

people news

IT'S BACK
FOR A LIMITED TIME ONLY!
DONNELLAN & CO
MENSWEAR SALE SHOP

CHAPEL LANE, (off Main St.), Roscommon

SHIRTS, SHORT SLEEVE €17
KNITWEAR €25
POLO T-SHORT €19.99
BRANDED T-SHIRTS €10
BLEND HOODIES €19.99
BRANDED JEANS €29.99
FORMAL SHIRTS, €20 OR 3 FOR €50
MENS SHOES €35
OPEN FRIDAY & SATURDAY

UP TO **70%** OFF NORMAL RETAIL PRICE!



10% off
all Communion &
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MAIN STREET ROSCOMMON

CLOSING DOWN
SALE
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ALL STOCK
HALF
PRICE

Everything
reduced to clear!

FURNITURE
CLEARANCE
SHOP

@ Racecourse Road, Roscommon.
Contact: 090 - 6628844
Opening hours: Monday - Saturday,
9.30 am - 6.00 pm.

Wedding dress sale

Sell My Wedding Dress returns to Athlone for their annual once worn wedding dress sale and wedding exhibition.

The venue is the ideally situated Athlone Springs Hotel with the event taking place in the spectacular Clonellan Suite. The event will see over 150 gorgeous gowns of all sizes, styles and price range on sale for half their original price or less. Dresses are a combination of once worn, new and ex sample, so there is sure to be a dress to suit all tastes and budgets. Dresses will range in price from €200 to €1,500.

Brides wishing to sell their dresses and accessories have the opportunity to do so by dropping in their dress and items to the organisers on Saturday April 17th between 5 to 8pm and Sunday



18th between 9.30 to 11.30 am. Sellers are advised to pre-register their dresses for the dress sale by logging onto www.sellmyweddingdress.net and to use the 'Register Dress for Athlone' link. Please note that dresses must be in very good condition and have been dry cleaned.

The dress sale opens at 12 pm and will run until 6 pm. Fully staffed fitting rooms will be provided and a dressmaker will be available to assist girls with alteration queries and costs.

The wedding exhibition also opens at 12 pm with a wide range of wedding suppliers showcasing their products and services throughout the day. Brides and grooms can come and avail of expert advice and guidance from leading suppliers from the wedding industry. Sellers and buyers and suppliers are welcome.

To pre-register your dress and for full details of the event log onto www.sellmyweddingdress.net.

For all other enquiries contact us info@sellmyweddingdress.net or phone (087) 2107678.

Carers Mini Marathon

The Carers Association Roscommon would like to encourage everyone to come out on the Bank Holiday Monday, 3rd May, and take part in the

Roscommon Mini Marathon, starting at 3 pm from Hannon's Hotel.

You can fundraise for your chosen charity/club or for The

Carers Association. See local papers or contact Bernie at (090) 64 89296 or check in local stores.

COPE WITH EXAM PRESSURE



Get advice on nutrition during stressful exam periods

Nutritional Expert Rick North will be instore on **Thursday 22nd April** between **10am and 1pm** to give **FREE** consultations

Call in for a FREE consultation

Further information available from

Healthy Beings
Specialist Nutrition - Athlone

Elphin Street, Strokestown.
(071) 9634411

Dealing with exam stress

At this time of year many people young and not so young are studying for exams and dealing with the inevitably stress that results. In many households particularly it seems with Leaving Cert students, the stress can affect everyone, mothers, fathers and siblings. So learning to cope with the stress is the key and there are many proven antidotes to stress; exercise, a positive mental attitude and nutrition all play their part.

There exists a strong relationship between nutrient intake and the mental state of a person. A diet high in fresh fruit and vegetables, complex carbohydrates like brown bread, wholegrain cereals like porridge, nuts and seeds and quality protein especially oily fish can help nourish the brain and provide the energy for long periods of concentration.

The brain has more fat – good fat – in it than any other part of your body. And it is a very special kind of fat. The important fats for brain functions are the ones called EPA and DHA (to give them their short names). The nearest food source we have to the EPA/DHA fats is the oil of oily fish (herring, mackerel, sardines, salmon etc.). Note: this is different from cod liver oil.

This is one case where it really is worth thinking of a good fish oil supplement. Eskimo 3 oil available in capsules as well as liquid is one of Ireland's most popular brands of fish oil supplements and with good reason. It has been the subject of over 40 research papers proving its many benefits. Eskimo Brainsharp is a relatively new addition to the range and as well as having a high concentration of the essential brain nutrients EPA and DHA this product also contains Omega 6 and 9, vitamin D, E and CoQ10 all cofactors that help with brain function.

Studies on intellectual functions have surprisingly shown that intake of fish oil containing DHA increases the intellectual capacity as early as two hours after the intake. It has also been shown that the intake of fish fatty acids is associated with a reduction in the severity of symptoms of depression and anxiety.

Other key elements at exam time are combating stress and getting lots of restful sleep and Teresa O'Callaghan at Healthy Beings has lots of ideas to help you steer along the best course healthwise as exams loom.

Tare many natural remedies to improve brain function and deal with stress apart from the obvious but often overlooked benefits of exercise, relaxation and positive thinking. For advice on any aspect of nutrition and a healthier lifestyle why not drop into Teresa O'Callaghan at Healthy Beings, Church Street, Strokestown or telephone on (071) 96 34411.

Sell My Wedding Dress

ATHLONE SPRINGS HOTEL
Sunday April 18th,
12 – 6pm.

WEDDING DRESS SALE
Over 150 Once Worn/New & Ex Sample gowns will be on offer, all selling at half their original price or less.

WEDDING EXHIBITION
A wide range of Wedding Suppliers will be showcasing their products throughout the day.

Sellers / Buyers & Suppliers Welcome

To register your dress for the Dress Sale and for full details log onto
www.sellmyweddingdress.net
E-mail: info@sellmyweddingdress.net or phone 087 2107678.