



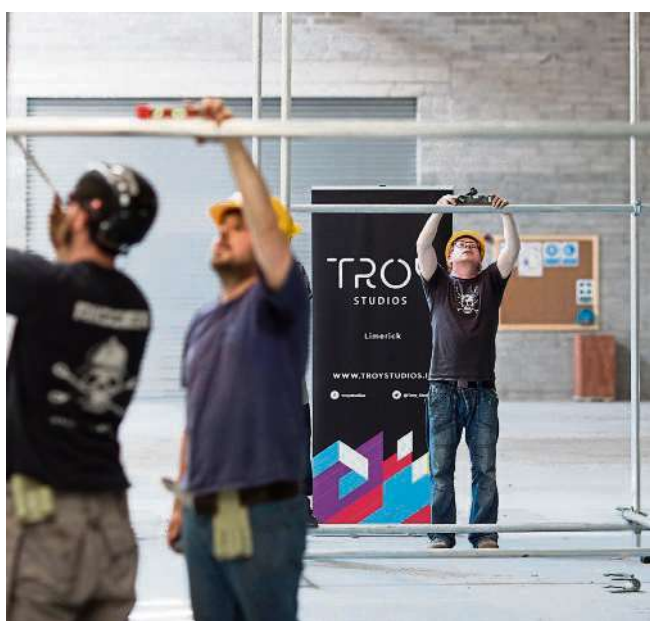
SCRAMBLE FOR FINAL TICKETS

Free breakfasts for a year if you get this couple tickets for the big match. See p4

The Leader

www.limerickleader.ie
Wednesday, August 8, 2018

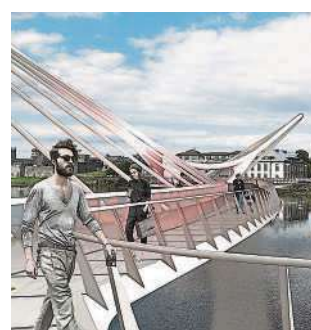
FREE YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



STAGE CRAFT Troy Studios set to expand work space **P4**

CROSS PURPOSES

Idea for pedestrian and cycle bridge for city is floated again **P8**



ART ATTACK

Politicians at odds over defaced 'eye scream' mural in city **P9**



Limerick joy at Roisin's key role for hockey heroes **P17**

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INSIDE
THIS WEEK



UNKNOWN
UNKNOWN

Liam Croke on
your finances
Page 28



FIRST DATE
WARDROBE

Man about
Town's tips
Page 52



SNAPPY
THINKING

Off-duty garda
films crime
PAGE 12



CHARGED
OVER GUN

Two in court
over weapon
Page 14

LeadingOff

Setting the agenda
in Limerick



▲ GOOD WEEK

Roisin Upton

Limerick native played a key role in the superb World Cup performance by the Irish hockey team



▼ BAD WEEK

Cllr Michael Sheahan and Cllr John Costelloe

Misread public love of 'eye scream' mural, saying it should be replaced with an historical-themed work



☀ QUOTE OF THE WEEK

"I've never felt fear like that before. All I kept thinking was 'I don't want to die alone'"

Coleen Garry, Limerick woman caught up in Indonesian earthquake

Time for us to show our true colours



Taking over The Hill. Some of the Limerick supporters cheering on their team from Hill 16 during the semi-final against Cork. Limerick have been guaranteed 15,500 tickets for the final though many will be getting more from contacts in other counties



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

IT is amazing how genuinely gracious and kind many Limerick people are when it comes to talk of going to the All-Ireland final.

All I am hearing all week is: "I wouldn't take a ticket from a genuine supporter. They deserve it."

And the vast majority of these are very genuine; the other small percentage "wouldn't go to the match if it

was on across the road". The reality is that thousands of those going to Croke Park on August 19, won't have been at a match in years.

There is no doubt that supporters who have gone to the matches over the past year should get priority, and maybe in the future the GAA should look at prioritising those who can provide ticket stubs.

Travelling through county Limerick it was very noticeable over the weekend that most towns and villages have the flags and banners out in force. City businesses have been a little slow. It is time to show the team we are all behind them and indeed all the tourists and others passing through Limerick in next few weeks. This is not hype, it is support.

WEBTOPTEN

1. Limerick café owners offer a year's free breakfast in exchange for All-Ireland tickets
2. Young man jailed following early-morning attack in Limerick town
3. Champions Galway installed as favourites for All Ireland hurling final with Limerick
4. Limerick village prepares to back Queensland Rose
5. Boy, 14, charged with robbery after knife incident in Limerick village
6. Former Munster player Sean Scanlon lands head coach job in England
7. Remember kids, hard work pays off: Limerick school's hurling links
8. Open and shut case on Limerick man who thought he had open insurance
9. Boy, 14, assaulted driver at pedestrian crossing in Limerick
10. Limerick man who kidnapped his father had been deported from United States



James O'Connor: abducted own father

WEATHERFOR THE WEEK



WEDNESDAY

Clouds and sun with a shower and a high on the mercury of 18°C



THURSDAY

Mostly cloudy with a few showers and a high of 16°C



FRIDAY

Cloudy with a shower in places and temperature high of 18°C



SATURDAY

Same pattern with clouds and a little rain, high of 19°C



SUNDAY

A little morning rain with temperatures rising to 20°C



MONDAY

Sunshine and some clouds with a temperature peak of 19°C

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MyLimerick

Dan Mooney
Writer

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

Saturday morning breakfast in the Milk Market with Christine and friends, Saturday afternoon Young Munsters match in Tom Clifford Park, followed by an evening Munster match in Thomond Park with a few pints thrown in on the way back to Charlie Malone's for good measure. The rugby season can't restart quick enough. Follow all of that with a nice Sunday stroll downtown for a cup of coffee somewhere.

What's your first Limerick memory?

I can't swear that this is my first memory, but one of the strongest early memories I have is of my Ma and Da bringing me and my brother Paul for a walk to see the Christmas lights. We'd drive out to Shannon Airport first, they used to have a spectacular display for Christmas, then we'd come back into town and just walk up O'Connell Street. Pretty much the start of Christmas for us every year.

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

I love Lough Gur. I love the history and the mythology and the countryside out there. It's a default spot for me to bringing visiting family and friends from abroad. The visitor centre is excellent, the stone circle on the way is somehow kind of magical and the place is a perfect ad for Limerick and Irish history.

What about a favourite local walk or view?

I take my favourite local walk to my favourite local view. Living up by Joseph Street it's nice to get to stroll down to the Shannon Bridge and walk along the river all the way down Clancy Strand to end up sitting out the back of JJ Bowles which is my favourite view spot. We get so many gorgeous photos of the castle but almost none from the angle below the bridge looking sort of up at it.



What do you think gives Limerick its unique identity?

I think there's a certain attitude in Limerick that's unique to us. It doesn't always help us, in fact it hinders us sometimes, but it also adds to our overall identity. We're strong-willed and black-humoured and we don't go on and on and on about ourselves like some other cities I could mention. Ahem. There's a certain grim charm about us I think. A kind of spit-in-your-eye we-don't-care-what-you-think attitude. I love it.

Do you have a favourite local restaurant?

I think I'd probably pick the Jasmine Palace as my favourite place to go purely because it's one of the few places big enough to comfortably accommodate our very large family so we go there often and I have some very fond memories of the place. Honourable mentions for The Curragower, The Mogul and Da Vincenzo's.

What do you think gives Limerick its unique identity?

I think there's a certain resolute toughness about Limerick people and it usually goes hand in hand with a black humour. We tend to find ways to laugh about things when they're going wrong. I like that about us.

How important do you think sport is to Limerick?

There's absolutely no denying that sport is just such a huge part of who we are here. We've had champions in all of our major sports across several codes and at various levels. Olympic rowers, Lions captains, Junior Soccer champions, All-Blacks beating ladies and that's before we even talk about the heroics of the hurling team and the 50 other teams and individuals not mentioned. It's massive here. I worry sometimes that it's so massive we forget how many other wonderful things we have going particularly in the arts: poetry, theatre, musicians and eh... novelists.

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

I think we badly need to make more residential accommodation available in the city as soon as possible. I've lost count of the amount of times I've walked through a ghost town at seven in the evening because we simply don't have enough people living in the city centre. It has to make life extremely difficult for retailers here and for the city to see real growth. I'd love to see more people about the town but until they have somewhere to live we're going to be in trouble.



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AUGUST 3, 1996

JUST like today, hurling fever was gripping the city back in early August, 1996 as thousands of supporters were getting ready to travel to Croke Park for the All-Ireland semi-final match against Antrim. And on a very sporty front page there was also a

photo of Irish soccer manager Mick McCarthy coaching kids in Corbally.

The lead story concerned an unresolved case where a Limerick school principal, who had not worked for 20 years was still being paid by the city VEC with the costs coming to €495,704 in legal and salary payments.



Coveted hurling tickets go to clubs on Thursday

Final countdown: Extra train services being finalised for fans

ÁINE FITZGERALD

aine.fitzgerald@limerickleader.ie

LIMERICK hurling supporters are moving heaven and earth in a bid to get their hands on one of the coveted All-Ireland final tickets which are to be distributed to clubs over the coming days.

Some 15,000 of the coveted 82,006 tickets for the hurling showpiece in Croke Park on August 19 were being printed at the Munster Council offices this Tuesday.

Many of the club secretaries and chairpersons will collect their club's allocations this Thursday.

Club officers in each club will then decide on the criteria of how to distribute the tickets.

Traditionally, club membership, club involvement, team involvement and Mackey Draw membership are all taken into consideration when clubs are allocating tickets to individuals.

There will be no public sale of tickets to the general public for the final.

Tickets will also be allocated in the coming days to people who fit the criteria for the purchasing of tickets from the county board. These include former players, former officers, mentors, referees and so on.

In an effort to boost their ticket



The scramble is well and truly on for a coveted All-Ireland ticket

allocation, Limerick GAA county board officers are working behind the scenes to negotiate with counties across the country. There are no family tickets for the final and no juvenile tickets, with stand tickets priced at €80.

Meanwhile, Irish Rail confirmed that the regular services from Limerick to Dublin sold out while supporters were travelling home from the semi-final on July 29. Additional services are now being finalised.

"We are planning to operate services from Limerick, Limerick Junction and Charleville to Dublin," said Jim Gallivan, Business Development Manager, Limerick, Iarnrod Eireann (Irish Rail).

All-Ireland eve social event in Dublin

DONAL O'REGAN

donal.oregan@limerickleader.ie

CLUB Limerick Dublin has organised an eve of the All-Ireland social event for Limerick fans living in Dublin and fans travelling to the capital for the weekend.

With tens of thousands of Limerick people converging on Dublin on the third weekend of August for the All-Ireland Final on August 19, Club Limerick Dublin – which organises various events for Limerick people living in the capital -- is organising a special "Up for the Match".

It takes place in Searsons Bar – part of the Chawke Pub Group – Baggot Street on Saturday, August 18. It begins at 8pm.

The event will feature a guest panel with 1973 All-Ireland winner, Eamonn Rea and Damien Quigley, a member of the Limerick team that reached the 1994 and 1996 All-Ireland finals, and others. Damien was unmarkable in the loss against Offaly in 1994 when he scored 2-3.

The third confirmed speaker is a Monaleen man now perhaps better known to fans of the oval ball – Sean Cronin, Leinster and Ireland rugby hooker. However, he is the proud recipient of a Limerick Senior Football Championship medal with Monaleen. Many more guest panellists will be there on the night.

There will also be a raffle and auction. All proceeds will go to the Limerick senior hurling panel fund.

Chairman of Club Limerick Dublin, Paul Stapleton, said it will be a wonderful occasion for Dublin-based Limerick people to get together, along with people coming up from Limerick.

"What an exciting weekend awaits all Limerick people for the All-Ireland hurling final. We don't get too many occasions like this, though the All-Ireland successes of our U-21 hurlers in 2015 and 2017 have been the platform for this year's remarkable journey by our senior team.

"I hope lots of Limerick people, both based in the Dublin area, and others travelling up for the weekend from the city and county will join us for a great night's craic and conversation in Charlie Chawke's Searson's Pub on Baggot Street", he added.



David Gorey, Castletroy, and Paula O'Mahony, Bruff, are so desperate for tickets that they will give someone free breakfast for a year at their café

A year's free breakfast in exchange for hurling tickets

THE SCRAMBLE for All-Ireland tickets is well and truly on, and it appears some people will go to any lengths to get their hands on a coveted pair, writes Maria Flannery.

And while most people would offer the usual, money and affection, in exchange for some tickets, the Limerick owners of a café in Kerry are willing to offer free breakfast for a year to whoever can come up with two passes to Croke.

The BeachCove Café in Waterville was taken over by Limerick couple Paula O'Mahony and David Gorey in June.

The tempting offer of a year's free breakfast in the seaside town was stuck up on the window of the café and posted on its social media channels over the weekend.

"We decided we really needed tickets as we haven't had a day off since we opened," said Paula, who is from Bruff. Her husband David

is from Castletroy.

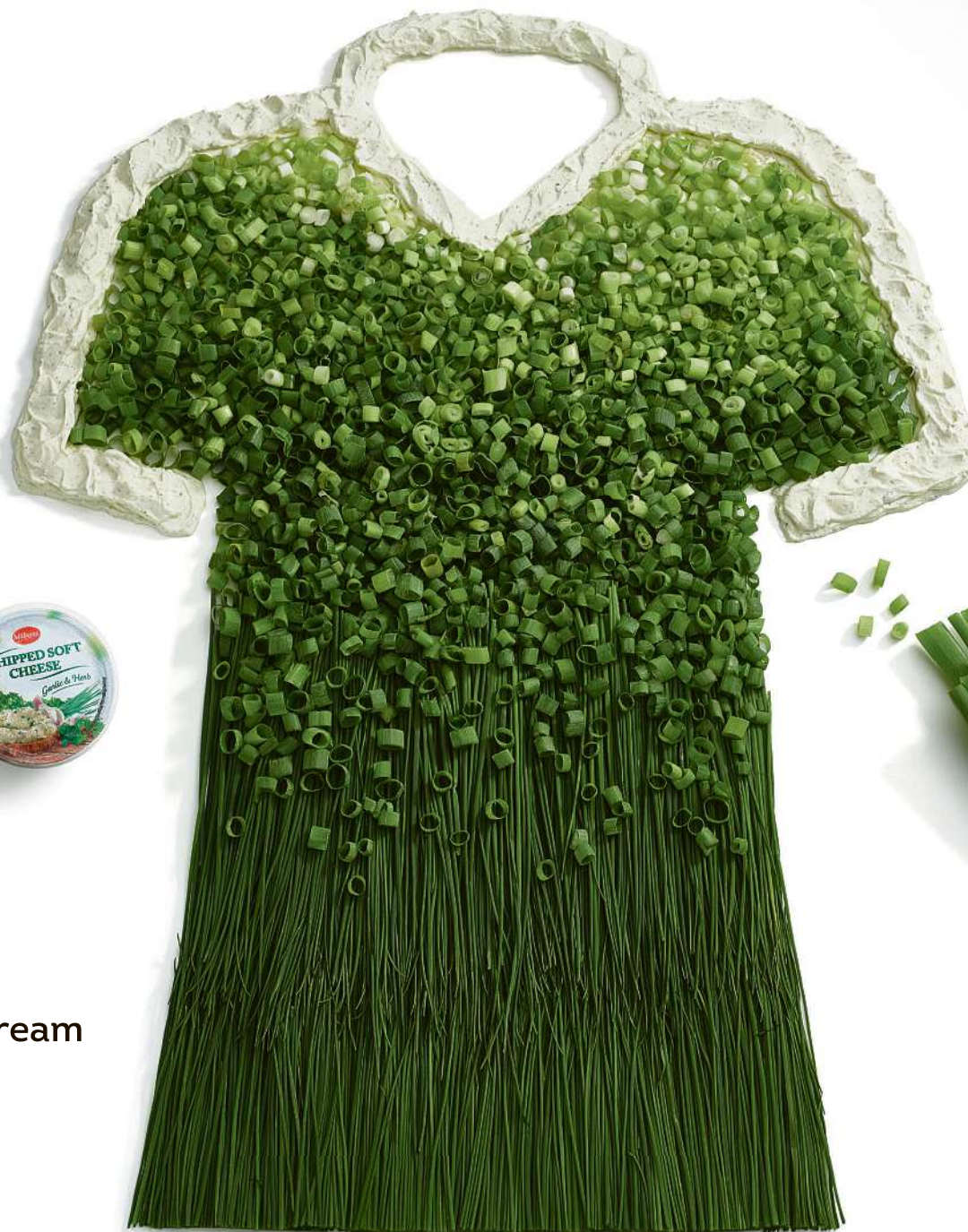
"We are big hurling fans. The tickets are so scarce now, we are trying to source them from anywhere we can. We came up with this idea in case anyone is around Kerry that might be willing to spare them," added Paula.

The couple worked in restaurants in Limerick before deciding to go out on their own this year. And so far, business has been great.

"We're running it ourselves. We used to work in restaurants in Limerick, I was in Delish and David was working in the Hi-Way, and this opportunity came up so we decided to go for it. It's flying it, we are delighted, it's busy all the time," said Paula.

And as for the terms and conditions, Paula said there's no catch. Whoever gives up a pair of the golden tickets will really get a free breakfast every day for a year. "Fingers crossed!" she said.

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Lombok quake: 'I don't want to die alone'

FINTAN WALSH

fintan.walsh@limerickleader.ie

A LIMERICK woman, who witnessed the traumatic Indonesian earthquake, has spoken of how she fled the catastrophe that claimed almost 100 lives.

Colleen Garry, a primary school teacher in Dublin but originally from County Limerick, was on the island resort of Lombok, east of Bali, when the fatal quake hit.

A mass exodus of thousands of islanders occurred following widespread fears of a tsunami. So far, 98 people have been pronounced dead.

Colleen had plans to spend a number of days in Lombok before meeting with friends in Gili Islands.

On Sunday evening, when she went to dinner, the earthquake struck the island.

She told TheJournal.ie that she ran into the middle of the road to

avoid street lamps and trees which were "violently shaking".

"Everyone was screaming and ran out from the restaurants. It was so scary. Then it stopped and for a moment everything was calm and locals came out of the mosque and said everything was OK. So I continued to walk towards the beach when all of a sudden dozens of motorbikes started flying past me.

"I was terrified and started sprinting. I've never felt fear like

that before. All I kept thinking was 'I don't want to die alone'," she said.

A local man picked her up in his car and she later contacted her parents via a phone belonging to one of the women she was with in the car.

They later waited on a hill to be safe from the tragedy and later headed into town with other people. She told TheJournal.ie that she was going to get a slow boat to Bali this week, as no ferries are currently sailing.



Colleen Garry from County Limerick witnessed the earthquakes

Sales of new cars fall as Focus hits top spot

THE number of new cars sold in Limerick last month decreased slightly when compared to July of last year.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show 860 new cars were registered in Limerick during July compared to 880 during the same month in 2017.

A total of 3,925 new cars were sold across Limerick during the first seven months of 2018.

This compares to 4,093 during the same period last year and represents a decline of 4.1%.

According to SIMI, cars manufactured by Ford (296), Toyota (258) and Volkswagen (206) were the most popular in Limerick between January and July.

The three most popular models were Ford Focus (159), Nissan Qashqai (152) and Ford Fiesta (139).

According to the SIMI figures, 17 new electric cars were registered in Limerick during the seven months while 10 hybrid cars (electric/petrol) were registered for the first time.

The most popular colour of newly-registered cars in Limerick was grey.



An Taoiseach, Leo Varadkar visited the Nightflyers set earlier this year. He's pictured with cast members Eoin Macken, Maya Eshet and Sam Strike PICTURE: ALAN PLACE/SYFY

Troy could double up with expansion plan

Film: Plassey studio provided work for more than 300

NICK RABBITTS

nick@limerickleader.ie

PLANS by Troy Studios to expand in Plassey could give the capacity for two productions to take place at once at the former Dell factory, it's been claimed.

The Leader can reveal that management of the film studio – which hosted the NBC series Nightflyers – are seeking to increase the floor space.

A planning application due before Limerick City and County Council will seek permission for a new sound stage.

Alongside this, the plans provide for the demolition of the existing roof and structure to a part of the building previously used for storage, plus construction of a new roof at a higher level.

On top of this, three new workshops will be constructed.

The move has been hailed as "great news" by Mayor James Collins, who is a board member of Innovate Limerick, the council offshoot which purchased the facility and leased it to Troy for film production.

"At the moment, Troy are using just half of the building they have. But they want to be one of the biggest and best studios in Europe. This is the first part of this," he said.

The reason for raising the ceiling, Mayor Collins said, is to allow for 'green screen' shots.

"They need to go up to 50 feet really. They need the height and depth when they are using the green screen in terms of movie production. There is even a possibility that you could have two productions there at the same time, both equivalent in scale to what has been happening with Nightflyers," he said.

While post-production takes place on site at Troy at present,

Mayor Collins said Innovate Limerick is looking to do this at its Engine building in Cecil Street.

He said: "What we're looking to do through Innovate Limerick, through the Engine building, is to put a post-production facility in, so we can train people up in post-production, primarily in sound."

The science-fiction drama series Nightflyers will premiere in the USA this autumn.

Produced by NBC Universal and Universal Cable productions, it will be shown on Netflix outside America.

On average, more than 300 people worked on set per day during the production of the thriller series.

The project is expected to create an economic spin-off of €70m in the local economy.

The council is expected to receive formal details of Troy's expansion plans in next two weeks.



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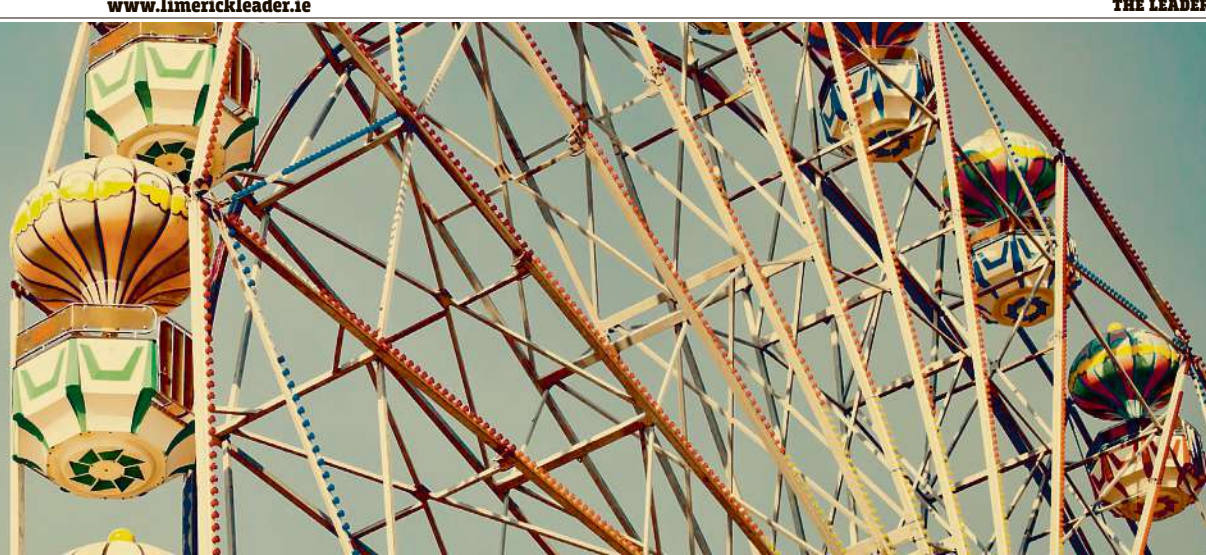
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Leddin hopes to bridge gap for walkers and cyclists

NICK RABBITS
nick@limerickleader.ie

LABOUR councillor Joe Leddin is calling for people's views on the location of a new pedestrian and cycle bridge over the River Shannon.

The City West member has submitted a notice of motion to the next meeting of Limerick's metropolitan district asking to get a debate going.

He noted that it is now over 30 years since the last bridges were erected in Limerick in the form of the Sylvester O'Halloran bridge, and the Guinness Bridge.

"Limerick is now one of the last remaining cities not to provide this infrastructure which will improve pedestrian safety and incentivise more people to cycle without the

fear of colliding with vehicles on our existing bridges," Cllr Leddin said.

But the public should be at the heart of the decision making on this bridge, he said, pointing out controversial plans to build a link between Arthur's Quay and King John's Castle did not get off the ground because of the lack of community input.

"It was very obvious from the previous debacle concerning the construction of a bridge adjacent to Arthur's Quay and Sarsfield House that both members of the public and the cycling fraternity would very much welcome a bridge albeit in a more suitable location," Cllr Leddin said.

He suggested O'Callaghan Strand could be linked with Bishop's Quay or Howley's Quay.



Previous plans for a pedestrian bridge across the Shannon found little favour with the public

"Such a bridge would link visitors directly into the new upgraded river quays and be equally accessible between the existing two main bridges namely Sarsfield and Shannon Bridge. Exciting new cycling routes are being developed throughout the country and with

funding now available under the €2 billion urban regeneration fund as part of Ireland 2040 plan now is the time to prepare a proposal and design to secure the necessary funding," he added.

Cllr Leddin added: "Pedestrian bridges contribute enormously

towards the creation of an accessible liveable city. With Limerick 2030 plans being progressed, we must deliver the necessary new infrastructure that will improve the attractiveness of Limerick as a place to live, work and visit."

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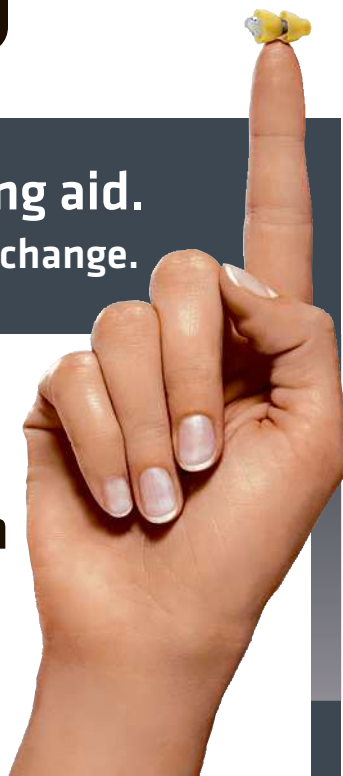


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Cllrs John Costelloe and Michael Sheahan at the eyepop mural last week, calling for it to be replaced with something more historic PICTURE: MICHAEL COWHEY

Market Quarter bans plastic straws

A LARGE group of Limerick's leading nightclubs and bars have teamed up to save a considerable amount of plastic being dumped in the ocean by making one small, simple switch, writes Jess Casey.

The Market Quarter, which includes Flannerys, The Icon, Angel Lane, Smyths, Molly Malones, Mother Macs and The Bailey, is to collectively do its bit for the environment by swapping out plastic straws to ones made from biodegradable materials.

"Every pub in the Market Quarter switched over last weekend," James

McMahon of Mother Macs said.

"We're all going to be involved in it and it'll hopefully extend out from that."

"It was something we were looking at for a while, and thinking about how we'd go about it."

It's a small change that will make a big difference given the amount of drinks served each week, he added.

"To look at them, they look the exact same as a plastic straw, but they're biodegradable, so they'll break down."

"They dissolve over time. I think it takes about six months."

Street art sparks 'eye-popping' row between local Fine Gael councillors

Proposal: Metropolitan mayor vows to do all he can to protect 'iconic' and 'edge' mural near King John's Castle

NICK RABBITTS
nick@limerickleader.ie

METROPOLITAN mayor Daniel Butler has clashed with his Fine Gael party colleague, Cllr Michael Sheahan over a controversial city mural.

As revealed in last week's The Leader, Cllr Sheahan has joined forces with Sinn Fein man John Costelloe in seeking to have the eye-pop mural at Castle Lane replaced with something of historical significance.

The story prompted a huge reaction on the Limerick Leader's web site and social media outlets.

Now, Cllr Butler says he has to "respectfully disagree" with Cllrs Sheahan and Costelloe on their idea, describing the eyepop mural as "iconic".

But Cllr Sheahan has hit back, saying cracks are appearing on its surface, and

"this presents an opportunity to change it."

Cllr Butler, who railed against the vandalism of the mural last month, said: "I very much understand their intentions around acknowledging our history but this piece sits in the most ideal location.

"It's juxtaposition to its setting is what further enhances this piece. I have long advocated we embrace and accept our urban edginess as part of our identity and stop the Galway or Cork comparisons. This piece of art embodies that edginess that is such a huge asset to us as a city and county."

The mayor believes whitewashing the mural and replacing it would effectively be to "give into mindless vandals".

"The fact it has stood untouched for so long shows the value placed in it across the city," he said, "I would like to see

us build on our street art and use it to honoured local characters and iconic individuals both modern and historical. In fact it may be a way to deal with the lack of women honoured in our city and to then create a local street art tour seen in other cities."

One contributor to the Leader's Twitter page suggested the late Cranberries frontwoman Dolores O'Riordan be honoured in the space.

"I certainly will be doing all I can to not just protect this piece but to grow our street art offering," he added.

Cllr Sheahan said from a distance, the eyepop mural – by Glasgow artist Smug – looks "fine".

"But, at close-up, you can see the paint is coming. These murals are only meant to be short-term. You cannot have murals falling off the wall," he said.



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Limerick Leader



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Leeanne McMahon

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Catherine O'Shea

Haha brilliant! They are ALMOST as desperate as I am!!

Maria Broderick

I give my husband for tickets.

Paul McCarthy

I'd rather tat then d match



HURLING GODS SMILE: GREEN ALTAR GOES VIRAL FOLLOWING LIMERICK'S SEMI-FINAL WIN

Criona O'Reilly

The legend that is Sr Patricia. She def deserves a ticket.



John Broderick

Putting god in a tough position - Clare/Galway doing a lot of praying as well - wonder who he will let win?

METRO MAYOR REQUESTS WORLD CUP HOMECOMING FOR LIMERICK HOCKEY PLAYER ROISIN UPTON

Jules Ni HAnnáin

Well done Róisín Upton you absolute super star



Stephen Carey

Look after our legends... fair play to ye ladies. No good jumping on the bandwagon now look after our champions. Great performance girls...

Marion Moynihan

Congratulations girls a fantastic result.

LIMERICK'S CHILDRENS GRIEF CENTRE SECURES FUNDING BOOST

Julie Dalton McLoughlin

Fantastic news for Helen and her team who provide such a vital service.



Linda Dineen

Well done Helen you and your team do amazing work!

Nicole Buckley

Well done Helen. You are truly an amazing & caring person.

Margaret Scanlon

Well done sister Helen fab person

Katrina Quilligan

Well done Helen. So well deserved. Great service.



Celebrating the 10th Anniversary of the Mount Kennett Skate Park which opened in July 2008 were some of the original team involved in its opening. Back row: Shane Serrano, Dave Hurley, Jamie Fairbrother, Daniel Shortt and Cian Eades. Front Row: Jay Reddan, Reuben Shortt, Luke Shortt, Gary Croke, Brian Esmonde, Stephen McGuane, Murillo Silva and John O'Connor

Mount Kennett Park skatepark is 10!

LIMERICK city centre's only dedicated skate park at Mount Kennett Place has celebrated its tenth anniversary this week.

Back in August 2008, after years of campaigning, the then Mayor, Cllr John Gilligan cut the ribbon at the skate park facility, which has been widely used since.

Former Labour councillor Tom Shortt was a driving force behind its opening, working to secure it since 2004.

He said: "It took quite a while. It was a slow process to get a council commitment. It was clear at the time there was a need for skateparks among teenagers."

Before its opening, Mr Shortt said boarders used to skate around shops, causing annoyance to business owners. "It was a problem, but they literally had nowhere to go. They used to be up at the Locke Bar, and Tait's Clock, in front of the new Dunnes Stores, and it led to clashes with shop owners," he recalled.

Criminal jailed for spate of burglaries

Spree: Serial offender broke into occupied homes

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A YOUNG man who deliberately targeted a residential suburb in Limerick "for the purpose of stealing cars" has been jailed for three years.

Dean Earls, aged 21, of Kileely Road, Thomondgate, had pleaded guilty to multiple charges relating to a crime spree which took place over a five-day period last December.

The offences included burglary, criminal damage and the stealing of a number of cars – including a Jaguar and a VW Polo.

Judge Tom O'Donnell was told gardai encountered the stolen Jaguar in the Thomondgate area at around 2.15am on December 11 – a number of days after it had been taken.

The vehicle was then pursued at high speed and the defendant arrested after it was crashed at Shelbourne Road.

John O'Sullivan BL, instructed by state solicitor Padraig Mawe, said Earls was "grossly intoxicated" when apprehended.

The Jaguar was damaged as a result of the crash while the Polo was later found burned out.

The defendant made admissions during interview telling gardai he had "floated into the area with the objective of stealing cars".

Yvonne Quinn BL said her client, who has a number of previous convictions, had been released from prison a number of months earlier.

She said he has had issues with substance abuse in the past and had

relapsed around the time of the crime spree.

She said her client's memory of what happened is "extremely limited" given his level of intoxication and she said there was an element of impulsiveness in his actions.

Imposing sentence, Judge O'Donnell said Earls' previous record was an aggravating factor as was the fact that he had entered private homes which were occupied.

He also noted the defendant was disqualified from driving when apprehended.

While Earls cooperated with gardai and is making considerable efforts to rehabilitate himself, the judge said a custodial sentence had to be imposed.



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DISTINCTION SINCE 1543



MAJESTIC DINING



AT THE EARL OF THOMOND RESTAURANT

LEADER CRIME BRIEFS

BY DAVID HURLEY



Be careful where you leave your handbag in workplace

Crime prevention officer Sgt Ber Leetch has appealed to people to take care of the security of their home and belongings this week following two burglaries.

A lady who works in a business premises in the city centre left her handbag under her desk in an office. A male walked and took the bag while it was unattended. "If you must bring your handbag to work make sure that it is locked away somewhere place safe or at the very least well hidden. Don't place it under your desk and consider not bringing your handbag to work at all," said Sgt Leetch.



Be sure to secure ground floor windows and doors

Meanwhile a lady living in a ground floor apartment left her bedroom window open a little which allowed a burglar to enter. She discovered it ransacked and her jewellery missing. Gardai advise if you live in a one storey house or ground floor apartment keep the windows closed unless you are in that room, burglars need only a minute to get in and out.

Appeal for witnesses after early morning city assault

Gardai are appealing for information about an assault that took place in the early hours of Monday morning in the city centre. A male in his mid-thirties was walking along William Street at around 3am when he was suddenly and without provocation punched in the face by another male.

"While it is appreciated there may not have been many about town at this time, gardai are issuing a public appeal just in case anybody witnessed this assault," said a spokesperson.

Gardai at Henry Street are investigating.

Man loses almost €10k in 'Microsoft' phone fraud

Gardai are warning of a telephone fraud which is being conducted on an ongoing basis.

In one recent incident, a man in his early 60s received a phone call from a male claiming to be from Microsoft.

The male informed him his computer had slowed down but that it could be improved for a fee of €10.

The man agreed and filled in his online banking details when sent a banking form to complete.

Feeling uneasy he later rang his bank – at which point he was informed that



Sgt Ber Leetch: never give out banking information

almost €10,000 had been taken from his account and the bank could do nothing to stop it.

"Under no circumstances should you give your bank details to anybody. If anybody does ask for such details hang up the phone and ring your bank," advises crime prevention officer, Sergeant Ber Leetch

Fraud victim loses €600

AN elderly man from Caherdavin fell victim to phone fraud this week, when he took a call from a male who claimed he was from his bank.

The caller alleged that the man's daughter had taken €600 from his account and he requested the man to go out and buy iTunes vouchers to the value of €600 so he could be paid back. The victim, whose aged in his 80s, bought the iTunes vouchers and received another call from the male who took the numbers of the iTunes cards.

The vouchers were spent and the male cannot be traced.



President Michael D Higgins with wife Sabina, alongside Mayor James Collins and his son Daniel

When the mayor met the President

MAYOR of Limerick City and County, Cllr James Collins enjoyed a chat with President Michael D Higgins at Croke Park ahead of the Treaty's fine semi-final win over Cork.

"I was asking him who he would support in the final if Galway met Limerick, granted we had given him the Freedom of the City? Like a true politician, he avoided the question,"

Mayor Collins said.

Mayor Collins travelled to GAA headquarters with his youngest son Daniel, and he added: "The atmosphere was great. During his first time in the Gaelic Grounds, Limerick won, and his first time at the weekend in Croke Park, Limerick won. So he has already invited himself to the final! So hopefully he will be some good luck charm."

Off-duty garda snapped culprits

Jailed: Offenders receive lengthy prison sentences

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TWO serial offenders who attacked two men were identified and apprehended after an off-duty garda photographed them on his mobile phone, a court has heard.

Gerard Martin, aged 28, who has an address at Ballyclough, Avenue, Ballinacurra Weston and Gerard Curtin, aged 37, who has an address at Railway House, Old Cork Road, had each pleaded guilty to charges relating to an incident at Mount Kennett, Dock Road, on August 23, 2017.

During a sentencing hearing before the summer vacation, Limerick Circuit Court was told there were two incidents which happened at around 11pm.

In the first incident, Gerard Curtin grabbed and held a friend of theirs while Gerard Martin searched his pockets.

Detective Garda Neil O'Gorman said nothing was found and that the defendants then targeted a second person a short time later.

On this occasion, he said, they escaped with around €90 in cash.

Both victims, he told the court, were threatened they would be stabbed and Judge Tom O'Donnell was told an off-duty gardai who came upon the incident took photos of the culprits on his phone before alerting



It could have been an extremely difficult case

JUDGE TOM O'DONNELL, BELOW



colleagues.

While neither incident was captured on CCTV, Detective Garda O'Gorman said footage was obtained which placed Martin and Curtin in the general area around the time of the offences.

While the victims were not physically injured, John O'Sullivan BL, prosecuting, said they were traumatised.

Neither, he added, had prepared a victim impact statement for the court.

Judge O'Donnell noted both defendants have previous convictions and that both have difficulties with alcohol and drugs.

In the case of Martin, he noted he was on bail in relation to another offence at the time and that his engagement with the Probation Service has not been satisfactory.

He accepted the admissions and guilty pleas were important as any trial could have been "extremely difficult to prosecute".

The judge also accepted that both men have been making efforts in prison to address their addiction issues.

He imposed four year prison sentences in relation to each of the robbery charges, suspending the final 12 months.

In the case of Gerard Curtin the sentence was back-dated to last September.

He directed that Gerard Martin's sentence be served consecutively to an 18 month prison sentence which was imposed in relation to a separate charge arising from a brawl at Mungret Street on October 18, 2016.

Judge O'Donnell directed that each of the defendants remain under the care, supervision and direction of the Probation Service for 12 months following their release from prison.

Injunction over 'Dale Farm' still in place

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PLANNING permission is to be sought for the retention of a concrete wall at a construction site which is at the centre of a legal dispute.

Limerick City and County Council has been granted an extension of an interim injunction halting any unauthorised construction works at the site at Ballycummin, Raheen.

Since the matter first came before Limerick Circuit Court in April, officials from the local authority have been monitoring the activities of workers at the site amid concerns that a "Dale Farm-type scenario" might develop.

Ellen Cawley of Toppins Field Halting Site, has been granted planning permission to build a two-storey house at the site.

But it is the council's contention that additional unauthorised works were carried out in the weeks before the injunction proceedings were initiated.

In late April, during an ex-parte application (one-side only) Pat Quinn BL, instructed by solicitor Will Leahy, told Judge Francis Comerford the council was concerned it could be



Limerick City and County Council was previously granted an interim injunction preventing unauthorised works at the site at Ballycummin,

faced with a "Dale Farm type scenario" if the order was not granted.

Members of the armed Regional Support Unit accompanied council officials to the site a number of days later as they personally served workers with copies of the court order – as per Judge Comerford's instructions.

In an email which was sent to councillors about the matter a Limerick City and County Council

official stated it would "monitor the site over the coming weeks to see if the injunction prohibiting works is complied with".

During a review of the case before the summer vacation, Judge John Hannan was told works are to be carried out to address some of the council's concerns including the removal of a mobile home and shed from the site.

The matter was adjourned to October.



WOOD'S 'DROP' GOAL

Keith Wood, former rugby player and restaurateur, and Kate Gannon, chartered engineer and Irish Water corporate affairs manager, launching the utility's public campaign on the importance of conserving water

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Criticism: Jan O'Sullivan

173 kids in region are now homeless

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LIMERICK TD Jan O'Sullivan has described a 23% increase in child homelessness across the region this summer as "a disgrace".

Ms O'Sullivan, who is the Labour party's spokesperson on housing, said: "In May of this year there were 141 children homeless in the region but in June that figure rose to 173. Each of the 173 children who are homeless in Limerick is in desperate need of a secure home for themselves and their families."

She pointed out this comes as the number of opportunities in the private sector and social housing is dwindling.

"Rebuilding Ireland has been an abysmal failure. Yet the Housing Minister claims two less homeless children nationally as a success. Our recent policy document Affordable Housing for All proposes amongst other measures a nationwide rent pressure zone and an assertive targeted policy to bring vacant homes back into use. We have to get serious about repurposing these buildings so we can turn them into liveable homes and part of that involves each council having a dedicated vacant homes officer," she said.

"The 2016 CSO figures showed almost 3,000 vacant homes in Limerick, many of which are owned by the council. While the council did bring many empty homes back into use since I put in place the void scheme as Housing Minister in 2013, there are still many empty council properties across the city," she added.

Ms O'Sullivan called for a series of targeted measures to bring vacant housing back into use as quickly as possible.

Two charged following seizure of loaded pistol

Crime: Firearm recovered during operation targeting city gangs

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A file is being prepared for the Director of Public Prosecutions in the case of two men who have been charged in connection with the seizure of a loaded pistol.

The pair were remanded in custody after they appeared before Judge Marie Keane at a vacation sitting of Tralee District Court last week.

John O'Donoghue, aged 29, of Cliona Park, Moyross, and Paul Whelan, aged 24, of Dalgaish Park, Moyross, are each charged with possession of a 9mm Colt pistol at Park Road, Corbally, under Section 27a of the Firearms Act.

The semi-automatic weapon was seized at Park Road, Corbally, during an operation targeting organised criminality in the city.

Ten rounds of ammunition were also seized.

Local gardai were assisted by members from several national units during the intelligence-led operation.

A number of garda cars were also rammed during the incident.

During the vacation sitting, Garda Rob Sheehy gave evidence that at 11.47pm on Monday (July 30), he arrested the accused John O'Donoghue and conveyed him to Henry Street garda station.

On August 1, he charged O'Donoghue and cautioned him but O'Donoghue made no reply to the charge.

Garda Dermot Cummins told the court that he arrested Paul Whelan at the same time on Monday, and brought him to Henry Street garda station where on August 1, he charged and cautioned him.



The pistol and ammunition were recovered last week

Paul Whelan, he said, made no reply to the charge.

Solicitor Ted McCarthy appearing for both men said he had no questions arising from the arrest of his clients.

He said neither was seeking bail and there was no objection to the State application to remand both men in custody.

Mr McCarthy asked to be assigned legal aid as both men are unemployed.

Noting there was no application for bail, Judge Leane formally remanded both men in custody pending directions for the DPP.

Both Mr O'Donoghue and Mr Whelan are due to appear, via video link, before a vacation sitting of Limerick District Court on Wednesday, August 8.

Investigations are ongoing and a file is to be prepared for the Director of Public Prosecutions.



The Eurostore pound shop on Thomas Street where the lost ring was located. (Inset) The retrieved ring with the engraving containing the initials of Charles and Kit McCarthy and the year they were married PHOTO KAREN MCCARTHY

Year and a half-long search ends in sheer joy

A vintage wedding ring, that spent a year and a half with the staff of Eurostore on Thomas Street, has finally been reunited with its owner.

Karen McCarthy, from Mallow, lost her grandmother's wedding ring after a shopping trip near Brown Thomas with her daughters last Easter.

"When I came home, I searched everywhere for it,

and I was so devastated when I lost it," she recalled.

Karen's grandmother Kit McCarthy passed away in 2009 aged 103, after receiving medallions from Presidents Mary McAleese and Michael D Higgins.

The staff of the store put an advert on Facebook and a sign on the window for over a year; unfortunately, the appeal didn't reach Mallow.

While working in Limerick court, the Mallow native made one last attempt to retrieve her ring at the stores of Thomas Street.

Mary Halpin of Eurostore recalled how she and the staff took extra caution in verifying that Karen was indeed the owner.

"There was an engraving on the ring, so we asked her what it said and when she

said it, we knew she was the owner, and she was just absolutely thrilled."

Ms McCarthy said, "It really restored my faith in humanity, I am so grateful for the effort they went through to contact me because they could have given up and just sold the ring off, but the ladies of that store are really special."



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Local organisations to get cut of €500K fund

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SEVEN organisations in Limerick will receive up to €5,000 as part of the 2018 Communities Integration Fund.

The Minister of State at the Department of Justice and Equality David Stanton TD announced the 155 projects in the country to receive the funding last week.

Doras Luimní, the Jesuit

Refugee Service, Social Service Council, Limerick Youth Service, The Manor Fields, Narrative 4 and the Northside Family Resource Centre were the organisations selected from Limerick to receive the grants.

It represented an increase on last year when only two out of six Limerick applicants were accepted for the grant.

Both Limerick Youth Service and the Northstar Family Support Project in John's Street received

the maximum grant of €5,000.

A total of €500,000 will be funded for communities that help promote the integration of migrants across the country, where a maximum of €5,000 is allowed for each organisation.

Organisations can vary from sports clubs, art projects, local charities and any other group that have played a significant role in aiding migrants.

Minister Stanton said he was "delighted" to bring back the fund

for a second year following the success of its inaugural year.

"Having personally visited some of the projects funded I was struck by how great an impact such a relatively modest financial support can have in bringing migrants and their host communities together," he commented.

The scheme was first announced back in February of last year to coincide with the launch of the Government's four-year Migrant Integration Strategy.



Minister of State at the Department of Justice David Stanton TD



A still from the Hermitage Green video, shot by Limerick film-maker Shane Serrano. The music video can be watched on the band's Facebook page

Local band release tribute to Dolores

Music: Limerick favourites release video from June gig

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LIMERICK band Hermitage Green have released video from a recent sold-out show at King John's Castle, at which they paid their respects to Dolores O'Riordan and the Cranberries.

The band returned to Limerick in June following a string of sell-out performances abroad.

During their June Bank Holiday show at King John's, the band were joined on stage by local Limerick artists to perform Dreams and Zombie in a touching tribute to the late Ms O'Riordan.

"We couldn't have gotten up on the stage last month in our hometown without paying tribute to Dolores O'Riordan and The Cranberries," the band said, in a post

on Facebook.

"Thank you to SÍOMHA, Nile St. James, Shane 'Dirt' Davis, Mike Hogan and Niamh Hinchy for coming on and helping us pay respect to the band that had such an enormous influence on all of us."

This was the band's second performance at King John's Castle, having sold out the venue in 2017.

Speaking to the Limerick Leader ahead of the gig in June, Barry Murphy of Hermitage Green said: "King John's Castle is an incredible venue, easily one of the finest this country has to offer and we are counting the days until the show."

He added the band would "never forget the feeling of walking out on that stage and looking up at the castle walls against a backdrop of the river Shannon and Limerick city" last year.

After releasing their first full length album via SONY Ireland, the band has been touring internationally to sold out rooms across Ireland, the UK, Middle East, Australia and the US.

"As a venue, King John's Castle, is proving to be extremely popular for music lovers," Mick Dolan of Dolan's said, prior to the gig.

"Dolan's have been proud to have been associated with Hermitage Green since their early days. Their growth and development as a band has been inspirational to watch," he added.

Shot by Limerick filmmaker Shane Serrano, the performance was recorded and mixed by Conor Friel. It can be viewed on the Hermitage Green Facebook page: www.facebook.com/pg/hermitagegreen/videos

'Alarming' rise in acute kidney injuries revealed

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RATES of acute kidney injury (AKI) among Irish patients have more than doubled in the last 10 years, according to a new study led by researchers at the University of Limerick.

With patients who suffer a long term AKI more prone to kidney failure and early death, AKI describes the sudden, and often temporary, loss of function that occurs when the kidney is damaged.

The injury increased here by 126% between 2005 and 2014, according to the largest study of its kind, led by researchers at the Graduate Entry Medical School (GEMS).

"Acute Kidney Injury is a significant problem and puts patients at risk of kidney failure," Professor Austin Stack, (pictured) lead author and Foundation Chair of Medicine at GEMS and Consultant Nephrologist at University Hospital Limerick, said.

"The first step is to recognise that we have a problem across the health system," he added.

AKI is caused by severe dehydration, acute illnesses like pneumonia, blood loss or even certain medications like anti-inflammatory drugs.

"We tracked over 450,000 patients in the Irish health system from 2005 to 2014 and identified more than 40,000 episodes of AKI," Professor

Stack explained.

Researchers used data from the National Kidney Disease Surveillance System, based in UL's GEMS, to track trends in the rates of AKI from 2005 to 2014.

The study found that the trend of rising rates of AKI was observed in both hospital and non-hospital settings, and among both men and women.

The highest rates of AKI were detected among hospitalised patients where the rates increased

from 28.8% in 2005 to 46.2% in 2014, the study also found.

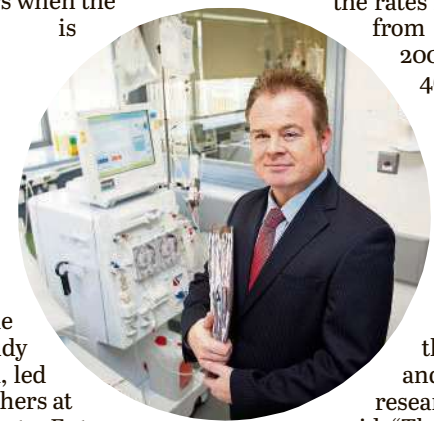
Dr Leonard Browne, senior author of the study and

research fellow said: "The increase

in AKI could in part be explained by an increase in the number of elderly patients in the health system and a larger proportion of patients with poorer kidney function."

Strategies to prevent AKI include greater public and physician awareness, early identification and early detection, early use of treatment strategies, avoidance of drugs that damage the kidney and the early referral to kidney specialists, according to Professor Stack.

"We would advocate for the development and implementation of a national strategy designed to prevent the occurrence of AKI and its consequences in the health system," he added.





Raheen woman Roisin Upton in action last weekend during the Women's Hockey World Cup

PICTURE: CRAIG MERCER/SPORTSFILE

Roisin's World Cup success to be marked at event

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THE SUCCESS of Limerick hockey player Roisin Upton is due to be marked after the local authority agreed to host a celebratory reception for her.

Roisin, along with the rest of the Irish team, reached Ireland's first ever World Cup final in a team field sport over the weekend, when they took on the Netherlands. They came home with silver medals.

Raheen woman Roisin Upton played a vital role in the team throughout the World Cup campaign.

Limerick's Metropolitan Mayor, Cllr Daniel Butler, called on Limerick City and County Council to organise a homecoming reception after the final.

The council has now confirmed that it is to go ahead with an event to mark the sporting hero in the near future.

The Irish Women's Hockey Team came second in the tournament after they were beaten by the Netherlands in Sunday afternoon's final, which ended 6-0. They received a homecoming reception by the Lord Mayor of Dublin this week.

The women's hockey team captured the country's attention and imagination last week. Having entered the tournament as the 16th ranked team, they progressed all the way to come face-to-face with the world's number one team, the Netherlands.

Twenty-four-year-old Roisin is a former pupil of An Mhodscoil and Crescent College

Comprehensive, and has more than 40 caps for Ireland.

Mayor of Limerick City and County, Cllr James Collins, said: "Limerick woman Roisin Upton and the entire women's hockey team have enthralled and entertained the Irish and world sporting public of the past few weeks as they have continued their incredible journey to the World Cup final.

"Never before has an Irish team reached such heights. Their grit and determination, along with their teamwork and never say die attitude, is a credit to the team and its management," said Mayor Collins.

"One of the stars of the team is Limerick woman Roisin Upton. We are all very proud of her achievements and everyone involved in hockey in Limerick is delighted with her and her teammates' success," added the mayor.

Cllr Butler said that the player has created a "huge sense of pride" in Limerick. "She has equipped herself with absolute professionalism on and off the pitch.

"I want to acknowledge her family, especially her parents, for their huge support and dedication in supporting Roisin to get there. I also want to acknowledge the local hockey community here in Limerick who deserve huge credit for their part in this achievement through the commitment and sacrifice.

"Limerick has found itself a new sporting icon in Roisin Upton and we must celebrate her and all she has achieved and will inevitably inspire others to achieve, especially young women," added Cllr Butler.

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Mooney joins longlist of rising authors in UK book prize

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LIMERICK City author Dan Mooney was longlisted in The Guardian newspaper's highly-regarded Not The Booker prize this year.

The 34-year-old received the mention in the UK publication's annual longlist for his latest, second novel *The Great Unexpected*, which was released last Friday.

His sophomore work follows his debut novel *Me, Myself and Them*, which was first self-published in late 2016 and later re-released through Legend Press in early 2017.

The Great Unexpected is an uplifting story about Joel Monroe, a septuagenarian nursing home resident, who wants to end his life with the help of his flamboyant friend Frank Adams.

When his roommate dies and is replaced by the "interloper" Frank Adams — a flowery former actor —



**Join the club:
Dan Mooney
released his new
novel last week**

Joel's path to ending his life becomes one of serendipitous adventure.

"Joel has learned the pointlessness of his existence and

has decided that this is so utterly pointless. Why am I alive, waiting to die in this nursing home when people just keep on dying? Whereas Frank, who is in the exact same circumstances, enjoys himself," Dan told the Leader in a recent interview.

"As I was writing *Joel and Frank*, I kinda fell in love with the two of them, a little bit. So when I was sitting back down to write them, every time was fun. There wasn't a time I would struggle and

wonder what I would do next. Every time I sat down to write, I kinda felt like I was hanging out with Joel and Frank. I loved it because I loved them," he said.

The Limerick author didn't make the final cut as the shortlisted authors were announced this Tuesday. The five nominees are Ariel Kahn, Dervla McTiernan, Naomi Booth, Rebecca Ley and Will Dean.

Dan Mooney has confirmed that he is working on his third novel.



A big screen was installed on O'Connell Street for the Munster's clash against Toulouse in the Heineken Cup final in 2008. There was a big screen for the All-Ireland final in 2007

Gaelic Grounds to host big screen for All-Ireland clash

Talks: Council and GAA held final talks on Tuesday to decide on homecoming

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PLANS ARE in place to show the All-Ireland senior hurling final to thousands of fans at the Gaelic Grounds, *The Leader* understands.

Since the day after Limerick beat Cork in their Croke Park semi-final, Limerick City and County Council management have been holding talks with Limerick GAA to decide on the hosting of a big screen and the subsequent homecoming of the senior team.

Metropolitan district mayor Cllr

Daniel Butler first mooted the idea of showing the match on a big screen and urged the council to explore its options.

Mayor of Limerick City and County, Cllr James Collins has also been involved in talks over activities surrounding Limerick's first All-Ireland final in 11 years.

The Leader understands that the final bits of paperwork were being carried out among GAA and council officials.

The council did not comment at the time of going to print, but it is understood that Limerick GAA will

be showing the match to fans at the Ennis Road grounds on August 19.

However, it was not known at the time of going to print whether the council was hosting the big screen at a separate venue.

Mayor Collins said that there will be a homecoming for the players, win or lose.

Last week, the managing director of Shannon Heritage said 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.

It is estimated that installing the

€5,000

Minimum estimated price to host big screen for Limerick's All-Ireland final against Galway on August 19

big screen on O'Connell Street could cost between €5,000 and €10,000.

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

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

Limerick will take on Galway in the All-Ireland final on August 19 at Croke Park.

The last time Limerick took home the Liam MacCarthy Cup was in 1973.

Local Ireland welcomes policy on protecting print media

JESS CASEY

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LOCAL Ireland, the representative association for local newspapers in Ireland, has welcomed the publication of Fianna Fáil's policy document 'Newspaper Publishing: A Policy to Sustain High Quality Journalism in Irish Public Life.'

Fianna Fáil recently published a policy document, which proposes to create a €30m fund to support independent print media.

"The policy document represents a welcome step forward in developing an effective national policy response to support independent journalism in this country," said Local Ireland president Frank Mulrennan.

"As 'fake news' has emerged as a national and international challenge, we welcome the document's acknowledgement of the critical role of newspapers in the democratic life of the country." "The document shows a clear



Frank Mulrennan, Local Ireland president

understanding of the stark challenges faced by the sector," Mr Mulrennan said.

"In particular we welcome the commitment to establishing a Minister for Media and the

provision of funding for the development of newspaper journalism."

"However, we believe much more can be done in relation to VAT than set out in the policy document," he added.

Local Ireland and Newsbrands Ireland, the representative association for national newspapers, has also launched a national campaign called Journalism Matters, to drive the change necessary to sustain

independent journalism.

This includes reducing VAT to newspapers and digital products, reforming Ireland's defamation laws, appointing a Minister for the Media, establishing a news publishers media fund and invest in training schemes for journalism. "Doing nothing is not an option," Mr Mulrennan said. "We urge political parties to work together to forge a policy programme to deliver the required change."



The new sitting room at Limerick Prison, left and on the right is Senator Maria Byrne, Mayor James Collins, Ronan Moloney, Governor Mark Kennedy, Jeff Lee and Kevin Fitzgerald sitting on 'Kathedra' PICTURES: ADRIAN BUTLER

New 'homely' family room unveiled at Limerick Prison

Revamp: Renovated visitor's room at jail to help 'maintain family relationships'

JESS CASEY

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A NEW family room has been unveiled at Limerick Prison in an effort to create a more homely environment for children visiting their incarcerated parents.

The newly-renovated 'sitting room' was shown for first time, as three new artworks created by the Limerick City Build were put on display at the front of the prison on Mulgrave Street.

A pilot programme with the Irish Human Rights and Equality Commission and the prison has been focusing on giving female prisoners a voice, according to Human Rights Commissioner Teresa Blake.

"Women in Irish prisons are a

unique group," Ms Blake said.

"Maintaining family relationships is essential to them," she added.

According to the Bedford Row Family Project, a Limerick City based voluntary group, imprisonment of a family member has a significant impact on those left outside, especially children.

"This pilot project, looking at the women's voice here, has also been looking at how we can better conditions," Ms Blake added.

"This sitting room is very important as it will give the women here a room in which they can spend time with their children in a normalised setting," she explained.

"It's a homely room, without a clinical feeling."

Limerick Prison has made a

significant effort in enhancing its premises on Mulgrave Street, according to Governor Mark Kennedy.

While the programme to enhance the building started eight years ago, an influx of visitors when the prison's 'Tree of Life' water fountain froze during Storm Emma acted as a catalyst for the project, Governor Kennedy explained.

Pictures of extreme icicles formed on the fountain during the snow-storm went viral in March and the prison saw a massive influx of visitors to the site, he added.

"We've seen great renovations on William Street and Mulgrave Street and we decided to enhance the space."

"We removed the razor wire along



'Women in Irish prisons are a unique group'

TERESA BLAKE, HUMAN RIGHTS COMMISSIONER

the front of the prison and we've taken steps to transform what was a grey, stern building," he said.

Three pieces of art created by the Limerick City Build, a social enterprise initiative, have also been installed on the grounds.

This includes a sculpture called 'The Space Between', a renovation to the prison's original Governor's door created using wood from railway sleepers and a steel bench called 'Kathedra.'

"It's not just a straightforward bench," Governor Kennedy explained.

"It's an intricate, beautiful piece that would stand anywhere in the world." The three new pieces of art will also be lit with spotlights at night, he added.



Providing the entertainment: Singer-songwriter Brian Kennedy, pictured here along with broadcaster Joe Duffy, impressed the crowds with original acoustic songs

Live on air: Talk to Joe...

Hundreds attend a live broadcast of RTÉ's Liveline 'Funny Friday' with Joe Duffy at Limerick's Radisson Blu Hotel & Spa

Pictures: Dave Gaynor **Words:** Maria Flannery



Helen Keogh, Dublin, Anne Liston, Kildimo, Patsy Farrow, Chester, England, and Marie Milton, Longford

Anne: We heard about it on the radio. Helen, Marie and I are sisters and this is our Auntie Patsy.

Patsy: I'm just over here for a week, but I listen to Joe Duffy every day in Chester. So of course when we heard that it was on, we decided we had to come.

Denis and Mary Anne Daly, Hospital

Mary Anne: I'm originally from Queens (New York). I love the show, I listen to it all the time. I actually rang in the time he was on about bad language and cursing. I said straight out that I think a person has a very limited vocabulary to use that sort of language. It's just not acceptable in New York in business now.



Emily Clarke, singer from Crecora

Great radio: Very often, Joe Duffy features sad situations that need to be aired for people to get the help they need. Ireland is so good at producing great music, and he is very good to give people a shot and air their music. But mostly it's great entertainment.



Vera Ryan, Clíodhna Mulcahy and Eileen Greaney, Raheen

Vera: We just came for the entertainment. It's a good way to start off the bank holiday weekend.

Candid Comment

By SPARTACUS

● THE general public continue to be baffled by the fact that we here in Limerick have two mayors.

This is as a result of the amalgamation of Limerick City Council with Limerick County Council some years back.

Before you had a Mayor of Limerick city and a chairman of Limerick County Council.

Now you have a Mayor for all Limerick but to confuse things a little, you also have a Metropolitan Mayor.

If one was in Abbeyfeale and the other in Limerick city it would not be too bad, but when both are based in Dooradoyle and are from different political parties, then you are going to have plenty of overlapping.

James Collins, FF who is running for Fianna Fail in the next general election is what many refer to as the "big mayor" and his Fine Gael neighbour, Daniel Butler looks after the city area.

Both were busy over the bank holiday weekend, nearly as quick as our Sports Minister, Shane Ross, to congratulate the Irish Hockey team.

Cllr Butler was first with his statement calling on the Council to organise a homecoming reception for Roisin Upton "in light of her historic achievement of making a World Cup final."

Hours later Jame Collins issued his statement of congratulations to Roisin Upton, a former Crescent Comprehensive pupil and near neighbour of both politicians.

Cllr Collins said: "I will be discussing with Limerick Council, when it reopens tomorrow (Tuesday) how best to honour Roisin's achievements.

So with two Mayors on the ball, one thing is sure, the caterers are going to do well with plenty of mayoral, civic and other receptions over the next 12 months.

● The Limerick owners of BeachCove cafe in Kerry are seeking two rare tickets for the All-Ireland final and, in exchange, are willing to feed them breakfast for

a whole year. Spartacus knows a few fans who will trade an arm and leg for such a coveted piece of paper. So if you're fortunate enough to scoop the tickets, you better make sure those breakfasts are worth the 107 mile journey.

● THE decline in the number of new cars being sold in Limerick must be a concern manufacturers and those working in the industry. Spartacus, however, is far more concerned that seven yellow and 16 orange cars were registered in Limerick between January and July.

● THIS week sees the arrival of the latest sports 'broadcaster' – something called Eleven Sports – to the Irish Market. While competition is welcome, Spartacus is concerned that in addition to providing coverage of La Liga and Serie A over the coming season, it could also scoop up the rights to junior soccer in Limerick.

● THE scammers are at it again, and making lots of money from innocent people over the phone.

In one recent incident, a man in his early 60s received a phone call from a male claiming to be from Microsoft and ended up losing out to the tune of €10,000.

The male informed him his computer had slowed down but that it could be improved for a fee of €10. The man agreed and filled in his online banking details when sent a banking form to complete.

Feeling uneasy he later rang his bank – at which point he was informed that the money had been taken from his account and the bank could do nothing to stop it.

Banks and gardai continually tell people that under no circumstances should you give your bank details to anybody. Pass on the message before one of your family is caught.



Comedian June Rodgers in action at RTÉ's Liveline 'Funny Friday' broadcast

Plenty to laugh at: Comedians impersonated public figures and celebrities from both home and abroad, including Donald Trump, Eamon Dunphy, Michael D Higgins and Kim Kardashian.



Michael Potter, Mungret, and Shane Byrnes, Hyde Road

Michael: I'm here with my friend Shane – he's a street performer, he's well known for his singing in Limerick, and we're hoping he might get to do a little song here today. I'm involved in the Burns Night in Limerick.



Vicky and Frank Tubridy, Glasgow Park, Limerick

Enjoying Liveline on tour: The popular RTÉ radio show travels around the country on occasion for 'Funny Friday', an antidote to the usually more serious themes of Liveline.

Transport ad makes good Bus-iness sense for city

Travel: Bus Eireann film television commercial at Limerick sites

NICK RABBITS
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LIMERICK is the setting for the latest Bus Eireann television advert encouraging people to leave their cars at home and take public transport.

Connelly Partners Dublin, which provided the advert for the state bus firm, picked Limerick as its location, and hired local film, media and arts students who took to their iPhones and smart phones to film sites of the city.

This content reflects a collective perspective of the connectivity that occurs on-board Bus Eireann services every day, according to the company.

Locations used include UL, Thomond Park and Patrick Street.

Connelly Partners said they were impressed with the calibre of students from Mary Immaculate College and the Limerick Institute of Technology with media skills, as well as “the look, feel, vibrancy and energy” felt in Limerick, plus its diversity.

Steve Connelly, owner of Connelly Partners Boston and now Dublin was involved in the idea behind the advert and how it would be executed.

He said: “We had two strategies for this campaign. First was to show that while life stops for people stopped in traffic, people who choose Bus Eireann



A still from the Bus Eireann advert, which also saw shots in UL,

are still active, productive and engaged with life. And second we wanted to make the spot to have an energy that is authentic. These days young people don't just carry a phone, they live through their phone and they are experts at capturing and sharing life at every turn. Rather than artificially recreate what happens on board it occurred to us that if there were 30 passengers on any given bus, there were also 30 cameras on that bus. Let's use those cameras. We recruited students, gave them a shot list of things we would want to show and asked them to capture those and other things of interest on a ride.”



Garda Catherine Mulcahy, Garda Niamh Keogh and Garda Paul Howard with Ronan Woodhouse and Leon Kilmore PICTURE: MICHAEL COWHEY

Ice cream party to support Down Syndrome Ireland

An ice-cream party will take place at the People's Park this weekend to help raise funds for Down Syndrome Ireland, writes David Hurley.

The free event is part of the annual HB Fundays campaign which aims to raise €350,000 nationally.

It takes place near the bandstand at the People's Park from 2pm on Saturday and is supported by community gardai from Roxboro Road station.

“It's for Down Syndrome Ireland, it's our first time holding a charity event and it's about giving back to the community

what the community gives to us and hopefully everybody will come out and support us and the weather will help too,” said Garda Niamh Keogh.

Noreen Keane of Down Syndrome Limerick is appealing to people to come out on Saturday to support the event.

“We hope people will have a lot of fun and that families will come out to support the event because all monies raised will go towards the provision of services for children and adults with Down Syndrome such as speech and language therapy and occupational therapy,” she said.

Mary I conference looks at crucial era

THE DECADE of Centenaries historical conference will be hosted by Mary Immaculate college this September.

Hosted by the college's department of history the 'Limerick 1918-23 Approaches' conference will delve into the history of the Treaty city during arguably the country's most important era.

Dr Brian Hughes, a history lecturer from Mary Immaculate College and the organiser of the Decade of Centenaries, is eager to welcome scholars of the field to discuss Limerick's role during the revolutionary years.

“The research that will be presented reflects some of the most recent and innovative additions to our knowledge of the revolutionary period in Limerick and further afield. Dr Hughes said.

The conference is free to attend with refreshments scheduled at lunch, but registration is required. To register visit, the Limerick 1918-23 New Approaches page on Eventbrite.ie.

Tour de Munster returns to Limerick

LATE UNITED STATES President John F Kennedy once said: “Nothing compares to the simple pleasure of riding a bike.”

The annual Tour de Munster will be no simple pleasure when it kicks off tomorrow morning on August 9, in aid of Down Syndrome Ireland (DSI).

In what will be the first day of their three-day 600km cycle, the cyclists will journey from the Silversprings Hotel in Cork at 8am and will finish in Killaloe after nearly 11 hours of cycling.

People of Limerick can catch the cyclists during their stop at the Casteltroy DSI centre from 5:20pm to 5:50pm.

Since its inception in 2001, Tour de Munster has raised over €2.5 million for its beneficiaries with over €2 million for DSI alone.

Irish cycling legend Sean Kelly will also be taking part in the tour.

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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 Luigi, a two-year-old Pomeranian mix who only loves to have all of your attention.

Luigi is a sweet, energetic little dog, and he loves his toys!

This cute dog would equally suit a family or a single person as a companion pet.

This fella is named Scrappy, but don't be fooled by the misnomer!

Scrappy is a three-year-old male cat who just loves to give hugs and cuddles.

Scrappy loves nothing more than to curl up in a cosy house. He would happily chill on the sofa with you all day!



Amy is a very quiet, affectionate and loving girl.

She is about 6 years old and all she really wants is to have her belly rubbed!

Amy loves her walks and is very good on the lead. She would suit a family or someone looking for a companion pet.

Cutie Callie a 'playful' pet

Just look at that little face!

Callie is a beautiful calico kitten. She is around three months old.

Callie is very friendly and playful kitten. Like all cats and dogs from Limerick Animal Welfare, she will come neutered and vaccinated. To cover these costs, LAW asks for a €100 adoption fee for cats.



A collection of county flags atop the Gardens International development PICTURE: MICHAEL COWHEY

...and then there were two

ALTHOUGH Clare were eliminated from Championship contention, their flag still flies alongside the two All-Ireland finalists on top of Gardens International.

The Banner flew alongside the green flag of Limerick, and the maroon of Galway on top of the flagship development this Tuesday morning.

Also present is Kerry's gold and green. Senator Kieran O'Donnell said: "It's

good natured banter in flag form. The Kerry flag being up there obviously brings a bit of football into play. But the other three flags are hurling. The interest among the Limerick public in the All-Ireland is immense. But it's important the team is allowed to prepare in a quiet way." The Croke Park showdown takes place on Sunday, August 19, throw in 3.30pm.

Horse rescued after falling into mud

Heroes: Ropes used to pull mare from peril

MARIA FLANNERY
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THERE WAS a happy ending for the poor horse that got into difficulty in mud in Limerick city over the weekend, after she was rescued by a group of good Samaritans.

The mare was stuck in a pond of mud in Rhebogue last Friday evening. She was submerged up to her neck and unable to pull herself up out of the pond, after apparently slipping in an effort to take a drink.

Local man Eddie O'Doherty came on the scene and contacted the emergency services. However, it was Limerick Animal Welfare (LAW) who finally responded out of hours, sending out an appeal on Facebook for more people to come along and help.

What was needed was "more man-power and equipment", such as ropes, to help pull the horse from the mud.

And thanks to the fantastic community response, the horse was saved.

LAW thanked those who helped, including their "tireless volunteer Anna Gallagher" and the Clarkes, Reillys, and "all the boys that came to



The scene as the horse struggled for freedom before help arrived

PICTURE: EDDIE O'DOHERTY

help and brought ropes and straps".

"They all worked together to pull the mare free from the mud."

Equine vet Paraic McNamara also attended, and antibiotics were given to the mare. Her owner then took her home to be stabled and watched over to ensure she would make a full recovery, said LAW.

Volunteer Anna Gallagher, who works with young people in the Horse Education Limerick Project Southside, said that the mare is in good condition and is a well-cared for horse.

The animal was grazing on land

that the owner rents, when it got into difficulty in a pond in the field.

"The owner has now taken the mare home to continue to care for her as she was suffering from shock and antibiotics will be administered for a week to ensure infection doesn't set in," said Ms Gallagher.

"Well done to all those urban horse owners and a huge thank you for coming out to assist in this mare's rescue."

The rescue effort gained a huge audience online, with many congratulating the "everyday heroes" who helped save the horse.



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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Bernard, Verconia and Joanne Kennedy, Pallasgreen, all set for the Canopy of Comedy at Chez Le Fab

Out & About

CANOPY OF COMEDY NIGHT AT CHEZ LE FAB

Pictures: BRENDAN GLEESON



Christina Maher, Donna Martin and friend enjoying the craic at the comedy night in Chez Le Fab, Arthurs Quay



Dakota Mick and Tim Charles, Comedians



Jen Ronan, MC, of the Canopy of Comedy



Girl Power: Emily Ashmore and Christina McMahon



Liam Byrd, Cratloe and Rachel Rowlands were all smiles



LEFT: Margeret and Eimear Stokes, Curraghchase with Kim and Fionnuala Looney, Croagh, all set for the Canopy of Comedy night

ABOVE: Emily Ashmore, Christina McMahon with Dakota Mick and Tim Charles, the Line of Comedians

RIGHT: Ciaran Keogh, Cathedral Place, Jocab Paris, Barney McGann and Owen Gilligan, Corbally



Lorriane and Cathal Donnellan, Dooradoyle



Konstantin Koerbes, Jack Aherne, Jake O'Connor and Ian Brew with Desmond the Dog



Jen Ronan, MC, getting a selfie on the night



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

What you don't know can hurt you, so get some help

I met a gentleman last week who told me he was great at making financial decisions, the only problem was that they were always terrible.

"I bought a house with my brother and we quickly started arguing over the mortgage and tenants, and as a result we haven't spoken for the last five years.

"I bought my family home in early 2007 at the near height of the property market and 12 months later, markets crashed and did the value of our house."

"I'm embarrassed to say I was offered a tracker mortgage and I turned it down. I opted for a variable one instead."

He wasn't wrong when he said he made some poor decisions, a couple of humdingers, no doubt, but in fairness how would he have known markets were going to crash, or how his brother's behaviour would change when they bought an investment property together.

While we were chatting, I was reminded of the saying, "you don't know what you don't know"; its meaning is simple but so true and applies to many other aspects of our lives.

A situation arises that could impact your life, and you're not sure if it's a great opportunity or a threat, and you don't know what to do, and no one close to you knows either. You're not sure what the potential outcomes are, because you don't know what you don't know.

Some people, like this gentleman, try to solve the problem by doing what others do, and adopt the follow the herd mentality (you're mad if you don't buy an investment property because it's a licence to print money, you need to get on the property ladder because everyone else is doing it etc.) and this

can be a very dangerous strategy, because if you get it wrong, it could take you years to financially recover from.

If you, are also in the habit of making poor decisions, there are solutions available which can help, and the first is getting advice from people with experience and knowledge who can talk through the options available, in an unemotional way. And that's exactly what this gentleman was doing when he contacted me. He had an opportunity to move employers, and the new offer looked good (higher salary, larger pension contributions etc.) but because of his history of making terrible decisions, he didn't want to get blindsided again.

Fear might keep you from making the wrong decision, but it will also keep you from making good ones as well, so it's important you don't ignore your finances just because you made some mistakes in the past.

We would go through the numbers in detail, numbers he couldn't even begin to think about, but yet so important, and numbers that would help shape his decision and give him the logic and reasoning behind it.

He was a textbook case of someone not knowing what they didn't know.

He didn't know, how much more his pension fund might become with a new employer; he didn't know whether his hourly earning rate would increase or not; he didn't know what impact his new salary would have on his monthly cash flow; he didn't know what he could do with the extra amount he would be in receipt of; he didn't know how much more tax he would pay; he didn't know what the share options he was being



Fear might keep you from making the wrong decision, but it will also keep you from making good ones as well

DID YOU KNOW?

The largest and heaviest currency in the world, can be found on the island of Yap in the Pacific. Inhabitants use donut-shaped stones, known as Rai, as a form of money. The weight of one stone can be as much as 7.6 tonnes.

offered were worth after tax; he didn't know what tax had to be paid and when.

All big questions he needed to know the answers to, and when he did, he could add the financial impact of moving to the mix.

Recognising there are things you don't know you don't know is your starting point to making a decision. There are things you can do which will help, some of which are:

1. Taking your time – don't rush into making any big financial decision. It's easy to get caught up in the emotion of buying a car or house or making a decision following the death of a loved one and get carried away. You need to take your time and work through different scenarios like, what's the best that can happen, what's the worst, and am I okay if the worst does occur.

2. Do your research - the bigger the decision you have to make, the more research you need to carry out. Take a step back and evaluate all your options.

3. Get help – try and speak with someone who can give you that clinical, unemotional advice. But be careful who you get this advice from – do they stand to gain from your decision?

4. Improve your knowledge – remember, greater knowledge = greater results. You will make better decisions made when you have a better understanding of the subject matter.

5. Live in the present – you can't change the past. Yes, you may have made some poor decisions, but it will do you no good. Continually beating yourself up about them, will keep you from learning how to make better decisions in the future so, move on.

ASK LIAM

Our personal finance expert answers your questions ...

Q: How many bank accounts should I have?

A: My advice is to keep it simple. If an account serves a particular purpose, keep it open and if it doesn't get rid of it.

If I was to put a number on the amount of accounts you should have, I would say four.

The first is a current account where you have your salary lodged into. I would also set up a second current account where your bills, mortgage etc. is paid from. Once you know how much you need to pay, it's easier to budget for, and what's left in your first account is then yours to spend. Mixing both can lead to missed or late repayments, overspending, late fees and so on.

My third account is for your emergency fund. Always keep it separate from other accounts, no matter how many you have.

The final account is your savings account. Again, keep this separate from others. By doing this, you are less likely to dip into it, and it's easier to keep track of when measuring progress. If you're saving for multiple things, then I'm okay to have a separate account for each.

In summary, keep it simple, and unless an account serves a purpose and is being actively used, it's time to close it.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

EZ LIVING sale ends this Sunday. Everything reduced to clear, 0% finance on offer



Mungret Music festival takes place on August 24/25. Tickets selling fast so book yours now from mungretmusicfestival.com

Back to School with Mike O'Connell. School Uniforms now in stock. All CBS jumpers only €20



LEADER BUSINESS

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Mortgage firm called to finance committee

Property: Senator wants company to 'Start' to offer relief to people

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LIMERICK Senator Kieran O'Donnell has invited Start Mortgages, which took on a tranche of non-performing Permanent TSB mortgages, to discuss the matter in front of the Oireachtas finance committee.

The Fine Gael man wants the company to come to Leinster House to explain its purchase of the 10,700 of the lender's so called 'Project Glas' group of home loans.

"I want to find out what their intentions are as regards these mortgages and their customers," Fine Gael's Seanad Finance spokesperson told Leader Business, "Many of these people are under pressure. They are a mortgage firm, so I want to find out what arrangements they can put out in terms of arrears, and what their intentions are if people want to remain in their homes."

Mr O'Donnell pointed out that although 10,700 loans are included in

the portfolio, a huge number more than this will be affected, when you take into account families and couples.

He acknowledged that Start – based in Clonskeagh, Dublin 4 – is not compelled to attend, but he believes the firm will.

"Start is regulated by the Central Bank, and they are in the mortgage market as it is. So I want to explore the possibilities this could provide in terms of alleviating pressure on customers, on what their intentions are in terms of dealing with arrears," he said.

Mr O'Donnell believes Start Mortgages will be more sympathetic to homeowners than other so-called Vulture Funds, as it specialises in home loans already.

"My main concern is the customers. Obviously, we have to have a healthy banking system, but that cannot be in any way to the detriment of ordinary homeowners, many of whom borrowed at peak times, and perhaps overpaid for their homes," he added.

The invite to Start Mortgages is



Senator Kieran O'Donnell has invited Start Mortgages to the Oireachtas PICTURE: ADRIAN BUTLER

expected to issue this week.

Of the loans sold onto the firm, a majority of 7,400 are owner-occupier mortgages.

The value of the portfolio is around €1.3bn.

Limerick renters have in the last two years been hit by the purchase of property by vulture funds.

The most high-profile example of this occurred in January 2017, when tenants at the Strand Apartments were ordered to vacate their properties by the following April.

The majority of the apartments in the complex were owned by Sovo Properties Ltd, a subsidiary of Lalco Holdings Ltd.

The debts on the site were sold to Oaktree Capital Management, which then directed Sovo to sell the apartments by vacant possession.

Only a fortnight ago, our sister newspaper, the Limerick Leader revealed that Ormston House was being sold by the New York City-based vulture fund Cerberus Capital Management.

enet may build it alone

THE PLASSEY-based telecommunications firm enet is to force ahead with plans to build Ireland's rural broadband network alone, reports claim.

Reports in the national media this Tuesday claim the firm, headed by David McCourt, will not allow the withdrawal of Scottish energy giant SSE derail its plans to oversee the rollout of high-speed broadband to 542,000 rural homes and businesses.



David McCourt, Enet

Crucially for Limerick, it could mean Mr McCourt's plans to create up to 100 jobs in the National Technology Park remain intact.

With no further hiccups, this could mean work can kick off in the next few months if the final bid is accepted by Minister Denis Naughten.

775 .ie domains bought

ALMOST 800 new .ie internet domains were registered in Limerick in the first half of 2018, a new report states.

According to the latest Domain Profile Report by the IE Domain Registry, the company that manages and maintains Ireland's official country domain name, some 775 individuals and business owners registered for the domain.

The figure represents a 25% year-on-year increase, the report states.

Overall new .ie domain registrations in Munster for the first part of this year number 4,936, a 28% year-on-year increase.

Nationally, .ie domain registrations grew by 39% year-on-year to 28,126, bringing the total .ie domain database to 252,222 at the end of the first half of this year.

Tidy Towns prize for new townhouse

ONE of the city centre's newest bars has been honoured with an award from Limerick Tidy Towns.

Staff at Flanagan's Townhouse and Whiskey Cellar at 31 Thomas Street, a unit once home to the Blind Pig, have been given the prize for their beautiful renovation of this historic Georgian building.

Maura O'Neill, Limerick Tidy Towns, said: "A couple of months ago, we got a call from a member of the public recommending Flanagan's Townhouse as one of our monthly award winners and we were only too happy to agree with their choice.

"It is wonderful to see this beautiful building which is historically well known as part of the hospitality industry in Limerick city restored so sympathetically to its former glory under the new guise of Flanagan's Townhouse, having maintained the beautiful Georgian exterior features



Maura O'Neill with owner Cathal Quinn and sales and marketing manager Natalija Rimpo

and interior character, and enhanced it to create this contemporary and hugely attractive building, which is a great asset to the hospitality industry in the city".

Flanagan's Townhouse and Whiskey

Cellar is a sister restaurant to the well-known Flanagan's on the Lake in Ballina/Killaloe and opened on Thomas Street in April 2018.

It becomes Limerick City Tidy Towns' eighth monthly winner for 2018, following St Michael's Rowing Club in January, Foot Solutions in February, La Fromagerie in March, Portleys Bar in April. Be Your True Self in May, Jack Mondays Coffee House in June, and the Limerick City Council Parks Department in July, and they will be in with the chance of winning this year's overall prize at the Tidy Towns Group's annual event to be held early in 2019.

If you wish to volunteer with Limerick Tidy Towns they meet every Sunday morning at 11am at the corner of Thomas Street and O'Connell Street, and on Wednesday evenings at 6pm outside The White House Pub at the junction of Glentworth Street and O'Connell Street, where a clean-up takes place.

Recruitment

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Glanbia Ireland is currently recruiting for Van sales Door step employees in the Mid-West Region.

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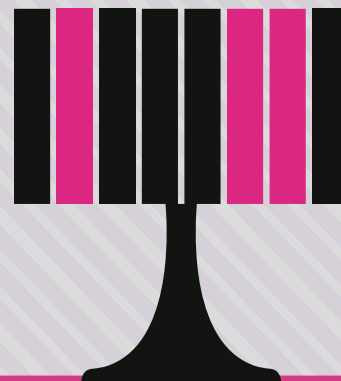
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KEEP IT LOCAL!

Limerick businesses in the spotlight



EZ Living Furniture's summer sale ends Sunday

THE annual EZ Living Furniture Summer Sale is ending Sunday. EZ Living has massive reductions of up to 60% off everything in-store. This much-anticipated annual summer sale will give customers the opportunity to spruce up their homes for a fraction of the cost, without compromising on quality. Did you know, we also now offer a finance option with 0% interest free credit to make things that bit easier for our customers?

Now that summer is coming to an end it's time to get ready for autumn so cuddle up with a cosy new armchair, invest in a high-quality mattress for a better night's sleep or add a soft glow to your home with stunning gold candle holders and lanterns.

The knowledgeable and experienced staff at EZ Living Furniture will be ready and waiting to help customers with queries and offer advice and styling tips so that you can truly make the most out of your home. Our sales staff advise customers to come prepared for the sale by taking down accurate measurements of their rooms and areas for new furniture, as well as bringing along colour swatches or inspiration that will help in making your purchase. Home delivery and assembly services are also available to make the shopping experience as stress-free as possible for all our customers.



EZ Living Furniture's Aria Corner Chaise pictured on the beach

Allen's celebrates 70 years across their five stores

ALLEN'S, William Street, Limerick will celebrate 70 years in business with a massive sale on selected homewares, interiors, luxury bedding, kitchenware and gifts.

Celebrations and special offers will start on Saturday, August 11 at 9.30 am.

The first 70 purchases at Allen's Gifts and Allen's Interiors stores will receive a special goodie bag and all customers can enter a draw to win a €700 shopping spree at one of Allen's five stores.

The Allen's Group is an Irish family business, originally founded by Patrick and Mary Allen on High Street, Kilkenny in 1948. Allen's expanded in 1980 with a store at Castle Street in Carlow. In 2004 the group opened another store in Church Street, Athlone and has two stores on Limerick's William Street - one for gifts and kitchen products, opened in 2011, and another, opened in 2016, dedicated to premium bed linen and interiors. Allen's is now managed by the family's third generation, brothers Mark, Paul and Keith Allen.

The Allen's Group employs nearly 50 people across its five

locations and has just launched its online store at www.allens.ie.

"We are so proud to honour the legacy of our grandparents, Mary and Patrick Allen along with our father Patrick, who opened the very first Allen's. It was through their hard work and dedication that Allen's has expanded and is thriving today and we are very proud to celebrate their achievements and continue their legacy. We want to thank all of our customers for their continued support and have a range of very special offers in store to celebrate our 70th anniversary" said Mark Allen.

Allen's founder Mary Allen's sisters, Bridie and Margaret, ran a guest house in the 1940s and '50s just two doors away from the latest Allen's store at 19 William Street.

Allen's specialises in kitchenware, gifts, beautiful bedding ranges and home accessories. The stores offer renowned brands including Tipperary Crystal, Newbridge Silverware, Le Creuset, Meyer, Prestige, Denby and the Jamie Oliver kitchen and dining ranges. See www.allens.ie for more.



Pictured launching Allen's 70th celebrations are the teams from Allens Gift and Interiors stores Maire O'Brien, Chloe Haigney, Nicola Collopy and Ann Quinn

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.



Unprecedented demand for student accommodation at UL

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

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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Zac Sheehy, Ennis Road with Ben Buckley, Ennis



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Out & About

MONTHLY KIDS' ARTS AND CRAFTS CLUB AT THE HUNT MUSEUM

Pictures: BRENDAN GLEESON



Stella Grey, New Zealand, enjoying her art work



Rachael Humphries busy at work at the arts and crafts club in the Hunt Museum



Michael Humphreys, Murroe, steady as he goes



LEFT: Emma Buckley, William and Zac Sheehy with Ben Buckley, enjoying the Children Art at the Hunt Museum

ABOVE: Saoirse and Theodard Sheahan, 7 Oaks

RIGHT: Rachael, Chloe and Michael Humphreys, Murroe

ALL PICTURES: BRENDAN GLEESON



Chloe Humphreys, Murroe busy at work



William Sheehy, Ennis Road



Emma Buckley, Ennis Road, getting her pieces of art ready

Happy campers: Every week, now that school is out, The Leader



Let's Go campers - Kids get ready for lively week

This week: The Leader visits a group of young campers at Let's Go! Summer Camp at Villiers School, who are looking forward to a fun-filled week of activities

AIR Jumping, Zorbee Ball Rolls and the Wobbly Ladder; Just some of the activities campers at the Let's Go! Summer Camp in Villier's School on the North Circular Road, are looking forward to this week.

After a six-week run around the country, the last round of the popular, multi-activity sports camp is currently underway in Limerick City, with 112 children set to take part.

The sports hall in Villier's is full of activity when the Leader visits the camp, as children are lined up to get ready for a fun-filled day of rip-tag, soccer, rounders and lacrosse.

A lot of the campers are really looking forward to playing on the many inflatable activities, they tell the Leader.

One camper Robbie explains the appeal of the Wobbly Ladder, a climbing activity.

"They wobble and when they go upside down, sometimes you fall off," he told the Leader.

"I really like bouncy castles because I always climb up onto the top!"

Campers are also looking forward to the KMX Karts, Human Table Football and hurling

and camogie, as well as making new friends.

Each Let's Go! Summer Camp offers two programmes of activities, one for the 5 to 6 year olds and the second for 7 to 12 year olds.

These fun programmes are designed by an expert team of physical education teachers with children in mind at all times.

"We've got the Zorbee Ball Roll, the Wobbly Ladder, lacrosse, there's so much," camp leader Mike explains.

"On Wednesday we have a thing called the Air Jumper coming," he adds.

"It's like a trampoline. The kids will be connected to straps and they jump on the trampoline and get hoisted into the air," he explained.

"Then we also have human table football, a wrecking ball, lots of inflatable games."

"It's a very active summer camp. This is our first week in Villiers."

"Let's Go does school tours throughout June and then six weeks of Summer Camps, so this is the last week of our camps."

"Limerick wise, we've been based in Doon, Hospital, Mary Immaculate College and now Villiers."



hears from Limerick children enjoying summer camps in the city



Above are the older cohort of campers at this week's Let's Go Summer Camp in Limerick and pictured below on the left are younger campers in the Villiers Sports Hall PICTURES: MICHAEL COWHEY

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

SADHBH

"I like going on the bouncy castles here!"



ROBBIE

"My favourite thing about summer camp is the wobbly ladders."



ADAM

"My favourite thing about summer camp is getting to play new games!"



JACK

"I really like soccer and football. It's my favourite sport."



JAYCE

"The Zorbees look very fun and that you might get to go upside down in them!"



JAMIE

"I really like the bouncy castles here and I really like sports."





William and Grace O'Neill with Emma Fisher at her first solo exhibition at Ormston House



Out & About

EMMA FISHER FIRST SOLO EXHIBITION AT ORMSTON HOUSE

Pictures: Brendan Gleeson



ABOVE: Emma pictured with one of her pieces from her exhibition at Ormston House



BELOW RIGHT: Darren Barry, Fedamore, and Rose Fisher, Castleconnell



RIGHT: Nigel and Tracey Branch, Sixmilebridge and Brid Edwards



Emma Fisher pictured in Ormston House at her exhibition



LEFT: Grainne McNerney, Paul Williams and Adel Baher, attending Emma Fisher's first solo exhibition at Ormston House

ABOVE: Breda Edwards, Clonmacken, at the exhibition

RIGHT: Sorcha Peyton, Limerick City and Niall Dickinson



LEFT: Kate Hodman, Limerick City with Esther Conroy, Mayo

BELOW: Mary Conlon, Pat Lysaght, Corbally, and Niamh Brown, Limerick City



Annette Moloney and Niamh Brown attending Emma Fisher's first solo exhibition



Grace and Rosie Fisher, Parteen

ENTERTAINMENT

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

Summer party of youth rock at Dolan's

DOLAN's Warehouse will this weekend feature an exhilarating line-up of youth rock groups taking to the venue's main stage.

And now becoming a household name in Limerick, local lo-fi rockers **Pow Pig**—considered the city's next top female act—will join **Fontaines DC**, **Pillow Queens**, **Melts**, **Fonda** and special guest **Candice Gordon**.

Pow Pig have released two EPs over the past year—**Denture Adventure** and **Buzz Buzz**—garnering acclaim and applause from critics nationwide.

The show kicks off at **Dolan's Warehouse** this Saturday, August 11 at 6pm. Tickets are €10 and can be purchased via Dolan's website at www.dolans.ie.



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

Chamber Philharmonia Cologne

St Mary's Cathedral, 8pm, €20

Area 51

Smyth's Bar, 10pm

FRIDAY, AUGUST 3

World Recipe Exchange

Ormston House, 6pm, free

Jinx Lennon

Pharmacia, 9pm, €5

Pat Holland

The Glen Tavern, 10pm

Comedy Night

Chez Le Fab, 8pm, €7

SATURDAY, AUGUST 4

Goldilocks and The Three Bears

Friar's Gate, 3pm, €7

SEODA Summer PaRtY Feat. FONTAINES DC, Pillow Queens, MELTS, PowPig

Dolan's Warehouse, 6pm, €10

Little Show Band

The Glen Tavern, 10.30pm

SUNDAY, AUGUST 5

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

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King of one-liners heads to Belltable

ONE OF the world's most renowned one-liner comedians will perform on the Limerick stage next month as part of his first tour of Ireland, it has been announced.

On his second Irish date, on September 6, the one-liner master will take to the Belltable, discussing a wide range of quirky topics, including pixie football and ice-cream.

Tim Vine, the king of puns and stupid one-liners, sold out the entire run of *Sunset Milk Idiot* at the Edinburgh Festival in 2017, where he had previously won the award for Dave's Funniest Joke Of The

Fringe in 2010 and 2014, as well as runner-up spots in 2011, 2012 and 2013.

His Irish tour comes after his success on BBC Radio 4 with *The Tim Vine Chat Show*, which has just finished its second series, and on BBC One with the very silly *Tim Vine Travels Through Time*.

Tim Vine will gig at Galway, Limerick, Navan, Waterford, Kilkenny, Cork, Enniskillen and Derry in September.

Tickets for the show are €28 and can be purchased through the Lime Tree Theatre website at www.limetreetheatre.ie.

Tim Vine will tour Ireland next month





Fontaines DC headline the Seoda Shows summer party in Dolan's Warehouse

THINGS WHAT ARE ON IN LIMERICK



Jinx Lennon is in Pharmacia on Friday



Goldilocks & The Three Bears is at Friar's Gate in Kilmallock on Saturday



Ormston House hosts the The World Recipe Exchange on Friday PICTURE: SHANE SERRANO

LIMERICK'S coming weekend is packed with an array of music to satisfy everyone into anything from classical to punk. If that isn't enough for you, there's also a marvellous children's puppet show, a rather nice popup art exhibition and a chance to paint your own tiny horse. Here's your highlights list:

Thursday (August 9)

If you've ever stared at the two painted horses in the **Hunt Museum** courtyard and thought you could do better, your luck has come galloping in this week. This Thursday evening, you can paint your own miniature horse in the museum. They'll give you the horse and all the materials you need to decorate it. Next time someone comes chugging up to your home in a Honda Civic, you can wave your horse at them and tell them what they can do with their car. The painting session runs from 6pm to 8pm and it'll cost you a fiver.

The **Chamber Philharmonia Cologne** are in **St Mary's Cathedral** this Thursday. They'll be playing Vivaldi's *La Tempesta Di Mare*, which will heavily remind you of the *Four Seasons*, and his *Concerto in C Minor*, which won't remind you of the *Four Seasons* in any way... until about eight minutes in, when it will. Vivaldi was the ultimate 18th century hipster and was into recycling long before it became cool. They'll also perform Paganini's famed *Variations On I Palpiti*, recycled from a Rossini opera, and Mozart's half-hour *Clarinet Concerto in A Major*, which isn't recycled at all. Mozart's really letting the side down with originality, it's no wonder he died young. The concert begins at 8pm; tickets are €20/€17 concession, and €14 for children.

Friday (August 10)

Finnish coffee is the theme of the **World Recipe Exchange** night this Friday at **Ormston House**. It's part of a programme of food events at the arts resource centre that

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

creates a meeting place for an exchange of culinary culture. More importantly: free food. Finland is a country that takes its coffee very seriously, which you'd expect in a country where the sun visits only on Wednesdays. They consume 12 kilos of the stuff per person every year, the equivalent of a giant jar of Colombia's third-finest export (after Shakira and Gabriel Garcia Marquez, not that you asked) every week for every person. You won't be expected to drink that much this Friday but, as Finnish tradition is to serve seven dishes with coffee, you can bulk up on Nordic cake. It starts at 6pm and it's free.

Paradigm Shift is an exhibition of work by Limerick artist Gerry O'Mahony at **Lucky Lane** this weekend. It's a quickie exhibition, opening on Friday at 7pm and closing at 3pm on Saturday. Gerry O'Mahony's work tends to be rather abstract but with plenty of splashes of colour to tickle your visual bone. Like most exhibitions,

if you turn up with a fist of cash, you can take the painting of your choice home to impress your friends and enemies. Definitely worth seeing and it's free to see.

Punk poet **Jinx Lennon** headlines a DIY LK night at **Pharmacia** this Friday, bringing his wry rap vocals to Limerick for the first time in half a decade. He's an oddity in Irish music - loud, brash, retaining his penchant for silliness and with uncompromising quality. If you saw him performing on the street, you'd assume he was completely out of it but on stage that brashness makes him more punk than self-declared punk artists. He'll be supported by experimental folk singer Junior Brother and Limerick's rock stalwart Steve Ryan of windings. Doors at 9pm, tickets are a fiver.

Saturday (August 11)

Puppeteer Miriam Lambert is at **Friar's Gate** in Kilmallock this

Saturday afternoon with **Goldilocks & The Three Bears**. As you'll remember from your childhood, it's a tale of three innocent bears who return from their morning walk to discover that some ne'er-do-well has broken into their house, eaten their child's porridge, wrecked their furniture and taken up squatting rights in their bedrooms. In an election year, vote-seeking councillors would be calling for Goldilocks to be flayed. Miriam Lambert has been performing with puppets for over four decades, so this is a must-see. It begins at 3pm and tickets are €7.

The bijou village of Strand (8km southwest of Newcastle West) is hosting the annual **Strand Harvest Festival** this weekend. Saturday's events begin at 7pm and include road hurling and churn racing. Both of those are exactly what it says on the tin - turn-based hurling on the road and competitive running with a milk

churn. You can say what you like but you won't get that sort of spectacle anywhere else. Sunday is a more traditional affair, with a vintage car run at midday, followed by a funfair, a competition to decide the most presentable baby and the almost-compulsory tractor race. Turning long-established principles upside down with a devil-may-care attitude, it's a slow tractor race. All free.

Seoda Shows are hosting their summer party at **Dolan's Warehouse** this Saturday night, with Fontaines DC headlining. The indie quintet have been strongly tipped as the next big Irish act, so this Saturday's your best chance to see them while tickets are still affordable. They'll be supported by Pillow Queens, Melt and Pow Pig. Berlin-based indie-experimentalist Candice Gordon has been added as a special guest and I expect her Siouxi Sioux vocals to steal the whole show. She's worth the ticket price on her own. Doors at 6pm, tickets are €10 and this is the gig you shouldn't miss this week.

Sunday (August 12)

Limerick's bi-annual **Record & CD Fair** is at the **Milk Market** this Sunday. If you're looking for an original Apple release of Paul McCartney's *Ram* with a white spine for under 20 quid, your luck might be in. It won't be, of course - you're more likely to catch ebola in Limerick than get one of those for 20 magic beans. But the joy is in the looking, at least for the first decade or so. Bring your children along and show them what CDs look like. It will run from 10am to 4pm and entry is free.

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!



The Chamber Philharmonia Cologne bring classical music to St Mary's on Thursday



Darren Clancy, Lisa Flynn, Sarah Flynn and Pearse Close at the Glen Tavern PICTURE BY DAVE GAYNOR

Out & About

AT THE GLEN TAVERN AND THE COMMERCIAL BAR

Pictures: DAVE GAYNOR



Bridger Quinlivan and John Aylmer at the Glen Tavern



Arvid Van Elderen and Jorn Hageman at the Glen Tavern



Teresa Heckler and Dominik Kreilinger at the Glen Tavern



Ciara Moore, Annamay Darcy and Sophie Goodman at the Commercial Bar



Barbara and John Murphy at the Glen Tavern

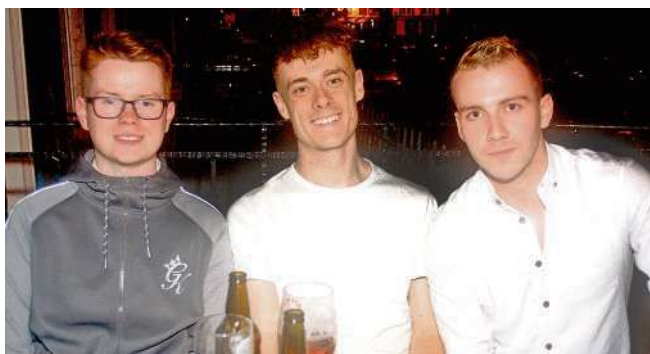


LEFT: Paul O'Leary and Justine Kelly at The Commercial Bar

ABOVE: Nan Pattanang and Pamela Bourke at the Glen Tavern



Hayley Ryan, Josh Acosta and Sarah Hanley at The Commercial Bar



Harry Le Gear, John O'Brien and Aaron Hackett at The Commercial Bar



ABOVE: Harry Ryan, Kelly Sheehan and Gary Bateman at The Commercial Bar

LEFT: Fionn Slattery and Bradley Hogan at the Glen Tavern

LEADER LIFE

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

A Day In My Shoes

Tom Fitzgerald

MD Thomond Asset Management

Penny saved is a penny earned

What time do you get up?
7am.

What is your normal breakfast?
Porridge and tea.

Do you go for a walk or to the gym before/after the office?
Not much as I should. I do manage to walk at the weekends in the grounds of Mungret College – their facilities are just magnificent.

You arrive at office at what time?
Between 8 and 8.30am.

What are your first duties?
I check my emails.

How many cups of coffee/tea would you drink a day?
I drink 2-3 mugs of tea – don't really like coffee.

What is normal lunch - do you have a favourite place?
I try to stick to a salad – normally in Ruby Sundays on O'Connell Street.

Do you have many meetings during the day?
It varies – some days there might be none and others there may be four to five meetings.

What time do you finish up at?
I leave the office normally at 5pm. but may well have to travel to meet a client after that. Usually I finish work at about 7.30-8pm.

Do you watch much television?
Not a lot – mainly sport.

Do you read the newspapers?
Yes – I try to read as many newspapers as possible each day.

What do you do to relax?
I like to listen to music and get stuck into a good crossword.

Are you able to leave the office behind?
Mostly.

What is a perfect work day?
When everything runs smoothly or when we acquire a new client.

Do you ever lose 'the cool' and if so what would make you annoyed?
Rarely – silly mistakes.



Tom Fitzgerald has over twenty years' experience in the financial planning and financial services industry, having previously worked in both Acorn Life and Canada Life Insurance

INSIDE THIS WEEK



WONDERFUL WEDDING WEAR

Celia gets ready for a late summer do
PAGE 50



WHAT TO WEAR ON A FIRST DATE

Top tips from Patrick McLoughney
PAGE 52



REMEMBERING SIR TERRY

Broadcaster's birthday marked
PAGES 54-55



ONE WOMAN RADIO SHOW

Meghann Scully gets her slot
PAGE 56

Getting to grips with your obsessive compulsive disorder



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

Obsessive Compulsive Disorder (OCD) is diagnosed when obsessions and compulsions consume excessive amounts of time.

This is generally defined as an hour or more each day. Other signals of OCD include when these obsessions cause significant distress; interfere with daily functioning at work or school, or with social activities, family relationships and/or normal routines.

OCD is characterized by obsessive thoughts, impulses, or images and compulsions which can be overt or covert mental rituals, that are difficult to suppress and take a considerable amount of time and energy away from living your life, enjoying your family and friends or even doing your job or school work.

OCD FACTS

Some examples of obsessive thoughts are fear of being hurt, or germs, or contracting a disease.

Compulsions can include repetitive tasks, frequent hand washing, frequent or repetitive cleaning, checking on things.

The average age of onset is 19 years old. Sometimes the condition manifests itself temporarily and in some cases it is prevalent for a lifetime.

OCD can be extremely burdensome to the sufferer, often impacting the day-to-day life of not only the person with OCD but their families as well.

OCD SYMPTOMS

In some cases, compulsions are shaped by the nature of the obsessions.

Compulsive washing, for example, is commonly performed in response to obsessive fears of contamination.

Similarly, a fear of the house burning down may lead to the excessive checking of the stove, oven, and iron.

In other cases, obsessions and compulsions are paired in a way that defies explanation; the compulsive behaviour is completely unrelated to the obsession.

For example, a woman may feel compelled to tap the table multiple times to prevent harm from

coming to her family.

COMMON FEARS AND COMPULSIONS

- * Fears of germs or contamination
- * Repeatedly washing hands, using anti-bacterial wipes or hand-sanitizer
- * Seeking reassurance from someone in the environment that others aren't "sick" or "dirty"
- * Avoiding touching "dirty" surfaces that others may have touched, including common-area objects such as doorknobs, desks, shared supplies, computer keyboards, soap, cafeteria trays, etc.
- * Fear that harm, illness, or death, will befall oneself or others;
- * Checking light switches or turning them on and off repeatedly
- * Repeatedly checking to see if a child is still breathing during the night
- * Fears/feelings/urges related to numbers, e.g., "good" numbers, "bad" numbers, "magical" numbers
- * "Counting" behaviour such as counting, touching or saying words a certain number of times (believing there is a magical significance to certain numbers and, for example, using those numbers to "magically" keep harm from coming to another); counting the number of steps between locations and having to start over if interrupted
- * Touching objects a certain number of times; not being able to move on unless this touching has been accomplished
- * Avoiding using certain numbers that are "unlucky" or "not safe"; only using numbers that are "safe" or "lucky".
- * Excessive fear of violating religious or moral rules (scrupulosity)
- * Saying prayers a certain number of times; excessive praying to atone for being "bad"; repeatedly confessing perceived "sins" or bad behaviour
- * Repetitive praying or confessing to neutralize or "undo" bad thoughts, intrusive sexual thoughts, or visions of acting badly, including cursing or blaspheming at work, school or church
- * Fears/feelings/urges/images



Fear of contracting germs and repeatedly washing hands is a possible sign of OCD

related to sexual content

- * Doubting one's sexual orientation, even though there is no evidence to support this concern
- * Excessive praying to atone for having inappropriate sexual thoughts or images
- * Avoiding TV, magazines, books, DVDs, etc., for fear of seeing something sexually-related

Symptoms of OCD vary widely, depending upon the individual and the situation.

Adults and children experience many symptoms other than those mentioned above.

Interestingly, the majority of people with OCD are able to function reasonably well, and friends or co-workers may not even suspect there's a problem.

But when symptoms escalate to the point that they interfere with functioning – excessive time is lost from work, an individual is unable

to work, and with the emotional exhaustion – it's time to get help.

TWO MAIN TREATMENTS

1. Cognitive behavioural therapy (CBT) including exposure and response prevention (ERP) should be offered as first line therapy for children, young people and adults with mild to moderate OCD.

There is an evidenced-based online treatment for OCD at www.stratushealthcare.ie.

The OCD Fighter programme shows the relationship between your thoughts, feelings, physical sensations and your behaviours.

It shows how the interaction between these can cause OCD problems to persist.

It explains how the technique of Exposure and Response Preventions works (identifying triggers for obsessions and rituals, gradually exposing yourself to these triggers, and preventing

rituals).

This is a well proven strategy that helps OCD sufferers break free from the rituals and compulsions that interfere with daily life. There is a convenience in that you can access the material on-line via your PC, tablet or phone.

2. Drug treatments are often used including SSRI's selective serotonin re-uptake inhibitors (SSRIs) are used for individuals with more severe OCD

Finally, OCD is like an energy drain dump, the physical, mental and emotional energy of OCD is overwhelming, young or old it's time to see your life beyond OCD.

*** 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

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Raise a glass of water to your health

As the real Irish summer returns with its warm rains, our drought lands can soak up some much-needed hydration.

It never seems to amaze me that in such a wet country no efforts are made to conserve all that water and utilise it in our homes. Instead, we use many times recycled, chemical-dosed water both for consumption and in the bathrooms.

Our body is around 60%

water. It is distributed within and between our cells where it is needed for communication, enzymatic function and nutrient assimilation. Our digestive system uses about 15 liters a day, and we need it to excrete unwanted materials. Optimum hydration is very important for health. It is recommended that we drink 8 glasses of water a day – although this has just as little evidence as the “five a day” rule, it helps to prevent



Regular water consumption may also improve blood flow and support the cardiovascular system

dehydration.

Your brain is strongly influenced by hydration status. Studies show that even mild dehydration (1-3% of body weight) can impair many aspects of brain function, impact mood, concentration, memory and

frequency of headaches. It may have to do with its facilitating oxygen distribution throughout our body, collecting carbon dioxide and dissolving toxic gasses - allowing us to breathe effectively.

Proper hydration helps to

flush out toxins from our system; water-soluble ones through our kidneys and fat-soluble ones through our digestive system. Large amounts of water are absorbed in the colon; therefore, dehydration leads to constipation and the reabsorbing of waste. These then build up in our tissues, affecting their function. One such tissue sensitive to excess toxins and hormones is our skin.

Drinking plenty of water can also boost metabolism and help maintain weight. Some suggest to drink right before meals to increase satiety – for physiological perspective this actually hinders digestion and may even lead to inflammation, thus weight gain, so drink half an hour before and an

DID YOU KNOW?
About 70% of the Earth is covered by water, but only 2.5% of it is fresh, and just 1% is easily accessible

hour after meals. Studies show that drinking about two liters a day, especially cold water, can increase the energy expenditure by 96 calories – that equals about 15-20 minutes jogging! Interestingly,

the elderly tend to drink much less fluids, although they would need it the most. Water helps keep joints lubricated and muscles more elastic so joint pain and injuries are less likely. Adequate levels of fluoride free water may prevent falls and reduce risks associated with osteoporosis, such as hip fractures. Regular water consumption may also improve blood flow and support the cardiovascular system.

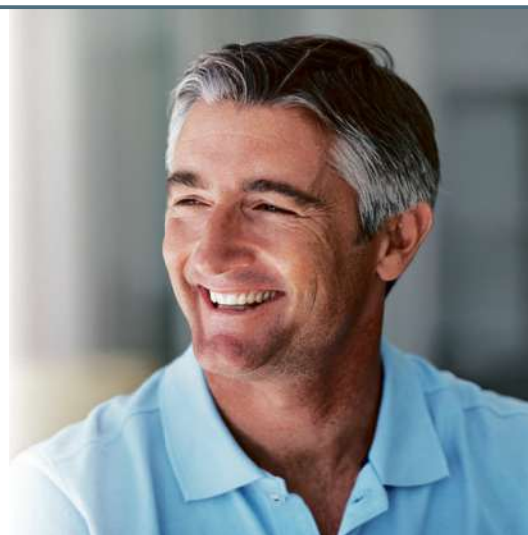


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POSITIVE PARENTING



Top Tips

For Helping your Teen Stay Healthy

Provide Lots of Healthy Food and Snacks

Many teenagers have voracious appetites—it may feel like a full time job keeping them fed. If you have lots of filling, healthy snacks on hand (think fruit, cut up vegetables, hummus and pita, wholegrain bagels and peanut butter, wholegrain pasta with tomato sauce), they will be more likely to reach for these than fill up on junk

Get Active Together

If your teens see you leading a healthy, active lifestyle, they will be more likely to follow suit. Ask your teen to join you on an evening walk—they might surprise you and actually come, and this can be a great way to connect

Communicate and Share Information

Many parents find it challenging to discuss some issues, such as sex and drug and alcohol misuse, with their teens. The reality is that teens who can communicate openly and honestly with their parents about these issues tend to make better, healthier choices. So, get in the habit of talking about these issues openly and honestly

Help Them Build Resilience

Teenagers are under a lot of pressure from school, friends, social media, etc., and many teenagers are struggling with mental health issues such as anxiety and depression. Developing positive coping strategies can help teenagers manage these pressures and improve their overall well-being. Explore things like exercise, diet, meditation, yoga, breathing, mindfulness, etc. with your child and help them find a strategy that works for them



Keeping a close, positive connection with your teenager is important in keeping them safe and helping them to make positive choices

Keeping the Lines of Communication Open

In previous columns, we discussed how to avoid getting in to arguments with your teen and how to talk about challenging behaviour. This week, we focus on how to keep the lines of communication open. In the midst of busy lives and the constant distractions of technology, we can easily become isolated from each other. We know, however, that keeping a close, positive connection with your teenager is important in keeping them safe and helping them to make positive choices. It will also make it easier to have meaningful conversations about more difficult topics such as alcohol or drug use or sexual behaviour.

Seize the moment. You don't need to set aside a specific time to talk—look for those

opportunities when you are naturally together such in the car or pottering around the kitchen. Be positive and speak in a caring tone of voice. Express appreciation for something you have noticed about them and use positive language. Actively Listen and engage. Try not to interrupt when your teen is speaking; let them express themselves fully and validate their feelings by saying things such as, "That must have made you feel (pleased, angry, frustrated)..."

Use "I" messages when you respond. Begin with "I" and then respectfully state how you feel and why you feel that way. ("I was worried when you didn't come home on time...I had no idea where you were) Be specific in what you want and don't assign

blame. Avoid "You" messages ("You never come home on time, pick up your clothes, play with your sister, etc.)

Ask open-ended questions, often and casually about things they are interested in: music, sports, friends, movies; what they enjoyed doing in the past week; what they think about current events. Ask about school—what they enjoy and what they find difficult. Ask about their friends and encourage positive friendships

Respect their right to have a different point of view, even if you disagree. Encourage teens to tell you about problems they may be having without judging or lecturing. Don't offer solutions unless they ask. Listen and ask what options they are considering; express

confidence in their ability to find solutions. Let them know that you will share your views if asked.

See www.loveparenting.ie for more information. We have shared a Tip Sheet from the Strengthening Families Programme www.sfpCouncilireland.ie/strengthening-families/ with more ideas on phrases that praise.

If you would like more information on the Strengthening Families Programme, please see <http://sfpCouncilireland.ie/strengthening-families/>. If you would like information on the delivery of programmes in Limerick, please contact Joe Slattery with the CSMT at jslattery@csmt.ie or 061-317688.



FIT4LIFE

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Live a more positive life

THE less you respond to negativity, the more peaceful your life becomes. Steering clear of negativity completely isn't always possible. There are certain situations that take our "peace" but are unavoidable. Elsewhere though, I've put five little tips together that might help you navigate through negative spaces and live a life filled with positivity. Take a look.

1: SURROUND YOURSELF WITH POSITIVE PEOPLE

This is a big one. In life there are two types of people - drainers and radiators. Drainers do exactly that, they drain you of your energy and bring a cloud of negativity. Radiators do quite the opposite. They radiate positivity, joy and warmth and it feels great to be around them. If you are trying to live a more positive life - it's a wonderful tip to try to surround yourself with positive people.

2: CLEAN UP YOUR SOCIAL MEDIA

Do you know how much time daily you spend on social media? The average person spend 1 hour and 40 minutes scrolling through social media every day. However in

some cases this will be significantly more. Now think about what you see when you are scrolling your feed. Do you ever come across content that gives you a negative feeling. Maybe something like "oh I wish I looked like that..." or "thats his 5th holiday this year and I can't afford one." This type of thinking is not a positive space. Take some time to go through your channels and unfollow anyone whose content impacts you negatively. Social media should be a space for healthy ideas, good feelings, inspiration and good vibes. Especially when it consumes so much of our every day.

3: SCHEDULE A SOUL DAY OFTEN

I like to make sure I enjoy a "soul day" as often as I can. Basically a day where I do things I really enjoy. Nice brunches, walks, spending time with family and friends and trips to the beach are all high on my list of favourites. Plan a little time weekly if possible doing things you enjoy. It can really focus the mind on a positive place.

4: GIVE GRATITUDE

I've said it before and I'll say it again but saying "thank you" for the good things in your life is a sure fire



If you are trying to live a more positive life - it's a wonderful tip to try to surround yourself with positive people

way to start living more positively. Begin or end your day listing three things you are grateful for to program your mind to a

5: SIMPLY CHOOSE TO SMILE

A small and simple little thing to rewire your brain and push out a

more positive front. It's the universal sign of happiness and it can reduce your blood pressure! Smile!

Healthy Recipe

Chocolate Banana Bread

THIS week I tried Rozanna Purcell's amazing Chocolate Banana Bread recipe from her Natural Born Feeder site. It's absolutely moreish and even more delicious when spread thick with nut butter. For more of Rozanna's amazing recipes see www.naturalbornfeeder.com

What You Need

3 Mashed Bananas
 200g Ground Almonds
 1 tsp Baking Powder
 6 tbsp. Cacao
 4 tbsp. Honey or Maple
 3 Eggs
 100g Dark chocolate (broke into pieces)

What To Do



Pre-heat oven to 180C
 Combine all ingredients in a bowl except the chocolate pieces.
 Stir in the chocolate pieces and pour into a lined

bread tin.
 Add a sliced banana on top
 Bake for 55 mins.
 Let cool fully (its hard!!) before slicing.

Moore2Life

What I'm loving this week

Wedding Style

Wedding season is definitely in full swing! At the weekend I got to wear not one but two gorgeous dresses. If you've a wedding coming up - my choices might give you some inspiration!



Dress 1: www.ohhelloclothing.com

Dress 2: www.cravecloset.com



Go Gym Fitness Meal

DON'T forget my Go Gym Fitness meal is still available from The Good Food Outlet. The meal, available in salmon pesto or chicken pesto, is not only tasty - it also benefits local charity Clionas Foundation. Basically for every meal sold The Good Food Outlet will donate €1 to the charity. The response has been phenomenal so far and we just want to keep it going.



STYLE & FASHION

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Wonderful wedding wear ideas

WHEN any of us ladies get a wedding invite in the letterbox the first we think about, after the happy couple, is what we are going to wear. I always find the local boutiques come up trumps when it comes to getting an outfit for that special occasion.

I think that a bold print makes a big impact so don't hold back on colour or the confidence to wear it. What's not to love about these looks that have just arrived in to Sinead's Boutique in Annacotty. Make a fashion statement with a dress and jacket or one of the many dresses in a variety of colours and shapes for mother of the bride/groom and guest at the wedding. The store also has a variety of accessories including the tote bag, so fashionable at the moment and perfect for special occasions and just big

“**I think that a bold print makes a big impact so don't hold back on colour**

enough to hold your phone, lippy and cards. Shoes create a different mood and evoke a different era and don't forget about the hat. There is no shortage of beautiful hats in Sinead's when it comes to complementing your wedding outfit. Jewellery in bold statement pieces, especially earrings, will update your look and can also change the mood of an outfit.

The store also has a great selection of autumn dresses with new trends so make a statement and ease yourself into the new season. And remember, always walk with confidence!



This black dress with matching hat has an understated elegance



There is no shortage of beautiful hats in Sinead's in Annacotty when it comes to complementing your outfit



This cerise pink ensemble is ideal for an autumn wedding especially with the matching mid-length coat



Don't be afraid of making a bold statement in a bold colour at a wedding this season

CELIA SPOTTED

Looking good out and about in Limerick

Name: Aileen Fitzsimons
Occupation: Works for Bank of Ireland
From: Askeaton

I wouldn't really follow any fashion icons or celebrities. I don't really keep up with the trends, I just wear what suits me best. I stick to my gut with what looks good on me. I suppose I'd be loyal to West Limerick and Newcastle West shops are fantastic like Virgo and Platform. I also enjoy the boutiques in Adare like Isobel Boutique and the K Boutique - County Limerick has great stores. Then when I'm in the city I browse in Brown Thomas because it has great variety and the sales are good as well which suits the budget.

CELIA SAYS

Dress from Virgo: Block colours are all the rage for this summer/autumn season and Aileen has got it spot on with this cobalt blue dress. It is the perfect office dress - stylish yet comfortable enough to allow you to get a day's work done in it.

Necklace by artist Anna Nielsen: I always love to see people wear individual pieces made by craftspeople in Ireland. A necklace, ring, bracelet or earrings designed by a local craftsman can really add individuality to an outfit and are also a great conversation starter. You just won't get the same detail on the high street.

Handbag by Mulberry: A great way to lift a dress in a block colour is to go for a statement handbag in a contrasting tone. Mulberry of course are known the world over for their iconic bags which boast a timeless elegance and traditional quality. The tan colour is the perfect choice against the cobalt blue dress.

Shoes from Brown Thomas: Aileen kept it simple with a pair of low, cream heels, letting her dress and handbag shine.



Look out for Celia's 'My Week' column in the Limerick Leader every Thursday

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What to wear on a first date

As the old saying goes, “you only have one chance to make a first impression”. Never is this saying more accurate than during those first few moments on a first date; when a pair of “what-are-thooooose” shoes could mark the end of a beautiful love story, or a nice clean, ironed shirt could ensure you a second date.

I’ve been asked this question a lot lately (probably because I’ve started doing a dating podcast), so to help you -the reader- to ensure you make a good first impression, here is a guide on what to wear on a first date.

TINDER DATE AT A PUB

Let’s set the scene. You’re at home on a Friday night, you check the info button to see who’s on ‘The Late Late’ and ‘Graham Norton’, you have no interest in the Minister for Health or the cast of ‘Mamma Mia 2’, so you pick up the phone and log into your Tinder and promptly fall in love with the first person you’re matched with. You commit to a date and plan to meet in the local pub the following night. When Saturday comes, you then have to figure out what to wear to impress Lucy/Luke. The solution? Keep it simple and low-key, but also like you’ve made some bit of an effort; like you want to impress, but not go overboard. Think slim-fitting jeans and clean trainers with a textured crew neck jumper or a slim fit polo shirt. Have a shave and style your hair but, again, don’t go overboard. Think bed-head rather than job interview.

DINNER AT A FANCY RESTAURANT

A tricky one, as I usually deter people from going to dinner on a



Keep it cas: No need to overthink a first date like grabbing a coffee

first date (especially one you can’t really afford), but the reality is that sometimes to get the girl (or guy) you have to go the extra mile. If you’re heading to a fancy restaurant, then my advice would be to suit up. The way you’ll make an impression is by playing around with it (the suit that is). Think

double-breasted blazer or oversized pinstripes matched up with more traditional trousers. Finish things off with a long pair of navy socks with chestnut or oxblood Derbies and you’ll look like you made the effort. This is also a look that can be put together without spending a fortune if you

head to the high street. You’ll need those extra pennies for the lobster and champers, daaaarling.

THE COFFEE DATE

We’ve all been there. You’re chatting to someone on Tinder or DMs or whatever app and they ask you out on a date, but you’re a little bit.... meh. So rather than suggest going for a drink, you make a coffee date to suss them out first and see what they’re like before you commit to a ‘real date’. So, do you dress to demonstrate your lack of interest? No, because what if you get there and find out that they’re actually pretty amazing (but have terrible chat game on digital platforms) and now they think you’re a bit of a douche and they don’t want to go on a ‘real date’. So, refer back to your

Tinder-date-at-the-pub attire or, if you want to hedge your bets and wear a tracksuit, then make it a pair of matching Ralph Lauren or Tommy Hilfiger sweats. You can always play the “let’s get takeaway cups and go for a walk” card so that your athleisure look makes perfect sense.

THE WALKING DATE

This one scored highly in my First Dates guide. Wear a decent pair of trainers so you can sprint away if you don’t like the look of them! All joking aside, the “let’s go for a walk” date is the only one where you can rock up in a tracksuit and a hoody and it doesn’t look like you’ve made no effort or are being intentionally disrespectful. Bear in mind that if the walking and chatting goes really well you might want to grab a drink or a bite to eat, so don’t rock up looking like Damo from ‘Damo

& Ivor’ or they won’t let you in anywhere.

THE FRIEND-ZONE PIZZA DATE

You’ve been friends for years and you’ve always had a thing for them, but the reality is they’ve only ever seen you as a friend. So you convince them to go for a one-on-one pizza away from the rest of the friend group, which you hope will elevate you out of the ‘friend-zone’. What you’re looking for here is confident and masculine, without looking like you’re trying too hard. Opt for a nice bomber jacket with a nice, clean white t-shirt and smart jeans or chinos. Make sure you pay and be patient. It might take a few of these low-key departures from the friend group before they start to see you as boyfriend material.

GENERAL ADVICE

The late Sir Hardy Aimes famously said, “a man should look as if he had bought his clothes with intelligence, put them on with care and then forgotten all about them”. So, look like you’ve made the effort, but not too much effort because no girl wants to date a guy that looks like he’s spent longer getting ready than she has. Same logic applies to fragrances; pick a good one (I’ve suggested plenty in the last few years) and spray conservatively on your chest and on your hair (as well as neck and wrist) to give them an incentive to get closer. Invest in a decent wallet, because nothing will kill momentum quicker than pulling out your velcro, fold-over Liverpool crest wallet to pay for the drinks. And finally, get some decent underwear, because you never know and, as Roy Keane says, “fail to prepare, prepare to fail”.

Look of the Week

Selected Homme

My look of the week is from one of my favourite stores in Limerick, The Selected Homme/Femme store in The Crescent Shopping Centre. My SHDNEWONE Green Blazer costs just €99.99, my Slim Fit Long Sleeved Shirt costs €59.99, my Slim Fit Suit Trousers cost €49.99 and my Tie costs €24.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call into Cara and the team and check out their amazing range. Photo by Paudie Bourke.



Watch This Space

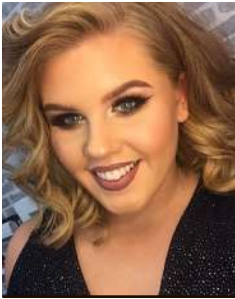
FIT100

I’VE recently become a member at FIT 100, the new high performance gym on the Ballysimon Road. Owner, head trainer and Physiotherapist at FIT 100 Colm Moran believes that data is the key to help you get the most out of your health and fitness. Colm believes in looking at the human body and mind, and it’s habits, as a whole and that one must focus, fuel, train and recover to optimise results. Everything FIT 100 do,



every decision, every programme, every piece of advice, is based off data. With this data they can quantify, and show you, your strengths & weaknesses and thus design a training and nutrition programme specifically for you. This allows you to compete against yourself. However data is not the only thing Colm and the team at FIT 100 believe in.

Follow them at @fit100hq on Twitter or on Instagram to get the virtual tour.



BEAUTY & MAKE-UP

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Summer make-up bag essentials!

AFTER a relaxing two weeks of purely sunbathing, eating and sipping cocktails, I'm finally back to reality. I'm happy to be back and there's so much coming your way over the next few weeks so stay tuned!

Summer is a time for fun, sun, friends travelling and happiness! Make-up normally takes the back seat in my life when summer comes to town. Nobody wants a full face of glam in the weather we have been getting or on holidays! You would be putting it on just to sweat it off! There definitely are a few products that come to every summer event or holiday with me. I find myself buying these products over and over therefore I know they will always be a staple in my make-up bag. Here they are:

MAC COSMETICS OIL CONTROL LOTION

I have been using this



Born This Way Multi-Use Sculpting Concealer

stuff for absolutely years when summer creeps around. It is the only product that keeps my oils absolutely at bay when everywhere else is sweating including your ear lobes. You don't have to worry because this stuff is magical! A little bit goes a very long way so use this product wisely and only in the areas you need it. I've learned this throughout the years that it almost does the opposite if you apply too much to the skin!

LOREAL GLAM NUDE BB CREAM

I was never really into BB

or CC creams before because I always felt they didn't have enough coverage. I felt like I had to blur all my imperfections but ever since this was introduced to me by my bestie Rachael I can't put it down! This is a self adjusting BB cream that transforms into your perfect shade as you blend it into the skin. I always use my fingers to apply this as it is the best method in my opinion. It blurs your pores and has the perfect amount of coverage. It literally looks like a better version of your skin. I would highly recommend this to everyone! It isn't greasy or

heavy on the skin. Perfect for those scorching summer days too as it has an SPF of 20!

TOO FACED BORN THIS WAY MULTI-USE SCULPTING CONCEALER

This stuff is no joke, people. It's a full coverage, has multi-tasking purposes, is extremely hydrating and wears for up to 12 hours. This is everything you could possibly want from a concealer (and more!) The wonderfully versatile formula can be used for a host of complexion enhancement – from concealing and retouching to contouring, sculpting and highlighting. I use it to conceal under eye circles and any blemishes my BB cream didn't quite cover. Amazing stuff!

MAC COSMETICS MSF IN GLOBAL GLOW

This luxurious velvet-soft powder with high-frost metallic finish is literally a holiday in a compact. If you have this stuff in your make-up bag, you are absolutely good to tackle anything the summer night brings your way! Brush this on your cheeks, and the high points of the face where the sun would naturally hit (temples, cheekbones, bridge of the nose). You will look like a goddess!



Jessica Hockedy making the best of the last of the summer holidays

My Make-Up Bag

Geraldine Getlevog



I have known Geraldine for quite some time now. We both grew up in the same stage school and I always remember looking up to her as she was a few years above me in stage school. I always remember thinking 'Wow, this girl can sing, dance, has amazing long dark hair, amazing fashion sense and does her make-up femononal! Is there anything she can't do?!' Fast forward to me applying for my first job nearly five years ago in

Diesel. Geraldine was and still is the manager. (I work in Diesel too by the way). We have grown so close in those years. Therefore, I have come to the conclusion that no, there is nothing Geraldine cannot do! As well as being all of the mentioned above, she is also an amazing manager and an even better friend! I couldn't wait to interview her.

Do you have a make-up role model?

Yes, I have loads of make-up role models! One being you, Miss Jessica Hockedy, You have shown me some handy tips with things. I also follow a lot of bloggers on Instagram too.

What inspired you to be in the position you're in now?

I have always loved fashion from an early age and always loved playing around with clothes and trying new things, so when I got a job working in retail with clothes and fashion I really wanted to learn more and more about the business and how the fashion world works. I was interested to learn about different brands and how retail companies keep current. I have also always been a people person so I love working and dealing with the public. My favourite thing is following trends I

love been able to try different things with my clothes and being able to give my advice is also something I love to do and I get to incorporate that into my job.

When buying make-up are you guided by brand name/appearance or cost/quality?

Not so much brand names but I've always used a lot of Mac products. I just find their make-up really good and I love a lot of their stuff. I don't mind spending good money on make-up because it's worth it as it has got to do with your appearance and I think looking after your appearance is hugely important.

Do you wear make-up everyday?

I wear it everyday when I am in work and there was a time where I wouldn't leave my house without a full face

of make-up but in the last three years that has changed so much. I actually never wear make-up on my days off, unless I am going to a function or something, I think every girl and woman should have the confidence and pride to go make-up free because every woman is beautiful.

What 3 products could you not live without?

- 1: Mascara as number 1
- 2: My Charlotte Tilbury airbrush flawless finish powder.
- 3: My highlighter

Does wearing make-up make you feel good about yourself?

Of course, you just feel so much better about yourself.

Would you leave the house wearing absolutely no make-up?

Yes, well maybe not, I will always put my mascara on!

Lust corner

Must. Have. Now.



LUNA by Lisa Jordan Lip gloss collection - blush edition €30

This collection of four beautifully formulated lip glosses are what you need on those summer nights to bring your make-up to life! You're guaranteed to find a suitable shade for yourself in this collection. They're so worth it!



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch
Twitter: @richanthon

Web: www.richardknows.com
Email: Richard@ILoveLimerick.com



LAP highlights cement concerns

LIMERICK Against Pollution (LAP) started last year following health concerns when it was revealed that Irish Cement's factory in Mungret was granted permission to burn substances such as tyres, plastics and hazardous wastes.

Maria Corbett is heavily involved with Limerick Against Pollution and is keen on highlighting this issue in front of the people of Limerick.

"We are a group of concerned residents who have taken an interest in finding out what precisely is planned for the Irish Cement factory in Mungret and as a result, we are concerned for the health of our families and our fellow citizens and want to highlight the issue," Maria explained.

The cement factory in Mungret dates back to 1939 and is not a modern sophisticated purpose-built facility.

It is surrounded by three new schools all within 1km of the Kiln where most of the children in the area will go to school.

There are genuine concerns regarding air pollution and monitoring of the facility, "she says.

There are also many sports facilities and recreational areas nearby where people seek to get healthy and are encouraged to improve their well being.

"Limerick Against Pollution is up against one of the wealthiest companies in the country and their plan to generate even more profits for their shareholders.

"If the plans for the Mungret factory go ahead, then Irish Cement will be paid a levy per tyre for its disposal, they will also be paid to get rid of other hazardous waste and in so doing they will save on costs for fueling the production of cement and to add insult to injury, any carbon credits accumulated can be sold on for even more profit!" Maria contends.

She says Limerick people should ask questions of the politicians and the HSE regarding the entire process of planning. They should ask questions of the EPA (Environmental Protection Agency) and if their concerns are not adequately addressed then they should voice their concerns and object to the plan by going online at <https://action.uplift.ie/campaigns/limerick-cement> and make your voice heard.



The Limerick Against Pollution committee - Cam O'Donoghue, Mary Hammill, Derek O'Dwyer, Tim Hourigan and Maria Corbett pictured at their recent fundraising gig at Dolans Warehouse PICTURE: SOPHIE GOODWIN/ILOVELIMERICK

BNest benefits upcycling programme Back2New

BACK2NEW, an innovative social enterprise managed by West Limerick Resources, which employs participants of the TUS work placement scheme who are gaining skills in furniture repair and upholstery.

They restore a wide range of old and unwanted furniture items. The initiative provides opportunities for work experience and skills development for long term unemployed individuals. It

grew out of a 2012 pilot furniture up-cycling project between the Limerick-based Southern Region Waste Management Office (SRWMO) and West Limerick Resources.

"I've learned the importance of positivity. Positivity produces energy. Energy produces the determination. Determination produces results." Shane, a Back2New Programme Participant tells me.

Back2New was able to further develop their project 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.

There are a number of programmes and interactive workshops arranged by BNest to help participants. Michaela Donegan, manager of Back2New, tells me, "Nurturing within BNest is to the fore. The programme is delivered in a practical manner and allowed clarity to unfold over the course of our voyage whilst providing objectivity on each step."

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.



Shane Murphy and Sean Hough (back) and Anita Guinane, Back2New participants with Michaela Donegan, Back2New Manager (front right) PICTURE: CIARA MARIA HAYES/ILOVELIMERICK

THINGS I ♥ THIS WEEK

REMEMBERING TERRY

Broadcast legend Terry Wogan 80th birthday celebrated

TERRY'S Old Geezers and Gals, the deceased broadcasters loyal band of followers travelled from England to Limerick in celebration of his 80th birthday this past Friday. People from the group gathered together and had a picnic by the statue of Terry at Harvey's Quay.

Councillor Kieran O'Hanlon attended the picnic and gave a speech in memory of the great legend from Limerick. "I hope that we can organise a

said that Terry had been very supportive of Norman's career as a presenter. Norman said, "We knew each other well and we would often go for lunch after Sunday's show. His humour and his joy are always impacting everyone who knew him."

Talking about the journey to Limerick, Mr Macintosh said: "We are here for Terry's 80th birthday, in sadness but also in celebration for this true gentleman."

The T.O.G group



Celebrating Terry Wogan's 80th birthday at the Limerick Strand Hotel with Norman Macintosh, Terry Wogan's Old Geezers and Gals fanclub, Vicki Collins, Limerick Strand Restaurant Manager, Steven O'Connor, Limerick Strand General Manager and Hellen Bach, Terry Wogan's Old Geezers and Gals fanclub PICTURE: ZOE CONWAY/ILOVELIMERICK

festival in memory of the life of Sir Terry and what he meant to Limerick."

With his charm and his positivity, Sir Terry Wogan influenced many people, "He has great influence in our lives for the last 20 years," said Helen Bach, from the TOG group, "He told us to love life and music and have fun."

The other member from the TOG group, Norman Macintosh

gathered at the Strand Hotel in the evening.

A simple ceremony commemorating the Limerick-born legend began with a large chocolate cake.

I led a chorus as we all sang Terry Happy Birthday.

He was the most magical person and he had a massive inspiration to me.

Happy Birthday, Terry. We are proud of you. We love you and we miss you.



Pictured in front of a piece they worked on entitled 'The Space Between' are Martin Quinn, Kevin Fitzgerald, William Fitzgerald, Jeff Lee, Andrew Power, Ger Lynch and Peter McNamara PICTURE: ADRIAN BUTLER

Prison Artwork unveiled by Limerick city

TWO new sculptures have been unveiled on the grounds of Limerick Prison constructed by Limerick City Build. The sculptures, one depicting a family, while the other is of a silver bench, can be seen just outside the prison.

Featuring three different outlines of a man, woman and

child, 'The Space Between' is representative of fathers, mothers and children and the care of a family as a whole unit within Limerick Prison and how a family is destroyed when a member is taken to prison.

As well as the sculptures, a new family visiting area was also unveiled at the prison. The Irish Prison Service and Limerick Prison have set their core

values in line with human rights and these new artworks are depictions of that.

Limerick City Build is a social enterprise initiative established on Bank Place by Limerick man Ray O' Halloran to create employment pathways for economically marginalised and socially excluded people. Well done to all involved.



Elisa O'Donovan, Swimmable Limerick, standing outside St. Michael's Rowing Club

PICTURE: BAoyan ZHANG/ILOVELIMERICK

HERO OF THE WEEK

Elisa O'Donovan

ELISA O'Donovan founded the Swimmable Limerick scheme in August 2017, to make the urban river experience more accessible to the local community. Elisa O'Donovan says its "for the very purpose of getting people back in the river and swimming again as it would be a shame to let a free and natural place to swim such as the Shannon go to waste." Recently, Elisa helped to organise Limerick's first Aquathon with Limerick Triathlon Club members. Well done Elisa! All your hard work is paying off!



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

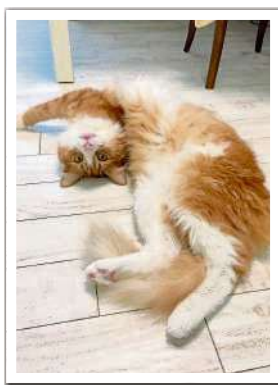
CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Cat day for our feline friends

Today is International Cat Day, a day to celebrate our feline friends. I've a cat and find them great companions and very loyal.



A friend like Winnie the Pooh

Looking for a family friendly film before school is back? Disney's Christopher Robin is out in cinemas on August 17. Ewan McGregor plays Robin who runs into his childhood friend Winnie the Pooh.



Vanguard Award for Lopez

Jennifer Lopez has been announced as the recipient of the Michael Jackson Vanguard Award for this year's MTV VMAs that will take place in Radio City Music Hall, New York on August 20.

Things to do in Limerick before the end of summer

As the final weeks of the holidays approach, there is still time to get out and explore Limerick and the surrounding areas. There are so many events taking place as well as places to visit.

KAYAKING TOURS

I recently went on a kayaking tour down the River Shannon. We started in Corbally and made our way down to the city centre. It was a magical way to see the city from the water and was thoroughly enjoyable. It's a great form of exercise too.

ESCAPE ROOMS

Did you know there is an Escape Rooms in Limerick City? Get locked in a room and crack codes to try and get out. If there is a large group you can split in two and go head to head to see which group can escape first. It's a game of pressure and patience all in one.

VR GAMING

If you like virtual reality and adrenaline pumping activities then I would suggest paying a visit to Fury VR on the Ballysimon Road. You can fight zombies, walk on sandy beaches and even visit famous sites. It's fun, nerve-racking and will have everyone laughing.

JAZZ

Last Friday I was in the Hunt Museum where Friday Afternoon Jazz was taking place and it was amazing. The sun was shining and a lovely crowd gathered to watch the



Take in the beauty of Limerick by water with a kayaking tour

performance. It takes place again this Friday from 1.30pm.

Craggaunowen Site

If you ever wondered what life was like in Medieval times then

checkout Craggaunowen in Co.Clare. There are crannogs, an open air museum and plenty of entertainment for the whole family.

PUCK FAIR

The very popular Puck Fair takes place in Killorglin Co.Kerry from August 10 - 12. It's a weekend of entertainment, fun and games for all the family. There will be live music and street acts performing.

New show alert

SO after being on Fully Charged for over two years I have made a change and I have got my own show. I am now the presenter of Spin Hits from 10.45am every weekday morning.

I have had the best time on breakfast radio getting involved in some great campaigns, giving away super prizes and interviewing some really interesting people. I've loved every moment waking up with the people of Limerick but change is also good.

I'll be on air Monday to Friday from 10.45am - 2.45pm playing loads of music and giving away plenty of prizes and having the craic.



All-Ireland Road to Croker

ANOTHER great weekend of hurling action. This time it was Clare v Galway in the All-Ireland hurling semi-final replay. Early on it was a very one sided affair as Galway got off to a flying start and Clare were slow off the mark. In the second half to Banner county came out all guns blazing but Galway held on for a win. Now my hometown of Galway take on Limerick in the All-Ireland Final on August 19.

Limerick Leader, 54 O'Connell Street, Limerick

Deadlines: Classified Display & Lineage

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Family Announcements & Bereavements

Monday 2:00pm

Motoring/Property/Jobs

Monday 2:00pm

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LIVESTOCK GENERAL

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SITUATIONS VACANT

CHILDMINDER

REQUIRED to mind 3 children in their own home. School drop off & collection. Must have full clean driving license. Email CV to: rubypotter15@live.ie

SITUATIONS VACANT

BLOCKLAYERS, BASIC AND ADVANCED SCAFFOLDERS

Skilled and Unskilled Operatives, 360 Machine Drivers, Groundworkers, Qualified Electricians, Carpenters, Roofers, Plumbers, Painters, Plasterers, Cleaners, TM & SLG Operatives & all Tradesmen/Plant & MEWP Operators required for Limerick and Munster Region. Pracownicy Budowlani z safe passem potrzebn. Send CV to limerick@clsrecruitment.ie or call 061-502327.

SITUATIONS VACANT

EXPERIENCED DIESEL

Mechanic wanted for busy garage in the Bruff / Croom area. CV'S to plantandautomotive@gmail.com

APPRENTICE ELECTRICIAN

Required for Limerick and surrounding areas. Apply to Box Number: RLI 3012851 c/o Limerick Leader, 54 O'Connell Street, Limerick

BREAKING NEWS

Contact
061 214500

LIMERICK LEADER
The Leader

CLAUGHAUN LOTTO

Result for Monday 6th August 2018
Jackpot €1,600
The numbers drawn were: 5-19-20-21

The following won €30.00
Evelyn Hayes
Davis Casey
Paddy & Killian O'Connor
Sheilagh Healey
Sean Kavanagh

Next week's jackpot is €1,700

PIKE ROVERS A.F.C

WEEKLY LOTTO 02/08/2018
Jackpot €4,250
Numbers Drawn: 2-5-15-22
No Winner

LUCKY DIPS €25: Richie Larner c/o Gary; Tom Sheehy c/o Jerry's; Tony Morris c/o T.C's Bar; Alan Quinlivan c/o MFT

Next Weeks Jackpot €4,300

Richmond R.F.C.

Development Fund Weekly Lotto
This weeks lucky numbers 6-8-22-23

Jackpot €2,300
Date: 2nd August 2018

4 x Luck Dip @ 25 each: B. Hanrahan c/o J. Hinchy; M. Clancy c/o G. O'Driscoll; K. Loughran c/o Connie; Jim Mulqueen c/o Connie

Next Draw will take place in the Clubhouse on 9th August 2018
Jackpot €2,400

PUBLIC NOTICES

AN CHUIRT DUICHE
(THE DISTRICT COURT)
District Court Area of Limerick
District No. 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1939 SECTION II AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:

CARRICKHILL INVESTMENTS LIMITED

TAKE NOTICE that Carrickhill Investments Limited having its registered office at 1 Mulgrave Street, in the City of Limerick, intend to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 27th day of September 2018 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit The Horse & Hound, situate at Mulgrave Street and Cathedral Place, in the city of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind.

Dated the 1st day of August 2018.

Signed: _____
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street, Limerick

TO WHOM IT CONCERNS

PUBLIC NOTICES

AN CHUIRT DUICHE
(THE DISTRICT COURT)
DISTRICT COURT AREA OF LIMERICK
DISTRICT NO. 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1935 SECTION 2 AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:

Peryglen Limited

TAKE NOTICE that Peryglen Limited having its registered office at 43, Brighton Square, Dublin 6 intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 27th day of September 2018 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit Pery's Hotel situate at Glentworth Street in the City of Limerick in the Court Area and District aforesaid for public dancing.

Dated this 1st day of August 2018.

Signed: _____
SWEENEY McGANN,
Solicitors for the Applicant,
67, O'Connell Street,
LIMERICK.

TO WHOM IT CONCERNS

AN CHUIRT DUICHE
(THE DISTRICT COURT)
District Court Area of Limerick
District No. 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1939 SECTION II AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008.
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:

KILMURRY LODGE HOTEL LIMITED

TAKE NOTICE that Kilmurry Lodge Hotel Limited having its registered office at Castletroy, in the City of Limerick, intend to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on the 27th day of September 2018 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit Kilmurry Lodge Hotel situate at Kilmurry, Castletroy, in the City of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind.

Dated the 1st day of August 2018.

Signed: _____
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick

TO WHOM IT CONCERNS

AN CHUIRT DUICHE
THE DISTRICT COURT
DISTRICT COURT AREA OF LIMERICK
DISTRICT NO: 13

PUBLIC DANCE HALLS ACT, 1935 SECTION 2 (AS AMENDED)
NOTICE OF APPLICATION FOR RENEWAL OF A PUBLIC DANCING LICENCE
APPLICANT: MICHAEL WARNER AS NOMINEE OF PHARMACIA PUBS LIMITED

TAKE NOTICE that Michael Warner as Nominee of Pharmacia Pubs Limited of 8 Cois na hAbhann, Portumna in the County of Galway the holder of an on-licence in respect of the premises Pharmacia situate at 9 Sarsfield Street, in the City of Limerick intends to apply to Limerick District Court sitting at Limerick Courthouse, Mulgrave Street in the City of Limerick on the 27th DAY OF September 2018 at 10.30am in the forenoon for the granting of a licence to use a particular place to wit:-

The Licenced premises of the Applicant known as Pharmacia and situate at 9 Sarsfield Street in the City of Limerick in the Court area and district aforesaid for PUBLIC DANCING on each day during opening hours.

Dated this 3rd day of August 2018

Gerard J Meehan & Co.,
Solicitors for Applicant
49 Catherine Street,
Limerick

AN CHUIRT DUICHE
(THE DISTRICT COURT)
DISTRICT COURT AREA OF LIMERICK
DISTRICT NUMBER 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1935 SECTION II AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008.
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:

NANCY BLAKES LIMITED

TAKE NOTICE that Nancy Blakes Limited having its registered office at Denmark Street, in the City of Limerick, intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 27th day of September 2018 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit Nancy Blakes situate at Denmark Street, in the City of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind.

Dated the 2nd day of August 2018.

Signed: _____
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick

TO WHOM IT CONCERNS

AN CHUIRT DUICHE
(THE DISTRICT COURT)
DISTRICT COURT AREA OF LIMERICK
DISTRICT NUMBER 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1935 SECTION 2 AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:- Kieran Gleeson and Margaret Bartley

TAKE NOTICE that Kieran Gleeson and Margaret Bartley of Stone Crest, Ballintlea South, Cratloe, Co. Clare and Ardu Cottage, Iona Drive, North Circular Road, Limerick respectively, intend to apply to the Court at the Courthouse, Mulgrave Street, Limerick on Thursday the 27th day of September 2018 at 10.30 a.m. for the grant of a licence to use a particular place to wit The Icon/Smyth's, situate at Cornmarket Square, in the City of Limerick in the Court Area and District aforesaid for public dancing.

Dated this 3rd day of August 2018.

Signed: _____
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick

TO WHOM IT MAY CONCERN

Classifieds

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
Tribeca Taverns (Trading) Limited - Applicant
The Mill Bar Annacotty, Limerick - Premises

TAKE NOTICE that Tribeca Taverns (Trading) Limited having its registered office at 1 O'Curry St, Limerick will apply to the Annual Licensing Court sitting at The Courthouse, Mulgrave St, Limerick on the 27th of September 2018 at 10.30 in the forenoon or so soon thereafter as this application may be taken in its order in the court list for a Certificate by way of transfer entitling the Applicant to receive Publican's On Licence in respect of the premises known as The Mill Bar, Annacotty, Limerick and situate at The Mill Bar, Annacotty, Limerick in the Court Area and District aforesaid and heretofore licensed in the name of Annacotty Developments Limited.

Dated this August 2018

Signed: David Scott & Company, Solicitors for the Applicant, 56 O'Connell Street, Limerick.

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 06/08/18

This Week's Jackpot: €3,100
No's: 14-19-21-23

Lucky Dips: Val Costello c/o Laura Mulqueen;
Aisling Reynolds c/o Dave Connolly; John Mc c/o
Mike Sheedy

Promoters Prize Dave Connolly
and Kevin O'Callaghan

Next Week's Draw held 13/08/2018
Next Week's Jackpot: €3,200

BREAKING NEWS

Contact
061 214500

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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES



† O'BRIEN

(22nd Birthday Remembrance)

In loving memory of a dear daughter, Joanne O'Brien, late of 33 Shanabooley Road, Ballynanty, whose 22nd birthday occurs on 11th August.

Mass offered in St Munchin's Church on August 11th at 6pm.

Joanne was a flower, too fair for earth,

Just lent to us for a while. God marked her when he gave her birth,

And took her with a smile. We sit beside your graveside, And softly speak your name, And pray to God,

That we could have you back again.

If only we could see you, For just a minute or two, You could tell us if you're happy,

And we would be happy too. We'd put our arms around you, And kiss your smiling face, And the pieces of our broken hearts,

Would fall back into place. Wrap Your arms around Joanne, Lord,

Don't leave her on her own, For today is her 22nd birthday And we know she can't come home.

For it does not take your birthday For us to think of you, Because we never stop thinking of you.

We are sending to Heaven on the wings of a dove, Birthday wishes, hugs and kisses For our daughter up above.

Happy 22nd Birthday Joanne, love Mam, Dad XXXX Happy Birthday, love you always, Biddy.

P.s give both Nanans a kiss xxxxx

No last words were spoken, You never said goodbye; You were gone before we knew And only God knows why. **Happy 22nd Birthday, love from Dean and Niamh xx**

BIRTHDAY REMEMBRANCES

Dear Joanne, Friendship is a sun shine, That turns the sky to gold. Friendship is the fragrance, A thousand blessings hold. Friendship is the pathway, That leads to dreams come true. For friendship is the blessing, Of knowing someone like you. **Happy 22nd Birthday Joanne. Rest in Peace and sleep tight. Love your bestfriend Kayleigh and Kyle xx**



The day God called you, Joanne, And beckoned you to His side, Great pains were felt, And many tears were cried. Behind you, us so sad With memories of good times, That once we had.

We feel you'd still around us, You are always on our mind, And when we talk about you, It is always of happy times. We hold you close within our hearts,

And there you shall remain, To walk with us throughout our lives,

Until we meet again. Happy 22nd Birthday

Loving you today and always, Joanne - love, Jacqueline; Dermot, Marlow and Hollie. P.S. Give Nana a kiss for us. xxxxxxxxxxxxxxxx

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, Joanne,

We are never far apart, For you are always in our thoughts, And forever in our hearts.

No matter how we spend our day, Or whatever we do, No morning dawns or night returns, Without a thought of you.

Love and miss you, Happy 22nd Birthday Joanne - Uncle Marlow and Michelle. xxx

May the wind of love blow gently And whisper in your ear, How much we love and miss you, Joanne,

As it dawns another year. **Love from your cousins Sophie; Michelle; Megan, Shane, Jack and Alex**

IN MEMORIAM



† BOYCE

(Tenth Anniversary)

In loving memory of our dear son and brother Alan Boyce, late of 11 Elton Court, Meelick, Co. Clare whose tenth Anniversary occurs on Wednesday 8 August 2018. Mass offered.

Sometimes it's hard to understand, Why certain things must be, The reasons why they happen, Are so very sad you see.

So if you see me crying Lord, And looking very sad, Tell him I can't help it, And miss him very bad.

A very special son Who will never be replaced. Since that day you left me Alan, There has been an empty space, I feel you are still around me, You are always on my mind, So I hide my heartache with a smile,

And make no outward show. For what it means to lose you Alan,

No one will ever know. **Alan you are loved and remembered every day by Mam and Dad. x x x Also thinking of our son Thomas and their grandfather Tommy Boyce (Snr.) whose anniversary occurs around this time.**

Precious memories unseen, Wishing your absence was only a dream,

Unspoken words, no outward show, But deep inside I miss you so. To hear your voice and see your smile,

To sit and talk to you awhile. To be together in the same old way,

Would be my dearest wish today. **Alan you are sadly missed and always loved by your brother Ross. x x x Also thinking of my brother Thomas at this time.**

How do I write on paper, The feeling I have inside, From a heartbroken sister, Who has missed you since you died,

My heart still aches with sadness, My secret tears still flow, For what it meant to lose you Alan,

No one will ever know. Call his name our softly Lord, And when he looks your way, Tell him I love and miss him, every single day.

For I never knew that morning, The sorrow that day would bring, When your gentle heart stopped beating,

The parting was so sudden, I often wonder why, But the saddest part of all Alan, Was we never said goodbye, So in Gods arms you rest above, And in my heart you rest with love.

From your heartbroken sister Ciara.

Also thinking of my brother Thomas at this time. x x x

Memories are the nicest things, They last from day to day, The don't get lost, They don't wear out, They can never be taken away. Your memories we keep Alan one by one,

Of things you've said, And things you've done.

IN MEMORIAM

They bring a smile, sometimes a tear, But always a wish that you were here.

Today, tomorrow, our whole life through, We will always love and remember you.

You never failed to do your best, Your heart was true and tender, You simply lived for those you loved,

And those you loved remember. **Sadly missed by your brother Jason and girlfriend Claire. x x x**

Also thinking of my brother Thomas at this time. x x x

A thoughtful friend, A special uncle, A heart of gold, The very best this world could hold.

Of all the gifts in life, However big or small, To have you as my uncle, Was the greatest gift of all.

Also thinking of my uncle Thomas at this time.

Always loved and missed by your niece Sophie and nephew Tom. x x x

To where you rest I wander, It's where I feel most near, I place my flowers around you, And whisper I'm here! Sadly the leaves of memory fall, Gently we gather and treasure them all, Unseen, unheard, you are always near, So missed, so loved, so very dear. **Sadly missed by Uncle Ger, Sandra, Jenny, Keith, Edell, Ellamay and Laurie xx**

We cannot bring the old days back When we were all together But memories keep us close to you And memories last forever. **Sadly missed and never forgotten by Tony, Teresa, Ian and Emma**

No farewells were spoken, We did not say goodbye; You were gone before we knew it And only God knows why. **Sadly missed and never forgotten by Evelyn, Kenneth, Alex and Jenna**

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. Though Heaven and earth divide us,

We are never far apart, For you are always in our thoughts,

And forever in our hearts. **From you loving auntie Betty, Gerry and cousin Cian. Also thinking of Thomas and Mary and Billy Earls at this time**

There never comes a moment, When I don't think of you, Or a day passes that your face is not in view.

And when I'm feeling lonely, And tears come to my eyes, I think of you at peace, And I know I shouldn't cry. So I try to hide the heartache, As you would want me to, And when I shed a tear, No one knows but you.

We miss your smile your joking ways,

We miss things you used to say, And when old times we do recall, It's then we miss you most of all. It may be small but it means a lot,

To tell you Alan, we have not forgot.

Forever missed by your friend and cousin Caoimhe and Billy xxx Also remembering Thomas, Granda Billy and Nana Mary xxx

IN MEMORIAM

Though his smile has gone forever

And his hand we cannot touch We still have so many memories Of a nephew we loved so much His memory is our keepsake With which we will never part

God has you in His keeping We have you in our heart. There were no goodbyes When you fell asleep Our memories of you we will always keep

Quietly today your memory is kept No need for words we will never forget you Alan.

Sadly missed by your aunt Marion and Mike, cousins Michelle, Rachel, Roslyn, Nicole and Michael. Also thinking of my dad Tom and my nephew Thomas at this time.

It isn't what we write today, It isn't what we say, It's how we feel inside, As we think of you today. We think of you in silence, We talk about you too,

We have some wonderful memories,

But we wish we still had you. **Sadly missed and always remembered by your friend Vanessa and A.J x x xxx Also sadly missed by Antoinette xxx**

I often talk about you, I never cease to care; I wish I could go home again, And find you waiting there. I want to tell you something, So there can be no doubt - You're so wonderful to think of And so hard to be without. **Thinking of you always, love your friend Danielle xxxxx**

Your name is often spoken, We talk about you still; You haven't been forgotten - You know you never will, No words or verse could ever say, How much we miss you every day; Deep in our hearts your memory is kept, We love you too dearly to ever forget.

Thinking of you always, love your friend Lyndsey xxxxx

Your name is often spoken, We talk about you still; You haven't been forgotten You know you never will, No words or verse could ever say, How much we miss you every day;

Deep in our hearts your memory is kept, We love you too dearly to ever forget. **Sadly missed by your uncle Robert, Carol and Ryan**

IN MEMORIAM



† O'DONNELL

(Fourth Anniversary)

In loving memory of Peter O'Donnell, late of 24 New Road, Kileely, Limerick whose fourth anniversary occurs 11th August 2018. Anniversary Mass will be offered at 7pm in St. Lelia's Church on 11th August 2018.

Remember Me

Don't remember me with sadness

Don't remember me with tears Remember all the laughter We shared throughout the years Now I am contented

That my life it was worthwhile Knowing that as I passed along the way

I made someone smile When you are walking down the street

And you've got me on your mind

I'm walking in your footsteps Only half a step behind.

So please don't be unhappy Just because I'm out of sight Remember that I'm with you Each morning, noon and night **Loved and missed, your mother Bernie, brothers, sisters, brothers-in-law, sisters-in-law, nieces, nephews, extended family and friends.**

Never more than a thought away You meant so much to us But nothing we can say

Can tell of the love That is in our hearts today **So sadly missed by your aunts, uncles, cousins and families in Limerick Shannon and London**

When days are dark and friends are few,

Dear Peter how we think of you. Old friends are best, so loyal and true

We lost our best friend when we lost you.

Those we love don't go away, They walk beside us every day. **Deeply missed and never forgotten by your dear friends Teresa, Lofty, Emma & Jodie xxx**

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.A.S.

GRATEFUL THANKS to the Sacred Heart of Jesus, Our Lady Queen of Heaven, St. Anthony and St. Padre Pio for favours received. Thanks long over due. C.L.

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.F.

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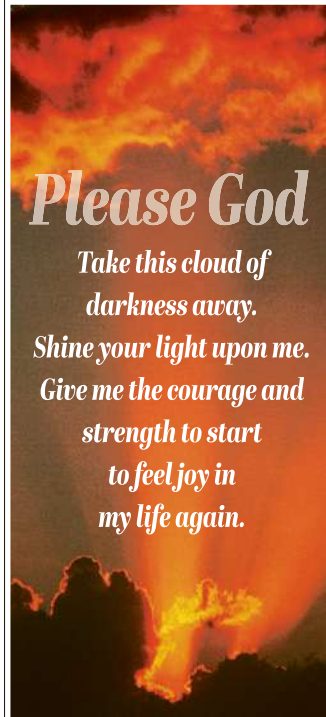
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Sporty evolution

Audi Q3: Designers opt for slight changes to second generation compact crossover



TRISH WHELAN
www.CarAndTravel.ie

AUDI'S second generation Q3 compact family SUV will be available to order here in Audi's dealerships from the end of this year.

It comes with a more sportier design than before and has grown in virtually all dimensions; the wheelbase has been stretched by 77mm allowing for more

knee room, headroom and elbow room. The boot area now as 70 litres more than the previous generation of the model, now at 530 litres extendable with backrest completely folded down to 1,525 litres.

The interior design is new also and includes a touchscreen with a new concept of the brand's MMI (that's multimedia interface). The sat nav system can recognise the driver's preferences

based on previous journeys and can offer route suggestions along with traffic information, points of interest searches, and information on parking spaces and filling stations. The customer can transfer navigation routes, smartphone calendar details to the MMI as well as locate where the car is parked.

The new Q3 will have petrol and diesel powertrains, with outputs from 150hp to 230hp.

LIKES

- ✓ High-tech features standard
- ✓ Compelling exterior design
- ✓ Roomier inside
- ✓ Modern interior

DISLIKES

- ✗ Very large for subcompact?
- ✗ Tech may require acclimation
- ✗ On the pricey side



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Maxol launches easyWash

TRISH WHELAN
www.CarAndTravel.ie

FORECOURT and convenience retailer Maxol has partnered with mobility solutions specialist, easytrip, to launch easyWash, a drive in car wash and go answer for customers who want to keep their vehicles in pristine condition.

The new service allows Maxol customers to use their easytrip tag at a participating Maxol car wash without getting out of the car and receive 20pc off a deluxe maxWash car wash from Monday to Friday.

Customers can simply drive up to a maxWash car wash at any participating Maxol service station, press the easytrip button, the easytrip tag will beep, and the wash will start as normal.

The driver doesn't need to go into the shop to get a ticket, or put in a code for the wash and can simply drive away once the wash is complete. The



Colin Delaney, CEO of easytrip; and Brian Donaldson, CEO of Maxol, are pictured above at the launch

fee is automatically deducted from the tag holder's account. easyWash is currently

available at 17 Maxol sites and will be rolled out to over 30 sites by the end of 2018.

There is no monthly fee to have easyWash activated on the easytrip tag.

RALLY ACCOMPLISHMENT

Visually impaired Sara competes in rally

TRISH WHELAN
www.CarAndTravel.ie

ON Sunday 22 July, Sara McFadden became the first visually impaired person to compete in Irish rallying when she navigated for her dad Keith in the Imokilly Stages Rally, in Cork, writes Trish Whelan.

Sara has been receiving messages of support from all over the world including from Ireland's WRC Rally

winning co-driver Paul Nagle who has been following her story since she received her licence from Motorsport Ireland.

Sara has indicated that she will be competing again very soon. She is pictured above with her dad Keith McFadden.

This is a link to some footage of her first event: <https://youtu.be/ny7XVs6mVtk>



Sara and Keith McFadden pictured after the rally

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CAR IMPORTS

Weak pound fuels demand for imports

TRISH WHELAN
www.CarAndTravel.ie

IRELAND'S car import boom is being accelerated by the Euro's rise against the Pound.

Irish car dealers and garages have upped their spending on vehicles imported from the UK by a fifth (20pc) during the first half of this year compared with the same time in 2017. The analysis of 3,000 transactions made through foreign exchange specialist Fexco Corporate Payments, comes days after the Euro hit 89.5p against sterling - its highest level for almost eight months. The research also found the importing spree hasn't been limited to Ireland's motor trade.

Spending on UK imports by Irish car dealers, garages, and individual car buyers together rose by 14pc on last year and up 66pc on its pre-Brexit referendum

level.

The data also shows a 49pc increase in the number of cross-border car purchases - made by both dealers and motorists - between the first half of 2016 and the first half of 2018.

The Fexco data mirrors official statistics compiled by the Society of the Irish Motor Industry. In the first six months of 2018, it registered 49,971 used cars imported from the UK, a 12pc rise on the same period in 2017, and a huge 64pc increase on the pre-referendum level seen in the first half of 2016.

With its population, the UK has a much greater supply of used cars than Ireland. The SIMI data also suggests Ireland is on track to import 100,000 used cars from the UK for the first time ever this year. It predicts that used car imports will rise by 15pc in 2018, with new car registrations falling 8.6pc on their 2017 levels.



Cavanaghs help Newslink hit the road

Print Distributor Newslink - based in Barna, Newcastle West - recently completed a deal to expand its fleet of vans with Cavanaghs of Charleville Main Ford Dealer. The order was for 10 Ford Transit Custom Vans and 2 Ford Transit Connects. Pictured at the handover were Liam Herlihy, sales director, Cavanaghs of Charleville; Martin Condon, managing director, Cavanaghs of Charleville; Maurice Breen, managing director, Newslink; John Desmond, commercials sales manager, Cavanaghs of Charleville; Damien Breen and Seamus Breen, Newslink

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How to spot online used car scams

Don't get caught out: Reg check company shares top tips to avoid being scammed

MYCARCHeck.com has warned of a marked increase in online used vehicle scams and highlighted three telltale signs of a con:

* Is the vehicle being offered for substantially less than other similar models?

* Does the number ring out or go to voicemail, prompting you to 'email the seller'?

* Are you then offered a vehicle that is abroad but can be 'shipped to you'?

Mark Bailey, Head of CDL Vehicle Information Systems, which owns mycarcheck.com, said: "The sheer volume of online scams is off the chart this summer, with seasonal favourites like convertibles, camper vans and motor homes being targeted.

"The staff at our Glasgow call centre speak to used car buyers every day, often when they're about to transfer money, so we have our finger very much on the pulse when it comes to the latest scams.

From early this year we saw a significant rise in fraudulent online adverts, but from May onwards it really ramped up, not only for the usual cars, vans and bikes, but for plant and agricultural vehicles, every sector you can think of.

"Sophisticated con artists, often operating in organized criminal gangs, can create scam adverts very quickly and on an industrial scale, even setting up whole fake dealer websites. At first glance, they look realistic; they cut and paste wording from genuine adverts and add features like make and model searches to appear more convincing.

"If you encounter any of the above, and certainly all three in order, it should serve as a red flag that you are being lined up. The best advice remains: If in doubt, walk away."

With information from the police, DVLA, insurers and finance houses, mycarcheck.com holds



Too good to be true: If a seller is offering a car far below what the market price then there might be something fishy going on

comprehensive data on every vehicle on UK roads – things that buyers should be aware

of before making an offer. CDL performs over a million look-ups a day for

companies including AutoExpress, CompareTheMarket,

Go-Compare, Moneysupermarket, Swiftcover and Tesco.



Ciaran McMahon, CEO of Ford Ireland with the new Ford GT

Latest all new Ford GT arrives

The first model of the latest all new Ford GT has arrived in Ireland, writes Trish Whelan.

This is the latest version of Ford's ultra-high-performance supercar that features rear-wheel drive, a mid-mounted engine, and a sleek, aerodynamic, lightweight carbon fibre body shell.

This supercar is propelled by the most powerful EcoBoost petrol production engine ever - a next-generation twin-turbocharged 3.5 EcoBoost V6 engine producing 647hp and 550 Nm of torque.

Commenting on the new arrival, McMahon said it is

truly a beautiful car that has a rich and celebrated legacy. "It is the pinnacle of design and technological development and it has proved itself as one of the best supercars in the world with podium finishes at many of the key racing events across the globe, including the 24 hour event at Le Mans.

"This is a much sought-after limited edition production with only 50 models available in Europe each year, so it's a privilege to welcome this stunning car to Ireland. I'm sure it will be a particular thrill for all Irish car enthusiasts to see it at displays or events around the country."

NEW CAR SALES

Limerick's 182 figures down on July 2017

THE Society of the Irish Motor Industry (SIMI) today issued the official 182 new vehicle registration figures for July along with their second Quarterly Motor Industry Review of 2018.

Car sales figures for the month of July show that 182 registrations are down 2.75% (26,944) compared to July 2017 (27,707). Light Commercials are currently up 12.4% (4,433) compared to July last year (3,944), while Heavy Goods Vehicle registrations were also up 23.28% (376) in comparison to July 2017 (305).

New car Registration in County Limerick experienced a decrease 4.1% on the same period last year. There were 3,925 new registrations compared to 4,093 in July 2017.

The report highlights that while Ireland's economic indicators continue to evolve in a positive manner, pointing towards an expanding economy, as consumer spending continues to improve at a steady rate, the depreciation in the value of sterling since the end of 2015 has made life

more difficult for the Irish motor trade, with new car sales been displaced by used imports from the UK.

Used car imports have increased by 11.7% year to date, aided by the weakness in sterling, as the Motor Industry continues to experience significant uncertainty, with monthly declines in new car registrations figures, reflecting the substantial impact of Brexit.

Other noticeable trends within the market place show that the average price of a new car in June 2018 was 1.9% lower than a year earlier, while car buyers are paying 4.1% more for higher specifications cars. The recent move away from diesel towards petrol has result in the average CO2 emissions from new car sales seeing a slight increase. While average motor insurance costs in the year to June declining 11.5%, and motor insurance costs are down 20.7% since July 2016. Fuel prices have seen an increase with Petrol prices up 9.7%, Diesel prices up 12.2% on June 2017.



Csaba Dely and István R. Szabó conductors of the Razene Wind Orchestra from Budapest, Hungary who performed at a charity concert in St Mary's Cathedral

Out & About

CHARITY CONCERT AT ST MARY'S CATHEDRAL

Pictures: DAVE GAYNOR



Peter Barley, O'Callaghan Strand and Koves Dorkas, Hungary at the charity concert by the Razene Wind Orchestra from Budapest, Hungary in St Mary's Cathedral





**LEFT: The Razene Wind Orchestra from Budapest, Hungary
 ABOVE: Maebh and Paul Fitzgerald, St Mary's Cathedral at the charity concert by the Razene Wind Orchestra from Budapest, Hungary in St Mary's Cathedral**



LEFT: Craig Copley- Brown, Farranshone and Christina Houlihan, Assumpta Park at the charity concert by the Razene Wind Orchestra from Budapest, Hungary in St Mary's Cathedral

RIGHT: Noreen and Andrew Ellerker, Nicholas Street at the charity concert by the Razene Wind Orchestra from Budapest, Hungary in St Mary's Cathedral



SPORT

Leader



LIMERICK'S WORLD CUP STAR

Roisín Upton stars
for Ireland Hockey

See page 69 for more

Galway installed as favourites for final



Adrian Tuohy of Galway in action against Clare last weekend. The 'Tribesmen' have secured a final meeting with Limerick on August 19

Tribal affair: Champions installed as bookies pick for August 19

DONN O'SULLIVAN

donn.osullivan@limerickleader.ie

ALL Ireland champions Galway have booked their place in the August 19 final with a 1-17 to 2-13 win over Clare in Thurles last Sunday.

The defending champions will now face off against Limerick for the Liam MacCarthy Cup and the 'Tribesmen' have been installed as favourites with the bookies for the Croke Park showpiece.

The men from the West lead the outright betting as firm 4/7 favourites, having seen their odds slashed from 6/5, and are 8/13 favourites in the match betting against Limerick.

John Kiely's men are on offer at 13/8 to fend of Galway

in 70 minutes whilst a draw is available at 9/1.

According to the bookies the Shannonsiders are undeniable underdogs to lift the Liam MacCarthy Cup at 11/8 outright, having last won an All Ireland title back in 1973.

Aoife Heffron, spokesperson for Boyle Sports commented:

"Galway may be red hot favourites in both the match betting and outright markets ahead of the All-Ireland hurling final, but Limerick are the large liability in the outright book, however they have suffered a drift to 11/8 from 5/4 after Galway secured their spot in the finals and were cut from 6/5 to their current 4/7 odds."

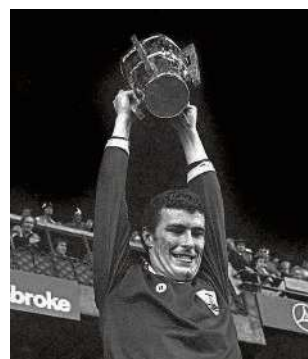
The Limerick-Galway final will be repeat of the 1923 and 1980 finals - both won by the men in maroon.

The Sunday August 19 final in Croke Park will have a 3.30 start and will be live on both RTE Television and Sky Sports.

The curtain-raiser will be the 1pm All Ireland minor final between Galway and Kilkenny, which will be live on TG4.

Limerick will be bidding to win a first Liam MacCarthy Cup title since 1973, while Galway will be attempting to retrain the title like they did in 1987-88.

The final will be the 12th ever championship meeting of the counties - Limerick have won six and Galway won



West awake: Galway captain Joe Connolly in 1980, the last time the two sides met

four with a draw in the 1981 All Ireland semi final.

Limerick are four games without a win over The Tribesmen-1963 the last time the men in green defeated

their maroon and white opponents in senior championship hurling. The last clash championship tie between the counties was a 2005 All Ireland SHC Qualifier.

Limerick and Galway did of course meet this March in the Allianz Hurling League. It was a winner-takes-all final round group game in Pearse Stadium and John Kiely's men earned promotion in a Salthill thriller.

While Limerick enter the final without cruciate ligament injured Paul Browne, Galway also have injury concerns.

They lined out in their semi final replay against Clare without centre back Gearoid McInerney.

Horse Racing

Limerick jockeys win top awards at Galway

COLM KINSELLA

ckinsella@limerickleader.ie

TWO Limerick jockeys scooped the two leading rider awards at the mammoth seven-day 2018 Galway Races Summer Festival.

Castlemahon jockey Mark Enright was confirmed as the top National Hunt jockey after riding his third winner of the meeting aboard the Henry de Bromhead-trained Show and Go in the Lord Hemphill Memorial Handicap Chase in Ballybrit on Sunday.

Twenty five-year-old Enright, who considered retirement after battling depression a couple of years ago, steered the Gordon Elliott-trained Clarcam to glory in Wednesday's Galway Plate and completed a double on the same afternoon when partnering Jessica Harrington's Rovetta to victory in a mares' handicap hurdle.

Meanwhile, the leading Flat jockey at the Galway Summer Festival was won by talented Ballygarry horseman Billy Lee, who also enjoyed three winners through the course of the week.

Lee won on the Tom Hogan-trained Honor Oak and Shark Hanlon's Camlann on Thursday, before landing the featured Guinness Handicap on Friday night aboard the Mullins-trained Nessun Dorma.

The attendance for the week at Galway was 132,691.



Jockey Mark Enright celebrates as he crosses the line to win the TheTote.com Galway Plate Handicap Steeplechase on Clarcam

Limerick FC and Pike Rovers look to progress in FAI Cup

**SSE AIRTRICITY LEAGUE
PREMIER DIVISION**

COLM KINSELLA
sport@limerickleader.ie

TWO Limerick sides, Limerick FC and local junior side Pike Rovers, are in Irish Daily Mail FAI Cup first round action this weekend.

Limerick FC get a break from the rigours of trying to maintain their SSE Airtricity League Premier Division status for next season when facing Donegal side Cockhill Celtic in the opening round of the Irish Daily Mail FAI Cup this Sunday.

Tommy Barrett's Limerick will be aiming to end a four-game losing and five-game winless run on the road in competitive games, going back to their stunning 6-3 victory at the RSC on 18 May.

Sunday's tie against Ulster Senior League side Cockhill at Charlie O'Donnell Park, Buncrana, kicks off at 3pm.

Meanwhile, Pike Rovers will be the first of the two local sides in FAI Cup action when facing SSE Airtricity League First Division leaders UCD in their Irish Daily Mail FAI Cup, first round tie at UCD Bowl this Friday night, August 10 at 7.45pm.

Inconsistent Limerick FC make the long trip to Donegal this weekend on the back of a disappointing 5-0 defeat at the hands of Bohemians at Dalymount Park on Friday night.

Goals from Dinny Corcoran and JJ Lunney had Bohs in control at the break. Limerick had started brightly and had chances through Killian Brouder and Connor Ellis. However, the visitors

shipped three further goals after the restart to suffer a heavy defeat.

A night of misery for Limerick was compounded on 86 minutes when substitute and debutant Colman Kennedy was shown a straight red card in the box, and up stepped another player who had entered from the bench, Eoghan Stokes to slot home the penalty.

Ninth-placed Limerick are now five points off safety in the Premier Division table with just eight games remaining.

The Blues enjoy a significant nine point lead over basement side Bray Wanderers who occupy the automatic relegation place in the table.

Should Limerick fail to move out of ninth-placed in the remaining weeks of the season, the Shannonsiders will be involved in a relegation play-off against a side from the First Division.

Sunday's FAI Cup opponents Cockhill Celtic defeated their great rivals Letterkenny Rovers 2-0 in the play-off at Dry Arch Park in Bonagee in June to capture the Four Lanterns Ulster Senior League title for the sixth year in a row.

The Inishowen side celebrated a sixth double in a row as a result of that success.

Limerick's dream of reaching a first FAI Cup final since 1982 ended in a heart-breaking 1-0 semi-final defeat to Cork City before an attendance of 3,563 at Turners Cross last September.

This was Limerick's 12th FAI Cup semi-final defeat and the club's first appearance at this stage of

Connor Ellis of Limerick FC in action against Keith Buckley, front, and Jonathan Lunney of Bohemians during the SSE Airtricity League Premier Division last Friday night in Dublin



the Cup since 1994.

Beaten FAI Junior Cup finalists Pike Rovers did retain the Munster Junior Cup title in dramatic fashion at a packed Jackman Park in May edging out arch rivals Janesboro in a penalty shootout after the sides finished 1-1.

Pike had suffered shootout heartbreak in the FAI Junior Cup final at the Aviva Stadium a week earlier after a hotly-contested 1-1 draw with North End United.

Goals from Stephen McGann and Cian Collins saw Pike Rovers through to the

first round meeting in the 2018 FAI Cup with UCD as they defeated Munster Senior League side Avondale United at Dale Park in April.

Friday night's FAI Cup tie against UCD, currently seven points clear of Finn Harps in the SSE Airtricity League First Division, comes five days before Pike begin their LDMC Premier Division campaign for the 2018-2019 season with a game against Geraldines.

Pike are also due to face Carew Park on Saturday, August 18 in the Premier Division.



Pike Rovers, pictured at the Aviva Stadium ahead of the FAI Junior Cup final, which has qualified them for the Senior FAI

Limerick FC Women's team frustrated with new home

DAVID BYRNE
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LIMERICK Women's Football Club have been forced to play the remaining of their home games this season in Hogan Park, causing frustration amongst the team and management.

As Limerick ran out comfortable 5-1 winners against Kilkenny United last weekend, the focus quickly turned to why David Rooney's young guns had been informed about a change of

venue in the build-up to the game.

"It was thrown at us during the week that we were switched to Hogan Park," he said.

"Everywhere else in the club there has been financial cost-cutting measures and the girls are no different. We all have to cut our cloth to suit"

Rooney's side have played their home games this season at the Markets Field, but it now appears that the club will no longer use the LEDP

owned facility.

"The Markets Field are obviously charging for the use of the facility. We can't afford to pay the money that they are looking for. Unfortunately, the girls aren't one bit happy about it," added a frustrated Rooney.

While Rooney acknowledged the overall financial constraints at the club and the trickle down effect that has brought on, he highlighted a deal that was done with both the men's and women's teams to pay rent at

the Markets Field, a substantial cost he believes is unsustainable for a newly formed women's team.

"From the gate we don't even have enough to cover the referees and the pizzas for the girls after the games so to go and pay another fee to the Markets Field, we can't afford it.

"We will sit down and we'll have a chat about it and we will probably ask the powers that be to have a look at it and maybe there is some way to develop women's sport in

Limerick.

"Nobody is taking money out of it so we are just trying to develop the game and the team.

"Hogan Park is a lovely venue. There are some really good volunteers keeping it in good shape but this is the Women's National League and without all due respect to everyone that is looking after the pitch, it is not national league standard and we need to look at it going forward" concluded Rooney.

Limerick remain in

seventh place in the national league with their two remaining home games against UCD and Shelbourne set to be played at Hogan Park.

"What are we saying about women's football? The boys wouldn't be allowed play here (Hogan Park) in the Premier Division. I know other games have been played there (Markets Field) under a charitable fund and women's football surely falls in under that," lamented Rooney.

CJ Stander, Conor Murray and Peter O'Mahony are pictured at the launch of the new Munster Rugby alternate and European Jersey Available Exclusively At Life Style Sports



Munster's Murray is well rested ahead of busy year



DONN O'SULLIVAN
SPORT@LIMERICKLEADER.IE

FIVE WEEKS OFF. Just the right amount, according to Conor Murray of Munster and Ireland.

"Yeah I find a big difference between four and five weeks. (After) Four you are rested and stuff and you have had your break. Five gives you that extra bit of time to be mentally fresh coming in. I have been in all week and just feel really excited and ready to go. If you had a shorter break you might come back in a little less motivated. But everyone is ready to go which is go."

Murray returned to Munster camp last week, following his holidays, but not before he had taken in Limerick's win over Cork at Croke Park.

"Hurling is one of the best sports in the World to watch. I played hurling as a youngster and some of the Patrickswell young fellas were playing, so it was great to go up and see them do well. Being around Croke Park on All Ireland semi final day is a pure Irish day and there is a great buzz

about it. I am looking for tickets for the final too, if you have any." joked the former Garryowen number 9.

Murray also revealed what he would say to the Limerick hurlers, should he be asked for advice ahead of their August 19 All Ireland final.

"I would be asking them how to get passed a semi final first" - he laughed. Before revealing that Limerick did have some influence from rugby, with Munster and Ireland's Keith Earls having met with the hurling panel ahead of their semi final win.

"I think Earlsy was out chatting to them actually. They have linked into that a little bit. I'd just chat about whatever questions they ask me and how to prepare. Don't try and do anything different, that is what go you there in the first place. These are cliché things, because that is what they are and because that is what works in those games. They look like a team that are completely comfortable. They look like a team that didn't get bogged down by the occasion last week and that was the fear

with Limerick going to Croke Park for years. They seem to have a grasp on that. Earlsy is doing a good job with that"

Murray, who has begun his own five week preseason, will not see action for the opening rounds of the season. Something he says he gets frustrated about, at times.

"When you come back to Munster and the lads are doing plays and going through game situations, playing full-on rugby and you're taken away to do extra conditioning. That naturally is a bit frustrating, but you're mature enough to know you need the six-week or whatever amount of time you need to get your body right and your fitness and everything up to scratch so you can get a good run. Last year was my first pre-season in a long time to get six proper weeks of conditioning and training. It helps you for the rest of the season. It's a bit frustrating to see lads going out training and you've to watch for a couple of weeks, but I'll be joining them pretty soon. So it's ok."

The Irish international will also have a new, yet familiar face, at 10 this season. Joey Carbery joins from Leinster, where he will be charged with leading the side in their gameplan and overall game management.

"I've trained with him an awful lot, played with him a bit, I think that'll hopefully help him settle in. The lads know how good he is, and can be, so there's a bit of a buzz around the place about him coming down, the lads know his potential so they'll help him as much as they can too. Joey's very confident in his own ability, he'll have no issues settling in or telling people what to do, I don't have any fears for him, he's settled into his role very well"

When asked if Carbery will be 'handed' the Munster 10 shirt by the incumbent, Murray has no doubts the New Zealand born Irish international will have to fight for his spot.

"All the other tens have their own motivation about what they want to do. those lads have an awful lot to play for, they'll be fighting it out.

Limerick's Nealon set for Czech Republic test for Czech Republic test



Limerick Celtic's Eve Nealon in action for Ireland U-18s against France at the 2018 FIBA U18 Women's European Championship Division PICTURE: FIBA

Basketball

THE IRELAND Under 18 women's basketball team face a tough test today, Wednesday, when they go head-to-head with Group C winners, Czech Republic, at 5.45pm (Irish time) in the round of 16 at the FIBA U-18 Women's European Championship Division A.

Ireland, who boast Limerick Celtic's Eve Nealon in their ranks, finished

fourth in their group following losses to Poland, Russia and France.

The impressive Czech Republic side meanwhile topped Group C after wins over Bosnia and Herzegovina and a surprise win over Serbia.

Ireland's opponents have suffered just one loss to date at the hands of Spain.

Looking back at the defeat against France and ahead to the Czech Republic game, Ireland Under 18 women's

head coach, Patrick O'Neill stated:

"We took the French out of their rhythm a bit and our last quarter was phenomenal – to actually outscore France in that quarter was brilliant.

"We're excited now about the Czech Republic. They're not as tall as the other teams we've played, but they're a high scoring team and have a lot of threats. They'll be different to what we've faced so far, so we'll have to adjust our defence to be ready for them."

"World Cup silver – what a dream" – Upton



Hockey World Cup stars

Ireland players from left, Zoe Wilson, Roisin Upton, Deirdre Duke and Elena Tice during the Irish Hockey Squad homecoming from the Women's Hockey World Cup at Dublin Airport

COLM KINSELLA
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LIMERICK'S World Cup hockey hero Roisin Upton admits it felt like a dream come true to claim a silver medal in London.

Twenty four-year-old Upton was a key member of the history-making Ireland women's side which reached the final of the World Cup for the first time on Sunday.

Ireland, who went into the tournament as the second lowest ranked side, claimed a stunning second-place finish when losing out to a powerful Dutch side in the final.

Upton had showed admirable composure to net Ireland's first goal in their dramatic penalty shoot-out win over India in their World Cup quarter-final.

Former An Mhodscoil and Crescent College Comprehensive student Upton has now won more than 40 caps for Ireland.

A talented sporting all-rounder, Raheen woman Upton also played ladies Gaelic football with Mungret-St Paul's and soccer with Janesboro.

The former Crescent College Comprehensive star Upton made her Ireland senior debut in November

2016.

Upton, who plays club hockey with Cork Harlequins, helped her US college side, the UConn Huskies to two NCAA titles – in 2013 and 2014.

Upton tweeted: "World Cup silver. What a dream."

Upton recalled: "We had a bit of a stop-start year in terms of preparation just because of the sport in this country and how we find ourselves being semi-pro.

"The weeks leading up to the tournament were fantastic. We got SoftCo on board as a sponsor which was massive.

"We had a great run of games. We had been in Germany, Scotland and England before hosting Canada here and Japan in Cork.

"In that sense, when you are not seeing each other every week throughout the year, you do see a big jump in performance from week to week and that also fills the team with confidence.

"We made the best of it. You kinda have something to prove when you are going up against people who do this for a living."

Upton said decorated Irish international and fellow Limerick woman Eimear

Cregan had been a massive influence on her hockey career.

Cregan won 171 caps over ten years and was then Ireland's most capped player before her retirement due to injury in 2011.

Upton said: "Eimear was my idol growing up. She was Ireland captain, won over 170 caps for her country. I was lucky enough to play with her towards the end of her career when she came back to play with Catholic Institute.

"I was only 14 or 15 then and I have memories of her beating three or four defenders with ease. She was such a leader, how she carried herself. I always thought, I would love to be like that some day.

"She went abroad and played in Holland for a year. She was the ultimate professional.

"It was really cool to get to play with her."

The Ireland women's side has jumped up eight places in the world rankings from sixteenth, a move which will improve the team's chances of qualifying for the Tokyo Olympic Games in 2020. The eighth placing means that Ireland are likely to play one of the crucial qualifying legs at home.



The Junior World Rowing Championships will be held from August 9-12 in Racice, Czech Republic. James O'Donovan and Conor Mulready, both of Castleconnell RC, will row in the JM4x. The Irish squad will be led by HPD, Antonio Maurogiovanni, Coaches: Ray Morrison and Fran Keane and Team Manager: Michelle Carpenter, also a Limerick native.

JM4x : Jack Keating (Carlow), Jack Dorney (Shandon), Luke Hayes-Nally (Shandon), Alex Byrne (Shandon) - JM4+ : Eoin Gaffney (Shandon), Conor Mulready (Castleconnell), James O'Donovan (Castleconnell), Fintan O'Driscoll (Carlow) JW2X : Ciara Moynihan, Ciara Browne (Workmens) JW2- : Gill McGirr, Ellie O'Reilly (Fermoy)

ON THE BALL

“Limerick to the core...”

COLM KINSELLA

Super Rugby king O’Gara blazes trail for O’Connell

IF Paul O’Connell is looking for any assurances this week about his impending move to France to take up a coaching role at Stade Francais, then he need look no further than how the switch to coaching has worked for his old Munster team mate Ronan O’Gara.

O’Gara’s Crusaders defeated the Lions in Saturday morning’s Super Rugby final, 37-18, - a 16th consecutive win of the season for the Christchurch-based side to seal a ninth Super Rugby title

Without Dan Carter’s influence, Ronan O’Gara may never have made the leap of faith to join the Crusaders as an assistant coach.

O’Gara spent the past four-and-a-half seasons coaching at Racing 92 in Paris. During that time the former out-half formed a genuine friendship with All-Black legend Carter.

O’Gara recalled: “Dan (Carter) asked if I would ever go overseas and coach and I said ‘yeah of course’. I didn’t think anything of it and then a few weeks later he asked me again. He said ‘there might be something potentially at the Crusaders if it interests you’.

“I tried to keep a straight face but I was obviously burning up with excitement underneath.”

O’Gara met Scott Robertson, coaching the Barbarians with Robbie Deans at the time, in Dublin last November during the autumn internationals.

“I got chatting to Scott. We had a few discussions and there was a good vibe between us. He said ‘there’s an opportunity there’ and I said ‘thanks, I’m coming’.”

O’Gara told the New Zealand Herald: “It’s a massive honour (coaching at the Crusaders). Scott’s (Robertson) a deep thinker on the game. He’s given me an opportunity and it’s up to me now to make the most of it.

“I wanted to come down here because I feel it’s one of the best rugby clubs in the world. I’ve always admired the Crusaders. They’re a club I’ve followed since I was a kid. I’ve watched their campaigns and never thought I’d end up here this soon.

“New Zealand is the best in the world at rugby so you need to get in here to test yourself against the best to be seen as a credible coach. That’s essentially what I want to do here. I like competing; I like getting the best out of players and challenging myself.

“If you want to give a true opinion on something you’ve got to experience it yourself.

What a CV: Ronan O’Gara pictured here coaching Ireland last summer has now added a Super Rugby title with the Crusaders to his Top14 crown with Racing 92



“It took me three months to adapt, and they were, I suppose, a very challenging three months. But after that it was really easy. ‘Razor’ and ‘Gus’ pulled me aside one day and just had a good word with me, and gave me a lot of confidence.

“Ever since then I have kind of kicked on and the backs have been great to deal with. I am excited, it is great for the club and it is great for me. It is what you want to be part of.”

In June, it was announced that O’Gara had extended his contract with the Crusaders until after the 2019 Super Rugby season.

Crusaders Head Coach Scott Robertson said O’Gara’s contribution has been immense.

“Ronan’s coaching style has been

hugely valuable to us in just his first season with the club.

“He has quickly formed great relationships with our playing group, and has effective means of passing on his knowledge which really resonates with the team.

“We hoped at the start of the season that Ronan would provide us with a new perspective in 2018, and he has done exactly that.

“He brings fresh eyes and knowledge to the coaching group and we are certainly seeing the benefits of his extensive skill-set and experience.

“We’re pleased that Ronan and his family are settled in Christchurch and he’ll continue his important contribution in 2019.”

ANTHONY GEOGHEGAN

When players become coaches

ON FRIDAY, many of us were caught off guard by the video of Paul O’Connell speaking French while wearing a grey and pink Stade Francais tee.

On that same day, my football withdrawal syndrome was satiated by the EFL Championship opener between Reading and Frank Lampard’s Derby County.

Maybe it’s my unwavering cynicism, but I’ll never understand why fans of Derby and Steven Gerrard’s Rangers are excited about this season’s appointments.

O’Connell, O’Gara and Flannery spent years learning the craft of coaching before even entertaining the thought of becoming a head coach or director of rugby.

Lampard and Gerrard spent some months at their old clubs’ youth academy, but they got their badges, so it’s all grand.

Of course, I am cherry picking. Rugby has had some Martin Johnsons, and football has had some Johan Cruyffs in the past, what matters is that a name alone shouldn’t be the deciding factor in selecting a gaffer.

At the end of the day, I don’t want a head coach whose only experience was a youth assistant coach, as much as I don’t want a surgeon whose only previous gig was conducting blood tests.

DONN O’SULLIAN

Government funding is one thing, spending it right is another

The Minister for Sport Shane Ross announced on Sunday that there will be additional funding made available for Olympic and World Championship bound Irish athletes.

This, of course, is great news. The money comes on the back of Ireland’s new national sports policy which was launched recently too.

The funding being set aside for sports is good to see and alongside the ever present Capital Sports grants, there are sure to be some beneficiaries from same in this part of the World.

The question still remains however, with multiple departments of the government tasked with distributing the funds, are the right people going to get access to the much needed cash and

can we trust the Government and the National Governing bodies to spend their new windfalls wisely?

It is not an easy task, but it is one that needs to be taken seriously. Yes, elite sport deserves funding. The success of the Women’s hockey team in recent days only shows once more that success in sport provides a huge feel good factor for the country.

But we must also remember that should one boy or girl be inspired to take up hockey by Roisin Upton and her friends, the newcomer to sport will need facilities and trained coaches to provide the training required.

Factor in the multi sport background of Roisin

and you see that Catholic Institute, Crescent Comprehensive, Janesboro and Mungret St Pauls all had a hand to play in her development as a top athlete.

Is that kind of thinking present in our government agencies and NGBs? We live in hope. Kids in schools need to be given the opportunity to play every sport, to try their hand at all facets of movement, skills development and team based exercises.

This mixed bag of sports opportunities needs to be met with funding for facilities. Funding to build facilities in areas where there are none, before giving money to upgrade existing structures. The time and the money maybe sorted, but is the plan?



Multi talented Irish hockey star Roisin Upton

COLM KINSELLA

Rory McIlroy can roar to victory at US PGA in Missouri

THE final 'Major' of the year, the 100th USPGA, tees off at Bellerive CC in Missouri from this Thursday morning.

The strongest field of the season has gathered to contest the tournament with 110 of the top 112 players on the Official World Golf Ranking competing.

Twelve months ago, in-form

American Justin Thomas claimed his first Major title at Quail Hollow. The 25-year-old comes into this year's event on the back of victory in the WGC Bridgestone Invitational.

This will be the third Major Championship to be held at Bellerive Country Club.

Gary Player completed his

career Grand Slam by winning the US Open at Bellerive in 1965 and Nick Price won his 1992 USPGA title in Missouri.

Rory McIlroy gave Italy's Francesco Molinari a late scare at Carnoustie in the recent Open Championship before finishing runner-up. It was his eighth top 10 in a major since the start of 2015.

McIlroy has a win and three runners-up finishes worldwide this season. He hasn't won a major since the PGA Championship in 2014, so he's due.

McIlroy is second favourite with the bookies' at odds of 11/1 to lift the title, with Dustin Johnston topping the market at 9/1.

We think Rory can prevail in Missouri.



Rory McIlroy, our tip for this weekend's PGA Championship

IS THAT ON THE BOX?

Sunday

Mo Salah will face West Ham on Sunday at 1.30pm

Wednesday**SNOOKER**

WORLD OPEN
EUROSPORT 7.30AM

ATHLETICS

GLASGOW/BERLIN
BBC2/EUROSPORT 8.30AM

CRICKET

VIPERS V DIAMONDS
SKY SPORTS CRICKET 2.30PM

TENNIS

ROGERS CUP 2018
SKY SPORTS 4PM

CRICKET

HAMPSHIRE V SOMERSET
SKY SPORTS 6.30PM

POOL

PREMIER LEAGUE
FREESPORTS 7.30PM

CYCLING

TOUR OF UTAH
EUROSPORT 2 8.30PM

BASEBALL

PHILLIES @ DIAMONDBACKS
BT SPORT 2 8.40PM



The Diamondbacks are in action on BT Sport at 8.40pm

Thursday**SNOOKER**

WORLD OPEN
EUROSPORT 7.30AM

ATHLETICS

GLASGOW/BERLIN
BBC2/EUROSPORT 8.30AM

RUGBY LEAGUE

NTH QUEENS V BRISBANE
SKY SPORTS 10.50AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

TENNIS

ROGERS CUP
SKY SPORTS 4PM

CYCLING

TOUR OF POLAND
EUROSPORT 2 4.45PM

HORSE RACING

NEWCASTLE
ATR 5.45PM

BASEBALL

BRAVES @ NATIONALS
BT ESPN 6PM

CRICKET

VIKINGS V LIGHTNING
SKY SPORTS 7PM

RUGBY LEAGUE

WIDNES V BRONCOS
SKY SPORTS 7.45PM

CYCLING

TOUR OF UTAH
EUROSPORT 8.30PM

CRICKET

GUYANA V ST KITTS
SKY SPORTS 11PM

Friday**ATHLETICS**

GLASGOW/BERLIN
BBC2/EUROSPORT 8.30AM

AUSSIE RULES

ESSENDON V ST KILDA
BT SPORT 3 10.50AM

RUGBY LEAGUE

SOUTH SYDNEY V SYDNEY
SKY SPORTS 10.55AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

MOTO GP

AUSTRIAN GP PRACTICE
BT SPORT 1PM

TENNIS

ROGERS CUP
SKY SPORTS 5.30PM

U-23 SOCCER

BRIGHTON V LIVERPOOL
LFCTV 7PM

CRICKET

GLAMORGAN V HAMPSHIRE
SKY SPORTS 7PM

BASEBALL

NATIONALS @ CUBS
BT ESPN 7.20PM

SOCCER

ST PAULI V DARMSTADT
BT SPORT 7.30PM

RUGBY LEAGUE

WIGAN V TIGERS
SKY SPORTS ACTION 7.45PM

SOCCER

MAN UTD V LEICESTER
SKY SPORTS 8PM

Saturday**AUSSIE RULES**

P ADELAIDE V WEST COAST
BT SPORT 1 7.35AM

ATHLETICS

GLASGOW/BERLIN
BBC2/EUROSPORT 8.30AM

AUSSIE RULES

GWS V ADELAIDE
BT SPORT 3 10.25AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

SOCCER

WREXHAM V BOREHAM
BT SPORTS 1 12.30PM

SPL

HEARTS V CELTIC
SKY SPORTS 12.30PM

HORSE RACING

ASCOT
ITV4 1PM

Galway manager Kevin Walsh will lead his side into an All Ireland semi final this weekend with Dublin

**GAELIC FOOTBALL**

DUBLIN V GALWAY
RTE/SKY SPORTS 5PM

SOCCER

DERBY V LEEDS
SKY SPORTS 5PM

SOCCER

WOLVES V EVERTON
BT SPORT 1 5.30PM

TENNIS

ROGERS CUP
BT SPORT 3 6PM

SOCCER

ATH MADRID V INTER
PREMIER SPORTS 8PM

BASEBALL

NATIONALS @ CUBS
BT SPORT 1 9PM

HORSE RACING

EVANGELINE DOWNS
ATR 11.50PM

AUSSIE RULES

MELBOURNE V SYDNEY
BT SPORT 1 6.20AM

RUGBY LEAGUE

MELBOURNE V CRONULLA
SKY SPORTS 7.10AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

SOCCER

SANDHUSSEN V HAMBURG
BT SPORT 1 12.30PM

SOCCER

LIVERPOOL V WEST HAM
SKY SPORTS 1.30PM

GAELIC FOOTBALL

MONAGHAN V TYRONE
SKY SPORTS 3.30PM

SOCCER

ARSENAL V MAN CITY
SKY SPORTS 4PM

TENNIS

ROGERS CUP
BT SPORT 6.30PM

BASEBALL

BREWERS @ BRAVES
BT ESPN 6.35PM

SOCCER

FRANKFURT V B MUNICH
BT SPORT 1 7.30PM

SOCCER

TORONTO V NEW YORK CITY
SKY SPORTS 9PM

SOCCER

SEVILLA V BARCELONA
SKY SPORTS 9PM

CRICKET

GUYANA V BARBADOS
SKY SPORTS 10.30PM

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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>	<u>KNITWEAR (EMBROIDERED)</u>	<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					
<u>JERSEYS (RUGBY)</u>			<u>SHIRTS & BLOUSES</u>	<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		
<u>SLACKS</u>	<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		
<u>JACKETS</u>			<u>POLO SHIRTS (HEAVY WEIGHT)</u>	<u>24 TO 32</u>	<u>34 TO 38</u>		
Crested All Sizes	€23.00		Plain	€5.50	€6.50		
<u>SKIRTS</u>			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	<u>TIES</u>	<u>PLAIN</u>	<u>STRIPED</u>		
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

<u>KNITWEAR</u>	38/40	42/44	46/48	50/52	<u>SLACKS</u>	<u>Up to 27"</u>	<u>28" to 42"</u>		
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	<u>SKIRTS</u>	<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
					Presentation	€40.00	€42.00		
<u>SHIRTS & BLOUSES</u>	<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			<u>TIES</u>	<u>SOCKS</u>			
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
					<u>POLOS SHIRTS</u>	<u>JACKETS</u>			
					Plain Colours	from €6.50	Crested		€25.00
							Colaiste Nano Nagle		€30.00

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