

BACK FOR THE BIG ONE



Hurlers make first All-Ireland final since 2007 after Croke Park thriller

Shane Dowling, who played a decisive part in Limerick's dramatic All-Ireland semi-final victory over Cork on Sunday, is congratulated by Limerick supporter Ger Murnane
PICTURE: STEPHEN MCCARTHY/SPORTSFILE

The Leader

www.limerickleader.ie
Wednesday, August 1, 2018

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PRIDE OF PLACE judges visit two city institutions **P23**

CRIME several garda cars rammed and gun and ammunition seized in the city **P4**



SOUND OF MUSIC plan for karaoke club on hold as council seeks soundproof assurance **P22**



Set Fair for another great Milford fundraiser **P14**



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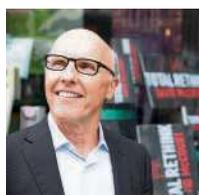
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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK
Limerick hurlers
 The senior hurlers reached the All-Ireland final after defeating Cork amid joyous scenes in Croke Park



▼ BAD WEEK
Rural broadband
 The programme was hit when SSE parted ways with local company and final bidder Enet



☀ QUOTE OF THE WEEK
 "Sure they don't kick the ball in football anyway, so he'll be grand"
Sunday Game's Ken McGrath on Aaron Gillane's suitability for a career in football despite his wayward kicking

INSIDE THIS WEEK



LAW THREAT TO CITY JOBS
 viagogo under the spotlight
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GLORIOUS GREENWAY
 Nigel Dugdale pitches a walk
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HOSPITAL CROWDING
 Minister had UHL meetings
 PAGE 4



LUCKY 13 KEY NUMBER
 Liam Croke on savings habit
 Page 28

Hurling boss gives right media message



Euphoria: John Kiely and Shane Dowling celebrate at the final whistle on Sunday. Let's hope there will be similar scenes on August 19 when Limerick play either Clare or Galway in the All-Ireland final in Croke Park PICTURE:SPORTSFILE



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

AFTER the magnificent performance in Croke Park on Sunday, it is difficult not to get even more excited about this hurling team of 2018. Many members of the public have contacted us here in The Leader asking not to hype up the team, fearing it could damage their chances of winning the MacCarthy Cup. And Limerick hurling manager John Kiely, just

minutes after the win, quite rightly, pleaded with media not to contact players over the next three weeks and to go the county board or himself if doing stories on the final. There is a worry that hype could get to such a young group of players, but judging by the mature statements that have come from individuals in the team, I doubt if it will affect them. The reality is that there is

only one story in town over the next three weeks. Conversations will be dominated by the hurling And why not. This paper will cover the unfolding story as normal and will, of course, not be contacting players over the coming weeks. We can still dream of winning while bearing in mind the bookies still have Galway as favourites.

WEATHER FOR THE WEEK



WEDNESDAY
 Cloudy with a shower in places, but muggy with 22°C peak



THURSDAY
 Rain at times but remaining warm with a peak of 21°C



FRIDAY
 A little morning rain, but temperatures still climbing to 22°C



SATURDAY
 Overcast with little sun but temperatures rise again to hit 23°C



SUNDAY
 Mostly cloudy again with a peak on the mercury of 21°C



MONDAY
 Overcast with a little rain and a temperature high of 21°C

WEBTOPTEN

1. No public sale of All Ireland hurling final tickets for Limerick GAA supporters
2. Limerick GAA fan reported missing having attended All Ireland semi-final
3. Reaction: Limerick off to All-Ireland hurling final after Lazarus-like comeback against Cork
4. Garda cars rammed in Limerick as loaded gun recovered in gangland incident
5. Limerick council urged to erect big screen for All Ireland hurling final
6. Intruder at Limerick hotel in bizarre food and milk claim following arrest
7. LISTEN: How National and Local radio called the epic All Ireland semi final win for Limerick
8. Woman due in court following bizarre theft incident at Limerick garda station
9. Limerick family celebrates All Ireland semi-final success by collecting Lotto prize
10. Warning to Limerick hurling fans as cars are clamped during All Ireland semi-final



Limerick supporters' cars were clamped during their trip to Dublin. See Page 8

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MyLimerick

Richard Lynch

www.ilovelimerick.ie

What's your idea of a perfect day, or a perfect weekend, in Limerick?

A nice brunch in the city centre: I love the Milk Market on a Saturday! It's so special. I love to visit the Hunt Museum. I love to walk around the city centre browsing the shops and having the banter. I particularly love Thomas Street, sitting outside somewhere or hanging out and relaxing. If I am going out that evening I like to have dinner in town and then go out to Amber at House for a dance. I love to dance. If going to a gig, I love Dolan's. Best live music in town!

What's your first Limerick memory?

My first Limerick memory is of Paddy's Day! Dad would take me by the hand to watch the parade on the corner by St Joseph's Church and take me up in his arms to watch the parade. My father's pub, Eric's, would be heaving after the parade. Packed to the rafters and thronged with people singing. It was bananas. The street outside the pub would be filled with children playing. People would be singing all day. All of my family would spend the day collecting and washing glasses. It was non stop. Music, joy and family; looking back I realise I was living at the heart of Limerick culture and tradition.

What's your favourite part of the county and why?

I love Lough Gur! It has a

rich archeological and historical past. What a magical, mystical place! The Grange Stone Circle is the largest and finest in Ireland. I love to take the native tree and fairy trail. Lough Gur is home to the King of the Fairies so I am very at home there obviously. Lol.

What about a favourite local walk or view?

I love the wetlands in Westfield. It's very secluded even though it's by the motorway. I love to go with my partner Hugo for a walk and see the swans. There is a lovely memorial bench dedicated to Cllr Joe Crowley out there and we like to go sit on that and chat and look out at the wetlands.

What do you think gives Limerick its unique identity?

The people! Of course, we have our love of sports, beautiful Georgian buildings and landmarks like King John's Castle and the Treaty Stone and we have the beautiful River Shannon running through the city but its true energy and essence is the banter, the personality of its lovely people. If Limerick were a person, they would be complicated but forward thinking. Open to change and constantly evolving. Limerick to me is like an onion. You have to go through layers to get to the core. Otherwise, you can never

understand it or judge it.

Do you have a favourite local restaurant?

I am loving the new Underdog Restaurant on Thomas Street! The food is great and the staff is lovely. It's a healthy option and a chilled space and I am all about that as I get older.

How would you describe the people of Limerick?

I love Limerick people so much. I am so lucky to have been given the opportunity to see the best of them. My parents are my role models. They were old school Limerick. We have a unique history of always being the underdog and Limerick is a city of survivors. Our turn of phrase is like no other. We have the most incredible banter and chat. It's an energy that gives this city its unique personality.

How important do you think sport is to Limerick?

It's vital. I am not a sporting person but I am so incredibly grateful to our culture of sports. It's hard not to get swept up in the excitement of it. I love to observe it. We have some great sporting heroes! Paul O'Connell is a legend and an amazing role model for young people. Sports in Limerick is a way of life. Also, sports puts food on the table as it fills our hotels, restaurants, and pubs. Sports help to carve our cultural identity and how people see our beloved city. Our love of sports is symbolic of our people as we are always ready to win!

What's the biggest challenge facing the city/county today?

The obvious one. Keeping the city centre alive and vibrant. There should be more living spaces for people in the city centre. The city centre needs to become the hub again. It's the lifeblood of Limerick.



FRONT PAGES OF THE PAST

23 YEARS AGO
DATE AUGUST 5, 1995

Back in August 1995 they were also having a good summer, if the front page of the city edition of the Limerick Leader is to go by. Soaring city temperatures brought a huge rise in ice cream sales and pints. Pubs in particular were reporting a big increase in the

sale of larger and other cooling drinks.

And there was news of a different nature in another pub, the Old Tom on Thomas Street.

According to publican Pat Frost a "ghost has been making his appearance in the ground floor lounge for the past few weeks".



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LEADER NEWS BULLETIN

NEWS

Garda cars rammed as gun seized in gangland incident

GARDAI targeting Limerick criminal gangs have arrested two men following the discovery of a loaded handgun in a car which was intercepted on Monday night.

As part of ongoing investigations targeting organised criminal gangs in the north and southside of Limerick city, Henry Street gardai have arrested two men in their 20s.

Supported by the national unit, gardai went to intercept a silver saloon car in the Corbally area, shortly before midnight on Monday.

"A number of Garda vehicles were rammed when



the driver tried to take evasive action. No persons were injured. A search of the vehicle was conducted and Gardai recovered a semi-automatic Luger pistol, loaded with 10 rounds of ammunition," a garda spokesperson said.

Both men, aged 25 and 29, were arrested at the scene and taken to Henry Street garda station.

They are currently detained pursuant to Section 30 of the Offences Against the State Act, 1939/98 as amended.

Gardai are continuing their investigations into the matter.

HISTORY

Old shops of William Street to be remembered

SOME of the many shops which have graced William Street will be remembered at a special event organised by the Limerick Historical Society next week.

Gathering outside Brown Thomas at 7pm next Wednesday, August 8, the historical society will be joined by former William Street trader John Collins on a walk of the street.

Organiser Tony Browne says John – who used to run Finn's cafe and bakery, and lived overhead – will provide memories of "all the shops which have come and gone".

This includes Todds, Boyds, and Newsoms.

"There are so many shops which have come and gone over the years. John will know about them, and so will I," Tony added. For more information, call 061-228071.

CRIME

Woman due in court over theft at garda station

A YOUNG woman has been charged with theft offences following a bizarre incident at Henry Street garda station in the early hours of this Monday morning.

The 19-year-old is accused of stealing a small amount of cash from a man who was in the public office of the garda station at around 1.30am.

It's understood the man was in the queue for the public counter at the garda station when the woman approached him and snatched the cash before fleeing on foot.

Having been alerted to the incident, gardai pursued the



woman and she was arrested a short time later.

"A young woman was apprehended a short time later and returned to the station," confirmed a garda spokesperson.

The woman was later charged by gardai and released on station bail pending an appearance before Limerick District Court in the coming weeks.

While upset at what happened, it's understood the victim was not physically injured during the incident.

The stolen cash was recovered by gardai and returned to him following the incident.



Padraig Brennan, Richard Murphy, Keith Moore, Eamonn Connaughton, and Vinny Ryan PICTURE: BRENDAN GLEESON

Charity game in friends' honour

THE TWENTY-FIFTH annual Limerick Leprechauns charity match will be dedicated to the two young rugby players who passed away last May.

Shay Moloney and Jack Kenneally tragically lost their lives when they drowned in a quarry near Ennis.

The proceeds of the match will go towards the national children's ambulance service, Bumbleance and Irish

Water Safety who were chosen by the Moloney and Keneally families respectively.

Proceeds will also contribute to a fundraising appeal for 10-year-old Zara Cronin who is in need of life-saving surgery from Ehler-Danlos syndrome.

Limerick Leprechauns will play the Kilkee Fallen Stars on August 11 at Kilkee Beach, County Clare.

No minutes from UHL crisis meetings

Records: Minister discussed crisis at two top meetings

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MINUTES of a high profile meeting between UL Hospitals and the Minister for Health on the overcrowding crisis were not available, following a Freedom of Information request made by the Leader.

The UL Hospitals Group confirmed that the CEO of the UL Hospitals Group, Prof Colette Cowan met with HSE and Department of Health officials to discuss Limerick's overcrowding problem, on three occasions since September 2017.

A spokesperson for the UL Hospitals Group has said that there "may not always be a requirement" to have minutes of these meetings.

Two of these meetings included a presence from Minister for Health Simon Harris - on September 28 and April 24.

A spokesperson for the Minister mistakenly told this newspaper that the September 28 meeting took place in November. The Leader sought minutes of this meeting, but they were not available following a Freedom of Information request.

A spokesperson for the UL Hospitals Group said that it is in "regular, ongoing contact" with the Department of Health and the HSE.

"Following correspondence between the Secretary General of the Department of



"There may not always be a requirement to keep a minute of meetings"

UL HOSPITALS GROUP



Health and the Director General of the HSE in September 2017, the Chief Executive Officer and the Chief Clinical Director of UL Hospitals Group were invited to attend a meeting in Dublin with the Minister and his team to discuss various matters at UHL, including the Emergency Department. Senior HSE leadership also attended.

"This meeting took place on September 24, during which the Group outlined its improvement plans.

"Actions agreed at this meeting included the further development of our quality improvement plan to support more efficient patient flow, notwithstanding the recognised need for additional bed capacity at UHL," the spokesperson told the Leader last week.

The CEO met with Minister Harris directly on April 24, again in Dublin, where they discussed bed capacity issues.

"UL Hospitals Group welcomes the Minister's repeated public commitments to increasing bed capacity at University Hospital Limerick and the inclusion of the 96-bed block in the Project Ireland 2040 capital plan.

"The proposal for the 60-bed interim accommodation solution for UHL, currently the subject of a planning application, is informed by discussions with the Minister and other key stakeholders."

He added: "There may not always be a requirement to keep a minute of meetings".

"This meeting took place in Dublin and was organised the Minister's office and, as such, requirements around minute-keeping are a matter for the Department. The CEO and the Chief Clinical Director were invitees only," he stated.

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King John's Castle could show match to 2,000 fans

FINTAN WALSH
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THE MANAGING director of Shannon Heritage has confirmed that they are happy to host a big screen for the All-Ireland final at King John's Castle free-of-charge, if a screen can be made available.

Following a memorable victory against Cork on Sunday, Limerick will take on either Clare or Galway in a Croke Park final on August 19, in a bid to claim the Liam MacCarthy cup for the first time in 45 years.

Metropolitan mayor Cllr Daniel Butler has urged the council to explore the possibility of showcasing the match on a big screen.

Talks are taking place this week between Limerick City and County Council management and Limerick

GAA to ascertain the feasibility of bringing the big screen to the city centre.

However, Mayor of Limerick City and County James Collins said it is important for the council and the public "not to overhype their progression to the final". He added that all decisions will be made in consultation with Limerick GAA.

He did confirm that they are already mapping out the homecoming for the boys in green, win or lose.

There was a big screen in Limerick city in 2008 for Munster's Heineken Cup victory, and in 2007 when Limerick lost to Kilkenny in the All-Ireland final.

Following a Leader poll, asking where they would like a big screen, the vast majority of the 397 respondents were in favour of the



Metropolitan Mayor Cllr Daniel Butler has urged the council to explore big screen options for fans who won't make the All-Ireland final in Dublin's Croke Park in three weeks' time PICTURE: SPORTSFILE

screen being installed on O'Connell Street.

A total of 56% voted in favour of O'Connell Street, 27% voted for King John's Castle, 10% were in favour of the market quarter, while just 7% voted for "nowhere". Other

suggestions included People's Park, Cleeve's Factory and the Gaelic Grounds.

Following the poll, Shannon Heritage managing director Niall O'Callaghan said on Twitter: "We at Shannon Heritage are happy to

facilitate a big screen at King John's Castle for the All-Ireland if one is made available - free entry for all supporters."

King John's Castle has a capacity of 2,000. Cllr Butler told the Leader that he is exploring all options.

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Demand for tickets and hotels

Green army: The search begins for a ticket and hotel room for the final

ÁINE FITZGERALD

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AN affordable hotel room in Dublin is proving as hard to come by as an All-Ireland hurling final ticket on the weekend of the big game as Limerick fans make plans for their trip to Croke.

This Tuesday, rooms in many city centre hotels were priced at between €200 and €400 on August 18, the night before the game.

When contacted on Tuesday afternoon the Red Cow Moran Hotel, owned by Athea native and former GAA sponsor Tom Moran, confirmed that all hotel rooms had been booked out for August 18 and 19, before the semi-final game even took place last Sunday.

Barry's Hotel which many supporters pass on their way to Croke Park was advertising a single room with a twin bed for €254 with breakfast included. A superior double room in Jury's Inn Dublin Christchurch is priced at €315 with breakfast included. Meanwhile, a

bed in a 12-bed mixed dormitory room in a converted Victorian chapel just 700 metres from Croke Park was priced at €36.96, with breakfast included.

Numerous bus companies are already advertising packages for transport to and from the match on August 19.

There will be no public sale of tickets for the All-Ireland Senior Hurling Championship Final.

While the capacity at GAA HQ is 82,006, it is expected that Limerick GAA will receive a ticket allocation in the region of 15,000, which will be distributed to all clubs.

Over 30,000 men, women and children from Limerick city and county made the trip to the capital on Sunday to see their side overcome Cork in an enthralling extra time semi-final encounter.

Every county board and indeed GAA club across the country receives an allocation of tickets for an All-Ireland final with the competing counties receiving the most significant allocations. Almost 60,000 of the tickets will be distributed in this fashion with the two senior finalists accounting for about 25%. A further 10,000 tickets go to the premium and corporate levels.

"There is huge demand for tickets and it's going to get even greater over the coming three weeks. Limerick fans will be trying every avenue to get their hands on a coveted ticket. With the county



board getting in the region of 15,000, it would be a wise move for people to look outside Limerick to any contacts they have in other counties to see if they can help them out," said a GAA official.

While Limerick have secured their place behind the Artane Band on August 19, their opponents won't be known until next Sunday when Galway and Clare replay their drawn semi-final. The senior final will have a 3.30 throw-in and will be live on RTE Television and Sky Sports.

See Sport Page 67 for more

Above: Mike Casey, left, and Seán Finn celebrate reaching the All-Ireland final, and right, a young Limerick fan shows his delight with the win

PICTURES: SPORTSFILE



**FÁILTE IRELAND'S
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**Where in Limerick will you find the longest footbridge in Ireland?
What famous Limerick actor was made a knight in both Malta and Denmark?**

*Answers bottom right



Michelle Crowley
Fáilte Ireland
Senior Travel Advisor

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National Tourism Development Authority

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Paul Flannery

Bartender, Flannery's Bar
Limerick

Where is the first place I should visit in Limerick?

Shannon Rowing Club on Sarsfield Bridge. The river is magical in the early morning mist and the views from the pier-head across to the Curragower Falls and up to King John's Castle are some of the best in the city.

If I was to spend a day in Limerick, what would you recommend I do?

If you have kids, try Mungret Playground and Castletroy Park. Both facilities are top class with plenty to do for all ages.

I'm hungry! Where should I eat in Limerick?

Have the Cannelloni in Bella Italia – top class every time.



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Where is the first place I should visit in Limerick?

The banks of the Shannon.

If I was to spend a day in Limerick, what would you recommend I do?

Take a morning walk over the Three Bridges, followed by lunch at The Hunt, some shopping in the afternoon and tea tasting at Cahill's before having a sunset dinner at The French Table.

I'm hungry! Where should I eat in Limerick?

Try the seafood chowder at Findlater's.

Answers: The Living Bridge in University Limerick is the longest footbridge in Ireland and the famous actor Richard Harris was made a knight in both Malta and Denmark.



Judge Tom O'Donnell imposed a four year prison sentence

Recidivist jailed following burglaries

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A YOUNG man who broke into several commercial and industrial premises on the outskirts of the city has been jailed for four years.

Gerard O'Neill, aged 23, of New Crescent Halting Site, Childers Road, had earlier pleaded guilty to multiple charges relating to the theft of property worth more than €12,000.

Detective Garda Neil O'Gorman told Limerick Circuit Court all of the offences occurred on dates between January and April 2016.

He said a specific garda operation was put in place after gardai became concerned about a "series of burglaries" which had occurred at industrial premises in the Ballysimon area.

A modus operandi and a pattern were identified and O'Neill "soon emerged as a suspect".

During a sentencing hearing, Judge Tom O'Donnell was told that one premises at Garryglass Industrial Estate – Indespension Trailers – was targeted several times by the defendant who was described as a recidivist.

None of the stolen property was ever recovered and compensation has not been paid for the damage that was caused.

Yvonne Quinn BL said her client told gardai he was "stoned off his head" when he committed the offences and that there are mental health issues in the background.

Judge O'Donnell said the planned and pre-meditated nature of the offences was a concern but he noted O'Neill's guilty plea saying it was "pivotal".

The sentenced were backed to reflect the defendant's time in custody.

Jailed over late-night attack at family home

Violence: Man and woman assaulted, house and car damaged

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FOUR men have been jailed for their role in a violent incident at a house in the city last year.

Gary Moloney, aged 20, of South Claughan Road, Garryowen; Thomas Power, aged 25, of Abbeyvale, Corbally; Jason Foran, aged 26, of North Claughan Road, Garryowen and Eoin Bailey, aged 25, of Rossa Avenue, Mulgrave Street, had previously pleaded guilty to various charges relating to an incident which happened on March 4, 2017.

During a sentencing hearing, Detective Garda Barry Manton told Limerick Circuit Court the alarm was raised in the early hours of the morning after a number of the defendants entered a house at Sean Heuston Place while the occupants were sleeping.

After the occupants were alerted to their presence, a struggle took place in the sitting room before "matters moved to the front garden".

Detective Garda Manton told John O'Sullivan, prosecuting, that one of the occupants of the house was punched

and kicked repeatedly and that he was struck with a plank of wood.

He also banged his head when he was "rugby tackled" to the ground by Mr Moloney during the incident which lasted for several minutes before the arrival of gardai.

The man's partner was assaulted and damage was caused to windows at the house and to a car which was parked outside.

Neither of them sustained serious injuries during the incident and neither gave a victim impact statement.

A medical report was not prepared for the court and the cost repairing the damage caused to the house and car was not stated.

Judge Tom O'Donnell was told there was a number of children in the house at the time and the assault was described by Mr O'Sullivan as "completely unprovoked and very violent".

While none of the defendants made admissions, Detective Garda Manton said there was a "strong circumstantial case" which included CCTV which placed all four men in the area around the time of the incident.



The four defendants pleaded guilty at Limerick Circuit Court

Imposing sentence, Judge O'Donnell said what happened was very frightening for the occupants of the house who had "effectively been set upon by mob".

He noted that each of the defendants has been "under the influence of some intoxicant" at the time.

The judge said the four guilty pleas were welcome and were a significant mitigating factor which he had to consider.

While noting the youth of the accused men and their immaturity at the time, he said what happened was outrageous and that the court had to "send a clear message" that such behaviour cannot and will not be tolerated.

He said those who engage in such activity must be prepared to bear the consequences of their actions.

Each of the defendants received sentences totalling two-and-a-half years' imprisonment.

In the case of Moloney and Bailey, the sentences were back-dated to reflect the time they have already served in custody.

Treaty fans' shock as cars are clamped

LIMERICK hurling fans toasting their side's All-Ireland semi-final win over Cork had a nasty surprise on Sunday night – after finding their cars clamped.

Many Treaty fans making the journey to Croke Park by car used park-and-ride Luas facilities at the Red Cow and Cheeverstown on Dublin's southside, before completing the final stages of the journey in either taxis or public transport.

Now, Dublin cab driver William Conway has revealed after the game, he saw "at least 10" cars belonging to Limerick fans clamped at Cheeverstown park-and-ride, near City West, meaning motorists could be left with a fine of up to €80.

He witnessed many supporters arriving at these cars to find them clamped.

"I was absolutely furious. The city was alight with joy from the Limerick supporters and everyone making their way home. I bought a couple



Many Limerick fans travelling to Sunday's match in Croke Park were left angered after their cars were clamped during the game

out to City West, and couldn't believe the number of cars clamped. I felt it was an absolutely disgusting horrible thing to happen after a long day out, to be met with that. I felt they were easy pickings," he said.

William, whose late father William hails from Castleconnell, warned supporters returning to headquarters for the final on Sunday, August 19 to be vigilant.

"When people are going to

a game they are so excited to get to Croke Park when they get in the taxis, so they don't think about much else. From that end of it, people might be wary it doesn't happen to them. It can really sour the day. The last thing you'd want if you're celebrating an All-Ireland final is to think your car is clamped, and you're having to wait around," he added.

Although William said he saw just ten cars clamped, he believes due to the size of the

car park at Cheeverstown, there were probably many more clamped cars.

"Limerick fans painted the town yesterday [Sunday]. There were green jerseys everywhere. They are a fabulous bunch of supporters," said William, who confirmed he will be backing Limerick against either Galway or Clare.

NCPS, which carries out enforcement on behalf of the Luas operator, has been contacted for comment.



'Replace it with something historical': Cllrs John Costelloe and Michael Sheahan PICTURE: MICHAEL COWHEY

Call for historic mural to replace eyepop artwork after vandalism

NICK RABBITTS
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TWO councillors have called for the removal of a popular mural – and its replacement with a historic piece of artwork.

Fine Gael councillor Michael Sheahan and Sinn Féin member John Costelloe have united to call for the 'eye-pop mural' at Castle Lane – recently vandalised – to be whitewashed and replaced with something of "more relevance" to the area.

Former metropolitan mayor, Cllr Sheahan said: "I was never fond of the eyeball. It was never suitable from the first day. It is of no relevance to the community or the historical significance of the site."

Instead, he feels something should be painted there to reflect the Siege of Limerick.

"Only if you walk a short distance, you have Arthur's Quay which celebrates its history, as the place where the Vikings first arrived. You could do a historical depiction," he said.

Cllr Sheahan even feels local artists could be asked to come up with ideas for a new mural.

"At the moment, that mural is totally unconnected to me with the location it's in. It's a location of significant historical importance, and what is there now doesn't reflect that," he added.

Cllr Costelloe, who lives in nearby Nicholas Street agreed, saying: "A number of

people have commented on it since it was vandalised. Something on the Siege of Limerick would be brilliant. It's a fantastic space for artwork."

"What is there is wonderful, but it doesn't appeal to everybody, and it needs to be more historical," he added.

Cllr Sheahan said he hopes to at least get a debate going as to the future of the mural which at the moment depicts a man enjoying an ice cream.

The current mural, by Glasgow painter Smug, one of the most well-regarded street artists in the world, sparked controversy when it opened back in 2013.

It was unveiled at the same time as the €6m redevelopment of King John's Castle, and has in recent times been used as a backdrop for the launch of the environmental Going for Gold initiative.

Last month, our sister newspaper, the Limerick Leader revealed the vandalism on the mural, with graffiti reading: 'This is ugly, no consultation'.

At the time, metropolitan mayor Daniel Butler described the move as "an absolutely worthless statement".

"It just came from a disgruntled idiot. But it's hard to comprehend what kind of mindset would drive someone to totally compromise a piece of art which is liked and loved by a lot of people in what is an iconic location," he added.

The vandalism appears to have been removed.

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Comments from online readers

What you're saying about stories on limerickleader.ie and our social media platforms



NO PUBLIC SALE OF ALL IRELAND HURLING FINAL TICKETS FOR LIMERICK GAA FANS

Michael Heelan

Missed 2 matches because of work been to them all even the league don't have a season ticket but will have next year but why do tickets go to every county should it not be just the counties involved in bet Cody will get a ticket and Michael D will if you can produce ticket stubs u should be intitled to a ticket either way I'll be in Dublin limerick abu



Martin de Búrca

Back to the same old conyism nonsense we have to deal with now. Never mind the fact that tickets are 90 quid & the poor lads bringing about this level of entertainment value dont get a bob for there trouble

LIMERICK COUNCIL URGED TO ERECT BIG SCREEN FOR ALL IRELAND HURLING FINAL

Hazel Toomey

The big screen in o Connell street like they did before for Munster and limerick would be brilliant for the city having the sea of green again all I remember in the city filling up with green when they were playing Kilkenny and it was lashing raining the same for their home coming the next day it was brilliant to see limerick get together that day can't remember the year does anyone remember the year????



LIST OF 'HIGH PRIORITY' BUS STOPS FOR LIMERICK SENT TO NATIONAL TRANSPORT AUTHORITY

Fifi York Pallas

Pallas green (sic) badly need one. Very busy bus stop.



Pat Brennan

That is very interesting

Npq Waters

Old dillions garage near parkway no shelter very busy road

Yvonne Smith

Abbeylea bus stop should have seats

WARNING TO LIMERICK HURLING FANS AS CARS ARE CLAMPED DURING ALL IRELAND SEMI-FINAL

Stephen McMahon

Pay for parking or get clamped. Its pretty easy in fairness.



Linda Allen

I parked in citywest on sunday and my car was fine but you had to pay to park there otherwise you were clamped I saw all the cars clamped when I returned to my car it was shocking there was a load clamped !!!

Caitriona Ni Riain

Must have been from Cork.



Flying the flag in skies over Foynes

Patrouille Tranchant Fouga, a Celtic jet team from Brittany, taking part in the fifth Foynes Air Show which attracted thousands of spectators to witness awe-inspiring and daredevil acts on Saturday last. See p34-35 PICTURE: SEAN CURTIN

Had mixing agents to 'bulk up' cocaine

Guilty: Truck driver admits drugs offences at home

DAVID HURLEY

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QUANTITIES of cocaine and cannabis were found along with various mixing agents when gardai searched a house on the southside of the city, a court has heard.

In one of the first cases of its kind to come before the courts in Limerick, John Russell, aged 43, of Ballyclough Avenue, Ballinacurra Weston has admitted possession of articles with the intention of using them "in connection with drugs offences".

Detective Garda David McGrath of the divisional drugs units told Limerick Circuit Court the defendants home was searched on July 18, 2016.

Cocaine with a street value of €5,703 was seized along with a small quantity of cannabis and other drugs paraphernalia including a tick list and freezer bags.

A number of different 'powder substances' were also found at the house. These were later identified as Lignocane, Benzocane and Creatine. None are controlled substances.

Det Garda McGrath said the powders were to be used as mixing agents to "bulk up" the cocaine ahead of it being distributed.

"He had no legitimate reasons to have these items," he said.

Following his arrest, Russell claimed he had the drugs for his own personal use and that he was paying for them from his dole.

However, the detective told John

O'Sullivan BL, prosecution, that this assertion was "not credible".

Pat Whymys BL said his client, who works as a truck driver, has no previous conviction and that he has not come to the attention of gardai since.

His said Russell has had difficulties with drugs in the past and that he went into a "downward spiral of self indulgence and self-pity" after he was made redundant a number of years ago.

"It was an isolated incident, he is a productive and contributing member of society," he said urging the court to be lenient.

Judge Tom O'Donnell adjourned to matter to October to facilitate the preparation of an up-to-date probation report.

Call for more compact motorbike spaces

A Sinn Fein councillor has said he will be calling on the Council to introduce parking spaces for motorbikes in Limerick city centre, in order to make use of spaces efficiently.

Cllr Séighin Ó Ceallaigh pointed out that three or four motorbikes could be fitted into the same space as

one large car, but are currently taking up one parking space each.

"I believe that more compact spaces should be introduced by the Council on a trial basis in order to make the most of the parking spaces we have in our city centre.

"We should also be encouraging

people to use their motorbikes when coming into the city centre, by offering them designated spaces to leave their bikes. Motorbikes, especially scooters and mopeds can be far less damaging to the environment than cars, vans or trucks," he added.

Going for Gold prize fund of €75,000 for winners

ANTHONY GEOGHEGAN
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COMMUNITIES in Limerick are gearing up once again for this year's instalment of the 2018 Going for Gold campaign which kicks off next week.

There is a prize pot of €75,000, funded by Limerick City and County council and the JP McManus charitable foundation with a top prize of €10,000 in the Challenge Category and €5,000 in the Limerick in Bloom Category.

Speaking at the launch, Gerry Boland from the McManus Foundation said he was delighted with the response from communities over the years.

Volunteers in local towns and villages will not only clean up their streets but engage in a variety of

projects depending on each area.

Each accepted participant will receive a grant between €200 to €2,000 in an effort to not only make their local community a better place to live but to enhance the whole city and county.

This year, the campaign will feature the Champions category, where the past seven winners of the overall Going for Gold competition will compete in a unique format for a big cash prize.

Tidy Towns committees from Adare, Glin, Castleconnell, Chaerdavin, Annacotty, Janesboro and Castletroy will begin with a starting pot of €2,000.

For every piece of litter spotted by the judges, a total of €200 will be deducted from each team's pot.

Every deduction will be put into a winner's pot and the town that has



Gerry Boland, Cllr James Collins, Roger Beck, and Helen O'Donnell, at the Going for Gold launch. PICTURE: ALAN PLACE

the least amount of litter will not only keep their starting pot but also reap the winner's pot, crowning them the 'Champion of Champions'. Other categories include the Limerick in Bloom category, the Best Front Garden category sponsored by the Parkway

Shopping Centre, Residential areas and the Tidy Towns incentive for the national competition.

The winners of each category will be announced at the Going for Gold grand final in October where the overall winner will also be announced.

Limerick City and County Mayor Cllr. James Collins commented: "In my role as Mayor I am delighted to see the positive impact that the Limerick Going for Gold grant and competition continues to have on communities across Limerick city and county."

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Young men urged to use brains instead of fists

GARDAI have launched a campaign to reduce the number of assaults by encouraging young men to use their brains instead of their fists.

The campaign is being run across social media, in-pub advertising, and in locations such as nightclubs, sports clubs and youth clubs. It will also be extensively promoted in third-level institutions from September.

"This is a timely warning to young men especially, who are being asked to think of the consequences for themselves and others of being involved in assaults,"



One of posters for the new campaign

said divisional crime prevention officer, Sergeant Ber Leetch.

"The consequences, to put them simply, are that they could lose their job, lose their ability to travel, and/or even go to jail. The campaign also reminds people of the potentially devastating physical and mental impact on assault victims," she added.

Exercise enthusiasts urged to protect their property

GARDAI are warning exercise enthusiasts to ensure they place their belongings in a locked locker when attending the gym or swimming pool.

In one recent incident, property was taken from an unlocked locker in a hotel gym while in another incident a bag which was left under a tree by a runner at the University of Limerick was also stolen.

"You must protect your property at all times and don't let your guard down. These criminals are very very quick to seize an opportunity to take something of value no matter where you are," said Sgt Ber Leetch.

No love lost as handbag stolen during wedding

A HANDBAG was stolen during a recent wedding, gardai have revealed.

While exact details have not been disclosed, gardai say the bag had been left under a table by the owner when it was stolen.

In another recent incident, a handbag containing a large amount of cash was stolen from a parked car.

"A lady left a large amount of cash in her handbag in her car at a golf club and the window was smashed and the bag and cash taken," said a garda spokesperson.



A handbag was stolen during a wedding

In yet another incident, a handbag was stolen from a car last Sunday morning. "At 11 in the morning a lady was tidying out the boot of her car while her handbag was in the footwell at the front of her car and her bag was taken," confirmed a garda spokesperson.

Investigations are ongoing.

Fuel siphoned from vehicles

GARDAI are warning of an increase in the number of incidents involving the theft of fuel from parked vehicles.

In one incident, a quantity of diesel was siphoned from a Ford Transit van in Cahernorry while a Ford Mondeo was targeted in Newcastle West.

"I just want people to be aware of the types of crimes that are happening in Limerick," said Sgt Ber Leetch.

A Harvest Fair for everyone to enjoy and reflect together



Above: Milford Hospice CEO Pat Quinlivan flanked by Jacko the Clown and his Minions PICTURE: MICHAEL COWHEY

Harvest Fair: Milford hospice launch annual fair

ANTHONY GEOGHEGAN
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LAUGHS and cupcakes were shared at the official launch of the 2018 Harvest Fair at Milford Hospice on Monday.

The launch took place in the colourful courtyard of the Castletroy hospice where children joyfully played with Jacko the clown and his two mischievous minions. It was a bite-sized preview of what's to come on September 2 in the UL sports arena where the thirty-third annual Harvest Fair will take place.

Pat Quinlan, the Chief Executive of Milford Care Centre, believes the spirit of the fair hasn't changed since its inception, despite its sheer growth over the years.

"The harvest fair was set up originally to help raise funds to support the services here in Milford, and I suppose it has grown over the years and now it's our single major event every year," Mr Quinlan explained.

Handbags and scarves will now be sold for this year's harvest along with books, toys and a variety of goods in the many stalls on the day.

The day will include live music, a vintage car display, the traditional 'Wheel of Fortune' and many more activities and surprises in store.

Joe Murphy, the chairman of the Harvest Fair committee, ensures that the occasion is

“This is a day for all ages, the harvest fair is a family day”
JOE MURPHY,
MILFORD HOSPICE

not just for children to enjoy but can be enjoyed by the whole family as well.

"This is a day for all ages, we have many events scattered across the year for specific ages but the harvest fair is a family day, and we also want families to be aware of the facilities that are here," Mr Murphy said.

"We have people coming in because they have experienced what it's like to use the facility and know what it's like to have their loved ones cared here," he added.

Last year's event helped make a significant contribution, in funding for the new facility that opened earlier this year.

"We now have the new facility in place where we can get our numbers up by nearly forty people and give them a more comprehensive service that now the HSE can use for not just cancer treatment but for other treatments as well that are life-threatening," Mr Murphy explained.

The staff are more than happy to accept any help for the running of the annual event from donations to volunteering.

"Well on the day itself, it's a harvest fair so people can to bring in and offer their goods to support the hospice.

"Equally people can offer to volunteer on the day itself and most importantly we would like to see a lot of people to come along and just attend the event and enjoy the day with their families," Mr Quinlan added.

The Milford Hospice Harvest Fair takes place on Sunday, September 2 at the UL Sports Arena from 11am to 5pm.

Donations of good quality items for the stalls will be accepted from 20 August to 30 August at the designated area at Milford Care Centre.

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20 PACK
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€7



Polloni
Frizzante €7/750ml

ONLY
€8



Visitors New Zealand
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EACH



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Fruit / Crunchie 6 Pack Selected Range

HALF
PRICE



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Cheese & Onion / Variety 25g 6 Pack €7.67/kg

€1.15
EACH



Pringles
Selected Range 200g €8.75/kg

2 FOR
€3.50



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TWIN
PACK
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Mars / Maltesers / Milky Way Magic Stars /
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€1.60
EACH

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FOR
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Premier Clean Tooth Brush 4 Pack

ONLY
€4



Jasmine
Toilet Tissue 16 Roll

City to mark opening ceremony of Pope visit

FINTAN WALSH

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THE LIMERICK Diocese have plans in place to celebrate Pope Francis' arrival with an opening ceremony at St John's Cathedral on the week of His Holiness' visit.

The papal visit will take place at Knock and Dublin from August 21 to August 27, attracting hundreds of thousands of people from every corner of the Earth.

And to mark the opening day of

the triennial event, an opening ceremony will take place at St John's Cathedral on Tuesday, August 21.

A number of roads will be closed as a result of the major ceremony in the city centre, including John's Square from its junction at New Road, Pennywell, to its junction with Church Street; Brennan's Row, also known as Canter's Row; and Lower Gerald Griffin Street.

These roads will be closed from 12pm to 7.30pm on August 21, and

will be accessible to emergency services vehicles. Traffic diversions will be in place.

People will be able to make submissions or objections to Limerick City and County Council by 4pm on August 1.

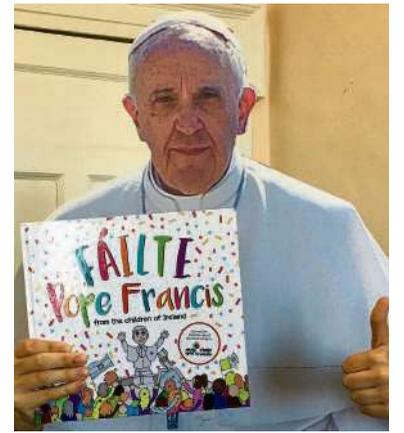
All 45,000 tickets for the Knock Shrine event and all 500,000 tickets for the Phoenix Park celebration have been booked.

Bishop Leahy said that he confidently predicts that the Limerick flag will be waved visibly

at the historic celebration in Knock and Dublin based on widespread interest so far.

The Limerick Diocese is seeing arrangements being put in place for people to go to Dublin and to Knock with parishes booking buses for both journeys.

Because the events are free, people are advised that if they are asked to pay for a ticket, they are urged to contact An Garda Siochana. For more information, visit www.worldmeeting2018.ie.



Pope Francis to visit Ireland at the end of August

Business: SF TD plays down fears viagogo could move to reduce its headcount in Limerick

Fears new law could see job cuts at resale firm

NICK RABBITS

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PROPER legislation on ticket touting will ensure no jobs are lost from companies like viagogo, which employs 150 people in Limerick.

That's the view of Sinn Fein TD Maurice Quinlivan, responding to fears from Fine Gael Senator Maria Byrne who called on Jobs Minister Heather Humphreys to ensure positions at the firm are not "jeopardised".

And she even went as far to say as she would "find it difficult" to support the legislation if it led to the loss of local jobs.

The government has announced legislation

which bans the above-face value resale of tickets in venues with a capacity of more than 1,000.

But Ms Byrne says viagogo, whose business model is based on the resale of tickets, could suffer.

"It's a massive employer in Limerick, with 150 employees currently on its books and plans to grow its staff to around 250," Ms Byrne said. "I was alarmed to learn that ticket resale sites like the Ticketmaster company Seatwave closed down when it introduced similar legislation."

But Mr Quinlivan, whose party sought legislation to tackle touting, said he doesn't believe the new law if



viagogo opened at the former Flextronics factory in Castletroy back in January 2015. Pictured at the opening ceremony were Ciara Palache and Barry O'Dowd of the emerging business division at IDA Ireland, the then Jobs Minister Richard Bruton, local TD Jan O'Sullivan, Oliver Wheeler, global head of communications for the viagogo Group, Edward Parkinson, viagogo and Geraldine Black PICTURE: BRIAN GAVIN/PRESS22

passed will see job cuts.

"These are not reasons why we should not proceed. There is no need for a single job to be lost in this area if properly regulated. The new bill from government must set out limits, to give consumers rights to reasonably priced tickets. Like everything else, some people are

going to ignore the law but for the vast majority of the population, I believe legislation on this area of reselling will have a significant impact," the Dail deputy said.

Ms Byrne said she hopes the proposed legislation brings "fairness" to consumers and to viagogo staff: "The Department of

Business, Enterprise and Innovation plays a key role in promoting fair competition in the marketplace, protect consumers and safeguard workers, however it also has a duty to create an environment which supports job creation and maintenance," she argued.

150
Number of people employed locally by viagogo



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Can Save your Life



Molly Martens faces jail review

MOLLY Martens faces a major custodial review in prison this Wednesday, a day before the third anniversary of the murder of Limerickman Jason Corbett.

Ms Martens is currently serving a 20-year prison sentence for the second-degree murder of Mr Corbett in 2015.

The custody review takes place as Mr Corbett's family prepare to mark his anniversary.

"I will live out my days grieving the loss of my youngest son," his mother Rita told the Irish Independent.

"His suffering is unbearable to imagine and I face it every single night," said Mrs Corbett.

"My days are spent covering up heartache and pain."

"I take solace in spending time with Jason's children (Jack and Sarah)."

"John and I will spend the anniversary with my daughters Tracey and Marilyn, son Wayne and the children in Clare."

The 39-year-old father of two from Janesboro died after being hit with a baseball bat and a paving brick at least ten times on the morning he died, his murder trial was told.

Ms Martens was transferred to a high-security prison after breaching prison rules three times, the Irish Independent reports.

Credit unions offer low rate education loans as back to school debt rises

Survey shows nearly half of Irish parents said meeting costs was their biggest back-to-school related worry

A new, national survey by the Irish League of Credit Unions (ILCU) has identified a rise in the number of parents in debt due to back-to-school related costs.

Well over a third of parents in Ireland (36%) now say they are getting into debt trying to cope with costs at back-to-school time. This compares with 29% who reported being in debt last year.

The survey indicates that parents are spending on average €999 per primary school child and €1,379 per secondary school pupil.

More than two thirds of parents in the study also said that they found back-to-school costs a

financial burden. Nearly half (46%) said meeting costs was their biggest back-to-school related worry.

Close to one third of parents said they would be forced to deny their children certain school items this year because they could not afford them.

Extracurricular activities and new school shoes were amongst the items to be cut from the budget this year. Of those who are in debt due to back-to-school costs, more than one in four (27%) have borrowed the cash from a moneylender – a substantial increase on the 20% who were in the same position last year.

Parents of primary-school

children find themselves in €367 of debt, this is up from the figure of €345 last year and parents of secondary-school children find themselves in €443 of debt, this is up from the figure of €415 last year.

Of parents surveyed a third who do not go into debt nevertheless find the return to school a financial burden. It forces them to cut back on other basics, such as household bills or food.

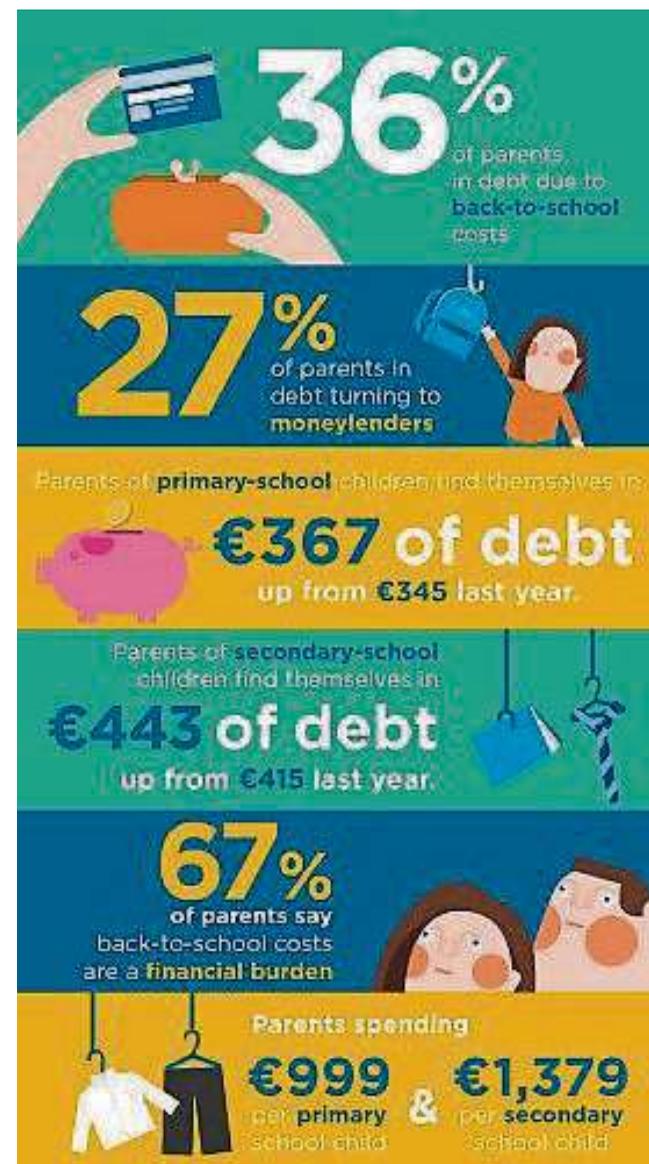
One in three of parents say spending on family holidays is in the firing line, as they tighten their belts for this expensive time of year.

Your local credit union is all too aware of the struggle for parents at this time of

year. Kilmallock and Rathkeale & District Credit Unions offer flexible, low rate education loans to cover the various costs associated with back-to-school.

The APR for the education loan is vastly lower than credit card rates, bank rates or moneylenders. Both these credit unions offer 24-hour loan approval up to €5000, and as always, the credit unions are happy to work with parents to structure repayments in a way that suits their individual circumstances.

Right: our infographic shows the concerns of Irish parents over back to school costs and the year-on-year increases



MIKE O'CONNELL

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Keep track with My Nametag

It may only be early August but for mums and dads throughout the country thoughts of September and back to school are never far from their minds!

With a whole host of new items being purchased from uniforms to books and stationery it is important that your child's school items are recognisable, so they don't get lost, and fortunately My Nametags is here to help do just that!

My Nametags have an array of design options available for labels in their Back to School range which will cover all your essentials and are also durable ensuring they last the full school year.

Personalised colour stickers can be stuck on school uniforms and clothing and will stay put wash after wash. Just apply them to the clothing washing or care label and they will stay on for years!

My Nametags also have a broad selection of personalised labels that can be used on other school essentials including lunchboxes, bottles, books, CDs, DVDs and stationery.

The labels can bend around curved items are a very easy to put on, so it really couldn't be easier.

Your little ones will love how they can personalise their labels with their own preference

Lars B. Andersen, founder of My Nametags, commented; "Back to School is a very busy and expensive time for parents with children requiring an extensive list of items including new

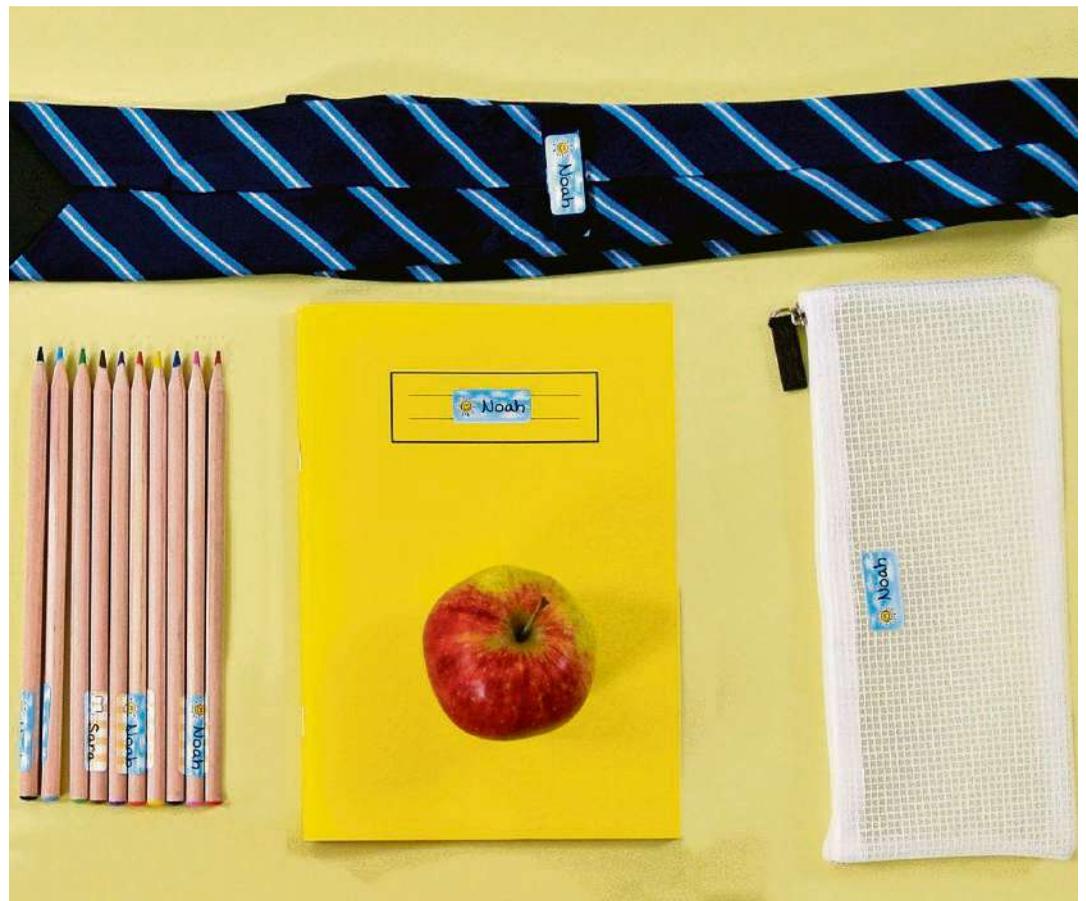
uniforms, books and stationery.

"It is important that your children's items are identifiable, and our personalised labels make this task very easy and affordable while being fun and creative for children too!"

Founded in 2004, My Nametags focuses on making the absolute best name tags possible - with almost 100% customer satisfaction and a 10-year washing guarantee on their iron-on products.

My Nametags believe that their labels are the best in Ireland in terms of quality and durability.

To design your very own set today for Back to School, just visit <https://www.mynametags.ie/>



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TRACKSUITS	24 TO 32	34 TO ADULTS	PINAFORE	4/5/ 5/6	6/7. 7/8	8/9. 9/10	10/11. 11/12
Innovation	€21.00	€22.50	Innovation	€15.00	€15.00	€15.00	€15.00
Own Brand	€25.00	€27.00	Royal, Navy, Grey, Brown	€18.00	€18.00	€18.00	€18.00
Own Brand/Micro Legs	€30.00	€30.00	Caherdavin Girls	€23.00	€25.00	€27.00	€29.00
Le Cheile	€30.00	€32.00	Salesians Primary School	€35.00	€35.00	€35.00	€35.00
	<u>4/5 TO 9/10</u>	<u>10/11 TO ADULTS</u>	KNITWEAR (EMBROIDERED)	<u>26, 28</u>	<u>30, 32</u>	<u>34, 36</u>	
St. Mary's, Gaelscoil,	€27.00	€29.00	Jumpers	€17.00	€18.00	€19.00	} <i>Acrylic</i>
Scoil Íde, Mary Queen of Ireland	€27.00	€29.00	Cardigans	€18.50	€19.50	€20.50	
Microfibre	€28.00	€30.00	Wool Mix	€19.00	€20.00	€21.00	
St. Patricks Girls	€30.00	€35.00					
Donoughmore	€25.00	€25.00					
JERSEYS (RUGBY)			SHIRTS & BLOUSES	<u>11 1/2 TO 13</u>	<u>13 1/2 TO 17 1/2</u>		
Model & St. Michaels (Acrylic)	€24.95	€27.95	White, Blue, Cream, Grey, Hunter	€6.95	€7.95		
Model & Thomond Primary (Cotton)	€24.95	€27.95	White, Blue, Red Own Brand	€5.00	€5.00		
SLACKS	<u>4/5 TO 9/10</u>	<u>10/11 TO 27"</u>	Scoil Íde Hunter	€12.00	€12.00		
Gaberdine	€12.00	€15.00	Scoil Íde Own Brand	€8.00	€8.00		
Polyviscose	€8.00	€10.00	Red	€8.95	€8.95		
JACKETS			POLO SHIRTS (HEAVY WEIGHT)	<u>24 TO 32</u>	<u>34 TO 38</u>		
Crested All Sizes	€23.00		Plain	€5.50	€6.50		
SKIRTS			Crested	€6.95	€7.95		
Long All Sizes	€25.00, €28.00		Gaelscoil Saorseal	€8.00	€8.00		
Short All Sizes	from €6.95	Tartan Salesians & Corpus Christi	TIES	PLAIN	STRIPED		
Green/Navy/Grey/Brown/Royal		€35.00	Elasticated	€2.50	€3.50		
			Full	€3.00	€7.00		



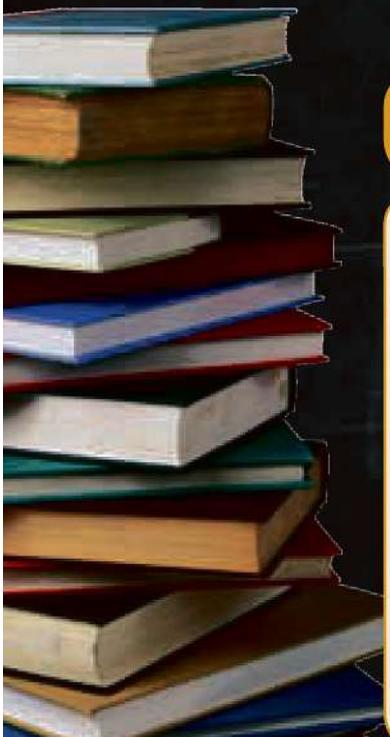
SECONDARY SCHOOLS

Ard Scoil Mhuire, Ard Scoil Ris, St. Clements College, Castletroy College, Crescent Comp, Colaiste Nano Nagle, St. Caimins, Shannon, Gaelcholaiste Luimnigh, Newport College, St. Marys Newport, St. Munchins College, C.B.S. Sexton Street, Thomond College

KNITWEAR	38/40	42/44	46/48	50/52	SLACKS	Up to 27"	28" to 42"		
Acrylic	€24	€26	€28	€30	Navy, Grey	€15.00	€20.00		
Wool Mix	€27	€29	€31	€33	Skinny Fit & Slim Fit Trousers	€25			
Thomond College	€30	€32	€34	€36	SKIRTS	<u>32"</u>	<u>36"</u>	<u>38"</u>	<u>40"</u>
Raglan Sleeve & Cotton Mix (plain & crested)	€30	€32	€34	€36	Navy & Grey	€40.00	€42.00	€44.00	€47.00
		€32	€34	€36	Presentation	€40.00	€42.00		
SHIRTS & BLOUSES	<u>13 1/2 to 17 1/2</u>	<u>34" to 44"</u>			Castletroy College & Wine	€42.00	€44.00	€46.00	€50.00
White, Blue & Grey	€7.95	-----			Red	€50.00	€50.00	€50.00	€55.00
Shirt Sleeve White, Blue	€7.95	€7.95			TIES	SOCKS			
St. Munchins O/B	€10.00				Plain	€3.00	Youths (3 pair pack)		€3.00
St. Munchins Hunter	€12.00	+ Fitted Blouses	€12.00		Striped	€7.00	Pex Girls (2 pack)		€7.00
Slim fit Shirts	€8.95				Crested	€10.00	Own Brand (2 pack)		from €5.00
					POLOS SHIRTS	JACKETS			
					Plain Colours	from €6.50	Crested		€25.00
							Colaiste Nano Nagle		€30.00

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Limerick and Proud

NIGEL DUGDALE

Speaking his mind on our city

Think big for glorious greenway

There's nothing I love more than discovering new walking routes around Limerick city. As a riverside city we are blessed with an abundance of offerings. But are we making the most of our natural resources?

Last week it was announced that almost €200,000 has been allocated by Limerick City and County Council to development a greenway from Castleconnell to Montpelier.

The Limerick announcement came in the same week that the government launched Ireland's Greenway strategy in a bid to increase the number of off-road walking and cycling tracks across the country.

Some €53 million is available from this fund over the next three years. Today I'm going to make a pitch.

Allow me to take you on a little journey. Some of this journey is already developed. Some needs a bit of work.

As a whole, my journey will take you on a looped walk that never leaves the shores of our waterways and is almost entirely removed from the chaotic noise of urban life.

Starting at UL I walk to the junction of the canal and the River Shannon just beyond Rhebogue.

This 2.5km stretch has already benefited from Smart Travel investment over recent years and is wonderfully scenic.

I then hang a right over the white bridge, christened the Guinness Bridge, and I make my way along the Shannon Fields which has also been upgraded thanks to Smart Travel investment.

Along this 2km stretch I wander off the main walkway taking a left into Shannon Fields and following a clearly identifiable track through beautifully peaceful 'countryside'.

This route will eventually lead me to a forested area which I only discovered recently was planted by children and local community activists during the Treaty 300 celebrations.

I eventually emerge from this wood further along the original walkway passing the Irish Estates and then on to Athlunkard Bridge.

The next step of my journey is about a 1.5km section that takes me over the pedestrian crossing at Athlunkard Bridge, down a set of stone steps and along the famous Red Path up to the Corbally Baths.

I cross another little pedestrian footbridge and onto a straight tree-lined path that leads me to very northern tip of the Mill Road where I am greeted by a wonderful panoramic river view of the Shannon and St Thomas Island.



Lucy Kelly and Sean O'Sullivan from St Brigid's National School at the launch of the UL-city walkway - the first leg of Nigel's proposed urban greenway which has already benefitted from significant investment under Smarter Travel

The route linking the Red Path and the Mill Road has been cleaned up over recent years and is relatively accessible.

I then make my way along a little laneway that backs on to a row of former fisherman's huts which have been converted into private residences.

This lane leads me to a footbridge to the rear of Corbally House Nursing Home.

From here I'm pretty much on my own for what I would imagine is another 5km walk.

This is where the investment has come to a halt, and isn't for the faint hearted, but is the key to what I believe could create one of the finest urban greenways in the country.

Walking along the banks of the Shannon you are greeted with uninterrupted river views, a calming silence and a sense that anything urban is a distant memory.

Passing under the Parteen Railway Bridge you will naturally be taken left at the junction of River Shannon and



My suggestion won't be cheap but surely it's worth considering taking note of the national funding now available

the Abbey River following the Abbey's route arriving at Grove Island Roundabout.

I cross over O'Dwyers Bridge and hang an immediate right just after Athlunkard Boat Club leading me in to another walking route that takes in the circumference of St Mary's Park.

This part of my walk was damaged badly by flooding a few years back and has yet to be fully restored.

It was once a pleasant 2km walk that follows the northern tip of King's Island eventually leading you back to King John's Castle and Thomond Bridge.

Crossing over Thomond Bridge I follow a 2.5km route along the Shannon down both Clancy and O'Callaghan's Stand, over Shannon Bridge and then back along the newly developed city quays.

I make my way through Arthur's Quay Park, past the Hunt Museum and then along Locke Quay to the entrance point of the Canal walk.

This is usually marks the end of my 'urban hike' but were I to go a step

further I could return to UL along the 5km route with the canal as my guide.

The looped walk I have just described is approximately 20km in length (I have yet to officially measure). Almost all of it has already benefitted from investment.

If we were to see two sections - Mill Road to Grove Island river route and St Mary's Park walkway - strategically designed and upgraded for both pedestrians and cyclists I believe that Limerick city would boast one of the most stunning urban greenways in Ireland.

Not only that it would have access points at Castletroy, Rhebogue, Corbally, Mill Road, Grove Island, St Mary's Park and the City Centre and no one would ever be more than a five-minute walk to civilisation!

My suggestion won't be cheap but surely it's worth considering taking note of the national funding now available for Irish greenways as announced last week?

Only by thinking big can we really stand out from the crowd.

Community service order for serial offender

DAVID HURLEY
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A SERIAL offender who broke into two commercial premises in the city centre will avoid a prison sentence if he completes 240 hours of community service.

Michael Desmond, aged 36, who has an address at St Munchin's Street, St Mary's Park, previously pleaded guilty to burglary charges relating to break-ins during the early hours of November 1, 2016.

Detective Garda Barry O'Grady told Limerick Circuit Court a cash float was taken from one premises while nothing was taken from the second - a pub.

During a sentencing hearing, he said the defendant was identified as a suspect after his movements were "tracked on CCTV" at a number of

locations in the city centre.

Judge Tom O'Donnell was told when arrested a number of days later, Desmond made "full and frank" admissions in relation to the offences.

Brian McInerney BL, said his client, who has more than 40 previous convictions for burglary, has a "background of addiction".

He said Mr Desmond, who has "no trappings of wealth" only ever targets commercial premises which are closed.

"He doesn't do house break-ins, he doesn't engage with people, he goes for empty premises," he said.

Mr McInerney submitted his client operates at a low level and generally steals small amounts of money which is "converted very quickly into narcotics".

He said the defendant's



Michael Desmond was prosecuted on indictment before Limerick Circuit Court

admissions and guilty plea were helpful as a jury would have been asked to "join various dots" had the matter gone to trial.

Having requested a report from the Probation Service, Judge O'Donnell commented that he had not seen the defendant "in such

good shape for some time".

He also noted that he has not come to the attention of gardai for over a year.

While noting that burglary offences are "very high on the agenda" at present, he said he would like to see the defendant doing

"something positive in the community".

Having been informed that Desmond is a suitable candidate for community service, the judge imposed the maximum penalty of 240 hours in lieu of a ten month prison sentence.



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Narrative 4 two-year celebration: Attending the Narrative 4 Garden Party were Heather Sparling, Ardnacrusha and Claire Quillinan, Corbally

Global story celebration

Narrative 4 on O'Connell Street marks its two years of worldwide empathetic story-exchange initiative with a garden party celebration

Pictures: Garreth Williams **Words:** Fintan Walsh



Vicki Nash, Lisa Consiglio and Susie Lopez, Narrative 4

Lisa: I can never get enough of Limerick. In fact, I was just at lunch today talking about how everytime I come to this city, it feels like there has been palpable change in the best possible way. I wanna buy a house here! I want to live here, and I am not kidding, I'm not just saying that. I live in New York right now, but I have lived all over the world and I just love coming back to Limerick. I love coming back to this incredible home.

Colum McCann, president Narrative 4 and James Lawlor, regional managing director Narrative 4 Ireland

Column McCann: It's so nice to be back. It's [the building] looking so good now. There's a good feeling. We are talking to lots of different people about how we are going to expand it. We could have more computers here, an ideas lab downstairs. We are looking to continue to expand.



Paula Coakley, Gaelcholaiste Luimnigh and baby Orlaith

Paula: I'm the teacher who brought the Narrative 4 programme to Gaelcholaiste Luimnigh. And what I am looking to do is get more teachers on board and provide training for them and that kind of professional development within the education setting



Mairead, Christian and Lorraine Lynch, Kilkcornan

Christian: I'm on Co-Op here. It's great here. I really love it here, especially with the work that Narrative 4 does. It's very empowering.

Candid Comment

By SPARTACUS

● ONE of the journalists here got a call on Monday morning from a local woman who was down in Lahinch watching the South of Ireland golf.

"You won't believe it," she told my colleague, "the gardai were out bagging people at 8.45am on Sunday morning outside the golf club."

"This is a bit much in the middle of the tourist season on one of the busiest roads in West Clare, with thousands going to the Cliffs of Moher, not to mind those attending the golf," she bemoaned.

She went onto say that a friend of hers was asked to blow into the breathalyser. The good news is she passed.

.....

● Unions have been in the news quite a bit recently with Ryanair pilots and crews striking for better pay and conditions.

Who here wouldn't be willing to pay a few quid extra on their plane ticket for the benefit of those entrusted with our care at 30,000 feet?

Quite a few it seems, as there has been a lot of hostility towards the unions for their action among the public and in certain quarters of the media.

This same hostility towards unions found a more bizarre expression in UL last week when it emerged the student union was rebranded at a cost of €20,000 to UL Student Life.

The name change came with wolf logo and an invitation to 'belong to the pack'.

And the reason for all this? Apparently a fourth year business project found negative connotations around the word 'union' was leading to lower engagement from the students with their representative body.

Clearly unions in Ireland, whose purpose is to protect the interests of ordinary people against exploitation by the powerful, need to up their PR game and gain control of the narrative.

● The prospects of bringing home the Liam MacCarthy cup for the first time in 45 years is really bringing out our neurotic superstition when it comes to the hype of it all. Will the media buzz distract them? Will the cavalry of flags put them off their game? Will the city turning green overwhelm them? These are moot questions but we must not let our sensitivity get in the way of supporting the lads on August 19.

But people are now saying that the presence of a big screen on O'Connell Street could overwhelm the players. If they're not out on the street watching the grand finale, they will be watching it either in the comfort of their own homes or in the pubs. Spartacus says go all out. Sure, isn't the boom back?

.....

● Last month there was outrage when the Dail broke for its lengthy summer break. While Leinster House might be closed for business, politicians, we have been assured, will be "working hard in their constituencies". This week, the country's legal eagles started their summer vacation with many not expected back to their desks until the end of September. The only exceptions being the handful of judges who will be presiding over vacation sittings of courts across the country. Spartacus wonders has the nation's outrage gone on holidays too?

.....

● It feels like hurling is the most popular sport in the world right now and everyone wants a slice of the action. Sitting in the Hogan Stand on Sunday, a lump of banana sandwich nearly got caught in Spartacus' throat on seeing the ghosts of budgets past Bertie Ahern and Charlie McCreedy watching the action, not together mind! Other well-known faces spotted at the hurling clash were former professional boxer Andy Lee, and Ireland and Leinster hooker Sean Cronin from Monaleen.



Daragh De Klein, Narrative 4

Daragh: I enjoy Narrative 4 because it brings people's opinions together in a way that is not disruptive. People can learn from each other and improve



James Lawlor, regional MD, Narrative 4

James: We are here to celebrate our two years in Narrative 4 Ireland. We are just recently back from New Orleans where we brought four young people over to take part in a summit on change-makers. This is our thank you to them



Liz O'Connell, Caherconlish

Liz: I am tasked with feeding the masses. They were in need of a cook for the night. I am trying to manage with my Munster umbrella and to keep it all together!

Flashback: From the Leader's archive, 1954

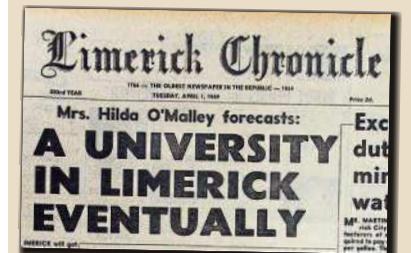


A woman and child walking down O'Connell Street, Limerick in 1954

LIMERICK CHRONICLE
Celebrating 200 years
1818-2018
DOWN MEMORY LANE WITH THE COUNTRY'S OLDEST TITLE



Don't miss a feast of local nostalgia and history in the Limerick Chronicle, which is now FREE inside the Limerick Leader weekend editions



Self-test HIV kits now available in local pharmacies

ANTHONY GEOGHEGAN
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AUTOTEST VIH a new kit designed to determine HIV in a matter of minutes can now be purchased over the counter in pharmacies around the country.

To use the apparatus, the user pricks a small sample of blood in a test tube, and the kit then detects in 10 to 15 minutes whether the virus is present in the blood.

The kit is the first of its kind to sell in Ireland; the previous detector required users to send their sample to a location and then to wait for a phone call detailing their results.

The test was developed by Mylan NV; the American pharmaceutical



The HIV self test kit

company also included the contact numbers of Gender, Orientation, Sexual Health, HIV (GOSHH) on the packaging for further consultation.

GOSHH manager Ann Mason ensures that those who may not feel comfortable with purchasing Autotest VIH over the counter can get a private test in the GOSHH HQ in Davis Street.

"We do a rapid HIV test, you get your results in one minute you can come in anytime and get one of those free to charge," she said.

Council wants details on karaoke club plans

FINTAN WALSH
fintan.walsh@limerickleader.ie

THE APPROVAL for the development of karaoke clubrooms and a take-away restaurant could be delayed as Limerick City and County Council wants clarification on soundproofing for the karaoke rooms.

A Zhiyuan Yu lodged a planning application on May 22 with the council to transform an historic red brick building on John Street into a take-away and karaoke club.

The applicant wants to transform the ground floor Johnsgate House into a take-away; the first floor to a store and karaoke clubroom; and the second floor to karaoke clubrooms.

Johnsgate House, constructed in 1880, is a protected structure. The building was mainly used for a doctor's surgery previously.

On July 12, the council asked Mr Yu to submit details of the soundproofing of the karaoke clubrooms; to submit details of the proposed signage; and submit details



The historic building on John Street could become a karaoke clubroom

of air extraction system.

Mr Yu has also been asked to outline details of the nature of the business, including opening hours,

sample menu, and number of staff to be employed.

The council is expected to make a decision in the coming weeks.

Children's Grief Centre gets big funding boost

Charity: Money given on the day the Pride of Place judges' visit

NICK RABBITS
nick@limerickleader.ie

A CENTRE in Limerick which provides a safe space for grieving youngsters and their families received a welcome boost this week after securing two lots of vital funding.

The Children's Grief Centre, based at the South Circular Road, has received €30,000 from the HSE and Tusla in order to address the service's long waiting list.

And in a further boost, it has received another €2,000 from petrol retailer Applegreen, as part of its 'Blossom Fund' partnership with the

Irish Youth Foundation.

All this comes on the same day the Pride of Place judges paid a visit to its centre, which allows children to explore their feelings in a different manner to counselling, through art and play.

The centre – headed by Limerick Person of the Year St Helen Culhane – is nominated in the Communities Reaching Out Initiative section of the national awards.

Senator Maria Byrne has welcomed the funding boost, saying: "It provides an invaluable service which has helped more than 1,000 children affected by loss through death, separation and divorce. We have a responsibility as a



Centre provides an 'invaluable service': Senator Maria Byrne

state to ensure every child facing loss through death, separation or divorce, receives the care and treatment they require and deserve in an appropriate environment."

The Children's Grief Centre is one of 62 community and voluntary projects chosen by Applegreen for its funding boost – from 300 entries.

Adrian Griffney, head of the firm's charitable fund, said: "Applegreen is thrilled to focus on local community-based projects offering support to children locally which is something we are passionate about. We are excited to see how the funding will help this project."



Pictured at the Corbally Baths, one of the Civic Trust's many projects, was the group chief executive David O'Brien, Pride of Place judges Tom and Allison Dowling, Brid Burke, Limerick City and County Council, plus trustees and staff PICTURE: KEITH WISEMAN

All contribute as Pride of Place judges hit the palace

MORE than 20 volunteers, staff and members of the Limerick Civic Trust were present at the Bishop's Palace for the visit of the Pride of Place judges, writes Nick Rabbitts.

The Trust, which undertakes projects for the general improvement of Limerick's heritage and economic development, has been nominated in the Creative Place initiative.

Reacting to the judge's visits, David O'Brien, the group's chief executive said: "It went very well. We went through a few sites with them, they seemed very appreciative, knowledgeable and insightful."

Of the people present from the Trust, Mr O'Brien reported that everyone had a chance to have their say.

"They all contributed, they fielded questions and answers on

different aspects of our work. We gave a detailed profile of what we do, how we're funded – how we're self-funded, nothing to do with Limerick Council."

Founded in 1982, the Civic Trust has just appointed a new chairman, the barrister Thomas Wallace O'Donnell.

His goals for his term at the head of the organisation include bringing a military museum to the deconsecrated St Munchin's

Church and the erection of a memorial wall to commemorate the Limerick people who died in the Great War.

"It would be brilliant if we won in our category," acknowledged Mr O'Brien. "There are an awful lot of good projects out there – but I'd like to think we are in with a shout."

The Civic Trust provides work for 70 people on Community Employment schemes.

All-Ireland final tickets up for grabs

Popular RTE GAA show 'UP for the Match' is offering Limerick fans an opportunity to watch the boys in green in the All-Ireland hurling final in Croke Park.

The RTÉ special that features on the eve of the final is offering two lucky supporters overnight accommodation, two tickets to the TV show and of course the match as well, courtesy of Bord Gáis energy.

To enter, send a video less than a minute long, outlining why you believe you deserve to go to the final - the more imaginative and creative the better.

A selection of the best videos will be broadcast on the show on Saturday, August 18, on RTÉ One.

If you think you are the Treaty county's biggest fan, send your video to biggestfan@rte.ie.

Please make sure to film in landscape and put your county name in the subject heading, and include a daytime telephone number.

The closing date for the receipt of entries is Tuesday, August 14.

'Missing' GAA fan is 'safe and well'

A LIMERICK GAA fan whose whereabouts were unknown for several hours following Sunday's All Ireland semi-final was subsequently located 'safe and well', writes David Hurley.

Simon Quinn, who it's understood is from West Limerick, was the subject of a national appeal for information which was issued by gardai late on Monday night.

The 25-year-old who was wearing a Limerick GAA jersey, had last been seen in the Harcourt Street area of Dublin city centre at around 2.30am on Monday.

However, it was confirmed on Tuesday morning that he had been located. "Simon Quinn, 25 years, who was missing from Harcourt Street, Dublin in the early hours of yesterday morning, Monday 30th July, 2018 has been located safe and well," said a garda spokesperson.

PET RESCUE



Limerick Animal Welfare based in Kilfinane, rescues animals in distress and helps to find pets a new home. Below are some dogs and cats available. LAW is open seven days a week from 12pm to 3pm. An adoption fee ensures that all pets come vaccinated, wormed, microchipped and neutered, and home checks apply. For more information, phone 087 6371044.

Looking for a new home



This is Douglas, and he is a gorgeous male Beagle mix.

Douglas is a well-mannered and well-trained boy.

In fact, he is good to walk on the lead and he's even house-trained.

This fellow is also very adaptable – and would suit all types of home.

This cute, black kitten is named Cola.

Cola is just four months old, and is neutered, vaccinated and wormed.

For more information or to adopt, it's best to contact the cat unit on 087-2295669 between 12 noon and 5pm.

The adoption fee for cats and kittens is €100.



Robbie is a happy, energetic and playful male Yorkie mix.

He is just over a year old, so he has plenty of love and time left to give his lucky new owners.

Robbie is good on the lead, house-trained and loves attention. LAW say he would be a great companion dog or would suit a family.

Adoption fee for dogs is €150.

Cute pair to stay together

These two gorgeous felines are looking for a home together.

A three-year-old black and white male called Bob, and his companion kitten Jacob, three months old, have struck up a solid friendship at the sanctuary.

The carers at LAW would like to see them homed together because of their amazing bond.



Metro-mayor affords honour to 'model citizens' of the city



The FAI's Nick Harrison, Denis Hynes, Barry McGann, Jason O'Connor, City Development Officer and James Scott, Tipperary Development Officer with Pat Halpin and Metropolitan mayor Daniel Butler PICTURES: LIAM BURKE/PRESS22

Reception: Trio recognised for services to sport

NICK RABBITTS
nick@limerickleader.ie

THE new metropolitan mayor Daniel Butler has honoured three local sporting legends at his first reception.

Cllr Butler gave a special reception to Pat Halpin, who has served Moyross soccer for over 40 years. He also honoured Pat O'Brien for his service to GAA, in particular in the Mungret area.

And Garryowen lady Phil McCarthy, who is celebrating 50 years with the Limerick Community Games was also afforded the event.

Cllr Butler, who was elected to the role of metropolitan mayor earlier this summer, described the trio as "model citizens," and said he will have no easier decision to make than to honour them during his year in office.

"All three have without expectation of gratitude or recognition served their communities through sport for decades positively influencing the lives of many hundreds if not thousands of young Limerick people," he stated.

Speaking at the reception, Cllr Butler said: "Pat Halpin has served as a coach both in a voluntary and professional capacity with the FAI for over 40 years and holds the incredible record coaching the last Limerick winners of the Kennedy Cup. He also proudly was central to the establishment of women's football in



Above, Phil McCarthy, Limerick Community Games, with Mayor Butler and Cllrs Elenora Hogan and Senator Maria Byrne Right: Mayor Butler with Patrick O'Brien, Mungret. For more great pictures from this evening, see pages 38 and 39



Limerick also and indeed his contribution to special Olympics football was also recognised."

He added: "Phil McCarthy this year celebrates her 50th year of her work with Limerick Community Games. She shows such wonderful commitment in all weathers to all events and each and every participant. Cllr Michael Sheehan recalled a time she drove a single participant all the way to Dublin to take part in drafts competition never wanting to let anyone down."

"Pat O'Brien now still active in Mungret St Paul's GAA Club has

served incredibly over 60 years of his life to the club and its members and indeed the wide GAA and Limerick community. Pat has served every role a club has over those years including as a player and was remembered by club presidents as a man on whom the club was built," he added.

Cllr Butler said: "It is people like this that Limerick is built on, people who silently serve but loudly speak in their example through action. We may see their likes again but today we honour them, thank them and hold them on our shoulders as heroes of Limerick."



HEROES ALL.

Just some of the countless individuals who have been recognised through the years by Limerick Person of the Year for the incredible work they do in our community. They are the inspiration that we all need, to make Limerick the very best that it can be.

LIMERICK PERSON OF THE YEAR



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Delighted: Patrick McGarry, Denis, Donna and Dano O'Flynn with Pa Buckley after arriving home at Colbert Station after Limerick's great win over Cork in the All-Ireland semi final in Croke Parke

Out & About

LIMERICK SUPPORTERS ARRIVING BACK IN COLBERT STATION ON SUNDAY

Pictures: BRENDAN GLEESON



Margaret and Tegan Barry, Ballysimon, arriving back in Colbert Station after the match



Pat Donnelly, Sandra McDermott with Paula and Briana Donnelly delighted after Limerick's in Croke Park



Lee Madden, Newcastle West and Meabhe McNamara, Knockaderry in Colbert Station after the match

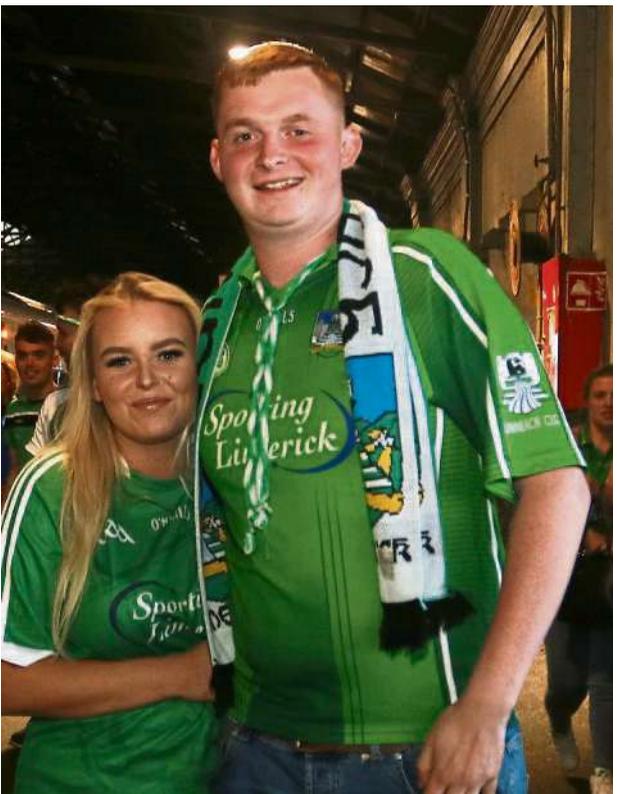


LEFT: Evelyn Meenaghan, Greystones, and Geraldine Ryan, Dooradoyle

ABOVE: Andrew O'Dea with John and Liam O'Doherty, Lough Gur

RIGHT: Casey Jean Ryan, Milly Ryan, Kerri O'Gorman, Lisa Ruddle and Louise Lynch, Croom

PICTURES: BRENDAN GLEESON



Niall Kirby and Chloe Walsh, Raheen, back in Colbert Station after the match in Croke Park



Tom McNamara, Laura Braddish, Rita and Foncie Meehan, Brendan Meehan with Derek Braddish back in Colbert Station



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: @liam_croke LinkedIn: liamcroke Facebook: liam.croke.96

Lucky 13 the key number to hit savings sweet spot

In some sports you might hear a reference to hitting the sweet spot and that term is used when for example a tennis ball hits the perfect spot on the racket, or when a golf ball impacts the club at a point where it produces the best possible shot.

It's difficult to hit the sweet spot all the time but when you do, you know right away that the outcome is going to be great.

When it comes to saving how do you know when you reach that sweet spot? That point when you know you have nailed it.

The answer is when the returns on your savings are doing the bulk of the saving for you.

I'm going to tell you how you get to that point, and, of course, you have to put in some hard work particularly starting out. But once you hit certain benchmarks along the way, you can sit back and relax and let the returns do the heavy lifting for you.

Like anything else when it comes to money, the answer can be found in the numbers because they don't lie, and when it comes to saving money, the amount you end up at any point in time is based on two factors:

1. The amount you save
2. The returns those savings earn for you

One of the key numbers of reaching that sweet spot is 13, and I'm not referring to the percentage you need to earn, I'm referring to the length of time you need to be saving for.

Because it's year 13, when you reach that crossover point where the returns you could be in receipt of, are greater

than the amount you are saving each month.

Now for the maths and how we get you to that sweet spot.

Let's say you earn €40,000 per year, and you receive increases of 2% per year, and you save 10% of it annually.

In year one, the interest you earn, assuming a 6% return is very small. You are saving €333 per month but only €9.31 is being added in interest each month. After one year, only €112 has been added, or only 3% of the amount you saved that year.

The magic starts to happen when compound interest begins to take hold, because in only five years, the returns you could be in receipt of will amount to 34% of what you are saving each month.

By year eight, your returns will amount to 50% of what you are saving and by year 13 you will hit that magic point where your gains begin to exceed the amount you are saving each month.

So, if you start a savings plan and you don't have a specific need for money within a particular period of time, stay invested for 13 years; that is your number and don't forget it. And that's not to say you shouldn't stop then either, because after you hit this threshold, your returns begin to increase exponentially.

Ten years after you reach that sweet spot, your returns are double the amount you are saving and seven years later they are treble.

This is incredible, particularly if you are younger and you have time on your side. If you begin saving at age 30 into a savings account or into a pension plan, at age 60 you would have accumulated €334,503 in your account and that is



The magic starts to happen when compound interest begins to take hold



DID YOU KNOW?

What your weight in gold is? At c. \$1,221.85oz, I'm worth c. \$3,749,857. When working out your weight in gold, don't forget that Gold is measured in Troy Pounds (12oz = Troy Pound)

made up of c. €120,000 of your contributions and €214,503 in interest earned.

You will still reach that crossover point in 13 years, if you save a smaller percentage of your salary, but obviously the more you save, the more you will end up with.

So, the key is to save as much as you can as early as you can, and you will reach that crossover point at a much younger age. But, if you are a little bit older, don't let that put you off, just remember the number 13 - it's the sweet spot when it comes to saving.

Remember the SSIA accounts introduced back in 2001 when we all saved for five years, after which time the Government gave us a 25% bonus? It was great, but the majority of people made the mistake of stopping after five years. If they only knew that by continuing to save, in no time at all they would have been earning four times more than what the government gave them.

Of course, there are many variables involved to get to that crossover point in year 13 - the percentage of your income you save, how dedicated you are to saving, and of course the rate of return.

And while you may not make 6% every year, it's not an impossible ask to get that averaged return over that time period. When you look at the S&P 500 Index for example, its average return over the past 13 years has been +10.20%, so it's absolutely achievable but you have to be invested in equity regular savings accounts and not fixed ones like most people invest in with their bank.

I will cover what these types of accounts are and who they are with in a separate article in the coming weeks.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, my fiancé has a poor credit rating due to some missed car repayments a couple of years ago. Will his credit rating affect mine, when we get married?

A: Your credit rating and his operate separately from one another and will continue to do so after you are married.

However, your partner's poor credit rating could become an issue when you apply for a mortgage, or any debt, with him.

When a bank assesses a joint loan application they will do so based on their incomes, employment, savings and both credit histories. Your's could be incredible, but if your partner's is not, you may not get approved.

Your partner's repayment history since the blemish has to be exemplary, as does how he operates his current account, and there needs to be a good reason why the repayments were missed. If the reason was because of unemployment, or illness that's easier to overcome, but if the reason was your partner is just not good with managing money and misses payments because he spends more than he earns, that is something you need to deal with right now, because it could lead to even bigger problems for both of you in the future.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

The final few days of the Summer 70% Off Sale are in full swing at Bit of a Do, Ballycasey, Craft & Design Centre in Shannon. Bit of a Do is the shop for children's fashions! Why not call today and grab yourself a bargain or check out the new stock which is arriving daily, new Guess and Mayrol ranges now in stock. For further information call 061 366985 or follow Bit of a Do on Facebook for the latest news and offers.



Hawaii 50 bingo, this bank holiday Monday at Pery's Bingo, Parnell Street. A total of €6,000 payout guaranteed. Bingo sheets 10 pages paying. €50 line, €50 2 line, €500 houses. Singles from €18, Doubles from €29, Electronic from €35. Optional extra jackpot flyer. Parnell Plaza Entertainment Venue, opposite Colbert Station.



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LEADER BUSINESS

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Mayor hopes broadband job chances are not lost

Internet: Key partner in E/Net consortium pulls out of the bidding

NICK RABBITTS
 nick@limerickleader.ie

THE Mayor of Limerick, Cllr James Collins said he hopes the opportunity to create over 100 new broadband jobs in Plassey has “not been lost”.

It comes after it emerged that energy company SSE had pulled out of the consortium to deliver the National Broadband Plan with E/Net, which has its headquarters in the National Technology park.

Our sister newspaper, the Limerick Leader revealed in May that the chairman of E/Net, David McCourt, was seeking to almost double the size of his 100-strong headcount in Limerick if his consortium got the green light to deliver broadband nationwide.

Now, the future of the scheme is unclear, with the exit from the consortium of SSE, which was the final bid standing, following the withdrawal of several other key players.

While Mr McCourt was not available for comment this Tuesday,



Mayor James Collins hopes up to 100 potential jobs can still come to Limerick through E/Net PICTURE: MICHAEL COWHEY

the firm said it is “considering and reviewing structures”.

Speaking to Leader Business, Mayor Collins said: “The whole implementation of the National Broadband Plan has been a bit of a shambles.”

“It’s doubly unfortunate for Limerick given that it is a Limerick consortium which was the last involved in the tender process. You’d hope the opportunity of additional jobs has not been lost,” said Mayor Collins.

E/Net has created the largest alternative telecoms network in Ireland and manages and operates the fibre broadband scheme.

Mr McCourt had previously said he would like to see 100 new roles put in place within 18 to 24 months of the firm getting permission.

He said he would like to hire engineers, operations staff, customer service workers and accounting staff.

Mayor Collins added he finds it strange that Ireland is home to so

many high-tech companies, yet “the national broadband network is insufficient for the needs of the nation”.

“There are a lot of people who would like to live in their own communities and be able to work from home a couple of days a week. But you have companies which have to drive to business centres to send emails or make submissions to tenders. It’s really been mismanaged by government,” the mayor added.

Cook in a stew on EU deal

COOK Medical, which employs 850 in Plassey, has called on the British government and the EU to push for an extension of a key Brexit agreement to 2025.

Cook, which produces high-tech stents for patients requiring heart surgery, wants the deadline for a transition agreement on medical devices moved to 2025

Cook says extending the transition period would provide the medtech



Emmett Devereux, Cook Medical

industry with additional time to meet new British regulatory agreements, and protect the supply chain.

“Patient need and wellbeing isn’t at the forefront of conversations about Brexit trade restrictions,” said Emmett Devereux, regulatory affairs director at Cook Medical.

Firms should ‘get lean’

COMPANIES seeking efficiencies in work practices have been advised to consider a Shannon Chamber-led initiative as a way of save costs.

The Chamber hosted a workshop focusing on the Mid-West Lean Network, which featured presentations from a firm specialising in this area, LBS Partners based at the University of Limerick.

Chamber chief executive Helen Downes said: “We wanted to give companies a greater insight into the types and levels of lean training available and to illustrate, through practical case studies, how lean is implemented.”

There will be an interview with Claude Costelloe of the Mid-West Lean Network in this weekend’s Business Leader.

It is available to buy Thursday morning.

Council parks department honoured

LIMERICK Council’s parks department has been honoured for the work they do in keeping the city’s public areas looking good.

Limerick City Tidy Towns has given its monthly award to the staff who are dedicated to improving the city with floral displays and the landscaping of public areas.

Maura O’Neill, Limerick Tidy Towns, said: “I think everyone who lives in, works in and visits Limerick city will agree that the city’s public parks and floral displays have never looked better.” She observed that while the wonderful weather helped in some respects, it generally made the parks team’s job even more difficult, given the drought and heat we’ve experienced over the past few weeks, and the earlier extreme weather conditions including rainfall, storms and snow.



Maura O’Neill presents the award to Joe Power, David O’Brien, Patrick Lyons, Ger Molloy, Thomas Goodwin and head of the Parks department Michael Sheehan PICTURE: SOPHIE GOODWIN/ILOVELIMERICK

Given this, she said it was felt this was the perfect time to thank and acknowledge the team for its hard work.

“From the beautifully

maintained public parks to the flowers along the boardwalk and of course the hugely successful “Bridges in Bloom” project, their work brightens the city at every

turn and we are delighted to present them with this award, especially given how important this is to our ambitions in the national Tidy Towns competition,” Maura added.

Parks department head Michael Sheehan said: “I’m extremely proud to be part of a team that continues to improve Limerick’s image which will bring environmental, social and economic benefits to the wider community. We look forward to continuing to provide a service and an environment that addresses the needs of our city, its people and visitors.”

The parks team becomes the seventh monthly winner of Limerick Tidy Towns awards, an honour normally reserved for businesses.

Among the winners so far this year are Foot Solutions, Portleys Bar and Jack Monday’s coffee house.

Recruitment

Limerick Leader,
54 O'Connell Street,
Limerick

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limerickleader.ie

Web: www.limerickleader.ie

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Health & Safety Manager Vacancy at ABP Rathkeale

ABP Rathkeale is part of ABP Food Group which is Europe's leading privately owned agribusiness companies. We are Ireland's largest beef processor, and we also operate substantial renewable, pet food and protein divisions.

We employ over 10,000 people at over 45 processing facilities around the world. This is an opportunity to join a market leader in the beef sector who is growing the business beyond market expectations. A company that has a reputation as an excellent employer and people focused business.

Candidate Profile:

- An observant and analytical personality.
- The drive & determination to push projects through, responsible for keeping up to date with new legislation and maintain a working knowledge of all Health and Safety legislation and any developments that affect our industry.

Requirements:

- Diploma qualification–Health & Safety.
- Computer literate-Microsoft office-high level skills in excel essential.
- Excellent communication skills and professional demeanour.
- Hardworking and flexible with the ability to work under pressure and meet tight deadlines.
- Highly organized individual with excellent attention to detail and great accuracy.
- A self-starter with the ability to work on own initiative in a busy, results-driven environment.

Responsibilities:

- Ensuring that the Safety Policy is implemented throughout the plant.
- Responsible for being up to date with new legislation.
- Ensuring that management is advised on and understands all matters relating to the safety of personnel.
- Carrying out risk assessments and regular site inspections.
- Making changes to working practices that are safe and comply with legislation.
- Leading in-house training in relation to health and safety issues and risks.
- Organising and controlling regular random safety inspection audits of all areas.
- Investigating and recording and incident, accident or dangerous occurrences.

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www.abpireland.com/careers/opportunities

Full training will be provided. This is an excellent opportunity for someone seeking a challenging career with one of the largest indigenous agri-business in Ireland. Please send your cover letter and CV to Sinead.ocarroll@abpireland.com.

The closing date for applicants is the 10th August 2018.



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Applications are invited for the position
of **Youth Ministry Worker** for the
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The appointment is full-time (39 hours per week). Based in Fermoy North Cork.

Letters of application and CV to be emailed to

lcom@lcm.ie

Closing date for receipt of applications Friday 17th August 2018.



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KEEP IT LOCAL!

Limerick businesses in the spotlight



Worth a check: Cardio screening coming to Limerick

HEARTFELT Cardio Screening is coming to Limerick soon, with the revolutionary BPro pulse wave analysis device, providing affordable and accurate heart and artery screenings.

The BPro and A-Pulse Casp has been developed by Healthstats in Singapore and can calculate a person's central aortic systolic

pressure (CASP) (blood pressure closest to the heart) accurately and non-invasively. The A-Pulse has been validated in clinical trials to have an accuracy of 99.17%, as compared to the angiogram.

The BPro Cardio Pulse-Wave screening measures the aortic pressure as well as the flexibility of your arteries. Screenings are

carried out by a Healthstats certified technician and a full printout of the results are given on the day which can be brought back to your own GP or cardiologist if necessary. The procedure is non-invasive and completely pain-free. The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple.

There is also a 20% discount for groups of 12 or more people e.g. Sports Clubs, Business Screening etc. Heartfelt Cardio Screening will bring the BPro to the following venues during the month of August:

Thursday, August 2:
Radisson Blu Hotel, Limerick

Thursday, August 16:
Radisson Blu Hotel, Limerick

Thursday, August 30:

Radisson Blu Hotel, Limerick
Appointments are essential and are available from 11am until late.

For further information or to make an appointment, please contact: Anna on 086 4135555 or Jimmy on 086 2566422. Or see their website: www.bproheartfeltcardioscreening.com

New head chef thrives at busy hotel

Maciej Krawczyk has settled in nicely to his role at the Clayton Hotel Limerick

HOW long have you worked at Clayton Hotel Limerick and what are the changes you have seen since you first donned the chef's whites?

My chef's whites are pretty new at the Clayton but it's always been an aim of mine to work in this iconic Limerick landmark since I arrived in Limerick almost eight years ago.

Since I have started as Head Chef I have learned that the Clayton are constantly changing and innovating with menus, ingredients and keeping up to date with the latest in foodie culture, which is great as a chef to be part of such an interested team.

What makes a good chef?

In my opinion, the most important thing to have to be a good chef is passion! And talent, you do need talent!

You need to have faith in yourself and want to learn and grow, even when you get to the top, always be seeking out new knowledge and skills for your passion in life.

It's great to be able to get up

every day and love your job. Its not an easy job, one day you can be cooking dinner for a group of 10 and the next a 5-course wedding banquet for 170 people. Its diverse!

What's your favourite dish on the new Grill menu?

There is so many delicious choices on the Grill menu that it's hard to pick one dish. The dishes in Grill are fresh and tasty, using the best ingredients, the entire menu is very appetizing.

But I'd say my favourite dish is the Crispy-skinned Clare Island Salmon Nicoise or the classic Scampi and Fries as I'm a big fish lover and I can eat fish all day long if I could.

Do you cook at home? If so, what are the delights?

I love to cook at home for my family. When I'm at home I like to cook simple dishes, roast chicken and vegetables, or a slow cooked stew or curry.

My kids absolutely love soups we make lots of different types of soups with fresh ingredients from the market.



Since starting as Head Chef Maciej Krawczyk has changed and innovated the Clayton's menus

Corsets and countesses at Victorian tea party

IRELAND'S Blue Book is delighted to announce that No.1 Pery Square, Limerick will be hosting a Victorian Afternoon Tea on Sunday, August 19.

Sit back and enjoy an afternoon of Victorian literature, history and fashion while sampling some delectable treats as afternoon tea is served in the drawing rooms of No.1 Pery Square, Limerick.

Learn about Victorian life and scandal in Limerick, be entertained with some Oscar Wilde based comedy, before

talking all things corset with a fashion talk and demonstration of 'dressing up for tea'.

This is sure to be a fantastic afternoon of history and heritage along with some amazing afternoon tea delights, right at the heart of Limerick's Georgian Quarter.

All attendees will receive a small Victorian-themed keepsake!

EVENT SCHEDULE

* Welcome address by nostalgic-events manager Rose



No.1 Pery Square will host a Victorian afternoon tea party on August 19

Servitova

* Historical expert, Sharon Slater presents her talk "Limerick Victorians & Vice", enlightening us re many of the scandals of the day.

* Serving of Victorian-inspired afternoon tea delights.

* Award-winning author, Nuala O'Connor reads from her new novel Becoming Belle- based on the true story of a Victorian dancer who becomes the Countess of Clancarty.

* Two great Irish wits meet when comedian, Myles Breen

takes on Oscar Wilde.

* Finally, it's corsets et al as Historical Costumer & Heritage Expert, Melissa Shiels, entertains us with her talk and demo on "Dressing up for Tea".

This Victorian Afternoon Tea takes place on Sunday, August 19 2pm - 4.30pm. Tickets cost €39 and can be purchased here.

For more information please see <http://oneperysquare.com/>. When purchasing tickets, please indicate if you have special dietary requirements.

University of Limerick renews appeal for student accommodation

In response to the unprecedented demand for student accommodation for University of Limerick students, the UL Accommodation Service has launched its annual campaign inviting homeowners and landlords to come forward and advertise available accommodation on the University off campus accommodation website.

UL provides over 2,600 student bedrooms on campus and lists over 1,000 rooms in off campus housing, and is close to capacity for the upcoming academic year. It is also reported that over 1,400 student bedrooms in purpose



Unprecedented demand for student accommodation at UL

built student accommodation complexes off campus in the Castletroy area are also fully subscribed for September.

Speaking about the campaign, John O'Rourke, general manager, Campus Life Services said: "In response to this need and to assist prospective UL students who have yet to source accommodation for the coming term, we are calling on homeowners in the area and city environs to consider renting an available room. There may be some families in the local area where sons and daughters may have moved to other cities for work or are living abroad and homeowners might consider renting a vacant room."

According to Revenue.ie, the Office of the Revenue Commissioners, if homeowners

let a room (or rooms) in a sole or primary residence as residential accommodation, including rooms let to students and the rental income for the year of assessment does not exceed €14,000, the profits or losses on the relevant sums are treated as nil for income tax purposes.

Ellen Fitzmaurice, manager Student Residences at UL, added, "Our primary aim is to ensure that incoming students at UL have safe, clean affordable accommodation options while they study here."

"We are looking for homeowners who can provide either a room for five days (Sun-Thurs) or for a seven-day arrangement, which ever suits the homeowner. Rental fees are usually

charged inclusive of utility bills and range between €70 and €110 per week depending on the facilities and services offered to the student.

"It would be important to provide a private bedroom with an area to study. Students would require access to cooking facilities however if meals are included, an additional charge is usually arranged with the student."

For those interested in renting a room/rooms for prospective UL Students, please register on www.accommodation.ul.ie/ accommodation or contact the UL Accommodation Service to register your details on 061 202331. Alternatively email us on accommodation@ul.ie

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Patrouille Tranchant Fouga, a Celtic jet team from Brittany France taking part in the fifth Foynes Air Show

Out & About

FIFTH ANNUAL FOYNES AIR SHOW

Pictures: SEAN CURTIN AND MARIE KEATING



Ian Williams and Ken Cusack, Clown Noir, providing entertainment at the Foynes Airshow



Dermot, Grace, Killian and Barry Tobin, Caherdavin, were pictured at the Foynes Air Show in Foynes



Two girls enjoy some spectacular flying action of their own at the air show



Festival goers enjoy a thrilling ride at the Foynes Air Show



LEFT: Patrouille Tranchant Fougas, a Celtic jet team from Brittany France taking part in the fifth Foynes Air Show

ABOVE: Shannon Airport based Irish Coast Guard Helicopter RESCUE115 taking part in the fifth Foynes Air Show

RIGHT: Two young boys enjoy a thrilling ride at the carnival in Foynes



De Havilland Chipmunk 169 taking part in the fifth Foynes Air Show



Christina Keating and Mike Murnane, Limerick, were pictured at the Foynes Air Show in Foynes



Claire Lynch and Julie-May Moran, Limerick, were pictured at the Foynes Air Show in Foynes

Happy campers: Every week, now that school is out, The Leader hears from Limerick children enjoying summer camps in the city



The kings and queens of the Delta bouncy castle!

This week: We meet campers at Delta's Little Academy, at the Delta Retail Park on the Ballysimon Road, who are spending an action-packed week at Kids Town

CHILDREN at Delta's Little Academy are enjoying a jam-packed summer camp this week, full of parties, games, baking and bouncy castles, writes Jess Casey.

This week, 19 campers are enjoying a wide range of activities at the Kids Town Play Centre at Delta Adventure City, on the Ballysimon Road.

As well as enjoying the slides, swings and climbing activities in the adventure centre, this week's cohort of campers, who are four to 12 years-old, also get the chance to work on their arts and crafts and whip up culinary delights in a series of baking workshops.

"I love getting to play here," one camper Jenny tells The

Leader.

"I've loads of friends here too and I get to spend time with them."

"We always change our games everyday," her friend Ruby explains.

"We play lots of different games and we love running around."

"The art is great here too," another camper Hannah

adds. "We made sharks!"

"We do art, baking, play loads of games and play in the adventure centre," camper Hazel explains. We get to go on the bouncy castles as well. We don't play games on the bouncy castles, we usually hide up there! All of our instructors are very nice as well."

The campers have really

enjoyed baking, according to Charley.

"We've learned how to make bracelets and we baked skewers," she says.

"We made them with marshmallows and strawberries and we put chocolate over them."

"They were yummy! I really like chocolate."

"I'm making lots of friends

and I knew some people from before so I get to spend time with them."

"We all play together and the bouncy castles are cool."

The group is being kept very busy, according to Clare.

"We get to do arts and crafts and baking and we can play in Delta, so there's loads to do!"



On the left and above are this week's campers at Delta's Little Academy PICTURES: MICHAEL COWHEY

What we think: Campers have their say on...

JENNY

"I love the bouncy castles at this summer camp!"



RUBY

"My favourite thing about summer camp is playing with my sister Hazel. We play lots of different games."



HANNAH

"My favourite thing at summer camp is working on art. I love art."



HAZEL

"My favourite thing about summer camp is playing. We all play lots of games, like run away from the boys!"



CHARLEY

"I really liked making bracelets and making new friends."



CLARE

"My favourite thing has been playing with all my friends. I've made a ton of new ones and some of my friends from school are here too."





Mayor of the city and county of Limerick, Cllr James Collins hosted a reception to honour Knockainey U14 Ladies Football Team in recognition of their All Ireland success in the U14 John West Girls Division 6 Feile Peile na nÓg 2018. Photographed with the Mayor and the girls team are Cllrs Ger Mitchell, Michael Donegan, Richard O'Donoghue and Brigid Teefy and members of the Knockainey management team John McNamara, Margaret Madden, Gerry Herbert and Pa Downes

Out & About

RECEPTIONS BY MAYOR JAMES COLLINS AND METRO MAYOR DANIEL BUTLER

Pictures: LIAM BURKE/PRESS 22



Phil McCarthy was honoured for her 50th year of voluntary service to Limerick Community Games. Our photograph shows the metro mayor with Phil's family and friends



LEFT: The Metropolitan Mayor of Limerick Cllr Daniel Butler honoured Patrick O'Brien for his decades of voluntary service to Limerick GAA and the Mungret Community. Pictured are Patrick's family friends and colleagues from the GAA and the Mungret Community

ABOVE: Mayor Butler with Phil McCarthy, honoured for her 50th year of voluntary service to Limerick Community Games

RIGHT: Patrick Halpin was honoured for his decades of service and commitment to Limerick Football



Metropolitan Mayor Butler presents Patrick O'Brien with a memento of the occasion



Metropolitan Mayor Daniel Butler with Patrick O'Brien, his wife Teresa and their family and friends

ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN LIMERICK

Jimmy Carr adds extra 'hometown' show

COMEDIAN Jimmy Carr has added an extra date in his 'hometown'.

The top funnyman brings his acclaimed 'Best Of, Ultimate, Gold, Greatest Hits Tour' to the South Court Hotel on Friday and Saturday, December 14 and 15.

Renowned for his acerbic, withering wit, Carr has a vast repertoire and lightning-sharp delivery honed from a 15-year career and is gathering a selection of his very best jokes along with brand new material for the show. The London-born comic, whose parents hail from Limerick, said during a show here once: "I'm kind of from here because my parents are from here, although I don't sound like you because I was brought up in the Home Counties." See Ticketmaster.



HIGHLIGHTS

WEDNESDAY, AUG 1

Trad Music

The Glen Tavern, 9pm

Open Mic

The Old Quarter, 9pm

Tiny Giants

Smyth's Bar, 10pm

THURSDAY, AUGUST 2

Live Wire

The Glen Tavern, 10pm

Emma Fischer art exhibit

Ormston House, 7pm

Area 51

Smyth's Bar, 10pm

FRIDAY, AUGUST 3

Stephanie Scheubeck and Sound and Colour Production

Dance Limerick, 3pm, free

Rázene Wind Orchestra

St Mary's Cathedral, 1.15pm

101% Pantera

Kasbah Social Club, 9pm. €10

Pat Holland

The Glen Tavern, 10pm

Comedy Night

Chez Le Fab, 8pm, €7

SATURDAY, AUGUST 4

Eliza and The Swans

Millennium Theatre LIT, 7pm, €10

Little Show Band

The Glen Tavern, 10.30pm

SUNDAY, AUGUST 5

Wood Murphy

Chez Le Fab, 4pm

Musical Chairs

The Old Quarter, 7pm

Dermot Sheehy

The Glen Tavern, 10pm

MONDAY, AUGUST 6

Trad Music

Locke, nightly at 5pm & 9pm

Colin O'Neil

The Glen Tavern, 10pm

Traffic

Smyth's Bar, 10pm

TUESDAY, AUGUST 7

On the Nail

Chez Le Fab, 8pm. Free

The Acoustic Club

Charlie Malone's Bar, 9pm

Sound Affair

Smyth's Bar, 10pm

OPEN

LATE 4 NIGHTS A WEEK



Green Yard Café

Punch's Cross, Limerick.

T: (061) 513011

Folk star O'Rourke to return to Dolan's

THE man hailed as the "future" of Irish folk is back in Limerick for a gig later this year.

The soulful Declan O'Rourke returns to play a concert on Thursday, December 20 at Dolan's Warehouse, the venue has announced.

The highly successful artist, with five albums to his name, produces soulful music, rooted in folk and trad, and has attracted the praise of countless industry giants, including John Prine, and Paul Weller, among others.

His songwriting style moves faultlessly between impressionism, and storytelling, and can be at home in almost any

form. A dynamic performer, he is at once as comfortable fronting a 50-piece orchestra, as playing solo with a guitar.

The Dubliners legend John Sheahan, declared recently that, "after 50 years I have decided it's time to put a lid on the 'The Dubliners,' but I'm sure you'll all agree that with Declan, and Damien (Dempsey), the future is in good hands."

His sixth studio album, the long awaited Chronicles Of The Great Irish Famine, 16 years in the making, was released last year, attracting praise from scholars and reviewers alike. Tickets for the show are on sale, see www.dolans.ie.

December date:
Declan O'Rourke





The Rázene Wind Orchestra perform a free concert at St Mary's Cathedral on Friday

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Stephanie Scheubeck brings a work-in-progress performance to Dance Limerick on Friday



RIGHT: Cailin headlines at Pharmacia on Sunday night



Eliza & The Swans is at the Millennium Theatre this Saturday

AUGUST is the month in Limerick when everything shuts down because everyone thinks that everyone else is in Kilkee. They're not, you know. So it's something of a quiet weekend in the city and county but that gives us a chance to highlight the smaller things that would normally slip by you. None of this weekend's events will cost you more than a tenner and many of them are completely free. Here's your highlights list:

Thursday (August 2)

The Shannon river is the theme of **Emma Fisher's** first exhibition, at **Ormsdon House** this week from Wednesday to Saturday. The centrepiece of the exhibition is a stop-motion shadow puppet installation featuring personal stories

It's another #WeekendInLimerick — and what a weekend! **Seamus Ryan** has the lowdown

gleaned from river users. It will also feature audio stories of the river and a film made by participants in this year's Bualadh Bos children's camps at the Lime Tree. The official opening (cough, free wine) is on Thursday at 7pm but you can drop into the free exhibition any day from midday to 6pm.

Friday (August 3)

The Budapest-based **Rázene Wind Orchestra** are in **St Mary's Cathedral** this Friday for a lunchtime concert. They'll be performing a programme that will include the prelude to

Charpentier's *Te Deum*, Hungarian Dance No 5 by Brahms and the always-delightful Waltz No 2 by Shostakovich. There will also be a quick medley from *Jesus Christ Superstar*, which is the perfect opportunity to go to the loo.

The Rázene orchestra is a highly-regarded ensemble based around teachers and

alumni of the Béla Bartók Music School, so Friday's concert is well-worth catching. It begins at 1:15pm and is

free, though there will be a charity collection after the concert.

Free dance! **Stephanie Scheubeck** and Sound & Colour Production will perform a work-in-progress showing of their Percolate residency at the **Dance Limerick** studio this Friday afternoon.

The theme of the work is synaesthesia, the uncommon neurological trait where the number 4 smells of nutmeg and musical notes have colour.

You probably know someone who experiences that but they haven't told you because you'd think they're weird.

It's still a dance show, with two musicians and two dancers eager to show the progress they've made towards a full performance. 3pm and it's free, though book ahead as spaces are very limited.

It's intentional comedy night at **Chez le Fab** this Friday night, featuring five comedians eager to tickle your funny bone.

Tip them a euro and they'll probably brush your hair as well.

Headliners are Cork-based Mike Morgan, who's supported Sean Walsh and Ross Brown on tour, and Mayo-escapee Christina McMahon, bringing her 2018 Electric Picnic material to Limerick.

Doors at 8pm for a 9pm start, tickets are €7 on the door.

101% Pantera will be rocking the foundations of the **Kasbah Social Club** this Friday night. Tribute bands aren't normally included on this page but you could make a great case that Pantera were the world's most successful Exhorder tribute act, though with better songs.

The band brings the authentic metal sound of Pantera to the stage and, as it happens, are the only Pantera tribute act endorsed by Dean Guitars, which is like Jamie

Oliver being endorsed by a saucepan manufacturer. Doors at 9pm and tickets are a tenner.

Pharmacia hosts the launch of **Evil**, Limerick's newest performance art collective, this Friday night.

Started by LSAD graduates, the showcase night will feature short performance art pieces, spoken word performance and an audiovisual experience. It'll be booked by the marvellously-anarchic improvised techno trio *Le Pizza Galaxie*. The night will centre on the theme of parables, so you can expect none of the artists to be hiding their talents under bushels. It starts at 8pm, tickets are a fiver.

Saturday (August 4)

Ballinacorney kicks into carnival mode this Saturday, with the annual **B-Fest** charity festival taking over the village.

There's a Fairy Trail at the Mustard Seed on Saturday from 2pm - the perfect weekend activity for children whose parents aren't afraid of their children being swapped with changelings. If you believe in fairies, you could make a case that building a fairy Potemkin village at the base of Knockfierna is asking for trouble, as it is famed for being a stronghold of the little people. Fairies aren't real except for when Tinkerbell dies in Peter Pan. It'll be followed by a Beat On The Street throughout Saturday evening and a family fun day on Sunday, which will include tractor racing.

Eliza & The Swans, at the **LIT Millennium Theatre** this Saturday, is a Summer Music On The Shannon youth opera adaptation of a Hans Christian Andersen tale about a princess who saves her eleven brothers, all of whom have been transformed into swans by a spell cast by her evil

stepmother. Her real mother presumably died in labour after birthing 12 children in a world without medicine or contraception. Opera with singing swans is an excellent first date if you want someone nice to think you're totally cultured and classy. Cheap too, as tickets are just a tenner. It starts at 7pm.

Sunday (August 5)

The monthly kids' arts and crafts club is back at the **Hunt Museum** this Sunday. As always, it's the perfect chance for your children to make a mess of someone else's room so that you don't have to do any clean-up at home. It runs from 2:30pm till 4pm, and it's €3 per child.

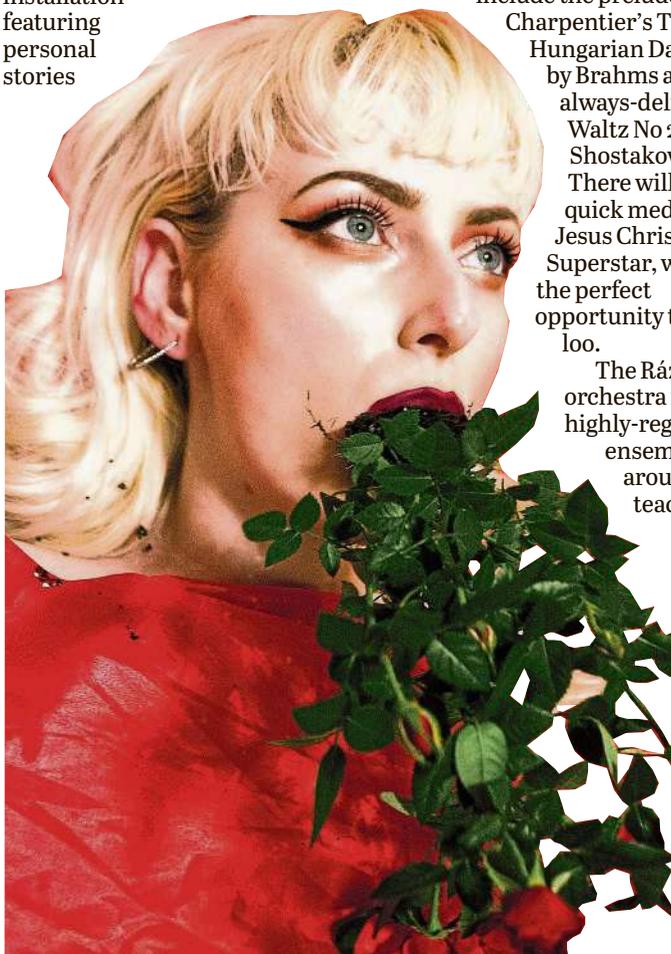
Singer-songwriter **Woody Murphy** is at **Chez le Fab** this Sunday. The café manages to book some great embryonic artists for their Sunday gigs and this week is no exception. Woody Murphy is a Galway-based contemporary folk artist with strong hints of Bob Dylan in his style and shades of Springsteen in his themes. Definitely worth a punt of a Sunday afternoon. 4pm and it's a pass-the-hat gig.

Rounding out your bank holiday weekend, it's techno night at **Pharmacia** this Sunday. Subject and District 8 resident Cailín headlines, joined by Arcane Records boss Eric Moore, as well as D-Bow and Mindscape. Cailín has built up a formidable reputation as one of Ireland's best DJs and it's well-worth catching her set before she performs on the main stage at Scrobarnach next weekend. Doors at 10pm, tickets are €10.

All weekend

The Signals Of Change exhibition is at the Hunt Museum until September 2. The three exhibitions at Limerick City Gallery also run till September 2. All free to visit.

That's your lot for this weekend; as always, if you go to things, there will be more things!





Mary Whelan-Curtin and Jackie O'Mahony-Crowe at Dolan's



Stella Birdthistle and Bart Kiely at Dolan's

On The Town

AT DOLAN'S AND THE GLEN TAVERN

Pictures: DAVE GAYNOR



Anna Hession and Kevin O'Connor at Dolan's



Aaron Mulhall and Joanne Ryan at Dolan's



Lisa Kennedy and Emma Hickey at Dolan's



Sarah Folschweiller and Sheena Ryan at Dolan's



Rob Richardson and Kern McPherson at the Glen Tavern



LEFT: Brian Sexton and Cathal Byrne at Dolan's

ABOVE: Shane Kay and Paul McManus at the Glen Tavern

RIGHT: Finn Harper, Kate Moloney and Mairead Carroll at Dolan's



Aislinn Sunderland, Cathal Daly, Aileen McDermott and Anne O'Riordan at Dolan's



Shane O'Gorman and Stephen Flavin at the Glen Tavern



Nicole and Timothy Lewis at the Glen Tavern



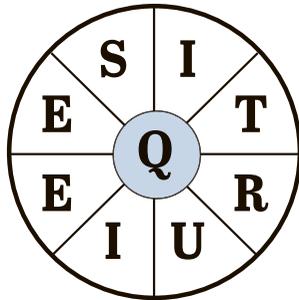
Sorcha Durham and Paul Flannery at Dolan's

SUDOKU

9			1					2
	1			6				4
		8	5		9	3		
	9		3		6		5	
		2				1		3
	3		4		2		9	
5		4	6		3	7		
	2			5			6	
1					7			8

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:
6 words, average; 9 words, good; 12 words, very good; 15 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Shortened opening for one who tops the bill (4)
- This is set to produce a stirring effect at certain times (5-5)
- Don't panic - take advantage of the air-conditioning (4,4)
- Stole - smartly chastise, we hear! (4)
- One direction should be looked for (6)
- He takes part in Conservative abstract idea (6)
- Gives a change of face (6)
- It's not often models get restyled (6)
- The man gets the editor to pay attention (4)
- Bridge walls to imitate in sections (8)
- This will install supports heaped by the watercourse (10)
- What those who pay lip-service do? (4)

Down

- Be observant, but receive warning of dismissal (4,6)
- It's inclined to be a racket (4)
- Slept in the open air - ground plan required (6)
- A beast of burden near the end of the street is a charming thing (6)
- Could it be an aircraft rotor? (3-5)
- Make half the sea-captains jump! (4)
- One who looks after those who take flight (3,7)
- Sounds like splendid luxury for foreign nobility (8)
- No longer wine to sell overseas (6)
- Tried hard to sway the voters (6)
- Some of the shop employees show optimistic anticipation (4)
- Here's the recreation ground - leave the car (4)

1	2		3		4		5		6		7
			8								
9								10		11	
12			13				14				
15					16		17				
18				19					20		
21											
									22		

Quick Clues:

Across

- Overlook (4)
- Intermittently (3,3,4)
- Whole (8)
- Mislay (4)
- Rate (6)
- Golf club (6)
- Not present (6)
- Inborn (6)
- Side (4)
- Jesting (8)
- Not likely (10)
- Rave (4)

Down

- Impracticable (10)
- Break (4)
- Proprietors (6)
- Mean (6)
- Horse (8)
- At one time (4)
- Loud-voiced (10)
- Always (8)
- Pulsates (6)
- Drink in (6)
- Stumble (4)
- Ogle (4)

CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

	9		24		13			1		24				
21	19	16	15		19	24	15	L	16	I	14	22		12
	3		16	6	18				20		6	19	1	
	19		12		8	22	22	7			18		11	
2	15	11	10	11		17							23	
	19			8	20	11	15	15	18	1	11	14		
	14			7		3		22			14			
25	18	23	11	8	12	16	22	8				26		
5						23		8	2	19	19	21		
2		4		8	5	22	25		16		23			
22	3	5		1		19	11	12		19				
26		11	1	11	16	12	8		9	5	3	2		
		18		3			22		18		18			

A
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X
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Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	L	I										

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic:
Across: 7 Outer; 8 Bargain; 9 Ruffles; 10 Apron; 12 Quadruplet; 15 Open-handed; 18 Spain; 19 Marshal; 21 Pretend; 22 Visit.
Down: 1 Court shoes; 2 Stuff; 3 Oral; 4 Abased; 5 Treasure; 6 Laurels; 11 Notability; 13 Unhinged; 14 Rebates; 16 Nomads; 17 Chest; 20 Rove.

Quick:

Across: 7 Inept; 8 Channel; 9 Almoner; 10 Motel; 12 Asseverate; 15 Impoverish; 18 Thong; 19 Venison; 21 Control; 22 Ocean.
Down: 1 Disappoint; 2 Deems; 3 Stun; 4 Scarce; 5 Harmless; 6 Instead; 11 Lieutenant; 13 Savagery; 14 Appoint; 16 Revolt; 17 Askew; 20 Noon.

SUDOKU:

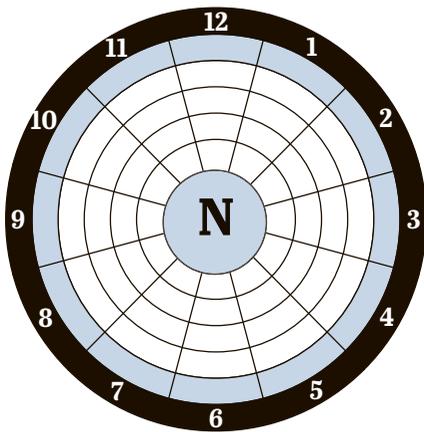
4	5	9	1	6	8	3	7	2
8	3	1	4	7	2	9	6	5
2	6	7	3	9	5	1	8	4
1	8	6	9	3	4	5	2	7
7	4	5	2	1	6	8	3	9
9	2	3	5	8	7	4	1	6
5	9	8	6	2	1	7	4	3
6	1	4	7	5	3	2	9	8
3	7	2	8	4	9	6	5	1

CODEWORD:

1=J, 2=U, 3=H, 4=F, 5=S, 6=L, 7=G, 8=T, 9=W, 10=I, 11=A, 12=Q, 13=C, 14=Y, 15=V, 16=N, 17=B, 18=Z, 19=D, 20=X, 21=P, 22=M, 23=K, 24=R, 25=E, 26=O.
WORD WHEEL:
PERDITION.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter N in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of an American actor.



- Fish
- Tropical bird
- Command
- Clergyman
- Occur
- Form of a word
- Idea
- Fruit
- Source
- Motive
- Bird of prey
- Secure

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 121 gives a type of boat;
1756784 gives a type of boat;
6396193 gives a type of boat.

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

				9	14			11	27	
			8					17		
	13	14			45			9		11
	25									
	11			16				15		
								15		
	13	10		8				13		
	14				9			10		
	7				27				9	
				10						16
			9		4			10		
				15						
			13					12		
			22				4			
			19					8	16	
	15				15					
	14							14		

SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

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

SUDOKU

8		4						1
				4	9			
1		6	7					
		2		8				1
		3		2	7			4
		6		1		5		
					2	4		9
			4	5				
2						8		7

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Wicked, 2 Errand, 3 Sacred, 4 Legend, 5 Eroded, 6 Yelled, 7 Scared, 8 Numbered, 9 Ironed, 10 Placid, 11 Etched, 12 Second.

CELEBRITY: Wesley Snipes.

NINER:

POINTEDLY

KAKURO:

	1	2	8				9	7	
	8	6	9	2		1	5	2	
			3	1		9	4		
			7	3		7	2		
		2	6	9	4	7	8	1	
		4	8		2	4			
	1	3				8	5		
	2	1	5	3		2	3	6	
		6	8	4	9			8	6
						2	8	5	1
						9	6	7	8

SUDOKU:

7	8	1	5	3	9	6	2	4
6	5	2	4	8	7	3	9	1
4	3	9	6	2	1	5	7	8
1	6	5	9	4	2	8	3	7
9	2	8	3	7	5	4	1	6
3	7	4	8	1	6	2	5	9
2	9	6	7	5	8	1	4	3
8	1	3	2	9	4	7	6	5
5	4	7	1	6	3	9	8	2

SPLIT DECISION:

Z	E	B	R	A
O		R		R
O	Z	O	N	E
M		O		N
S	A	M	B	A

LEADER LIFE

* Fashion, Beauty, Health, Fitness and more from Limerick's Best Columnists



A Day In My Shoes

Brendan Ring

CEO Cliona's Foundation and MD of Cube Printing

Man on a charitable mission

What time do you get up?

All depends on what's on for the day but usually around 7am.

What is your normal breakfast?

Porridge, eggs and Pro Argi 9+

Do you go for a walk or to the gym before/after the office?

I train before work 2/3 mornings week and in the evenings for the rest of the week.

You arrive at office at what time?

No set time usually, depends on the first meeting time.

What are your first duties?

Check my emails and always

look to see how our sales are performing.

How many cups of coffee/tea would you drink a day?

Usually two - try to limit it to that.

What is normal lunch - do you have a favourite place?

I like chicken so will always take that option with veg and carbs. I enjoy Morrison's and like to get into Bobby Byrne's when I have time to get to town.

Do you have many meetings during the day?

I tend to find myself going from one meeting to another but that's good with me!

What time do you finish up at?

I don't have a start or finish

time I do whatever needs to be done. Meetings can be early in the mornings or late in the evenings.

Do you watch much television?

I watch a lot of sport and I have my favourite programmes SKY + is great.

Do you read the newspapers?

Only the sport and business sections at the weekend, I love to read the Leader on Wednesdays.

What do you do to relax?

I love training, a nice meal with a glass of vino always does the trick.

Are you able to leave the office behind?

Brendan on his bike during Kilkee's Hell of the West Triathlon. This year's annual Cliona's Foundation Cycle will take place on August 25

Definitely but I'm passionate about Cliona's Foundation, the charity my wife Terry and I set up after Cliona died - so that's almost always forefront on my mind.

What is a perfect work day?

At CUBE it's always getting that new client and at Cliona's Foundation is hearing from the families we support when a letter arrives in the post telling us that we have made a real difference to some families' lives.

Do you ever 'lose the cool' and if so what would make you annoyed?

I always regret losing the cool so not very often - When I'm misunderstood.

INSIDE THIS WEEK



THERE IS A NIP IN THE AIR

Celia Holman Lee's autumn preview
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BREAKING UP IS HARD TO DO

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RUNNER TO SAVE STATION

Ultra marathon for community radio
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GETTING YOUR BEAUTY SLEEP

Meghann's top tips for restful night
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The PERMA route to finding the happiness in your life



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

D Martin Seligman is a hero of mine. He is an American psychologist who researched two great areas 'learned helplessness' and 'positive psychology'.

Another time I will look at the important findings of 'learned helplessness' which shares insights into depression, however today I am going to focus on Seligman's contribution to happiness.

I echoed Seligman psychology's negative focus on deficits and mental illness and he asked the question what makes people happy? What a great question! Seligman's model of happiness (PERMA) helps us understand these elements and what we can do to maximise each element to reach a life full of happiness.

The PERMA model was designed with five core elements of psychological well-being and happiness. Seligman believes that these five elements can help people reach a life of fulfillment, happiness, and meaning.

P - POSITIVE EMOTION

This element of the model is one of the most obvious connections to happiness. Being able to focus on positive emotions is more than just smiling, it is the ability to be optimistic and view the past, present, and future in a positive perspective.

This positive view of life can help you in relationships, work, and inspire you to be more creative and take more chances. In everyone's life, there are highs and lows, focusing on the lows increase your chances of developing depression, therefore, you should focus on the high and positive aspects of life. There are also many health benefits to optimism and positivity.

Distinguishing between pleasure and enjoyment is important in this element of the model. Pleasure is connected to satisfying bodily needs for survival; such as thirst, hunger, and sleep. Whereas enjoyment comes from intellectual stimulation and creativity, for example when a child learns a new tune on the tin whistle that requires his concentration, she will be beaming with joy and

satisfaction from her effort.

This type of positive emotion is needed, as when someone enjoys the tasks in their lives they are more likely to persevere and battle challenges through creative and alternative solutions.

E - ENGAGEMENT

It is important in our lives to be able to find activities that needs our full engagement. Engagement in the activities in our lives is important for us to learn, grow and nurture our personal happiness.

Everyone is different and we all find enjoyment in different things whether it's playing an instrument, playing a sport, dancing, working on an interesting project at work or even just a hobby.

We all need something in our lives that entirely absorbs us into the present moment, creating a 'flow' of blissful immersion into the task or activity. This type of 'flow' of engagement is important to stretch our intelligence, skills, and emotional capabilities.

R - RELATIONSHIPS

Relationships and social connections are one of the most important aspect of life.

Humans are social animals that thrive on connection, love, intimacy, and a strong emotional and physical interaction with other humans.

Building positive relationships with your parents, siblings, peers, and friends are important to spread love and joy.

Having strong relationships gives you support in difficult times.

Current research shows that pain centers in our brain become activated when we are at risk of being isolated.

This is because, in an evolutionary perspective, isolation would be the worse thing we could do for survival. Think of the boys stuck in the cave in Thailand - being together was critical to all of them surviving.

M - MEANING

Having a purpose and meaning to why each of us is on this earth is important to living a life of happiness and fulfillment.

Rather than the pursuit of pleasure and material wealth, there is an actual meaning to our



Focus on relationships with family and friends by finding ways to connect and enjoy each other's company

life.

Such meaning gives people a reason for their life and that there is a greater purpose to life.

To understand the greater impact of your work and why you chose to the pursuit that work will help you enjoy the tasks more and become more satisfied and happier.

A - ACCOMPLISHMENTS

Having goals and ambition in life can help us to achieve things that can give us a sense of accomplishment.

You could make realistic goals that can be met and just putting in the effort to achieving those goals can already give you a sense of satisfaction when you finally

achieve those goals a sense of pride and fulfilment will be reached. Having accomplishments in life is important to push ourselves to thrive and flourish.

HOW TO APPLY THE PERMA MODEL IN YOUR LIFE

Being aware of the PERMA model is the first step to applying this theory to your life.

Keep referring back to the five elements of the model to help you apply it to each aspect of your life. Remember to think in a positive perspective at home and at work.

Find the things that make you happy and can make you fully engaged.

You could even put goals to achieving more and challenging

yourself in the activities you enjoy.

Focus on your relationships with your family and friends by finding ways to connect and enjoy each other's company.

Then go for it, seek meaning an engagement in your life and what gives you a sense of purpose. To me its meaning and engagement is like a dynamo that will sustain your happiness.

*** Dr Eddie Murphy is a clinical psychologist, author and mental health expert. To contact him, call 087 1302899 or go to www.facebook.com/dr.eddie.murphy.psychologist**



HEALTHY LIVING

EVA HILL HAMILTON

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Just beet It!

WHEN I mention beetroot, most people think of the awful pickled stuff in the jar and say "No thank you". But this humble root vegetable with the most gorgeous colour is a wonderful healing food and delicious when prepared the right way: eaten either raw, grated into salads (if you buy organic there's no need for peeling, just make sure to wear a rubber glove!), baked, boiled into a soup or roasted.

I recommend it to everyone due to its many health-giving benefits.

DID YOU KNOW?
Beetroot is a hangover cure. Betacyanin, the pigment that gives beetroot its color, is an antioxidant

Beetroot juice is renowned for being a great liver cleanser. It contains bio-available vitamin C and manganese needed for the production of endogenous antioxidant Superoxide-dismutase, and enhances the endogenous production of Glutathione, both needed for proper detoxification and cellular repair. It is often advisable to use just a small amount of beetroot juice mixed with other vegetable juices so as not to push the body into detoxifying too quickly.

Beetroot is also believed to regenerate the cells of the

immune system, build and purify the blood, balance sex hormones and improve the circulation. Its betaine content make it a wonderful digestive aid as it increases stomach acid levels, thus helping digestion, improving reflux caused by too low acid levels, and prevent hiatus hernia. It can relieve some types of constipation and as most vegetables, it is perfect for alkalizing the system.

Beetroot contains antioxidants that can help reduce the oxidation of LDL cholesterol which could lead to damaged artery walls and ultimately heart attacks and strokes.

Its Betaine and folate content responsible for recycling homocysteine, a dangerous byproduct of normal metabolic processes that lead to cardiovascular diseases when elevated levels are not addressed. It lowers cholesterol and protects liver



Beetroot juice is renowned for being a great liver cleanser

against fatty deposits. Anthocyanidins are the antioxidants found in beetroot that help in the

synthesis and protection of collagen – the structural support for blood vessels, they are also potent

anti-inflammatory agents and smooth muscle relaxants – further helping the cardiovascular system.

LIMERICK LEADER

For news and reviews, go online and check out our new **MOTORS** section.

www.limerickleader.ie



POSITIVE PARENTING



Top Tips

For easing the discomfort of teething

When your baby or toddler morphs into a small vampire and everything is fair game for a bite, its good have a few tricks up your sleeve.

Pressure

Use your clean finger or a damp, clean muslin cloth to apply gentle pressure to the gums

Teething aids

Keep teething aids (rings, rubber spoons etc.) in the fridge to cool inflamed gums

Frozen fruit/veggies

Frozen fruit or veggies (put in mesh for younger babies) can numb sore gums, and have the added benefit of introducing new tastes. Double-jobbing is always a plus!

Dry the drool

We are often so focused on the discomfort inside the mouth, we can forget about the chafing and irritation that comes with a teething rash. Pat your baby's chin gently and often with a soft cloth, and apply a barrier cream when drooling becomes fast and furious

Pain relief

There are times (think 4am, when a banshee-like sound wakes the house) when teething can make your baby feverish and quite miserable. An appropriate dose of baby paracetamol or ibuprofen will provide relief in those cases, where all of the above don't

Empathise!

'Cranky' or 'off-form' are the most common descriptions of teething babies and toddlers. Bear in mind how you feel when you have are in pain; you probably want equal doses of relief and sympathy. So, go heavy on the hugs when your small vampire strikes.



Breastfeeding might all be new to you but the payoff is tremendous so invest some time and thought into supporting its ongoing success

World Breastfeeding Week

The Importance of Supportive Partners

The benefits of breastfeeding are both immediate and lifelong – it provides on-tap nutrition as and when baby needs it and creates the building blocks of brain development and immunity that will carry your child through life. The fact that something is natural doesn't mean that it comes naturally or is easy and breastfeeding is no exception. It takes practice and persistence and, more importantly, it takes support. If your partner, friend or relative is breastfeeding, there are a few things that you can do to make things a little easier for her. Some of these tips are also worth bearing in mind when you're sitting beside a breast-feeding mum in a café.

Sometimes all she might need is an understanding smile or a nod (rather than the downcast eye because you think looking in her direction could be perceived as creepy or rude!).

It's worth having a discussion before the baby arrives about what the expectations are. If your partner intends to breastfeed, she will be doing all the night feeds to begin with so talk about what you can do. By bathing baby every evening, for example, you will have some one-on-one time with them and your partner can take a nap. Plans made in advance usually run more smoothly than those made during periods of major changes and sleep deprivation! After baby has

fed, if he needs to be winded or changed, that could be where you offer to step in. Never under-estimate the value of doing what seems like a mundane task or enabling your partner to have free hands, even if only for a few minutes. Acknowledge that it's a tough job but she's doing it brilliantly. It may seem like a moot point but when you're bleary-eyed from tiredness and your body feels like it belongs to someone else, the smallest amount of praise can really spur you on.

Have a think about the physical things you can do for your partner or friend too. Keep her topped up with fresh water (think hangover thirst on a hot

day – that's how much hydration a breastfeeding mom requires), healthy snacks, comfortable pillows and within reach of TV remotes, books etc.

Look up what you don't understand – a quick google search can often yield a new insight when you or your partner are feeling a little overwhelmed.

Breastfeeding might all be new to you but the payoff is tremendous so invest some time and thought into supporting its ongoing success.

For quality-assured information on breastfeeding, log on to www.breastfeeding.ie and www.loveparenting.ie



FIT4LIFE

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Staying motivated through injury

STAYING motivated to live a healthy lifestyle when you are out of action or recovering from an injury can be tough. It's that "all or nothing" mentality that can get to you and make you feel like "what's the point" of maintaining your healthy eating routine or healthy mindfulness habits. The key to making sure you stay motivated to live your best life through an injury or time away from exercise, is to manage all the other factors that contribute. Here are some tips.

GRATITUDE

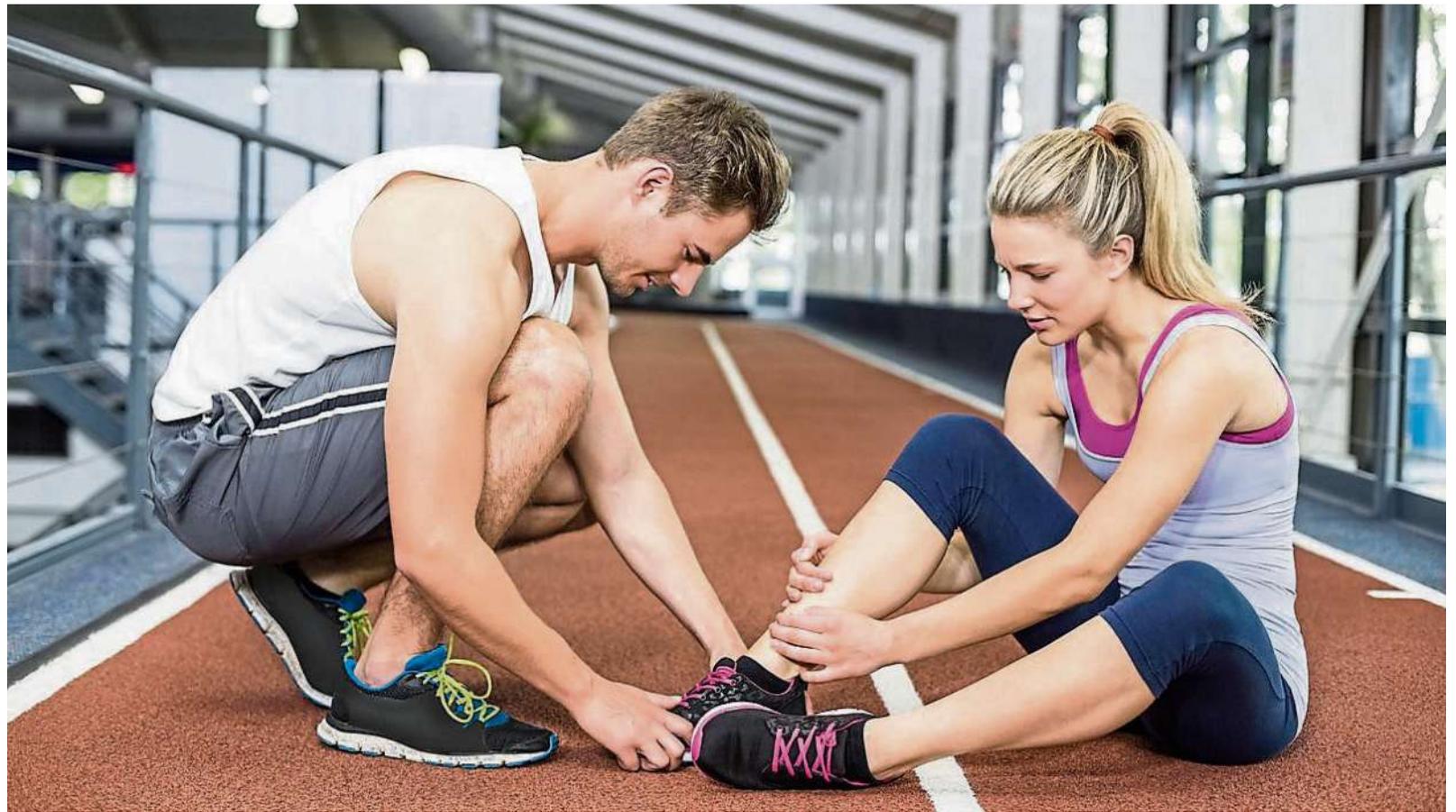
Make a list daily of at least three things that you are grateful for. This not only keeps you focused on positives that can be easy to forget during a time when you feel things aren't going your way. It also highlights your other strengths, that don't have to be physical, but instead things you feel blessed with in your life right now.

FOCUS ON WHAT YOU CAN CONTROL

An injury is out of your control. Ask yourself what can I do about it? Some things you can control include following a rehab programme, taking rest or what ever advice your Physio, doctor or trainer has issued you. Concentrate on those things and let go of the others that are out of your control.

SET GOALS

Goal setting is something that can be done at any time whether nursing an injury or not. Set some recovery goals for yourself to follow



You can't worry about things you can't control: If you are injured you are injured trying to keep up your usually routine may make things worse

as you get back to your best. Aim to drink more water to flush out toxins, aim to set aside time daily for rehabilitating exercises or stretches, aim to research a pilates or yoga class that might help with your rehabilitation. Don't stay "stuck" and feeling sorry for yourself. Set your recovery goals

and they will go a long way to ensuring you stay motivated.

EXPLORE YOUR OTHER HOBBIES

Now is a great time to dedicate time to some of your other interests and hobbies. Don't lay about feeling sorry for yourself. Read, pick up a book you've been meaning to get

through. Study, there are millions of articles and sites that can take you through information on things you are interested in or passionate about. Knit, sew, draw, the list of possibilities is endless. And keeping your mind occupied will do wonders for your thought patterns too.

I hope you could take a little something from these tips. As always with any injury time and rest is absolutely necessary but staying on top of your thought processes and not allowing the down time to eat at you will go a long way to having you back on your feet as soon as possible.

Healthy Recipe

Acai bowl

What You Need

250 grams frozen strawberries
 2 frozen sliced bananas
 4 tablespoons acai powder
 240 ml unsweetened almond milk (or milk of choice), plus more as needed
 2 tablespoons nut or seed butter
 1/2 to 1 tablespoon honey

Toppings

Sugar-free Granola
 Coconut Chips
 Chia Seeds
 Banana Slices
 Strawberry Slices

What To Do

Add the frozen fruits, acai powder, almond milk, nut or seed butter, and honey



to a blender. Blend until creamy and smooth, adding extra almond milk as needed to get the blender running. Aim for a frozen-yoghurt consistency

Spoon the acai mixture into bowls and top with toppings of choice.

Moore2Life

What I'm loving this week

Near To Nature

A fab Limerick company is now producing some healthy on-the-go snack bars. This week Near To Nature based here in Limerick sent

me some samples of their products which includes three delicious flavours: Turmeric Bar with Cinnamon, Hemp Bar with Coconut and Cocoa Bar with Pecans. The company use 100% whole natural ingredients and no added sugar. For more see www.near-tonature.ie



GO You Project At Go Gym

We at Go Gym Limerick are all super proud of the participants in our recent Go You Project. Over six weeks we had nine men and women give us 100% effort with their training and nutrition - focusing on breaking bad habits, creating good habits and aiming to dedicate the time to becoming the best versions of themselves. We believe that when you focus on living the healthiest lifestyle you can, everything else will take care of itself. The results were unbelievable. To see more visit us on Facebook or Instagram @GoGymLimerick and stay tuned for our next GO You Project announcement





STYLE & FASHION

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I'm sad to say but it's almost time to be thinking of coats again, and this round neck mid-length jacket from Oxendales is ideal for the autumn PICTURES: ILOVELIMERICK



This blue maxi with grey stripe V detail would be very stylish at a wedding



The denim jacket is the perfect layer to add an edge of off-duty cool to any outfit, as seen here with this dress, also from Oxendales

Click, save and feel confident

AS the summer rolls on it's the perfect time to reflect on your look, Oxendales.ie new season will help you look great and feel confident whatever the occasion. With Oxendales.ie you can discover inspirational new styles and beautiful fabrics all in flattering colours and prints.

Everything is carefully selected when it comes to the collections with beautiful details and exceptional quality to help you add a touch of glamour whatever the occasion. That's why you'll find gorgeous fashion in figure flattering designs, with extra touches like embroidery, appliqué and beading.

Oxendales.ie are dedicated to ensuring you have the perfect fit from head to toe and their size range guarantees you'll feel comfortable whatever your choice.

Why not treat yourself to something amazing today.



Team a little bomber jacket with jeans for a relaxed weekend look!



This navy outfit from Oxendales with a splash of burnt orange has almost a royal quality to it

CELIA SPOTTED

Looking good out and about in Limerick

Name: Kathleen Horgan
From: Clonlara
Occupation: Teacher

I love to follow fashion, lifestyle and travel blogger Louise Cooney. I love her style and I would be inspired by her Instagram account. Louise does a lot high street stuff that's very affordable and she's really great at putting it all together.

Zara and Penneys are my two favourite stores to shop in. Zara would be my favourite out of the two - they always have new stock coming in and they're all very affordable.

CELIA SAYS

Dress from Penneys:

This light and breezy baby blue summer dress is absolutely gorgeous on Kathleen. The puffed out sleeves with floral detail and the soft pleated hemline make this dress a real summer winner!

Handbag from Zara:

Kathleen has opted for a chic clutch bag with chain strap in a gorgeous deep cherry colour which brings out the floral detail on the sleeves perfectly.

Shoes from Zara:

Tan is such a great colour when it comes to shoes and accessories. It is such a neutral tone it goes with almost anything outfit. These flat shoes are really gorgeous with Kathleen's bronzed skin.

Sunglasses by Ray-Ban:

Ray-Bans are the epitome of cool. Since the company was founded in 1937 Ray-Ban has been the sunglasses of choice for artists and celebrities alike. The round frames on this pair sported by Kathleen are very edgy and are ideal for the shape of her face.



Look out for Celia's 'My Week' column in the Limerick Leader every Thursday

Bit of a Do

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Getting over a breakup: Part 2

Following on from last weeks “Getting over a breakup Part 1”, here are some of the best tips and pieces of advice that I could give a guy who’s going through a bad breakup. A lot of these tips will also apply to women but this article is mostly for guys so it’s going to be a little more male orientated.

BUILD A NEST

If a breakup has meant that you’ve needed to find a new place to call home then make that home a “nest” for yourself. Stock up on groceries, hang a painting on the wall, buy an indoor plant and sort out all the stuff you’ve had to bag up and take from your former home. Guys often put these things on the long finger for various reasons, such as they fear it’ll make them feel worse or they lack the motivation because of the breakup. Tearing into it will likely make you feel better and leave you with a welcome sense of achievement when it’s done. Your new gaff needs to feel like an emotionally warm safe space and not a long to-do list.

THE PURGE

I was a little on the fence as to whether or not to include the infamous media purge as there are differing schools of thought on the subject. I guess it really depends on the breakup and the person but if you’ve escaped a particularly toxic relationship or you have a lot of anger and resentment towards your former partner then perhaps you should think about ‘The Purge’



Don't be afraid to talk: Patrick suggests a problem shared is a problem halved

or the “She-Tox”. This usually entails deleting and blocking them on social media, deleting their phone number so you don’t feel compelled to phone or text them when you’ve had a few, changing your Netflix password and removing the shared account,

deleting old texts and deleting photos from your phone (especially the naughty ones – don’t be a dick and show them to your friends). Remember though, you might not always feel like this and you might even get back together with this person so consider temporary or

reversible measures rather than permanent ones.

HAVE A BEER WITH THE LADS

Social contact is important for helping with loneliness so summon your circle of friends and have a few beers. It’s good to plan activities so that you’re not spending multiple nights in a row alone at home. And a few beers is a few beers. Bare in mind that alcohol is a depressant and having a hangover will make you more irritable and less likely to exercise and do healthy activities.

DON'T TRY TO READ MINDS

There’s a tendency among men to think that people will judge you for having had a failed relationship or for still being single at a certain age. This is often not true or greatly exaggerated. I say this even though I’m guilty of this thinking myself but it’s important not to let it hijack you to the point that you are constantly explaining to people why the breakup wasn’t your fault because you’re inaccurately guessing what they’re thinking about you.

GET A MASSAGE

Not the “happy ending” kind, the regular kind. Get a relaxing massage every few weeks because it will do your mind and body the world of good and because physical touch is irreplaceable.

TALK ABOUT IT

You don’t necessarily need to burn the ear off your friends – because as I alluded to, you don’t want to become the pothole of the group – but a little can go a long way. A few sentences over a game of FIFA is good but an in-depth conversation with a close friend is even better. Chances are you know someone who’s been through this already so finding out how they coped and how their feelings changed over time could help you get out of a particular phase or rut. If you’re not really on this level with any of your friends or you’d be too embarrassed to broach the subject then talk to a counsellor. As we’ve seen, internalising it and bottling your feelings leads to increased feelings of shame, embarrassment and loneliness. Counselling is completely confidential no nobody need know except you.

GET SOME SLEEP

Where there are feelings of



Bare in mind that alcohol is a depressant and having a hangover will make you more irritable

rejection and hurt there are often sleepless nights. Sleep deprivation will make you more irritable and emotional than you’d normally be. If you’re experiencing trouble sleeping or waking at the wrong times then try getting up and going for a 30 minute walk and then going back to bed when you come home. If sleeplessness persists then speak to your GP.

REFLECT

As I’ve said, I have found that reflective writing has been very helpful in getting through my breakup but I know that writing isn’t for everyone. The simple act of thinking about the breakup can boost your recovery. Reflecting is not obsessing so try to limit it to 10 mins per day where you run through the reasons things didn’t work out and what positives you can take out of it. If you have to run through all the things she did that annoyed you then so be it but don’t get bogged down in the negative stuff.

EXERCISE

While it might be hard to motivate yourself after a bad breakup, exercising can help you feel better because it’ll boost endorphins (pleasant-feeling chemicals released by the brain). So play soccer/rugby/GAA or join the gym. I have an excellent Tongan personal trainer that I can recommend.

GET BACK OUT THERE

If you’re ready, talk to other women. But not about your ex. They say the best way to get over someone is to get under someone else. I’m not sure if I’d necessarily put it like that but nine times out of ten, finding a new meaningful relationship is the best way to get over a previous one. But remember the words of Elvis Presley – only fools rush in.

Look of the Week Sexton for Men

My look of the week is from Sexton for Men on Thomas St and Gatsby for Men in Newcastle West. Here, I’m wearing a Benetti blazer, A Benetti slim fit shirt and tie, a Benetti waistcoat and trousers and Brent Pope shoes. Benetti are just two of the amazing brands that Sexton’s and Gatsby have in store so pop in to the lads and check them out along with all the other amazing brands on offer. Photo by Paudie Bourke.



Watch This Space Boss bottled

A few weeks ago the good folks at Hugo Boss sent me some of their fragrances to try. The one I was most excited about getting was not a new fragrance or a flanker, it was simply a classic. There are hundreds of great men’s fragrances out there, but truly classic ones are a rare breed. They survive fads and fashions to achieve iconic status and meet the demands of every man. Boss Bottled is one of these classics. With its soft,

sensual vanilla note, deep, masculine woody base notes and the crisp, juicy apple note for which it’s most famous, it has become a permanent fixture on global top ten best-sellers lists. Mass-market but sophisticated nonetheless, it’s the encapsulation of Boss’



renowned elegance, luxury and style and its enduring popularity has made it that rarest of things: a true ‘contemporary classic’. You’ll find Boss Bottled in Boots, Debenhams or the Perfume Shop for around €60.



**SATURDAY 25th
August 2018**

11th ANNUAL Charity Cycle

in association with



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Family / Leisure Cycle 40km
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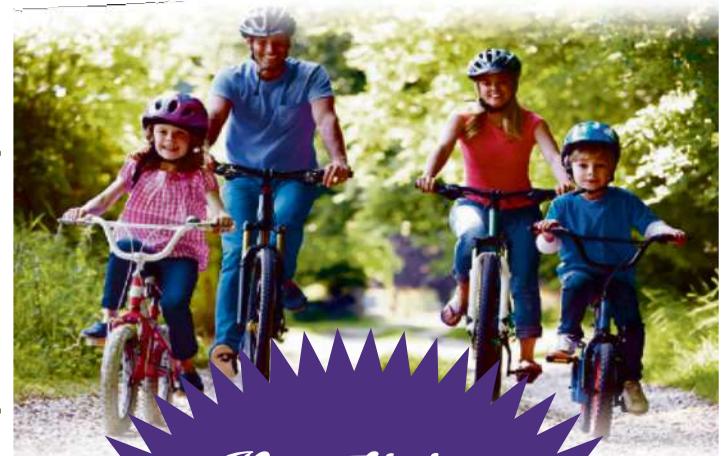
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Help save Community Radio by supporting their ultra marathon

LIMERICK City Community Radio (LCCR) is a volunteer based not for profit community radio station for Limerick City and its environs on air seven days a week and they are asking the people of Limerick to help save the station.

Their landlord has told LCCR that they can no longer use the premises they currently occupy at Presentation Court in Sexton Street as they are putting the building up for sale and will have to vacate in August. This puts LCCR in a bad situation, as they need funds for a planned move. So, to help save the station, Patrick Mercie, a radio presenter at the station will run seven ultra-marathons in seven days.

An ultra-marathon is anything over 42.195km and Patrick will run an ultra-marathon of 50.75km around Limerick City every day this week starting at 8 am each day at LCCR's current premises at Presentation Court. Patrick has completed 110 marathons to date but has

never attempted seven ultras in seven days.

Patrick has been a presenter for a number of years along with roughly 40 others says that it is so important to save LCCR because "it is a community radio, meaning that everyone involved in it volunteers and have to work other jobs and that they are open to any organisation, business or event can feel free to come on the radio to promote themselves or their event without any charges and it is completely community based."

The total mileage is a whopping 220 miles over seven days and LCCR are looking for people to donate €10 per mile and for a corporate sponsor to cover costs of €750. LCCR badly needs these funds, their move is expensive as the new premises will need to be fitted for the radio station. Patrick urges anyone who can donate to contact info@lccr.ie or get in contact with him by messaging him on his Facebook page 'Patrick Mercie' and he will direct donators from there.



Patrick Mercie is set to undertake seven ultra-marathons in seven days to help save Limerick City Community Radio

Ododo to focus on mental health

ODODO is a social enterprise that was developed by Catherine O'Brien, a special-needs teacher and the purpose of Ododo is to improve the mental health of parents of children with special needs so that they can be happier, healthier and better able to cope with life and their families

Talking about why she chose to develop Ododo, Catherine explained: "When I was working as a teacher a lot of parents came to me. They were very stressed and had difficulty in getting information. There is little knowledge for parents and families of children with special needs. They need to

fight for everything to get something. There is a lack of resources in this country for the mental health of parents themselves and the families, not just for children."

Ododo was able to get their feet off the ground with the help of BNest, the first dedicated Social Enterprise Incubator Programme in Ireland, which caters to all types of organisations from non-profits to community enterprises to businesses with a social conscience. BNest offers a six-month peer programme at no cost to participating organisations and is

dedicated to helping businesses that want to make a social impact.

Catherine took part in the BNest incubator programme last year with a vague idea of the project that she intended to work on but BNest helped her to build up the programme. "I had nothing concrete," said Catherine, "When I went to BNest, everything was stripped away and it was built up from not what I did but how I did it and why I did it. So I started to focus on the reason of doing it."

BNest provided her with sufficient support, knowledge, and care during the establishment of Ododo,

and they continued supporting her after the programme was completed.

Catherine said her ultimate goal is for "parents to be able to be the best advocacy for their children. I want to start conversations on the mental health of families with special-needs children as well as to get more people in tune with what's going on."

You can apply for the BNest peer programme now but closing date for applications is August 15. The BNest Social Enterprise Incubator Programme 2018/2019 begins September 7, 2018. Apply at www.bnest.ie/apply



Pictured at the BNest 2017-2018 incubator programme graduation ceremony Eamon Ryan, founder BNest, Gert O'Rourke, UL Nexus Innovation Centre, Kasia Zabinska, BNest, BNest graduate Catherine O'Brien from ODODO, Carmel Fox, Ballyhoura Development Company and Emily Duffy, inventor of the Duffly Bag. Closing date for applications for the 2018/2019 programme is August 15

PICTURE: SOPHIE GOODWIN/ILOVELIMERICK

THINGS I ♥ THIS WEEK

COMMUNITY WORKSHOPS

Sustainable energy workshop ticks all the right boxes

LAST week, Tait House Community Enterprise in Southill hosted an important Sustainable Energy Communities workshop in conjunction with the Sustainable Energy Authority of Ireland (SEAI). The aim of the workshop was to bring communities together through SEAI energy projects in order to educate people within the community in various ways that they can create energy savings.

The Sustainable Energy Communities is a network of over 130 communities around Ireland who are interested in community energy. Some members such as Tait House have been influencing local energy use for years

Communities can achieve many benefits by contacting or joining an SEC, such as lower energy bills, improve public well-being, boost local employment, build energy knowledge and skills and contribute to national emissions targets.

"Tait House is a not for profit social enterprise and we deliver thermal upgrades and retrofitting projects in domestic and commercial projects across Limerick City and County and we are the only community-based organisation within Limerick delivering under these programmes," Tracey Lynch, CEO Tait House tells me.

Gearóid Fitzgibbon, an SEAI spokesperson



Senator Maria Byrne, Tait House CEO Tracey Corbett Lynch and Mihai Bilauca, Limerick City and County Council pictured at Tait House

PICTURE: BAORYAN ZHANG/ILOVELIMERICK

under the Warmer Homes project.

The Sustainable Energies Communities Programme is a project that has been running for the last year and has educated and helped people within communities to gain better heating and insulation for their homes or local buildings and in return reduce the use of fossil fuels across the country.

The SEAI provide plenty of funding and tech advice.

commented,

"Over the last five years, over 2000 homes in Tipperary have been made warmer and better insulated and we want to see the same impact on Limerick. Each year there are thousands of homes made warmer and people saving money on their energy bills and we want to increase that. That's the difference it makes, people are living more comfortably in their home, living better and saving more money."



Experts in the fields of sports, science, engineering, and medicine were given a special briefing in Limerick's Medieval Quarter as part of the Conference Ambassador Programme PICTURE: OISIN MCHUGH/TRUE MEDIA

Shannon Region to bring conferences to city

FÁILTE Ireland and the Shannon Region Conference and Sports Bureau have joined forces to recruit academics in Limerick and Shannon to bring more international conferences to the area.

Last week, experts in the fields of sports, science, engineering and medicine were given a special briefing in Limerick's Medieval Quarter on how they can help to bring more major international events and conferences to Ireland through Fáilte Ireland's Conference Ambassador Programme – a unique initiative which supports individuals and experts who want to host an international conference in Ireland.

The tourism development authority has already worked with the Shannon Region Conference and Sports Bureau to bring major conferences to the region worth

€4.5million this year alone.

In another win for the Programme, Professor Elfed Lewis from UL has attracted the IEEE Internet of Things Symposium to Limerick, bringing 1,000 delegates to the city in 2019. Karen Brosnahan, Shannon Bureau Manager, tells me:

"Over 80% of international business coming into the region is attracted through the conference ambassador programme. Ambassadors are hugely important in sourcing and winning this lucrative tourism business for Limerick. Fáilte Ireland's support really helps shoulder some of the financial costs associated with bidding for international business, while the Bureau is on hand to offer practical advice from the start to end of the bid journey." For more info visit

www.conferenceandsportsbureau.com.



*Love to all,
Richard x*

HEROES OF THE WEEK

Corbett cyclists

Five Limerick men will take on the cycle of a lifetime this week from Munich to Rome in aid of Corbett Suicide Prevention Limerick. The five men, Eimhin Prendergast, Rian Murphy, Conor Carmody, Jack Scanlan and Gearóid Mahon have set up a GoFundMe page where they are asking for donations for Corbett Suicide Prevention Limerick who patrol the bridges of Limerick on Sunday, Wednesday and Friday evenings. Well done lads! See www.gofundme.com/munich2rome.



Pictured are Eimhin Prendergast, Rian Murphy, and Conor Carmody, three of the five members cycling from Munich to Rome in aid of Corbett Suicide Prevention Limerick



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Limerick Ladies make semi-finals

I played in the tag rugby regionals last weekend in Dublin. We, the Limerick Ladies Open team, made it to the semi-finals of the tournament losing to Dublin. It was a great experience with a great bunch of people.



Blast from the nineties past

Nineties pop group All Saints are back together and have dropped a brand new album Reg Flag. It's a mix of their old style of music with a modern twist.



Off to the races!

The Galway races are on all this week finishing on Sunday in Ballybrit race course. Tomorrow is the biggest day on the calendar as it is Ladies Day. If you are making the trip be sure to plan ahead and give yourself plenty of time to make it to the track.

How to get a good sleep

I have found that since the heatwave, I've been sleeping so badly. I'm tossing and turning, too hot and too cold. An interrupted sleep is effecting my day and I found myself napping on the sofa when I got home from work. I never nap as I find it can also effect my sleeping pattern.

I've decided to put my sleep first and get the eight hours I need to be productive and energetic. If you have children home on school holidays you may find their sleep pattern is completely changed and with mere weeks left in the holidays, it is time to get back on track.

FRESH SHEETS

There is nothing more comforting than freshly washed sheets on the bed. The sensation, the smell and everything about it has a way of making one self happier going to bed. I change mine on a regular basis so I have this sensation more often than not and it works.

PHONE CURFEW

The phones can be the biggest culprit when it comes to sleeping. Checking Twitter, looking at Instagram and even checking it if you wake in the night. I have a rule that my device is turned over an hour before bed and put on sleep mode meaning it does not make a sound when a notification arrives. I noticed lately I slipped up on this so I am being extra conscious about it going forward. For children, this is particularly important.

LAVENDER

I've always been a champion of essences and lavender is my favourite. I sprinkle a few drops on the bed before I get into it. Reports suggest that aromatherapy has a



There is nothing more comforting than freshly washed sheets on the bed

calming effect and reduces stress levels.

AROMATHERAPY MIST

If lavender isn't for you then there are aromatherapy mists you can get in any health shop that you can spray on the bedding or around the room. I use a stress busting mist that also has a calming effect.

CHAMOMILE TEA

A cup of herbal tea before bed always helps to unwind. The warm

liquid and the herb infusions make a great combination that can help one relax and leave you feeling sleepy.

WRITING

I always keep a pen and paper beside my bed as I find writing a great source of comfort and relief. It helps just to jot down your thoughts of the day or whatever it is that is on your mind. It has great benefits and can help clear your mind before bed.

READING

Sometimes a good book can do the trick of helping you to fall asleep. Reading the small font on pages always seems to send me to sleep even if it is a thrilling and compelling book. I also have a one chapter a night rule.

LIGHTING

I always leave my lighting in my bedroom dimly lit as I find it helps me to relax and prepare for sleeping.

Lovely hurling

WHAT an incredible weekend of hurling. Limerick have secured their spot in the All-Ireland Hurling Final. The game against Cork went to extra time but it was the Treaty county that pushed on in extra time and won 3-32 - 2-31. The atmosphere around the city has been palpable ever since.

Meanwhile, on Saturday neighbours Clare took on the reigning All-Ireland champions Galway. The game went to extra time as neither team could get ahead. It ended in a draw and will be replayed

on Sunday in Thurles at 2pm. I have my ticket purchased and will be making the trip to Tipp.

The All-Ireland hurling final will take place on August 19 in Croke Park when Limerick will have a chance of taking the Liam MacCarthy to the mid-west. I spoke to Councillor Daniel Butler, Metropolitan Mayor of Limerick, on Fully Charged and he said they are looking into erecting a large screen in Limerick city for the match as not everyone will be able to travel to Dublin.



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HOLIDAYS GENERAL

TRAVEL COMPANION

required. I am going to St John of Gods in Brazil for healing in October 2018. I would love and appreciate a travel companion. If interest please contact box number Rli 3012545.

FAMILY ROOM

2 double beds. 4min walk from Kilgarvan village, Co Kerry €35pp. Phone 089 4390152

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CHILDMINDER WANTED

to mind kids in your home and childrens own home. Afternoon and evenings. Ballyhahill area. For more information contact 0863084310

FARM WORKER

Required. Must be able to milk cows, drive tractor and general farm work. Reply with contact information to Box Number RLI 3012614 c/o Limerick Leader, 54 O'Connell Street, Limerick.

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GERALDINES A.F.C.
 WEEKLY LOTTO DRAW HELD ON 30/07/18

This Week's Jackpot: €3,000
 No's: 7-9-16-27
 Lucky Dips: James Hannon c/o Square Bar, Joe Fitzgerald c/o Ger Fitzgerald, Mike Kirwin c/o PRO

Promoters Prize Dave Connolly and Joanne O'Callaghan

Next Week's Draw held 6/08/2018
 Next Week's Jackpot: €3,100

ST. MARY'S R.F.C.
 Lotto Draw held Monday 30th July 2018
 Winning Numbers: 2-5-17-19
 No winner

4 Winners €40 each: Ger Noonan c/o Portleys, WFunwell c/o C Cosgrave, Mike Reid c/o Gate Bar, Erin Cosgrave
 Next weeks Jackpot €2350

Draw will take place in Clubhouse on Tuesday 7th August

PUBLIC NOTICES

AN CHUIRT DUICHE (The District Court)
 District Court Area of Limerick
 District No. 13
LICENSING ACTS 1833 TO 2011
THE LICENSING (IRELAND) ACT 1833
 SECTION 6
As Amended by Substitution in the First Schedule to the Courts (No. 2) Act 1986
INTOXICATING LIQUOR ACT 1960
 SECTION 29
THE DISTRICT COURT RULES 1997
 ORDER 79
NOTICE OF APPLICATION FOR CERTIFICATE OF TRANSFER OF LICENCE
Padraic O'Grady
Applicant
Stritch's Bar, Clonlara, County Clare
Name of Premises

TAKE NOTICE that Padraic O'Grady whose place of abode is at Derryfadda, Clonlara, in the County of Clare being the holder of an Ad-Interim Licence intends to apply to the Annual Licensing District Court on the 27th day of September 2018 at Limerick District Court at Mulgrave Street, at 10:30am in the forenoon for a Certificate by way of transfer entitling the Applicant to receive Ordinary Seven Day Licence in respect of the premises known as Stritch's Bar and situate at Clonlara, County Clare in the Court area and District aforesaid, and heretofore licensed in the name of Patrick Stritch.

Dated this 27th day of July 2018
 Signed: D.J. O'Malley & Co.
 Solicitors for the Applicant
 9 Glentworth Street, Limerick
 District Court Office,
 Mulgrave Street, Limerick

And to: The Superintendent of the Garda Sióchána
 Henry Street, Limerick

And to: The Fire Authority
 Limerick City & County Council
 Fire Services, Dooradoyle, Limerick

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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES



† MARKHAM

(18th Birthday Remembrance)

In loving memory of a dear son Ronan Markham, late of 36, Smith O'Brien Ave, Kileely, Limerick whose 18th birthday occurs on July 29th and also his 18th anniversary which occurs on August 14th.

Put you arms around Ronan Lord

Don't leave him on his own
For it is his Birthday
And we know he can't come home

His resting place we visit
Flowers we place with care
But no one knows the heartache
As we turn and leave him there
Quietly today your memory we treasure

Loving you always forgetting you never
No length of time can take away
Our thoughts of you from day to day

Sadly missed and always loved from Mummy, Daddy, Claire and Emily xxx

Your one of heavens Angels now
A perfect little star
And when you shine, the world can see

How beautiful you are
And though are hearts are broken

And your life was far too short
We thank you sweetest angel
For the happiness you brought
Loved and missed always, from Auntie Marian, Andy and kids xxx

Somewhere beyond the sunset
Where loved ones never die
You sleep in a beautiful garden
Beneath a golden sky
Though heaven and earth divide us

We are never far apart
For you are always in our thoughts

And forever in our hearts
Loved and missed always from Uncle David, Louise and kids

It doesn't take a special day
To bring you to our minds
A day without a thought of you

Is very hard to find
Just like the sweetest Rose
Your petals fell too soon
But the love you planted in our hearts

Will never cease to bloom
May you always walk in sunshine

And God's love around you grow
For the happiness you gave to us
No one will ever know
Loved and missed always from Nana Margaret xx

Wishing you a happy 18th birthday Ronan

Grandson

Forgive me Ronan if I still cry
I never wanted you to die
It broke my heart to let you go
But with me you could not go
I put you back into your cot
As I turned my back to go
I whispered Ronan I love you so
Love and kisses always from Nana Vera and Tommy xxx

Gentle Jesus up above
Give my nephew Ronan all my

BIRTHDAY REMEMBRANCES

love
Love and kisses always from uncle Ken xx

A date that's filled with sadness
Returns to us today
To mark the day you left us Ronan

In such a sudden way
Love you always your godmother Auntie Deirdre xxx



† O'NEILL

(60th Birthday Remembrance)

Birthday Remembrance a beloved brother, uncle and granduncle William O'Neill whose birthday occurs 2nd

August late of South Claughau Road, Garryowen, Mass offered.

In memory of a special brother
Today is full of memories
Of a brother laid to rest
And every single one of them
Is filled with happiness.
For you were someone special
Always such a joy to know
And there was so much pain
When it was time to let you go.
That's why this special message
Is sent to Heaven above
For the Angels to take care of you

And give you all my love.
Happy 60th Birthday from your loving brother Ed, nephews Alan, Edward, Ian, Christopher and niece Yvonne.

Our hearts still ache in sadness
Our silent tears still flow
For what it meant to lose you
No one will ever know
Although you can't be here with us

We're truly not apart
Until the final breath we take
You'll be living in our hearts.
Dearest William to hear your voice
And see your smile
And just to sit and talk to you
Would be our dearest wish today
On this your birthday.

William thinking of you today
and always
We will love you forever
Happy 60th Birthday from your loving brother Christy, sister-in-law Sharon, nephews Daniel and Will and niece Laura

There is a family who love you
In a place where you used to be
A family who wanted to keep you

But God willed it not to be.
All our lives we will miss you
Willie

No matter where we go
Forever you will be in our hearts
Because we loved you so.
A beautiful nature, a heart of gold

Your loss to us can never be told
No words we write will ever say
How much we miss you day by day

Happy 60th Birthday from your loving sister Mary, nephews Gerard, Edward, David and Shane, nieces Elaine, Jennifer, Louise and Caroline

To our dearest Uncle
The day you were born, earth
received an amazing gift
And the day you died, Heaven
received a very special Angel.
Happy 60th Birthday Willie, always loved, forever missed, Debbie, Derek, Brian and Valerie

BIRTHDAY REMEMBRANCES

There's a little gate marked private

That leads into our hearts
Behind that gate are memories
From which we'll never part.
Till the roses lose their fragrance
Till the heather sheds its dew
Until we leave this world behind
We will never stop loving you.
There is a beautiful star in Heaven

That softly glimmers and gleams
That star is our beautiful brother Willie

The pride and joy in our dreams.
So now he's in your arms dear Lord

Please keep him safe we pray
So we can claim him back again
on the final day

Happy 60th Birthday from your loving sister Noreen, brother-in-law Tom, nieces Mary-Bridget, Teresa and Bernadette

Like falling leaves the years go by
But memories of you will never die

Silent thoughts of times together
Hold memories that will last forever

Those we love never go away
The walk beside us every day
Unseen, unheard, but always near
Still loved, still missed and still very dear.

In the silence of our minds
Where no one else can see
Your voice, your smile, your memory
Is kept so tenderly.

Somewhere beyond the sunset
Where loved ones never die
You sleep in a beautiful garden
Beneath a golden sky

You left me beautiful memories
Your love is still my guide
And though I cannot see you
You're always at my side.

Sadly missed by your loving sister Susan

Happy 60th Birthday Willie
Love Gemma

When I lost you
I wish I could see you one more time

Come walking through the door
But I know that is impossible
I will hear your voice no more
I know you can feel my tears
And you don't want me to cry
Yet my heart is broken
Because I can't understand
Why someone so precious had to die

I pray that God will give me strength

And somehow see me through
As I struggle with this heartache
That came when I lost you
Too dearly loved to ever be forgotten

Happy 60th Birthday Willie From your sister Mena, nieces Lorraine, Karen, Lisa, Denise and their families

Deep is the sorrow
That pierces our hearts to their core

For the loss of a loving granduncle

For whom we'll grieve forever more.

Sadly missed by your great grandnephews and great grandnieces

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. S.O.N

IN MEMORIAM



† COLBERT

(21st Anniversary)

In loving memory of a loving husband, father, grandfather and great grandfather Tony Colbert, late of 115 Vale Avenue, Carew Park, who died August 2, 1997. Mass will be offered.

There never comes a moment
That I don't think of you
Or a single day that passes
That your face is not in view
And when I'm feeling lonely
And tears come to my eye
I think of you at rest
And know I shouldn't cry
So I try to hide my feelings
When people ask me why
And when I shed a tear at night
No one knows but you

Loved and missed everyday by your wife Kathleen, Also remembering our dearest friend friend Paul O'Connor at this time.

It's lonely here without you, Dad,
We miss you more each day,
For life is not the same to us
Since you were called away.

You left me quietly,
Your final thought unknown
But you left us with memories
We are so proud to own.
When we remember your smile
It brightens our day,
And thoughts of your warmth
Seem to smooth our way.
Missing you is heartache
That never goes away;
Though tears in my eyes do not glisten

And my face is not always sad,
There is never a night or a morning

But I think of the father I had.
Miss you and love you lots from your daughter, Majella; son-in-law, Gerry. Also remembering my god father Paul O'Connor at this time.

We lost a grandad with a heart of gold

How much we miss you can never be told.

Your name is always spoken,
We talk about you, Granda
How we miss you and always will.

"Love you, Granda" from your grandsons, Keith, Darren, Craig and great granddaughters xxx

Dad
What I wouldn't give If I could say
I'll go and see my dad today,
To hear his voice and see his smile,
To sit and talk to him for a while.
You laughed with me in good times,
Dad,

You cried with me in sad;
You always went without for me
And you gave me all you had.
You taught me many things in life,
That I would have to do,

But Dad you never taught me,
How to cope with losing you.
To those who have their dads,
Treasure them while you can,
Because I wish with all my heart
I had mine today.

A father is a special gift,
One you think will stay,
You never think the time will come
When he is called away.

Love you always, your daughter, Elaine; son-in-law, Patrick, your grandchildren, Steven, Evan and Patrick, xxxxx Also remembering my friend Paul O'Connor at this time.

IN MEMORIAM

Up in a cloud written in gold,
Is all of my love for you to hold,
A kiss blown up to the sky so blue

Catch it, grandad, it's just for you.

I am doing my best,
I hope you can see, to be a good granddaughter,
And make you proud of me.

From your loving granddaughter Niamh, Pa, great grandson Jayden and great granddaughter Faith xxx

Sweet is the sleep that heals all pain,

I would not wake you to suffer again,
God took your hand, we had to part,

He eased your pain, but broke our hearts,
No matter how life changes Dad
No matter what we do,
We will always feel blessed and honoured,

To have had a dad like you.
Sadly missed and loved by your son John, daughter in law Pamela grandchildren Andre and Lauren.

Also remembering our friend Paul O'Connor at this time

To Dad:
Time may pass and fade away,
But silent thoughts and memories stay;

No longer in our lives to share,
But in our hearts you are always there.

Thank you, Dad, for the years we shared,

The love you gave and the way you cared.

Sadly missed by your loving son, Brian, grandchildren Robert, Carol, Edel and great grand daughters Abbie and Sophia and great grandsons David and Fionn. Also remembering my friends, Paul O'Connor and Seanie Colbert at this time.



† HOWARD

(55th Anniversary)

In loving memory of our dear brother Michael Howard who died 23rd July 1963 aged 23 years, late of 62 Hennessy Ave, Kileely, Limerick. Mass will be offered on Wednesday 1st August at 10:15am in St. Lelia's Church

Gone from our home so quickly
Plucked like a flower in bloom
So fair, so young, so lovely
Yet taken away too soon.
Memories have such lovely ways

Of bringing back our yesterdays
As you were you always will be
So very special in our memories
Always remembered by your loving family, brother Noel, sisters Peggy, Angela and Nettie in Australia and all their families

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.S.

IN MEMORIAM



† HAYES

(Second Anniversary)

In loving memory of a dear husband, father, grandfather, brother and friend David Hayes, late of 13 Colmcille St., St. Mary's Park whose anniversary occurs 7th August R.I.P.

Mass was offered.
When God was making husbands

As far as I can see
He made a special soulmate
Especially for me.

He made a perfect gentleman
Compassionate and kind
With more love and affection
Than you could ever wish to find.

He gave my darling husband
A heart of solid gold
He gave me wonderful memories

Only my heart can hold
He was someone I could talk to
That no one can replace
He was someone I could laugh with

Till tears ran down my face
Next time we meet will be at Heaven's gate

When I see you standing there
I won't cry anymore
I will put my arms around you
And kiss your smiling face
Then the pieces of my broken heart

Will fall back in place.
Dave, miss you more than words can say

Always loved and never forgotten, your heartbroken wife Maggie and sister-in-law Esther in England.

The moment that you died
My heart was torn in two
One side filled with heartache
And the other died with you.
Remembering you is easy

I do it every day
But missing you is heartache
That never goes away

I hold you tightly with my heart
And there you will remain
Until the joyous day arrives

That we will meet again
Sadly missed, never forgotten your heartbroken daughter Helen and partner Mark

Our lives go on without you
Granda

Things are not the same
It's hard to hide the heartache
When someone speaks your name

All our lives we'll miss you
Our secret tears still flow
Oh how we really loved you
Granda

No one will ever know
Miss you Grandad

Sadly missed, never forgotten your grandson David, his partner Ailish and granddaughters Nicola, Amy and Mollie-Rose xxx

Today is full of memories
Of a brother laid to rest
And every single one of them
Is filled with happiness

For you were someone special
Always such a joy to know
And there was so much pain
When it was time to let you go

That's why this special message
Is sent to Heaven above
For the Angels to take care of you

And give you all my love
Sadly missed, never forgotten your brother Skip

IN MEMORIAM



† O'SULLIVAN

(34th Anniversary)

In loving memory of
Michael (Donal) O'Sullivan,
late of 8, Walnut Court,
Kennedy Park, Limerick,
who died on August 1, 1984.
Masses offered. Rest in
peace

Will those who think of him
today

A little prayer to Jesus say
Always remembered by his
loving wife Bridie, sons Joe
and Neil, daughters Edel and
Vivienne, sons in law,
daughters in law and
grandchildren.



† RYAN

(24th Anniversary)

In loving memory of a dear
mother and grandmother,
Emma Ryan, late of 20
Claughaun Court,
Garryowen, Limerick,
whose anniversary occurs
on 1st August.

You left behind some aching
hearts

That loved you most sincere
We never shall and never will

Forget you mother dear.

Sadly missed from your
loving daughters Mary,
Jacqueline, Caroline, Emma,
Janete, Letishe and Patricia;
sons, Jimmy, Gerard and
David; sons-in-law; daughters-
in-law, grandchildren and
great grandchildren.

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I
have asked for many favours.
This time I ask you this very
special one (mention favour).
Take it dear Jesus and place it
within your broken heart
where your holy Father sees it.
Then in His merciful eyes it
will become your favour, not
mine. Amen. Say prayer for 3
days. Promise publication and
favour will be granted. M.C. &
J.G.

When someone
you love becomes
a memory, the
memory becomes
a treasure.

AUTHOR UNKNOWN

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TRISH WHELAN

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THE new, more premium Mazda6 is now on sale in Ireland priced from €31,945 - €45,295.

Both Sedan (Saloon) and Tourer body styles are offered.

The last mid life upgrade to the car was in 2015.

The latest model is the most comprehensive yet offering improved quality in almost every detail both inside and out, placing this car at the head of their model range.

Mazda Ireland say the Mazda6 is now a true alternative to premium rivals and should be a genuine consideration for any driver looking for an upmarket, fun to drive car, even in the era of SUV and crossover dominance. Avril Brophy, Senior Manager Marketing/PR for Mazda Ireland, said at the car's international launch in Mallorca last week that the brand is moving more premium with this car and they expect it to gain conquest sales from top brands with its competitive price and big list of standard equipment. Most sales are expected to come from business executives in the 35-plus age bracket.

Mature Elegance was the buzz phrase at the press conference in Mallorca.

Designers have kept the overall elegant theme of the car that has served them well through the years but have upgraded the styling with a new 3D signature grille for a more sophisticated look, changes to light clusters, a new chassis and redesigned suspension for better ride quality, as well as a more luxurious interior which includes ventilated seats, a projection active driving display, 360-deg parking display, some new advanced safety features, and an upgraded engine.

The Mazda badge is now more prominent than before. Exhaust pipes are bigger and have been moved out to the corners to give the car a wider look. The profile character line, which previously swept back upwards, now gives more expression to the side look. New 17" and 19" wheel designs are another feature.

The inside design points to the future of Mazda interiors with a more refined cabin which is now a lot quieter and includes reductions

You get what you pay for

Mazda 6: Top-end model is chalked full of extra features



The new Mazda 6 in its attractive Snowflake White Pearl colour

in NVH, and is also far more comfortable.

Every surface is new except for the steering wheel with good quality materials and trims. Air vents have been moved outwards to create a wider look to the dash. Seats have been redesigned with thicker padding and wider cushions for greater comfort and natural posture and there's also a new seat adjustment panel. Buyers can opt for seat ventilation on all leather seats which I used on my drives to keep my back nice and cool in the sweltering 30degC heat of the Spanish island.

The Heads Up Display on the windscreen included sat nav directions as we travelled the busy roads out from Palma airport across to the eastern side of the island. The speed limit on this main road is 100km/h and there are roundabouts every few kilometres. This HUD feature is part of a



The Heads Up Display on the windscreen includes a sat nav

package and helps you keep an eye on the road. The centre display has now been increased from 7" to 8" and is clear and easy to read. Apple Car Play and Android auto are options.

Three grades are available —

Executive SE, Platinum and Platinum+.

Engines are two 2.0 petrols with 145hp or 165hp (6.1-6.6 L/100kms and road tax of €390); diesels are a new 2.2 with 184hp and a more frugal but still sporty 2.2D 150hp

(4.4-5.4 L/100kms, road tax of €200-€280). Manual or automatic transmissions are offered with both fuel types. While Mazda Ireland anticipate good petrol sales, I believe the diesel saloon will be the volume seller here.

I got to drive the 184hp 2.2 diesel Tourer with auto transmission and AWD in a really attractive Snowflake White Pearl exterior colour.

While providing a very easy and satisfying drive experience, I don't expect many takers for this spec of the car in Ireland, but it will do well on the continent where wagons sell well.

This was followed by the 2.0 petrol with 164hp in a stunning Soul Red Crystal, and also with leather upholstery. Both colours highlighted the beautiful contours of the car's KODO - Soul of Motion design.

I'm looking forward to getting to drive the car on Irish roads.



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CHARLEVILLE DEALERSHIP

Deerpark completes
€1m local investment

DEERPARK Motors on the Limerick Road in Charleville has just completed a €1 million modernisation and transformation of its dealership, writes Trish Whelan.

Over the past two years, Renault Group has been rolling out the new Renault Store interior and exterior concept to all its dealerships worldwide and Deerpark is the

latest to complete this upgrade.

The dealership was established in 1986 by brothers Gerard and Fergus O'Carroll and was appointed as a main Renault dealer in 1994.

Over €10 million will be invested in upgrading Renault's network of 28 dealerships around the country. The planned completion date of the network transformation is 2020.



The test drive area at Renault Deerpark Motors

XC40 gains top five star rating



Volvo Cars' XC40 has received a maximum five stars and top ratings in its 2018 Euro NCAP tests, writes Trish Whelan. It joins its larger siblings in the 70 and 90 series as one of the safest cars on the road. Overall, the new XC40 received the highest safety score among all cars tested under the new, more stringent regime. It comes as standard with the largest offering of safety technology of any small SUV, helping drivers detect and avoid collisions, remain safely in their lane and reduce the impact of accidentally running off the road. All tested Volvo cars on sale today have received the maximum five stars in their respective Euro NCAP assessment. Last year, the XC60 was crowned the overall best-performing large off-roader and the best overall performer in the Euro NCAP 2017 Best in Class safety awards. The XC90 received the same accolade in 2015.

FASTNEWS

SPONSORSHIP

Subaru official car partner to TG4

SUBARU Ireland have signed a deal with TG4 making Subaru the official car partner to the National Irish Language Public Service Broadcaster.

Subaru will provide vehicles to the TG4 Outside Broadcast Social media and Outside Broadcast Sports Teams. They will be driving the Subaru AWD vehicle range, including the Forester, Outback and all new XV Crossover.

CITROEN

'Ideal partner for professionals'

THE third generation Citroen Berlingo light commercial vehicle, dedicated to professionals, is set for launch at the end of this year.

Now called Berlingo Van, it is available to order.

This newcomer makes a generational leap in terms of styling and equipment and gains new features for extra comfort and modularity.

It marks the renewal of a best-selling LCV.

HINCHY'S

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TOYOTA

162 Corolla 1.4TD Luna ... Silver, 23000km
152 Corolla 1.4TD Luna ... Gold, 50000km
141 Verso-S 1.33 Terra ... Blue, 1 Owner
11 Yaris 1.4TD Sport ... Red, NCT2019
10 Avensis Tourer Estate 2.0 TD ... Blue
10 Corolla 1.4 Luna ... Black, NCT

FORD

171 Focus Titanium 1.5TD ... Red, 10000km
171 KA+ 1.25 Zetec ... Blue, 14000km
161 C-Max Titanium 1.5TD ... Grey, 37000km
151 B-Max 1.5TD ... Black, 51000km
151 Focus Style 1.6TD ... Silver, 1 Owner
151 Fiesta 1.25 Zetec ... Blue, 1 Owner
142 Focus 1.6TD Edition ... Brown, 46000km
132 Fiesta Zetec ... Silver, 1 Owner

HYUNDAI

161 i30 Classic 1.4 ... White, 21000km
151 i30 Classic 1.4TD ... Grey, 72000km
131 ix35 1.7TD Comfort ... Black
11 i40 Estate Executive ... Silver

VOLKSWAGEN

152 Golf 1.6TDi Trend Auto ... Silver, 49000km
151 Golf Plus 1.2TSi Trendline ... 37000km
131 Passat 1.6 TDI ... Silver, NCT 2019
11 Polo 1.2 Highline ... Silver, 85000km, NCT

OTHER MAKES

162 Skoda Octavia 1.6TDI Ambition ... Silver
151 Ssangyong Rodius 2.0TD ... Black

KIA SORENTO

171 Sorento EX 4.4 2.2TD ... Black, 72000km
152 Sorento Platinum 2.2TD Auto ... Silver
12 Sorento EX 4x2 2.2TD ... Silver, 146000km

KIA SPORTAGE

181 Sportage Platinum ... Silver, Demo
171 Sportage EX 1.7 ... Blue, 21000km
161 Sportage EX 1.7 ... Gold, 1 Owner
151 Sportage EXL 1.7 ... Silver, 26000km
142 Sportage GSE 1.7TD ... Silver, 1 Owner
141 Sportage LXE 1.7 ... Orange, 127000km
131 Sportage EX 1.7 ... Silver, 1 Owner
12 Sportage EXS 1.7 ... Silver, 120000km

KIA CEE'D

181 Cee'd EX 1.6 ... Grey, Sat Nav, Zero km
172 Cee'd TX 1.4TD ... Silver, 12000km
171 Cee'd EX 1.4 ... Red, 1 Owner, 36000km
161 Cee'd EX 1.6TD ... White, 55000km
161 Cee'd Estate ... Grey, 42000km
131 Cee'd EX Estate ... Red, 84000km

KIA PICANTO

172 Picanto EX 1.25 Auto ... Black, 5000km
171 Picanto TX 1.0 ... Silver, 1 Owner
152 Picanto TX 1.0 ... Red, 25000km

KIA VENGA/ RIO

171 Rio EX 1.25 ... Red, 1 Owner, 20000km
161 Venga L 1.4 ... Red, 1 Owner, 10000km
161 Rio EX 1.4TD ... Silver, 1 Owner
152 Rio L 1.25 ... Silver, 1 Owner

OPEL MOKKA X

181 Mokka X Elite 1.6TD ... Silver, 1000km
172 Mokka X SC 1.6TD ... Red, 38000km
161 Mokka SE 1.6TD ... White, 9000km
161 Mokka S 1.6 Petrol ... White, 21000km
152 Mokka SC 1.6TD ... White, 50000km
151 Mokka SE 1.7TD ... Silver, 1 Owner

OPEL ASTRA

181 Astra Elite 1.4T Petrol ... Black, Demo
171 Astra SC 1.6TD ... Grey, 14000km
162 Astra SC 1.6TD ... Gold, 56000km
161 Astra SRI 1.6TD ... Red, 1 Owner, 46000km
142 Astra SC 1.3TD ... Silver, 38000km
141 Astra SC 1.7TD ... Blue, 1 Owner

OPEL CORSA/ADAM

181 Corsa SC ... Grey, Demo, Zero km
171 Adam 1.4 ... Red/Black, 7000km
161 Corsa SC Auto ... Blue, 25000km
151 Corsa SC 1.3TD ... Gold, 12000km
141 Corsa Excite 1.2 ... Silver, 104000km
12 Corsa SC 1.3TD ... Silver, 96000km

OPEL INSIGNIA

181 Insignia Elite 2.0TD ... Gold, 13000km
172 Insignia Tourer Elite ... Blue, 9000km
171 Insignia SRI 2.0 ... White, 20000km
162 Insignia Elite 2.0TD ... Silver, 43000km
161 Insignia SC 1.6TD ... Black, 29000km
152 Insignia Elite ... Green, 90000km
151 Insignia SE 2.0TD ... Black, 94000km

OPEL INSIGNIA

141 Insignia SC 2.0TD ... Silver
132 Insignia SC 2.0TD ... Silver
12 Insignia Tourer SC 2.0TD ... Gold
12 Insignia S 2.0TD ... Silver, 2 Owners

Commercial Models

172 Opel Movano 2.3 ... Silver, Zero km
161 Opel Combo Crewcab ... White, 59000km
151 VW Golf Van Trendline ... Grey, 93000km
142 VW Golf Van ... Black, 1 Owner
141 Ford Transit Custom ... White, 1 Owner
141 Ssangyong Korando Sport ... Red
131 Ford Kuga Zetec Van ... Black
131 Opel Combo 1.3TD ... White

0%

Finance on New 182

Opel & Kia Models

(T&C Apply)

Survey reveals extra running costs

Hitting your wallet:

Insurance premiums and fuel costs key issues for Limerick car owners

LIMERICK motorists have seen an increase in their car running costs in the last year according to the latest Motoring Report from industry website Carzone.

The bi-annual report which examines trends in the Irish motoring market finds that 76% of motorists say their running costs have increased in the last 12 months with 30% stating they spend upwards of €250 per month on keeping their vehicle on the road.

The Carzone Motoring Report is compiled by analysing data from the 77 million+ searches carried out on Carzone from January to June of this year, as well as an in-depth survey of 1,600 Irish motorists.

FINANCIAL CONCERNS

Insurance remains the top financial concern for 76% of Limerick car owners. Almost 1 in 5 (20%) cite the cost of fuel as a worry while 9% say general maintenance of their car is a financial concern.

Although insurance comes out as the top concern, over a third (33%) say their

insurance premium has either decreased or remained the same in the last 12 months.

GOING GREEN

The latest Motoring Report finds that motorists are now more open to switching to electric and hybrid cars. Almost two thirds claim they plan to purchase an electric or hybrid car in the near future with the Tesla Model S and the Nissan Leaf being the most searched electric and hybrid cars on Carzone site over the past six months. Awareness levels on the difference between electric and hybrid cars is high (54%) and over 5 in 10 know where their nearest charging station is.

IRELAND'S FAVOURITE CARS

BMW is the most popular car marque searched for on Carzone followed by Audi and Mercedes Benz indicating a strong interest in the premium segment of the market. The Volkswagen Golf is the most popular car model on the site followed by the



Rising petrol prices have made electric models like the Nissan Leaf more attractive to buyers

Mercedes-Benz E-Class and the Audi A6. The most popular hybrid car is the Lexus IS300H.

WHAT'S ON YOUR PLATE?

Although 63% of those polled would travel for more than two hours to purchase a car, it seems that where that car is from is important. Indicating that county pride is alive and well among Irish motorists, over a third (37%) say that they prefer to buy a car with a registration plate with the county they are from. In fact, so important is the registration plate to

motorists that 37% claim that registration plates from different counties impact the value of the car!

THE TAXI OF MUM & DAD

New to the report this year is a section on families and cars. Starting a family is often a key catalyst for changing a car. When asked what the most important factors are for parents choosing a car, safety and cost were the key decision factors (35% and 38%). Almost 1 in 5 say that the size of the car impacts their choice. When it comes to purchasing a family car, it's a

joint decision for over half of those questioned (53%).

BUYING A CAR

According to the Carzone Motoring Report, 57% intend to buy a car in the next year. The key reasons for buying a new car are that they simply wanted a newer or more reliable car or they needed a larger car to accommodate their growing family.

Over half (48%) have considered buying a car from the UK and 59% would consider purchasing in the UK in the future because of the price. However, 50% say

that the biggest deterrent to car shopping in the UK is that it's too much hassle.

While most cars are still purchased in dealerships or private sale, motorists have become more open to buying a car outright online. Over three quarters (67%) say they would pay up to a €1,000 deposit online for a car while 7% would be open to paying for a car in full online.

The main reasons for not buying a car online include the risk involved and the desire to see and test drive the car before making a purchase.

Average price of new cars is on the rise

Sticker shock: National survey sees the new car price average top €30,000 for the first time

VEHICLE history and data expert Cartell.ie report this week that the buyer of a new private vehicle in Ireland is now purchasing a vehicle worth more than €30,000 on average for the first time since Cartell started recording these statistics.

Cartell calculated the total value of new vehicles purchased in Ireland between the years 2006 and 2018 based on the recommended Open Market Selling Price (OMSP) for each vehicle and summing them up. The company divided the total value for each year by the number of new vehicles sold that year to establish the average value per buyer.

Unsurprisingly, Cartell.ie found the average value of a new vehicle purchased fluctuated with the fortunes of the economy, so, in 2007 at the height of the boom the average value of a vehicle



The second generation Jeep Compass went on sale here at the start of this year and is priced from €27,995-€41,995

purchased was €28,106 which dropped to €24,758 in 2011 before increasing steadily every year since then as the economy improved. In 2016 the average value of a

new vehicle was already back to boom time levels recording €28,385 while in 2017 the value had ticked up 4% to €29,481.

For the first six months of

2018 the average value has now hit €30,000 returning a figure of €30,130: the first six months of 2017 recorded €29,391 before ending the year on €29,481. This shows the average Irish buyer is now buying a vehicle worth €30,000 for the first time since Cartell started recording these statistics.

INFLATION

Adjusted for inflation the figure recorded for average value for the 12 months ending January 1 2018 (€27,786) is higher than the figure recorded for the average value in 2006 (€26,997) – right in the middle of the boom.

WHY HAS THE AVERAGE VALUE BEEN INCREASING?

Cartell.ie considered several possible reasons for the increase in the average value of a private vehicle

purchased in Ireland over the last several years:

- * Consumers may be opting for more expensive vehicles, or more expensive vehicle types like SUVs and Crossover vehicles, or MPVs
- * Buyer has more cash to spend or more available lines of credit. Financial products such as Personal Contract Plans (PCPs) came to prominence in Ireland during the recession as manufacturers sought a means to provide direct lines of credit to potential buyers
- * Buyers may want larger cars. The country had a recorded population of 4.23 million in Census 2006 which increased to 4.76 million in Census 2016. This increase may have weighed on buyer decisions, for instance, buyers with younger children may need additional space
- * Vehicles are more

expensive to manufacture, to comply with NCAP safety ratings, for example, this increases the cost of manufacture: the consumer now often expects certain higher specification items as standard too – larger wheels, alloys, on-board technology, Advanced Driver Assistance Systems (ADAS) features – which all increase the manufacture cost

* Increased consumer demand for hybrid vehicles (where technology is more expensive to implement) could be making an impact, along with changes in buyer habits to more environmentally friendly vehicles, and guided generally by the move to city-clean air policies.

* Vehicles in the current generation often weigh more than for previous generations to accommodate additional safety systems.



Charleen O'Brien, Rachel Egan and Emma McCormack attending the Twilight Racing and Most Stylish Lady event at Limerick Races last Thursday evening



Out & About

TWILIGHT SERIES COMES TO A CLOSE AT LIMERICK RACECOURSE

Pictures: ALAN PLACE



Eilish Ryan, Stacey O'Leary, Triona Crosse and Tasha O'Connor enjoying their night at the races



David Bourke and Winnie Greaney



Claire Coughlan and Sheila Doherty



ABOVE: Twilight Racing and The Crescent Shopping Centre Twilight Most Stylish Lady at Limerick Racecourse. Pictured at the event were, Triona Crosse and Eilish Ryan. PICTURE: ALAN PLACE

LEFT: Alison McNamara and Joy Dunne from Fields The Jeweller, Stacey O'Leary, Killarney winner of the Crescent Shopping Centre Twilight Most Stylish Lady and John Davitt, The Crescent Shopping Centre, sponsors of the competition



Valerie O'Shea and Sarah Bowles.



Adrienne Murray and Karen Liston

SPORT

Leader



WHO IS GOING TO CROKER?

Watch Clare and Galway do battle

For more TV, see Page 71

Eyes on the prize: Limerick's Kyle Hayes shouts for joy as he celebrates his side's win over Cork in the All Ireland semi final at Croke Park



Hurling final fever begins as Limerick reach decider

HURLING: Eleven year wait ends for All Ireland hurling final place

JEROME O'CONNELL
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JOHN Kiely has lavished praise on his hurlers after Limerick ended an 11-year wait to reach an All Ireland SHC final.

The epic extra time win over Cork on Sunday, ended a run of three semi final defeats and returned Limerick's to hurling's showpiece day for the first time since 2007.

"I am massively proud of the effort of the whole panel of 36 players. We have worked hard and I think we have earned our place there," said Limerick manager John Kiely.

Two goals in the second half of extra time eventually edged Limerick into the August 19 final after

over 90-minutes action in Croke Park that returned 68 scores across 22 different players in front of an attendance of 70,073.

"It was an incredible game and hats off to both sets of players - they gave it their all," gasped Kiely.

Key to the Limerick win was the impact of seven substitutes - returning 2-6 in scores.

"I was thrilled for the lads. It's a tribute to all on our 36-man panel with what they did today and the contribution they made when they came on. Our A v B games for the last couple of weeks have been really, really tight games and our 'B' team have been putting huge pressure on our 'A' team and that's a great thing,"

explained the manager.

Sunday's epic extra time win over Cork secured just a 17th ever spot in the All Ireland final and all eyes are now on Thurles next Sunday where the opponent will be confirmed - either repeats of the 1923 and 1980 finals with Galway or a remarkable first ever Shannonside derby final with Clare.

"It's up to us to go away and work hard and get ourselves as prepared as we can to be the best team we can be in three weeks time and see where that takes us," said Kiely.

Limerick do have an extra week of preparation.

"It's up to us to take the time and use it wisely. We will take a few days off for the players and we will go away

and get organised and do the planning. There is a lot to be done and I have not been through it before," said the manager.

He added: "We have to concentrate on ourselves".

The manager insisted that focus was key for the players and all involved in the management team.

"There is no hype for us whatsoever. Hype is something for a supporter, we have our own objectives, our own goals, our own work, we have our own routines and our own patterns. We don't have open training sessions for example, the lads go to work every day. That is it, we just go about our daily lives and to be fair the supporters have been absolutely fantastic. They have given us

great space and I'm sure they will over the next three weeks. This isn't to become an issue, it is not an issue. It hasn't been an issue and that is it," he outlined.

Kiely also praised the role of the Limerick support on match days.

"Outside there, that is the supporters job. What you saw going on there for two hours, they lifted the roof, it was phenomenal and it lifted our team so much at vital times in the game. It was immense. I can't thank them enough and I know they will do that in the future. I thank them for it and I'm so appreciative and so are the players. We have huge regard for our support, we just need to be able to do our work over the next three weeks."

Rugby

Glasgow the venue for Pro14 final as Munster Rugby stars return to Fota

DONN O'SULLIVAN
donn.osullivan@limerickleader.ie

CELTIC PARK, the home of Glasgow Celtic, will host the 2019 Guinness PRO14 Final on May 25 as the showpiece event is held outside of a traditional rugby venue for the very first time.

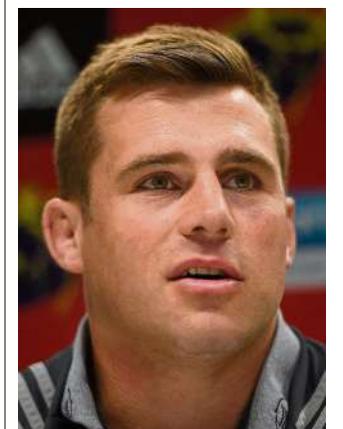
Fresh from the success of the 2018 Guinness PRO14 Final in Dublin that saw a new record attendance set for the third year in a row, Glasgow will play host as the Championship decider returns to Scotland for the first time since 2016.

Meanwhile, Munster Rugby's Irish internationals returned to training this week.

Stars such as Conor Murray, Peter O'Mahony, CJ Stander were joined by new signings Joey Carbery and Tadhg Beirne at the High Performance centre in UL this Monday.

The bulk of the squad started Munster's pre-season programme four weeks ago and were given some hard-earned downtime last week, with this week being the first week that the squad will all train together.

Off the field, Munster travelled to the Fota Island resort this week for a mini training camp. While there, Munster will launch two new jerseys, one new alternate kit and one new European kit which will be available only in Lifestyle Sports next week.



CJ Stander, back to work

No public sale of All Ireland final tickets



All Ireland Final tickets are going to be like gold dust and fans are told to contact their local GAA club if they are looking to secure the biggest ticket in town

ALL IRELAND HURLING CHAMPIONSHIP FINAL JEROME O'CONNELL @JeromeSport

THERE will be no public sale of tickets for the All Ireland Senior Hurling Championship Final.

While the Croke Park capacity will be 82,006, Limerick GAA can expect to receive a ticket allocation in the region of 15,000, which will be distributed to all clubs.

Over 30,000 green and white clan Limerick supporters were in Croke Park on Sunday to see Limerick overcome Cork in an epic extra time semi final.

Limerick have played seven championship games to reach this month's showpiece and tickets were on public sale online and via Centra and SuperValu shops for all those games.

But for the final, there is no public sale, which has always been the case down through history.

Every County Board and indeed GAA club across Ireland receives an allocation of tickets for an All-Ireland final with the competing counties receiving the most significant allocations. Almost 60,000 of the tickets will be distributed in this fashion with the two senior finalists accounting for about 25% each.

While Limerick have confirmed their place behind the Artane Band on August 19, their opponents won't be known until next Sunday when Galway and Clare replay their drawn semi final in Thurles. The senior final will have a 3.30 throw-in and will be on both RTE Television and Sky Sports.

With about 60,000 tickets distributed to GAA clubs via all County Boards, a further 10,000 tickets go to the premium and corporate

levels. Premium seats and corporate boxes are the responsibility of the owners of those seats/boxes.

Of course season ticket holders will be guaranteed an opportunity to purchase a ticket for the final.

Elsewhere, tickets are allocated to overseas bodies, camogie, ladies football, rounders, handball, sponsors, schools and educational bodies, among others.

The curtain raiser to the senior final, will be the All Ireland minor hurling final between Galway and Kilkenny at 1.00 – both these counties will also get tickets.

Sunday August 19 will be just the 17th SHC final appearance for Limerick and the first in 11 years.

Seamus Hickey is the only

member of the 36-man Limerick panel that remains from that final defeat to Kilkenny.

With Limerick bidding to end a 45 year wait for a Liam MacCarthy Cup win, Shane Dowling led the calls for total focus.

"Listen we're a passionate county but I will ask for one message. I'll ask the supporters to enjoy it and I hope they embrace it, but I do plead that they let the players focus for the next three weeks," said the semi final penalty hero.

"We've been here a number of times in the last 30 or 40 years," stressed Dowling.

"I can't tell you if Limerick are going to win an All-Ireland, but I'll make one promise: the next three weeks we'll work hard and we'll try our best," vowed the Na Piarasigh man.

"I really hope we're not just going to get to the final to march behind the band," said Dowling after the extra time semi final win.

All Ireland league rugby fixtures

ALL IRELAND LEAGUE RUGBY FIXTURES 2018/19

THE ALL-IRELAND league fixtures for the 2018/19 season have been confirmed.

Division 1A kicks off with Clontarf hosting champions Lansdowne under lights on October 5 while Divisions 2A, 2B and 2C are first into action a week earlier.

The opening weekend will also see beaten finalists and 2017 champions Cork Con at home to the newly promoted Shannon. Garryowen host Dublin University while Terenure travel to Young Munster and there is an intriguing inter-varsity clash as UCD play the promoted UCC. Division 1B also kicks off on the first weekend in October with Buccaneers and St. Mary's College aiming to bounce back from last season's relegation. Buccs are at home to Naas while Mary's will open their account against Ballynahinch.

There's an all Ulster clash featuring Ballymena at home to Malone who topped Division 2A with 16 wins from 18. City of Armagh, who were promoted from Division 2A, are at home to Old Wesley while Old Belvedere will face a Banbridge side who narrowly missed out on promotion last time out.

The action in the other Divisions starts a week earlier with Wanderers at home to Greystones in a Friday Night Lights clash on September 28th. The rest of the action starts on Saturday 29th of September including league newcomers Ballina, who qualified at the end of last season, at home to Omagh Academicals in their first match in Division 2C.

Limerick club's Opening games

DIV 1A

SATURDAY OCT 6

Cork Constitution v Shannon
Garryowen v Dublin University
Young Munster v Terenure College

DIV 2A

SATURDAY SEPT 29

Queen's University v Old Crescent
UL Bohemian v Highfield

DIV 2C

Middleton v Bruff
Thomond v Seapoint

Date for you Diary - Limerick Derbies

DIV 1A

FRIDAY OCT 12

Shannon v Young Munster

FRIDAY NOV 23

Garryowen v Young Munster

FRIDAY DEC 7

Garryowen v Shannon

FRIDAY JAN 25

Shannon v Garryowen

FRIDAY FEB 22

Young Munster v Garryowen

FRIDAY APR 5

Young Munster v Shannon

DIV 2A

FRIDAY DEC 14

UL Bohemian v Old Crescent

FRIDAY JAN 18

Old Crescent v UL Bohemian

DIV 2C

FRIDAY DEC 14

Bruff v Thomond

FRIDAY JANUARY 18

Thomond v Bruff

Some fixtures may be subject to changed pending the release of the EPCR fixtures in the coming weeks.



Action from last season's meeting between Young Munsters and Garryowen in Dooradoyle. The two top tier Limerick sides have been joined in Division 1A this season by Shannon RFC

FAI SUMMER SOCCER CAMP IN COONAGH FOOTBALL CLUB



A girls U-8 group at the FAI Summer Soccer Camp in Coonagh Football Club PICTURE BY DAVE GAYNOR



Boys from an U-7 group at the FAI Summer Soccer Camp in Coonagh Football Club



Soccer coach, Thomas Gillick with an U-14 group



Soccer coach, David Connolly with a boys U-12 group



A boys U-10 group at the FAI Summer Soccer Camp



Soccer coach, Grainne Regan with a boys U-8 group at the FAI Summer Soccer Camp in Coonagh



Soccer coach, Killian Moloney with an U-9 group



Soccer coach, Mark Daly with an U-10 group



RIGHT: Soccer coach Jade O'Connor with a boys U-6 group

LEFT: Tracey Lyttle, venue coordinator and Jason O'Connor, FAI development officer at the FAI Summer Soccer Camp in Coonagh Football Club



A girls U-12 group at the FAI Summer Soccer Camp in Coonagh

'Blues' head to 'Bohs' on Friday



Home win: Courtney Duffus, Waterford FC, challenges Billy Dennehy, Limerick FC during last Friday night's game at the Markets Field

ANDREW CUNNEEN
sport@limerickleader.ie

LIMERICK FC travel to Dalymount Park to tackle Bohemians on Friday night as they aim to leapfrog Sligo Rovers – clawing themselves out of the relegation playoff spot in the process (kick-off 7.45pm).

After Friday's surprise win over Waterford at the Markets Field, spirits are high among the Blues squad and the north Dublin venue has been a happy hunting ground for the club since they were promoted in 2012.

Shane Duggan netted just seven minutes from time to overcome their Munster rivals in a zany clash in Garryowen and now attention will turn to the possibility of getting out of

the bottom two – with Bray looking like heavy odds-on shots for the automatic drop.

The Blues need a win and a Sligo loss in Derry for that to transpire, but they'll have to do it the hard way as Eoin Wearen, who was sent off against Waterford for hauling down Noel Hunt, misses out through suspension.

Kilian Cantwell is also likely to serve a ban for an accumulation of five yellow cards, meaning Tommy Barrett will likely have to call up a centre half from the U-19s.

Barrett alluded to this after the win over Alan Reynolds' charges last week. He said:

"We could do with bringing in a couple of players, but the FAI sanction means we can't. I think that sanction will affect us and

that's why we hope to get out of the playoffs because the likes of Finn Harps can bring in John Kavanagh on loan.

"We were in for a few lads on loan – from clubs above us – including Waterford actually, but we couldn't take them. So, we need to avoid the playoffs if we can."

Bleeding in young players won't faze Barrett though, and he cited this as an aim post-Waterford.

"For me, it's a three-to-four-year plan: stay up this year, next year is about sustaining sustainability, then grow it after that. You take it game by game, but you have to have a long-term plan.

"But I've said for years we need to focus and develop on our young players and that's what we're doing."

David O'Malley secures U-23 rowing Gold for UCD and St Michael's RC



Golden moment: Shane Mulvaney and David O'Malley, took gold in the lightweight men's pair following a blistering race that saw them complete the 2,000m course in a time of 06:54.480, two seconds ahead of Greece who took silver and Italy in bronze. O'Malley, from the North Circular Road and a member of St Michael's Rowing club in Limerick, is a nephew of former Irish Champion Donal Hanrahan who competed at two world Championships in 1995 & 1996.

Ireland in last eight at World Cup

Hockey

LIMERICK's Roisin Upton is preparing for a World Cup hockey quarter final this Thursday afternoon against either Italy or India.

Ireland qualified top of their group with wins over the USA and India, while a 1-0 loss to Olympic champions England last week will have once more shown Ireland as a real contender at this tournament.

Speaking after the England game, Ireland head coach Graham Shaw added "I'm very proud of their effort. We need to learn from moments and phases in the game they worked incredibly hard and stayed compact."

Ireland's game is scheduled for 8.15pm on Thursday and will be shown on BT Sport.



Roisin Upton in action for Ireland against India at the World Cup of Hockey in London. Ireland are in the last eight this Thursday

Limerick's Nate Moore leads Ireland to U-18 bronze

Basketball

LIMERICK Lions' Nate Moore is the toast of Irish basketball as his three-pointer, with 2.3 seconds to go in the game, sent Ireland home to a glorious 93-91 point victory over Monaco in the bronze-medal play off at the FIBA Under 18 European Championship Division C in Kosovo.

Huge performances from across the team kept Ireland

in control for the majority of the game - including a 21-point performance from captain Darragh O'Sullivan - but a late, late comeback from Monaco saw them take the lead with 30 seconds to go.

Galway's James Connaire had ice in his veins at the free throw line to send Ireland ahead by one (90-89) with 20 seconds to go, but a turnover by the boys in green led to an easy lay-up for Monaco and they were ahead by one with

the clock ticking down rapidly. Nate Moore – who had been one of the sharpshooters for Ireland throughout the tournament – took it in his stride though, and with 2.3 seconds to go, found space and hit the three-pointer as the stadium erupted.

Speaking afterwards, Moore said: "My heart was in my mouth. Somehow we got the ball up the court and James found me with the pass

and I just shot it. It's unbelievable to have a bronze medal now, absolutely unbelievable."

Also speaking afterwards an emotional head coach Paul Kelleher added: "We were absolutely wonderful today. It was heart stopping stuff – we knew Monaco would come back late, they've done it in all of their games, but the lads did the job and it's nice to come home with the medal too."

Limerick Lions star man Nate Moore pictured with his bronze medal after Ireland's win over Monaco



ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Hurling fans must search far and wide for tickets

THERE appeared to be alarm among some that there won't be a public sale of tickets for the All Ireland hurling final.

Of course this is nothing strange and it's not a Limerick GAA decision – there has never been public sale of tickets for All Ireland finals.

So if you want to be in Croke Park on August 19 at 3.30 to see Limerick in just a 17th ever All Ireland SHC final it's time to get messaging.

What are you doing wasting time reading this!

Supporters need to inventive, creative and proactive.

The search needs to go beyond Limerick – it's time to make contact with family, friends and foes.

Remember every single GAA club in Ireland will get a small allocation of tickets and anyone that is a registered club member is entitled to apply to their club secretary for All Ireland tickets.

There is nothing to lose by making contact with as many people as possible but remember to search outside of Limerick.

In Limerick every GAA club will get an allocation of tickets – most likely not until late next week. But already clubs have started to

compile their lists so all fully paid up club members are asked to make contact with their club secretaries as soon as possible.

While the Croke Park capacity will be 82,006, Limerick GAA can expect to receive a ticket allocation in the region of 15,000, which will be distributed to all clubs, among others sectors.

Over 30,000 green and white clan Limerick supporters were in Croke Park on Sunday to see Limerick overcome Cork in an epic extra time semi final.

There is no reason why most of this 30,000 can't find All Ireland finals tickets but they need to be proactive especially with a few days of a head-start on either Clare or Galway.

“But I've been to all the games and now I can't get tickets from Centra like before” cried many this week. Not been smart but those that go to all games should be buying a season ticket because there is a financial saving and you are guaranteed an opportunity to purchase an All Ireland final ticket if your county advances that far.

My one hope would be that all genuine supporters end up with a ticket.

Remember Sunday was Limerick's 17th game of the season



Four and a half year old Oonagh Shannon, from Ardagh, and her dad, Michael, celebrate a late score during the Cork and Limerick clash at Croke Park in Dublin. Fans are not beginning to search for All Ireland final tickets

PICTURE: RAY MCMANUS/SPORTSFILE

– the seventh championship game.

Limerick's first home game of the season in the Gaelic Grounds was on January 7 against Kerry in the Munster Hurling League – attendance 485.

Limerick's first home game of the Allianz Hurling League was on January 28 against Laois – attendance 1,450.

Limerick's first home game of the Munster Championship was on May 20 against Tipperary – attendance 20,423.

Just three weeks ago Limerick played in Thurles against kingpins Kilkenny in an All Ireland quarter final – attendance 18,596!

So my one hope is that all genuine supporters end up with a ticket for Croke Park come All Ireland hurling final day.

One of the big positives of a stand alone All Ireland semi finals is that tickets are readily available with group and family tickets. For all the complaining about the GAA being the Grab All Association, there isn't nothing wrong with €5 for a juvenile stand ticket to last Sunday's semi final.

This won't be the case for the All Ireland final with no juvenile tickets and stand tickets likely to be €80.

With this price and with the scarcity of tickets, this is why a big screen in Limerick city would be of value to allow families and those without tickets to watch the final and experience the atmosphere of a first All Ireland final in 11 years.

DONN O'SULLIVAN

Blaming the media for hype is like taking off the corner forward

This week, the word hype has been used more than the words, well done, or congratulations. That is sad.

Since Limerick's epic win over Cork in Croke Park last weekend, the media in this county and indeed the country as a whole, have been warned off creating 'hype' around the Limerick team ahead of the All Ireland final on August 19.

I feel sorry for those people. They are looking to protect themselves from the pain of a

potential defeat and they are looking for someone to blame.

It is like the classic case of a team being beaten all over the field, down by a cricket score and the manager takes off the corner forward. He is the scapegoat, the soft touch, the easy target.

That is what



One more step: John Kiely talks to his players after the Cork win

people see the media as.

The media are here to share stories with more people than the storyteller themselves can tell on their own.

John Kiely has asked for his players to be left alone and I can tell you that is certainly going to

happen in this company.

Should a player or member of management be put off their game on August 19, by what is written in this paper or on our website, then Limerick are in trouble before the ball is throw in. I am 100% sure that will not happen.

However, I do lament the fact people cannot understand the words of the media have 0% to do with happens on the pitch. If they are still looking for someone to blame, maybe try the mirror.

Anthony Geoghegan

Dreams of the next O'Gara must rest

Rugby season seems so far away with the summertime hullabaloo of the hurling and soccer as of late.

Well, I've always been one to believe that the earlier a problem is identified and dealt with, the less severe the damage.

Since Ronan O'Gara's retirement in 2013 we were all asking who was going to be the next O'Gara. Someone that wins all the European Cups and Grand Slams and of course, that answer was Johnny Sexton.

Great news for the nation, but that answer left Munster in a five-year-long twilight zone looking for their next kicker to drive the red army to a new renaissance era, but it never came.

We currently have three experienced kickers in Keatley, Hanrahan and Blyendaal and two promising lads in Carbery and Johnston who are hungry to wear the red kit.

So then, why have one sole messiah to convert the non-believing balls over the posts when you can have five disciples dedicated to Munster's cause?

If all five of them can finish the job when their teammate is having a bad day there shouldn't be talk of 'seizing opportunities' or 'capitalising on one's failure', that's not a rugby team that's a cut-throat business.

Hopefully, Johann caught the hurling on Sunday and learned that the boys on the bench aren't a risk but a more than hefty reward.



New signing Joey Carbery will compete for number 10

KEVIN CORBETT

D'Airy can milk it for Michael O'Leary in Galway Plate

Camouflaged as they have been by a sensational summer of sport, the Galway Races have crept up on us almost unnoticed, but are ready to take centre stage for the week.

Backing winners at Ballybrit is never the easiest task, but Michael O'Leary's Gigginstown operation has seemingly hit upon a winning

formula for the Galway Plate in recent years - expensively bought, unexposed second season chaser.

They have a likely candidate this Wednesday at 7.20 in Calino D'Airy, trained by Henry De Bromhead - who has handled two of the last three Plate winners.

He has won twice at the track already and served notice of

improvement when third in a Grade One at Aintree this spring.

The step up in trip looks likely to suit as well, and at 14/1, he should be backed each way.

Moving on to Glorious Goodwood, Aidan O'Brien's Rhododendron already has a group one under her belt over a mile this year, but she's an even better mare

over 10f and at 4/1 looks great value for the Nassau Stakes on Thursday.

On Saturday, meanwhile, Justanotherbottle should relish Goodwood's easy six furlongs and is an each way shout at 25/1 for the Stewards Cup. Bookies will offer enhanced place terms on the day, some paying six places, so wait for Saturday. Best of luck.



Will Calino D'Airy make a few bob for Michael to pay his pilots?

IS THAT ON THE BOX?

Sunday



Hon the Banner! - Clare go against Galway in the semi final replay at 2pm

Wednesday

TENNIS

SILICON VALLEY CLASSIC
BT SPORT 7PM

TENNIS

CITI OPEN
SKY SPORTS 7.30PM

POOL

PREMIER LEAGUE POOL
FREE SPORTS 7.30PM

CHAMPIONS LEAGUE

ROSENBERG V CELTIC
EIR SPORT 1 7.45PM

ICC SOCCER

CHELSEA V ARSENAL
EIR SPORT 2 8PM

WOMENS HOCKEY

WORLD CUP LAST EIGHT
BT SPORT 8.15PM

BASEBALL

BLUE JAYS @ATHLETICS
BT ESPN 8.35PM

BASEBALL

ASTROS @ MARINERS
BT ESPN 9PM



New Arsenal manager Unai Emery faces Chelsea

Thursday

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

GOLF

WOMEN'S BRITISH OPEN
SKY SPORTS GOLF 11AM

SOCCER

BEIJING V HEBEI
SKY SPORTS 12.35PM

HORSE RACING

GOODWOOD
ITV1 1.50PM

ATHLETICS

EUROPEAN CHAMPIONSHIP
EUROSPORT 6.30PM

GOLF

WGC BRIDGESTONE
SKY SPORTS GOLF 6.30PM

TENNIS

CITI OPEN
SKY SPORTS 7PM

TENNIS

SILICON VALLEY CLASSIC
BT SPORT 7PM

CRICKET

KENT V ESSEX
SKY SPORTS 7PM

EUROPA LEAGUE

ASTERAS V HIBERNIAN
PREMIER SPORTS 7PM

EUROPA LEAGUE

BURNLEY V ABERDEEN
BT SPORT 7.45PM

HOCKEY

WORLD CUP LAST EIGHT
BT SPORT 8.15PM

Friday

ATHLETICS

EUROPEAN CHAMPIONSHIPS
EUROSPORT 9AM

AUSSIE RULES

RICHMOND V GEELONG
BT SPORT 3 10.50AM

GOLF

WOMEN'S BRITISH OPEN
SKY SPORTS GOLF 11AM

HORSE RACING

GOODWOOD
ITV1 1.50PM

GOLF

WGC BRIDGESTONE
SKY SPORTS GOLF 6.30PM

CRICKET

SURREY V MIDDLESEX
SKY SPORTS 7PM

BASEBALL

PADRES @ CUBS
BT ESPN 7.20PM

BUNDESLIGA 2

HAMBURG V HOLSTEIN
BT SPORT 7.30PM

AIRTRICITY LEAGUE

WATERFORD V CORK CITY
EIR SPORT 7.45PM

TENNIS

SILICON VALLEY CLASSIC
BT SPORT 8PM

SOCCER

READING V DERBY
SKY SPORTS 8PM

SOCCER

INDEPENDIENTE V LIBERTAD
PREMIER SPORTS 9.50PM

Saturday

SUPER RUGBY

CRUSADERS V LIONS
SKY SPORTS 8.35AM

ATHLETICS

EUROPEAN CHAMPIONSHIP
EUROSPORT 9AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 10AM

GOLF

WOMEN'S BRITISH OPEN
SKY SPORTS 12NOON

SOCCER

SUNDERLAND V CHARLTON
SKY SPORTS 12.30PM

SOCCER

SALFORD V LEYTON ORIENT
BT SPORT 12.30PM

U-21 B HURLING

KERRY V DERRY
TG4 2PM

U-21 HURLING

CORK V WEXFORD
TG4 4PM

SOCCER

SHEFF UTD V SWANSEA
SKY SPORTS 5.30PM

GAELIC FOOTBALL

KERRY V KILDARE
SKY SPORTS 6PM

GAELIC FOOTBALL

GALWAY V MONAGHAN
SKY SPORTS 6PM

SOCCER

GIRONA V SPURS
PREMIER SPORTS 7PM

GOLF

WGC BRIDGESTONE
SKY SPORTS GOLF 7PM

MLS SOCCER

ATLANTA V TORONTO
SKY SPORTS 9PM

Ronan O'Gara leads his Crusaders side in the Super Rugby final



ATHLETICS

EUROPEAN CHAMPIONSHIP
BBC 2 9AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 10AM

GOLF

WOMEN'S BRITISH OPEN
SKY SPORTS 12NOON

RUGBY LEAGUE

ST HELENS V CATALAN
BBC 1 12.30PM

SOCCER

ABERDEEN V RANGERS
SKY SPORTS 1PM

RUGBY LEAGUE

WOLVES V LEEDS
BBC1 2.45PM

COMMUNITY SHIELD

CHELSEA V MAN UTD
BT SPORT 1 3PM

GAELIC FOOTBALL

DUBLIN V ROSCOMMON
RTE 3.30PM

GAELIC FOOTBALL

DONEGAL V TYRONE
RTE1 3.30PM

SOCCER

LEEDS V STOKE
SKY SPORTS 4.30PM

GOLF

WGC BRIDGESTONE
SKY SPORTS 5PM

BASEBALL

ASTROS @ DODGERS
BT ESPN 9PM

MLS SOCCER

RED BULLS V LOS ANGELES
SKY SPORTS 11PM



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