowgun missile
42. Gist 43. Droop
45. A strip of glittering foil
47. A thick sweet liquid
48. Make fun of
49. Cowboy movie
51. Cap
52. Attempts
54. Decree
56. A magician
57. Wild goat
58. If not
59. Collections
62. American Sign Language

LAST WEEK'S ANSWERS 2302



The first correct entry opened wins a €20 One4all voucher. To enter write to Crossquiz, The Echo, Village Green, Tallaght, Dublin 24. Entries to be in before 10am on the Monday prior to publication. Entrants must be over 18 years of age.
Last week's winner: Oisín Flynn, Belgard Square

Poet's corner

Eileen Casey has lived in Old Bawn, Tallaght, since the late 1970s. A recent recipient of a Patrick and Katherine Kavanagh Poetry Fellowship, her work is widely published in outlets such as The Ulster Tatler Literary Miscellany, The Sunday Tribune, The Irish Independent, Sunday Miscellany Anthology, The Irish Times, Senior Times, Icarus, among others. Her poetry collections include: *Seagulls, Drinking the Colour Blue* (New Island). From *Bone to Blossom, 2011*, a collaboration with Visual Artist Emma Barone, was supported by Offaly County Council, South Dublin County Council and AltEnts (Rua Red, Tallaght). Over the years, she's devised and edited various anthologies including *Under the Pyramid, Flavours of Home and South of the County: New Myths and Tales*. Fiction and prose awards include: The Sunday Tribune Hennessy Award (Emerging Fiction). 'Black Ball Gown', a short film based on her poetry was made by Paris based artists Anne Cleary and Denis Connolly and is available on YouTube. In January 2011, she was a visiting writer, supported by Culture Ireland, on The Eastern Kentucky University's Winter Programme in Lexington, Kentucky. As a mature student, she holds a B.A. (Hons) in Humanities from Dublin City University and an M.Phil in Creative Writing from The School of English, Oscar Wilde Centre, Trinity College, Dublin.



Spit and Clay

by Eileen Casey

*In times of drought
 plants drop their leaves
 conserving water, even the
 honeysuckle*

*— such bell shaped beauty
 — is willing as a novice
 shaves her hair to the bone, to
 shed all vanity.*

*Fallen leaves, the generous
 scattering of petals
 give rest and shelter to the soil
 as a wattle made from earth and
 water acts as preservation.*

*Shoulder to wheel, nose to
 grindstone,
 swallows too follow nature's
 deciduous ways,
 build their nests from spit and clay.*

Irish company leads the way with Anti-ageing supplement!

Remarkable gains in the health prospects of millions of people in Ireland, Britain and throughout the developed world are being made through the emerging science of Nutrigenomics – the study of the nutrient-gene interaction which harnesses the ability of the human body to regenerate and repair the damage caused by ageing and the stresses and strains of modern life.

This new health revolution is being led by an Irish company, Galway Natural Health Company, set up by Liam Salmon and David O'Connor. Liam and David identified a need in the marketplace for a product that offered the customer a high quality supplement with adequate daily dosages that would offer significant value for money.

From this concept they developed the product Revive Q10+ which is a cardiovascular nutrigenomic health food supplement which brings together a unique combination of nutrients in a food supplement which, designed for cardiovascular wellbeing, is also proving to be a powerful anti-ageing supplement for people who simply want to look and feel better as they grow older. Cardiovascular wellbeing is one of our core health issues.

Revive Q10+ is the most powerful single-dose cardiovascular food supplement available today. It is provided as a water-soluble product that is easy and pleasant to take on a daily basis and uses natural ingredients including Stevia – the natural sweetener that contains no calories. Purchased separately in the same quantities,

the ingredients could cost more than four times as much. Galway Natural Health company director, Liam Salmon, explains: – "Our intention from the very beginning has been to deliver Revive Q10+ as an affordable daily supplement, benefitting a wide range of users. We supply to ISO9001 standards from our manufacturing partner, ABC Nutrition in Shannon. ABC Nutrition recently won exporter of the year award, and the development of Revive Q10+ was cited as one of the key reasons for the award.

Revive Q10+ was launched at the recent Anti Ageing Conference in London and the product has been purchased by Harley Street specialists, professional sports coaches, business executives and people who want to counter the ageing process and deal with a range of health issues such as high blood pressure, high cholesterol, fatigue, diabetes, poor circulation and a range of cardiovascular problems.

Coenzyme Q10 is an antioxidant that has been found to lower blood pressure and is used to help treat a number of conditions including arrhythmias, congestive heart failure, coronary heart disease, diabetes and also helps with weight loss.

Revive Q10+ is available in Moran's Pharmacy, Firhouse Shopping Centre, Dublin 24. Tel: (01) 4516747. See our ad on page 39.

(As with any nutritional supplement, consult your doctor before use, especially if pregnant, lactating, with a known medical condition of any kind or are taking medication)