

CLEAN MACHINE IS BACK IN GEAR

Team Limerick Clean-up 5 looks to set another great example this Good Friday



Limerick hurler, Paul Browne and Evelyn Sloane, 2, pictured at the launch of Team Limerick Clean-Up 5
PICTURE: ALAN PLACE

The Leader

www.limerickleader.ie
Wednesday, January 30, 2019

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SATURDAY NIGHT LIGHTS Tipp in town for league clash **Sport**

SOLD OUT Self breathalysers proving extremely popular with motorists in Limerick **P6**



CAMPAIGN TRAIL More candidates declare for this May's local elections **P13, 18**



Cup of joy: 'Liam' visits Children's Grief Centre **P25**



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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Tom Neville
 The Limerick deputy announced the date for his wedding to actress Jenny Dixon. See page 8



▼ BAD WEEK
Foynes
 The popular air show in the port village has been cancelled due to the lack of a title sponsor. See page 10



☀ QUOTE OF THE WEEK
 "I think there is a really important message here. I think it can get lost in sport and in rugby. Men just aren't talking about their issues."
Donncha O'Callaghan

INSIDE THIS WEEK



FINANCING A CAR?

Liam Croke has the formula
 Page 28



SAVOY EXPANSION

Green light for hotel extension
 Page 14



AIR SHOW GROUNDED

Sponsorship issues cited
 PAGE 10



EIGHT YEARS FOR KILLING

Manslaughter sentence
 Page 12

Saturday night fever as Tipp come to town



Cian Lynch in action against Tipperary in the Munster Hurling League tie in December. The sides meet again this Saturday night. Get there early as it is first come first serve regarding seating



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

WE have another great sporting occasion in the city this Saturday night when All-Ireland champions Limerick host Tipperary in the National Hurling League.

Hurling in February may not be for the purist but this should be a cracking match.

The throw in is at 7pm and as I write this the weather forecast is for a good, dry crisp evening so you could

have 10,000 or more attending. It is a first come first serve situation regarding seating or standing, so the advice is to get in early to book a good vantage point.

Admission on the night is €20 but if you can purchase a ticket in Centra in advance of the match for €15, which is the sensible thing to do.

Around 2,000 Limerick supporters made the long

journey to Wexford on Sunday, so the team can expect great support at home against arch rivals Tipperary.

The match is on television but there is nothing like being there to sample the atmosphere, especially against our near neighbours who will bring plenty of support following their fine start to the campaign.

One not to miss!

WEBTOPTEN

1. Snow and ice on the way to Limerick as Met Éireann issues yellow warning
2. €3m in sales as huge crowds attend Limerick housing launch
3. Limerick man who was 'obsessed' with partner's daughter jailed for rape and sexual abuse
4. Hundreds of jobs for Limerick as Regeneron to pump €200m into plant expansion
5. Furious mother's rant on Limerick teacher's Facebook page
6. Gardai issue road safety appeal as Limerick motorist is caught driving at 199km/h
7. UL president asked to write to Garda Commissioner over report findings
8. Limerick councillor reveals how she was almost caught out by Netflix scam
9. €40k of cannabis seized by Limerick gardai targeting organised criminal gangs
10. Former Tipperary manager appointed new Na Piarasigh hurling boss



Cold snap: Is snow on the way? Stay with Limerickleader.ie for the latest weather updates

WEATHER FOR THE WEEK



WEDNESDAY
 Clouds and sun with a few showers and a high of 6°C



THURSDAY
 Periods of rain and chilly with peak temperature of just 4°C



FRIDAY
 Rain or snow showers possible, peak temperature of 5°C



SATURDAY
 Mostly sunny with temperatures peaking at 6°C



SUNDAY
 A little afternoon rain, with a temperature peak of 8°C



MONDAY
 Overcast throughout the day with a high of 8°C

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MyLimerick

Pat Lysaght

Limerick wildlife enthusiast



What's your ideal weekend in Limerick?

The perfect weekend would be nice weather. Winter can kinda be rough on the river. That's my thing—the river. The summer is lovely. I bring people out for trips, of course weather-permitting. Then I help swimmers if they need a safety boat with them. Anytime you hear help, I am there to help people. I help cruisers down from Killaloe or beyond. I am interested in the wildlife, I help out animals. Swans, mostly, because they are always in trouble, it seems.

What's your first memory of Limerick?

It was going to school, I think, in the convent. I didn't like it at all! I was four years of age.

What's your favourite part of Limerick?

The river, naturally! There are lovely walks down the Plassey bank and the canal, and it is lovely to do that. You could pass away two hours if you were going up to the

university or beyond if you wanted to. I love the river, and any place where there is water, you will find me.

What do you think gives Limerick its unique identity?

The people are lovely, as you know. You would often have people passing remarks about that. They are great people here. They are easy to get on with, always on for the craic, slagging and all that. They are a good breed. They will look after you, and I find that they are very good here. Well, I get on with everybody. I don't make enemies. There's enough of them around. I try to get on with everybody and help everybody if I can.

Do you have a favourite local restaurant?

I am not into eating out. My wife, she's a good cook, so she's better than the restaurants! And a fish and chip is good enough for me. Or a burger, or any ol' fast food! I have no favourite restaurant as such.

Do you think the arts is important in Limerick?

Oh gosh, yes. They are very popular, and I help an awful lot of artists. I bring them onto the river. They do different projects. Guys and girls from the university, anytime they want to do something on the river, I will help them out.

What would you bring to Limerick that isn't here?

It takes years for anything to be done here in Limerick. A better city council, probably, that would move, do something constructive!

What do you think is the biggest challenge facing Limerick today?

There are a lot of challenges. The traffic is one, anyway. There's all this house building that is going on. Is there room for houses? Where are they going to put all these people who are coming in? They are looking for more builders to build houses, where are they are going to put them?

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FRONT PAGES OF THE PAST

15 YEARS AGO FEBRUARY 28, 2004

THE Limerick Leader led with a story that Lech Walesa, the Nobel Peace Prize winner and Polish activist was coming to Limerick to take part in the St Patrick's Day celebrations.

The story stated that the St Patrick's festival received a major shot in the arm with

confirmation of the visit, organised by councillors Dave Naughton and John Gallahue.

The main photo was of John Cushman, retiring MEP, presenting a bottle of champagne to FG leader Enda Kenny, with a note saying not to be opened until after the General Election and when he would be crowned Taoiseach.



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GAA pays €36,000 for garda presence at Gaelic Grounds

DAVID HURLEY

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THE cost to the GAA of policing four championship matches at the Gaelic Grounds last year was in excess of €36,000 it can be revealed.

Figures obtained by The Leader under the Freedom of Information Act show a total of €32,200 was paid by the Munster Council to An Garda Síochána for “non-public” duties associated with the three

Munster hurling championship matches which were played at the Ennis Road venue in May and June.

A further €3,760 was paid by Cumann LuthChleas Gael in relation to the All-Ireland football qualifier between Limerick and Mayo on June 9.

Elsewhere, the figures show the single biggest payment – €15,000 – was made by the organisers of the Great Limerick Run which took place over the May bank-holiday weekend.



The Gaelic Grounds hosted three Munster hurling matches

According to An Garda Síochána, significant payments were also received last year for non-public duties from Munster Rugby, Limerick Racecourse and the organisers of the Pig N Porter festival.

A garda spokesperson confirmed that under Section 30 of the Garda Síochána Act 2005, “An Garda Síochána may provide and charge for police services for events on private property or in areas open to the public if it is in the public interest and consistent with the functions of An Garda Síochána”.

The figures for 2018 show that Munster Rugby paid a total of €9,500 relating to three matches which were played at their home

ground of Thomond Park.

Other monies paid during 2018 include €3,760.46 from Limerick Racecourse, Patrickswell, and €2598.15 from the organisers of the Pig N Porter festival.

A garda spokesperson said the monies paid in relation to such events are used to pay gardai who would otherwise be off duty.

Normal duties such as traffic control and public policing are not generally the subject of charges.



LEFT: Gordon Daly, Limerick City and County Council, Limerick hurlers, Kevin Downes and Paul Browne, Robert Coll, volunteer, Mayor of Limerick City and County Council Cllr James Collins, Chief Supt Gerard Roche and Evelyn Sloane, 2, at the launch of Team Limerick Clean-Up 5. ABOVE: Robert Coll, Rosbrien, and Evelyn Sloane PICTURE:ALAN PLACE

Fifth major clean-up aims to be biggest and best yet

Community: Well-known personalities urge public to do their bit on Good Friday

ÁINE FITZGERALD

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“AN example to other cities throughout the world” is how Limerick and Na Piarasigh hurler Kevin Downes has described the Team Limerick Clean-Up concept.

The countdown to the mammoth endeavour which is now in its fifth year officially got underway this Monday with well-known faces putting their weight behind the clean-up which takes place on Good

Friday, April 19.

“It’s brilliant. It stretches across every village and parish throughout the county so we’re delighted to be here today to support it,” said Kevin.

The chief superintendent of the Limerick garda division, Gerry Roche, described TLC as “one of the best initiatives we have all year to bring people out and get them all working together to make their communities a cleaner and safer place”.

Registration is now open for the

major clean-up which sees thousands of volunteers across Limerick city and county take a couple of hours out from their day to tidy their local area.

Also present at The Castle Oaks House Hotel in Castleconnell for the launch on Monday morning were the youngest and oldest Team Limerick Clean-Up participants Evelyn Sloane, 2, and pensioner Robert Coll. They were joined by Limerick senior hurling vice captain Paul Browne - who brought the Liam MacCarthy



This is one of the best initiatives we have all year

**GERARD ROCHE,
CHIEF SUPERINTENDENT**

Cup - Superintendent Derek Smart, Mayor of Limerick City and County, James Collins and Paul Foley of the JP McManus Foundation.

Celebrating what will be a milestone year for the much-loved community event, volunteers are urged to sign up early at www.teamlimerickcleanup.ie and help make this the biggest and best TLC to date.

See the weekend edition of the Limerick Leader for more

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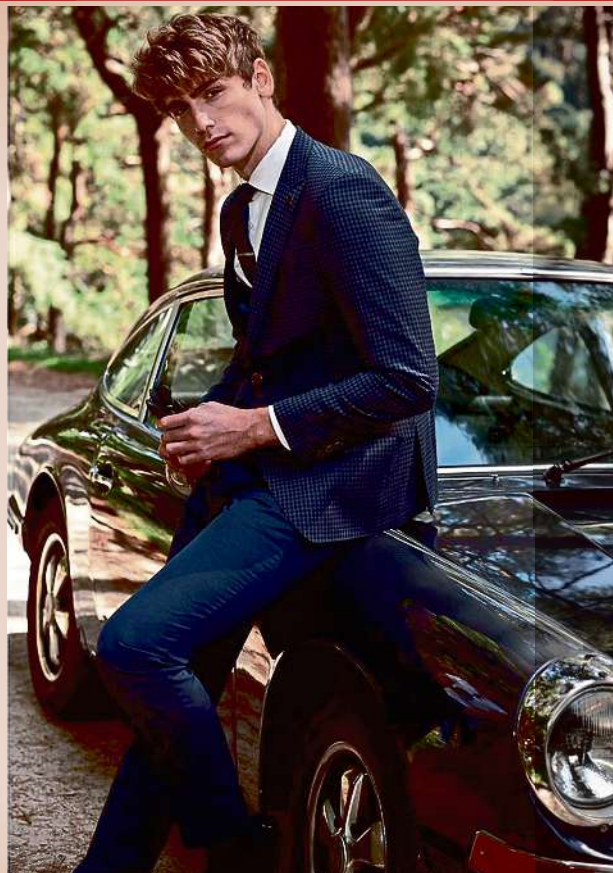
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Over-the-counter breath tests sold-out in local stores

Breathalysers: Worried drivers are erring on the side of caution

RORY O'CONNOR

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STRICTER drink driving laws have resulted in a huge upsurge in the purchase of home breathalyser kits in Limerick with many local stores selling out of the devices.

The products were sold out in Limerick stores, Boots on William Street and Halfords on City East Retail Park when visited by The Leader this week.

A Halfords store assistant referred to the sought-after product as "not hard to get, just hard to keep" adding that they sell out "straight away" following deliveries.

When contacted this Tuesday afternoon a sales representative from AlcoSense, the leading manufacturers of off-the-shelf breathalysers, and supplier to Boots and Halfords said: "It's absolutely crazy in Ireland since the limit changed" adding that he hopes the products will be back on shelves soon.

Starting at €48 and rising to as much as €300, the entire range of

six AlcoSense products were all sold out in Halfords when The Leader inquired.

Local publican and councillor Jerry O'Dea says the use of home breathalysers is "very topical" at the moment.

He explained that there appears to be an increase in the use of such products, particularly for the average man who "has to be in work for 8am" the following morning.

The upsurge in the purchase of the devices follows an increase in garda checkpoints, as well as the tightening of drink driving laws.

Drinkaware CEO Sheena Hogan warned users that the standards applied to the manufacturing of these devices is not the same as those applied to the technology used by gardaí.

"The reality is that these off-the-shelf breathalysers are not developed using the same medical and safety technology standards as those used by officials like An Garda Síochána," she stated.

Despite this, a staff member of the local Boots store explained that they were very popular and that



Home breathalyser kits are 'hard to keep' in Limerick stores following the implementation of stricter drink driving laws

they "haven't been able to get them in, in two weeks".

Cllr O'Dea who is also a member of the Vintners' Federation of Ireland said he "welcomes any technology that helps people to make the right decision".

France originally brought the home breathalyser kit into the public domain when it changed its own road safety laws in 2012, making it compulsory to carry one

in your car at all times, with sanctions for those who don't.

Coinciding with the increase in popularity of home breathalysers has been the "marked increase in demand" for non-alcoholic beverages, Cllr O'Dea added.

He said that both non-alcoholic beer and wine have been much sought-after in recent times, with all major breweries now competing in this niche market.

Council and local projects up for awards

NICK RABBITTS

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LIMERICK City and County Council and related projects have been shortlisted for nine awards at this year's All-Ireland Community and Council Awards.

The authority, led by Conn Murray and Mayor James Collins, is in line for the top award, Council of the Year.

Held every year, the awards highlight and celebrate the work done by councils, as well as volunteers and community groups.

As well as council of the year, the Engine building at Cecil Street is nominated in the category of best local authority innovation for attracting inward investment. The social housing scheme at Lord Edward Street was nominated in the best social housing initiative, while the St Patrick's Festival is nominated in the best tourism initiative category.

The European Outdoor Arts Academy is in line for the best arts and cultural event title, while Healthy Abbeyfeale and the We're Breastfeeding Friendly initiative are nominated for best community health.

Finally, nominated in the best education initiative is the council's safety statement and safety management programme. Awards night is February 9.

Snow/ice warning for Limerick

DAVID HURLEY

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MET Éireann is warning of heavy snowfall in some places as the current cold snap takes hold across the country.

A status yellow snow/ice warning which was issued on Tuesday morning remains in place until late on Saturday evening.

"Very cold with showers of hail, sleet and snow, frequent across the southwest, west and north, where some significant accumulations are possible," states the nationwide warning.

While crews from Limerick City and County Council have been deployed to treat main roads across the city and county,

motorists are being warned to exercise caution when driving at nighttime and early in the morning.

There will be widespread frost with icy stretches on untreated surfaces - particularly on secondary and local roads.

Met Éireann which is closely monitoring the weather system says there is a strong likelihood of heavy snowfall in Limerick and elsewhere on Thursday.

Night-time temperatures across Limerick could drop as low as -3 before the weekend while temperatures during the day will reach a maximum of 2 degrees.

The cold weather is expected to last until Saturday night.



A status yellow snow/ice warning is in place

Lisa Marie bows out of local election race

INDEPENDENT councillor Lisa-Marie Sheehy has confirmed she will not be running in the next local election.

The Cappamore-Kilmallock representative, who in 2014 became the youngest councillor to be elected in the country after a three-week campaign, said in a statement this Tuesday she is standing down for personal reasons.

"I am proud of what I have achieved during my term as a councillor and I want to thank every last person who put their faith in me to represent them," she said.

"Five years is a long time, and I did not make the decision lightly to not run for another five-year term. I know that I worked hard for my area and my local community and I never regret putting myself out there at such a young age to try and make a change.

"Of course, I didn't get everything done that I wanted but I am confident leaving that I know jobs were completed that were put off the agenda for years and the ones that haven't been completed yet that they are on the list and on the agenda once again," she said.

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A 2019 delivery is 'highly ambitious': Sen O'Donnell

Steering group is set up for bed block

FINTAN WALSH

fintan.walsh@limerickleader.ie

A GOVERNMENT senator has said that it would be "highly ambitious" to have the crucial 60-bed block built and ready by the end of 2019 at University Hospital Limerick.

This is despite widespread hope that the €19m UHL project would be open by the end of this year.

Before the project got the complete green light, a Dooradoyle resident had appealed a local authority decision to An Bord Pleanála. This objection was later withdrawn.

The hospital has since appointed a developer for the 300-day €14m contract, but construction has yet to commence.

Fine Gael senator Kieran O'Donnell said that on January 9, he spoke to the UL Hospitals Group's CEO, Prof Colette Cowan, who informed him that excavation works could commence in the coming weeks.

"It was always a one-year build. Obviously the delays in planning would have contributed somewhat," said the senator.

"If the excavation works proceed in early February, it won't be obviously completed - it would be highly ambitious to have it completed - in 2019. It would be completed shortly thereafter.

"For me, it's about delivery, that we have no further time lost," he said.

A spokesperson for the UL Hospitals Group told The Leader: "A steering group has been established to begin the internal planning process for this significant build. The group is tasked with planning for the opening of the beds, which includes staffing levels and bed usage. Contractors have been secured through normal tendering process for the enabling works and construction."

STIs far more common in Limerick than flu or bug

HSE figures: A total of 1,746 chlamydia cases over four years

FINTAN WALSH

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THERE have been more people getting chlamydia in Limerick than the flu and winter vomiting bug, combined, according to new HSE figures.

Statistics published by the director of public health Mid-West this week show that there were 1,746 cases of chlamydia trachomatis in Limerick between 2013 and 2017.

The figures have also shown an increase in detections in Limerick since 2013. In 2013, there were 334 cases, which has risen to 410 in 2017.

Chlamydia is a notified infectious disease on the HSE radar. While there is an increase in recorded chlamydia cases, this could mean more patients presenting to clinics, coupled with more tests being conducted.

There were 1,054 cases of genital warts since 2013, though there has been

a significant decrease in detections over the four-year period. In 2013, there were 303 cases, which dipped to 168 in 2017.

In the same four years, there were 905 cases of the flu and 303 detections of norovirus, also known as the winter vomiting bug.

The most common type of sexually-transmitted infection (STI) was chlamydia, with a 2,484 cases in Limerick, Clare and North Tipperary. This was followed by genital warts with 1,467 cases, 390 cases of herpes, and 376 cases of gonorrhoea.

The HSE and UL combatted a gonorrhoea outbreak in 2016, in which there were 27 cases, more than a third of the cases detected in Limerick that year.

"Education is important to help prevent STIs. Key messages include consistent and correct use of condoms and STI screening for those who are at risk of infection," the HSE said.



The HSE launched the report this Tuesday

The HSE states that a total of 13,958 people died in the Mid-West between 2013 and 2017. Of that number, 3,991 died from cancer; 4,534 died from a disease of the circulatory system; 1,894 died from respiratory illness; 652 died from "external causes".

In the report, it warned that there is a "lack of awareness" around the dangers of a powerful strain of E. coli called VTEC, which can "cause severe illness" in children under five and elderly people. Sources of the disease include food and water contamination, infected animals and contaminated environments. Since 2013, there have been 79 outbreaks in the Mid-West and a total of 645 notified cases.

The lowest form of infectious diseases were vectorborne and zoonotic diseases - diseases that are caught from parasites (generally mosquitos) and animals, respectively. There were 49 in total.



Jenny Dixon and Limerick TD Tom Neville will tie the knot in Dublin this summer

Summer wedding for Tom Neville and Jenny Dixon

LIMERICK TD Tom Neville will tie the knot with former Fair City star Jenny Dixon this summer.

The pair shared the good news in separate social media posts yesterday, having been engaged since September, when the Fine Gael deputy popped the question while on holiday in Italy.

Saturday, July 27, is their special day, and it will take

place at Jenny's local church in Dublin. Their reception is set for the Powerscourt Hotel in Enniskerry, Co. Wicklow.

Mr Neville revealed the good news on Facebook, while keeping in mind his late mother Goretta who died a decade ago last weekend.

Referring to Goretta, the wife of his father, the former TD Dan Neville, Tom described her as "one of the

most important women in my life", adding she was a "wife, mother, nurse and 70s and 80s feminist".

"Special to keep the connection to her by announcing six months from today, the wedding to the woman of my dreams, Jenny Dixon. Roll on July 27," he added.

The couple started dating in 2016, after they met at an

event and Jenny mistook the TD for an aspiring actor.

Jenny added: "I'll wear a white dress and you your suit. We'll throw a big party with friends and family. Powerscourt Hotel will forever become special. We'll dance and have cake. I'm so happy you offered to buy me that drink that momentous night, and I can't wait to become your wife."

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Limerick Leader



LIMERICK HOSPITAL SERVICES FACE 'SIGNIFICANT DISRUPTION' DURING NURSES STRIKE

Stan Stonley Gilbert

Support our wonderful nurses



Brendan Hickey

The public are aware. They will be standing with the nurses

Name in Black

Services have been disrupted a long time now, stick it out lads we're with ye 100%, gonna be a bit of an endurance test

Noreen O'Brien

And just wait for all the nasty comments! Lol...Blame the corrupt government and not the hard working lied to nurses I say!

WINNING START FOR ALL-IRELAND CHAMPIONS LIMERICK WITH WEXFORD ALLIANZ HURLING LEAGUE WIN

David O Driscoll

Fantastic win boys. Up and running again for 2019 Well done



John Ferguson

Great performance in tough conditions and a soft pitch

Geraldine Lane

Well done Limerick

LIMERICK'S CRUISES STREET FACING SIGNIFICANT FUTURE CHALLENGES

Steve Reynolds

Just make all the units into cafes and bars and make it Limerick's equivalent of Temple Bar



Louise Kehoe

Parking is far too expensive in the city

Carmel O'Carroll

Limerick is a fab city but lacking a buzz like Cork or Galway. Come on, put on the thinking caps before it crumbles

Daibhi Mac Gearailt

Lower the rents and rates give small businesses a tax break

LIMERICK COUNCIL OFFERED DUNNES €3M FOR VACANT STORE IN CITY CENTRE

David O'Sullivan

It's a shame Dunnes would rather see it lying idle than give it to someone company who'd relish it. It's an eye sore as it stands



Paul Quinn

Total disgraceany other city would take it from them as they not using it for public use for so long

Annette Ingle

If an offer is made and refused on an empty building then it should be taken

Mary Honan

The amount of beds that would fit in there cubicled off who accommodate many homeless

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Up in smoke: Some of the spectacular action seen by up to 20,000 people at Foynes Air Show 2018 PICTURE: SEAN CURTIN

Foynes Air Show is grounded for 2019

Tourism: Lack of main sponsor sees cancellation

NORMA PRENDIVILLE

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The Foynes Air Show, which attracted tens of thousands of spectators to the port village over the past five years, will not go ahead this year at a loss of up to €750,000 for the local economy.

The withdrawal of the Irish Aviation Authority as the main sponsor and the difficulty in finding a new sponsor at short notice have forced the cancellation which has come as a huge disappointment in the community.

"We are extremely disappointed that the Foynes Air Show cannot go ahead this year," Margaret O'Shaughnessy, festival director said this Tuesday. The Irish Aviation

Authority (IAA), which had sponsored the event for the past two years, withdrew its sponsorship in December, saying it wanted to carry out its obligations under its Corporate Social Responsibility remit elsewhere.

The festival cost an estimated €200,000 to run, with IAA sponsorship worth up to €100,000 to Foynes as part of a joint deal with the Bray Air Show. The one-day festival has been running since 2014 and last year attracted 20,000 people.

Ms O'Shaughnessy continued: "The disappointment has been compounded by the fact that this year is a big year for the Foynes Flying Boat and Maritime Museum as it celebrates its 30th birthday on July 8, and we also mark the 80th

anniversary of the first commercial passenger flight over the North Atlantic this year."

However, she added, a celebration of these landmark events will go ahead and will be supported by a donation of €10,000 from the IAA for which we are grateful."

Cllr Adam Teskey, the chairman of the Adare Rathkeale Municipal District in which Foynes is located, said he was saddened by the cancellation of the show. "It is something which we in this Municipal District have supported," he said. The show was a "massive contributor" to the local economy, he added, and he looked forward to working with Margaret O'Shaughnessy to come up with a positive alternative for July.

Shannon Banks has been 'forgotten about'

SOCIAL Democrats candidate Betty Walsh has called on Clare County Council to invest "significant resources" in Shannon Banks and Westbury.

Ms Walsh, who is the mother of Limerick City North Social Democrats candidate Kieran Walsh, said the proximity of her community to Limerick "means it has been forgotten about" by Clare County Council.

"We are seen as Limerick's problem, not Clare's. This is clear



Betty Walsh is a Social Democrats candidate for Clare County Council

from decisions that have been taken in recent times, such as the closure of the South East Clare Area Office in the Westbury Centre in 2016.

Shannon Banks is over fifty years old and is crying out for investment to repair roads, footpaths and signs. This area is home to thousands of hard-working people, and it is unacceptable that our needs are being ignored by those responsible for its upkeep."

Ms Walsh, who has been a resident in the area for over 40 years, is calling for the area office to be reopened as a community centre, which she said could be used for community policing.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Appeal following daytime burglary in Castletroy

GARDAI are appealing for information after a house in Castletroy was broken into in broad daylight last week.

The incident happened at Glenside, Castletroy sometime between 2pm and 3pm last Wednesday – January 23.

According to gardai, the culprit forced a sliding door at the rear of the property in order to gain entry.

“Once inside, he took some personal items belonging to the owner,” said a garda spokesperson who appealed to anyone who was in the area at the time to contact gardai.

“Around this time in the



Gardai at Henry Street are investigating

afternoon many parents would be waiting to collect their children from school. If you were around this area and noticed anything suspicious or unusual please contact the gardai,” he said.

Inquiries have been carried out in the locality and CCTV is being obtained. Gardai at Henry Street are investigating and can be contacted at (061) 212400.

Homeowners urged to keep keys and valuables safe

HOMEOWNERS are being urged not to leave car keys or other valuables on tables inside their front doors.

It following an increase in the number of so-called fishing incidents across the city and county.

“Burglars are using fishing rods or pieces of wood with wire attached to them to fish out car keys which are left on a hall table directly inside the front door of the house. The keys are hooked onto the fishing rod and removed,” said Garda John Finnerty.

“We have seen in many cases that car keys are then used to access the family car which is then stolen,” he added.

Garda warning as new VISHING scam takes hold

GARDAI are warning people to beware of so-called VISHING scams which target vulnerable people and elderly people in particular.

“It’s basically a telephone scam. Thieves are contacting elderly people or vulnerable people by phone. They will say that they are from a financial institution, the Revenue Commissioners or a Utility Company,” said Garda John Finnerty.

“They will request credit card details or sensitive information pertaining to bank accounts etc. Bone



VISHING: Garda John Finnerty

fide representatives of such organisations will never request such details. If you get such a call please hang up and do not entertain such callers,” he added.

Gardai are aware of a number of VISHING incidents in Limerick and are appealing to anyone who is targeted to contact their local garda station.

Fire was started deliberately

GARDAI are renewing their appeal for information following an arson attack which happened at Munchin’s Street, St Arseny’s Park last week.

A vacant house was extensively damaged in the blaze which was started at around 7.20am on January 23 last.

Gardai at Mayorstone Park are investigating the incident. No arrests have been made.

Killer’s eight-year prison sentence for stabbing beggar



The scene of the fatal stabbing at Roche’s Row on May 24, 2017

Attack: Killer was in victim’s home for 13 seconds

OLGA CRONIN
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A LIMERICK man who fatally stabbed an “annoying” Romanian national who begged from him has been jailed for eight years.

Imposing sentence, Mr Justice Michael White said the actions of Desmond Coyle over 13 seconds at the deceased’s home on Roche’s Row, resulted in 58-year-old Calo Carpaci “entirely needlessly” losing his life.

He also said the killing of Mr Carpaci was “at the upper end of the scale” in terms of manslaughter.

Coyle, 60, who has an address at Davis Street, Limerick went on trial before the Central Criminal Court last December and was found not guilty of murder but guilty of manslaughter.

Summarising the facts, Mr Justice White explained that on the morning of May 24, 2017, Coyle left his home and collected his disability benefit before going to two pubs where he drank a “substantial” amount. He also bought some food before returning home.

He then left his home again and “for some reason best known to himself” he left “armed with a knife” and in search of Mr Carpaci.

When Coyle couldn’t find Mr Carpaci in the areas the Romanian man used to frequent, he went to Mr Carpaci’s home, entered the property and inflicted one stab wound to Mr

“If he had stopped f*ing annoying me, it wouldn’t have happened”**
DESMOND COYLE, BELOW



Carpaci’s heart.

Mr Justice White noted that Coyle was caught on CCTV entering the Mr Carpaci’s home and re-emerging 13 seconds later.

The court previously heard Coyle told those who restrained him after the stabbing that he hoped his victim was dead and that he had deserved it.

He later told gardai if Mr Carpaci had “stopped f***ing annoying me, it wouldn’t have happened”.

Mr Justice White said Coyle, “for reasons the court finds hard to explain was “discommoded at the very most” by Mr Carpaci who had begged from him “on occasions” and that this provoked Coyle to seek out Mr Carpaci at lunchtime on May 24, 2017.

The judge noted Coyle had indicated a guilty guilty to manslaughter in advance of the trial as well as his background which, he commented, had “a degree of tragedy to it”.

At an earlier sentencing hearing, Mark Nicholas, SC, said his client had always accepted responsibility for the killing and showed remorse when he told gardai that he wished he had not gone to Mr Carpaci’s home and added: “I’m not some cruel monster.”

Mr Justice White said it was difficult to understand how a man could reach the age of 60, with no previous convictions, and commit the crime he did. He also noted that Coyle is generally a “civil” man in his demeanour with people.

But, he said, he had to sentence Coyle for a serious crime which was at the upper end of the scale. He sentenced him to eight years’ imprisonment from the date he was remanded in custody – December 12, 2018.



Northside team: Former councillor Denis McCarthy and new candidate Olivia O'Sullivan PICTURE: KEITH WISEMAN

Fine Gael completes its line-up in metro district

Election: Party picks two to face the electorate in City North

NICK RABBITS
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FINE Gael has held the last of its local election selection conventions in the metropolitan district.

Olivia O'Sullivan, Caherdavin and former deputy mayor Denis McCarthy were selected by members of the northside ward branches at a convention this Monday in the Greenhills.

They beat competition from Richard Delaney, Shelbourne Road, Eleanor

McSherry of the North Circular Road, and Brian O'Connor representing Kileely/Thomondgate

But one of the above could still be added to the ticket, with party headquarters debating whether to run two or three candidates.

Speaking after her selection, Ms O'Sullivan, a self-employed mother of two, said she is "absolutely delighted" to get the support of members of the party's branches.

"This is a big step in a new direction for me and

my family, but one we are very excited about," she said.

Olivia, who works as a marketing and communications consultant, is involved in number of events in Limerick, including the Pigtown festival, the Limerick Chowder Cook-Off and Urban Food Festival.

Meanwhile, Mr McCarthy will be hoping it's a case of third time lucky, having missed out on re-election back in 2014.

A former chairman of

the Limerick-Clare Education and Training Board, he is a former full-time public servant, working for the Department of Agriculture.

He is Fine Gael's equality and disability officer, and believes the greatest honour that can be bestowed is being picked by the people to represent them.

It's all change north of the Shannon, with Cllr Michael Hourigan retiring, meaning Fine Gael into the election without a

sitting councillor.

There will be two other high profile absentees from the ballot paper - Independent councillor John Gilligan and Fiana Fail's Vivienne Crowley.

Elsewhere in the city, Fine Gael is to run Cllrs Daniel Butler and Elenora Hogan in City West, with a third to be added.

In City East, the party has picked Cllrs Marian Hurley, Michael Sheahan and Castleconnell man Michael Murphy.

Limerick goes to the polls on May 24.



Cllr Cathal Crowe: has made a complaint to Gardai

Gardai to probe new Fight Club allegations

RORY O'CONNOR

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GARDAI in Limerick are investigating complaints that kids as young as 12 have been involved in "fight clubs" in the city.

The so called clubs involves a large group of predominantly children and young men fighting each other with videos then being shared on Snapchat.

This shocking trend has lead to multiple injuries with one parent admitting her son had been beaten up, according to Cllr Cathal Crowe, based in Parteen.

He has made a formal complaint to gardai and says videos have been taken in Limerick with young people fighting in school uniforms with well known landmarks in the background.

The after effects are of massive concern, warns Cllr Crowe, who says the damage of the humiliation that the footage causes adds to the "huge physical pain" the victims of this group experience.

Cllr Crowe deemed this footage "probably the worst video he's seen involving children, no more than 14 years of age".

Cllr Crowe has brought this to the attention of Gardai, but with the footage only up for 24 hours at a time, it is extremely hard to police.

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€3m in sales as huge crowds attend housing launch

Proof of the booming local economy and strong property market were in evidence this weekend as huge crowds turned out at the latest release of a housing scheme in Raheen.

GVM Auctioneers reported some €3m in sales as phase four of The Grange development was released on Saturday.

Tom Crosse of GVM told The Leader that up to 250 people passed through the show houses over the weekend, with the auctioneer

making 11 sales.

Of those, four were four-bedroom semi-detached with the remaining seven being three-bedroom semi-detached houses.

All told some €3m in sales accrued with the auctioneer commenting, "We had huge crowds over the weekend and the event reflected the strong interest in quality housing in Limerick's suburbs."

The houses boast high-quality

timber frame, double-glazed uPVC windows, cobble-lock drives and low maintenance facades in brick and dry dashed finish.

Internally the houses are fully painted, with contemporary white doors, high quality fitted kitchens, quartz worktops, quality sanitary ware with tiling to all bathrooms and generous fitted wardrobes included in bedrooms, hall, kitchen, dining and bathroom floors all fully tiled.

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The latest release at The Grange, Raheen, this weekend saw €3m in sales



An impression of the Savoy Hotel's expansion, which has been given the go-ahead

City hotel given all clear on €8m scheme

Hospitality: Savoy Hotel move will see 25 new jobs

NICK RABBITS

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THE Savoy Hotel has received the planning green light for an ambitious €8m expansion programme.

Up to 75 building roles and 25 permanent jobs look set to be created after council planners gave the go-ahead for the city's only five-star hotel to expand into the neighbouring Mill Building, a move which will see it up its room capacity by 35 giving it a grand total of 129 rooms.

Hotel manager Ronan Branigan revealed that meetings will commence this week to get work under way. "With a building like this, it requires such care, attention and love. It has been there so long, and is part of the heritage of Limerick City.

It needs every bit of rigour around how it is kept and minded. We are minding it and passing it onto some future generation who we expect will do the same," he said.

An Bord Pleanála previously gave the go-ahead to the hotel to rise up only six floors above the old Mill Building, as opposed to the seven storeys hotel bosses wanted.

This would have cost the hotel five rooms. So, management came back with a fresh proposal to incorporate five bedrooms on the first floor level instead.

There will be commercial units at ground level, including a European-style brasserie, while a new connection will be built between the Mill Building and the existing hotel via a bridge. Other slight modifications will also be included.

City businesswoman Helen O'Donnell said: "This is great news. It's a pity it has been held up. We have a lot of good places, but we need more. Hospitality is so important for the city to survive. It's even better news for the fact there will be more staff employed."

There was one objection to the revised proposal.

Despite this, council gave the development the go-ahead subject to five conditions. These include a stipulation the applicant provides full details of footpath works on Shannon Street – where a new hotel entrance will be built – as well as full details of proposed canopies and signage, with neon signs not allowed.

A proposed metal railing on Henry Street fronting the smoking area is also not permitted.

'Not enough is being done to tackle city dereliction'

NICK RABBITS

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FIANNA Fail local election candidate Pat O'Neill says not enough is being done to tackle derelict houses in Limerick.

The Coonagh man, who is on his party's ticket in City North, has called for more quick action, and perhaps even a change in legislation.

"Currently it's a slow drawn out process of getting a house on the derelict list and then to follow up with a possible CPO (Compulsory Purchase Order) from the council. Recently I was contacted by an elderly resident who lived in fear of been beside a derelict property, her fear that the property might be broken into and maybe set alight, she also had to live with vermin now making their way from the derelict property into her home. This is unacceptable and cannot be tolerated" he said in a statement.

"I have again contacted the council and the HSE in this regard as action needs to be taken promptly says Pat.

Whatever the circumstances of the property been left derelict, Mr O'Neill says nobody living adjacent to the property should have to put up with any fear of what may or may not happen. The process of derelict properties may need an overhaul," he concluded. Some 155 derelict property inspections took place last year. Thirty three properties are on the register for these in the metropolitan district.

However, just five were added last year.

Some 13 sites were added to the Council's Vacant Site Register in June 2018, which resulted in three appeals to An Bord Pleanála. One of the sites was subsequently removed from the register; another appeal was unsuccessful with the site remaining on the register, with a decision awaited on another appeal.

According to the 2018 Geo Directory, there are 2,741 vacant units in Limerick while the 2016 Census put the figure at 7,752. Councillors were told the Geo Directory is likely more accurate.



Pat O'Neill, who is running for Fianna Fail on the northside

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LEADER BRIEFS

Van mounted footpath in city

GARDAI have appealed for assistance in locating the driver of a van which mounted a footpath in the city centre – forcing at least one pedestrian to jump out of the way.

CCTV footage of the incident, which happened at O'Connell Street at around 10.30pm on October 25, 2017, was broadcast on RTE's Crimercall programme on Monday.

In the footage the dark-coloured van can be seen mounting the footpath near the Roches Street junction.

"The driver of the van then drives back out on to the road and causes a car to swerve out of the way," said Garda Greg Freegrove. Shortly after the incident, the driver abandoned the van at Lady's Lane and walked away.

Port company TY project final

One Kerry and four Limerick schools will go head to head to see which is most tuned into the future energy needs of the region after making the final of the biennial Shannon Foynes Port Company (SFPC) 'COMPASS' transition year competition.

Salesian College Pallaskenry, have pitched an 'Under the Sea Team (Seaweed into Biomass)' project. Laurel Hill Secondary School, will present their 'Working Waves Team' project; Coláiste Mhuire Askeaton present 'The Reclaim & Sustain Team' and John The Baptist Community College's project is called 'Wishy Washy - Tidal Turbine Power'.

Causeway Comprehensive's project is named 'KTPE' (Kerry Turbined Powered Energy).

Valentine's event at Bunratty

Shannon Heritage has launched details of a special Valentine's themed banquet at Bunratty Castle on Saturday February 16 at 7:30pm. See shannonheritage.com to book tickets.

Man in court over €40k cannabis haul

Bail: Defendant released subject to conditions as directions are sought

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A COUNTY Limerick man was granted conditional bail after he appeared in court charged in connection with a significant drugs seizure on the outskirts of the city earlier this week.

Joseph O'Loughlin, 37, of Ballyroe, Loughill, is accused of possession of a large quantity of cannabis herb for the purpose of sale or supply.

It is alleged the drugs, which have an estimated street value of €40,000, were seized when a vehicle was stopped and searched at Groody Road, Castletroy, Limerick, at around 3.30pm on Monday.

The pre-planned operation, targeting the activities of organised criminals in Limerick, involved members of the Garda National Drugs and Organised



Cannabis herb was seized

Crime Bureau and the Special Crime Task Force.

Detective Garda Donall O'Donoghue, who is based in Dublin, told Limerick District Court the defendant was arrested at the scene and that he was taken to Henry Street garda station where he was

questioned and detained overnight.

Det O'Donoghue said the man made no reply when he was formally charged at 11.05am this Tuesday.

While there was no objection to bail, Sergeant Donal Cronin said the charges are very serious and that a number of conditions were being sought.

Noting this, Judge Marian O'Leary directed that Mr O'Loughlin live at his home address in west Limerick and that he obey a curfew between 11pm and 7am.

The defendant, who wore a tee-shirt and jeans during the brief hearing, must also sign on at Henry Street garda station three times a week as a condition of his bail.

He has provided gardai with a telephone number and his passport has also been surrendered to the authorities.

Requesting an adjournment of the

case, Sgt Cronin said Monday's operation was the culmination of a lengthy garda operation which will require the preparation of a substantial file.

Mr O'Loughlin's mobilephone has been confiscated along with the vehicle while the suspected cannabis herb has been sent for technical analysis.

Laurence Goucher, BL, did not oppose the State application for a lengthy adjournment and the matter was put back to the end of May for DPP's directions.

The court was told further charges may be preferred on the defendant given the estimated value of the drugs seized.

If the DPP the matter should proceed directly to trial on indictment, a book of evidence will then be prepared before the case is sent forward for trial.

'Hon the Treaty' film to tell hurlers' tale

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AN ORIGINAL movie, that chronicles the Limerick senior hurlers' journey to glory last August after a 45-year wait, created by Limerick city primary students, is due to premiere this Friday.

Written and filmed by students at Corpus Christi, Hon the Treaty also stars the students of the primary school in leading roles, as the team, managers and sponsors who all played a part in the victory.

Hon the Treaty, will be shown as part of this year's Fresh Film Festival, and features a soundtrack recorded by the students in Hazelgate studios.

"Huge work and fun has gone in to the making of this movie, as a tribute to the Limerick hurlers," Bernie Keating of Corpus Christi said.

The film was shot in several city locations including the school in Moyross, the Limerick Institute of Technology sports facilities, the Treaty Stone and in Jen's Hairdressers, Ms Keating added.

"There are twists and tales of dejection, comedy, musical interludes and ultimate joy and celebration," she added. "It's a story of disappointment, determination, hard work and celebration."

Hon the Treaty will star Marty Morrissey, John Kiely and his background team, The Sunday Game Panel, Des and Grainne from Up For the Match and RTE presenter Miriam O'Callaghan. Corpus Christi



Students at Corpus Christi who are due to show their movie in the upcoming Fresh Film Festival PICTURE: ADRIAN BUTLER

previously stole the show ahead of the historic final last August, when the school's choir delivered a heartwarming performance on RTE's Up For the Match.

The film will also feature pupils starring as team sponsor JP

McManus, and Limerick captain Declan Hannon who will rap about his dreams of winning the Liam MacCarthy Cup. All the Limerick hurling team will also be portrayed, as well as their wives, girlfriends and families who

journeyed with them.

"Don't miss this hilarious, joyful journey that brought the Treaty city and county to triumph," Ms Keating added. Hon the Treaty will be screened at the LIT Theatre on Friday February 1, at 11:00 am.



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Steamboat businessman declares campaign

FINTAN WALSH

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A LIMERICK city record and music store owner has declared that he is throwing his hat in the ring for this year's local elections.

Mark Carey, 31, who is the owner of the well-known Steamboat Music store at Steamboat Quay, has announced that he will run as an independent for the May 24 elections.

Mr Carey, who missed out in a

bid to get on the Social Democrats local election ticket, will enter the political race in the Limerick City West metropolitan district against a long list of candidates, including current mayors, Cllr James Collins and Cllr Daniel Butler.

He said he wants to get involved to oversee Limerick's 2030 strategy "first hand".

"Never has the county had such an incredible opportunity to shape the future of everyone that lives here," he said.

"Billions will be spent in the coming years and if there is one thing we all know it's that government local and national are always great at one thing, taking vast amounts of money and throwing it at poor ideas and overspending."

He said that, while there are some good sitting councillors, the council is "in need of some people with better business experience and out of the box thinking and I believe I can bring that".

"I've been rather vocal about issues with the council over the years and I honestly couldn't sit back and leave something so important to some people that I frankly don't believe have the experience or ability to deliver the best for Limerick."

He said he wants to highlight the housing crisis, public transport, a "dying" city centre, and the Dunnes site "as a perfect example of the lack of business experience in the council".



Mark Carey, 31, will run as an independent in May local elections



Bernard Whelan, O'Connell Street with Richard Hickey, South's Bar, and the six nations trophy during the visit of the much vaunted silverware to Limerick last week PHOTOS: ADRIAN BUTLER

Rugby's holy grail visits Limerick pubs

Competition: Fans get chance to have picture with cup

NICK RABBITTS

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WE are getting hungry for trophies in Limerick and while it may not have visited as many locations as the MacCarthy Cup, the Six Nations trophy caused quite a stir when it arrived in the city last week.

Ahead of the 2019 Six Nations campaign, the tournament's championship trophy visited three pubs in Limerick, as part of a campaign by its new sponsor, Guinness.

The cup touched down at South's Pub, before moving onto the White House and Jerry Flannery's pub in Catherine Street, which is owned by the family of the former triple crown winner.

Asked how excited he was to have his picture taken with the trophy, competition for which gets under-way with France v Wales this

Friday, Bernard Whelan, O'Connell Street, said: "Very much so".

So much so in fact, it was the second time he had his picture taken with the silverware in a day.

"It's been a lovely day," he grinned.

Ireland won a multitude of trophies during last year's Six Nations, including the championship, the Triple Crown, the Millennium Trophy and the Centenary Quaich.

"The organisation of the team was unbelievable. They really play to their set skills. They are a wonderful team as opposed to individuals," Bernard said.

He said he has a "huge amount of optimism" that the side can defend the titles. "But who knows with the funny ball, anything can happen! With the bounce of a ball anything can happen," he added.

Terry Clancy, Castletroy added:

"They have to be favourites. A lot will depend on the England match. Everyone wants to beat the English of course! If Ireland get over that, they have a great chance of winning. England will be the team to beat. If we beat them, we will be happy enough."

Jack Flood had the responsibility of carrying the trophy around Limerick's pubs.

He said: "There has been a great reaction so far. Our pubs have been quite busy. I'm happy enough with the turnout so far."

Ireland get their Six Nations Championship campaign under way this Saturday against tournament second favourites England in the Aviva Stadium this Saturday.

It is the 125th time the tournament has taken place. Up to the year 2000 it was the Five Nations. Italy joined up after that to round the number at six. For more, see Pages 34 and 35.

New warning as smoky coal is still being sold and burnt

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Limerick City and County Council and the Health Service Executive have expressed concern that bituminous coal is still being sold to and burnt by some householders in Limerick city and its environs.

The local authority says smoky coal is completely unsuitable for use in urban environments as it generates significant levels of harmful smog, which can have serious consequences for the very young, the elderly and those with respiratory conditions.

The sale, marketing and distribution of such coal has been illegal in Limerick city and surrounding area for over 20 years and its burning was completely outlawed three years ago.

It is expected that a nationwide ban will be introduced later this year.

According to the HSE, diseases of the respiratory system are one of the leading causes of death in the Mid-West accounting for 1,894 deaths between 2013 and 2017.

"There is clear evidence

that the smoky coal bans have improved air quality and consequently respiratory health. Irish studies have shown that deaths due to respiratory disease decreased following the introductions of the bans," said a HSE spokesperson.

Householders are being advised there is no economic or thermal advantage to be gained from burning smoky coal and that the burning of such coal is contributing to the creation of an environmental and health hazard.

The local authority says there are some suppliers who continue to knowingly deliver and sell smoky coal, despite their knowledge of the law and despite being subject to repeated enforcement action.

The council says it continues to enforce this ban by means of prosecutions and the issuing of on-the-spot fines of up to €1,000.

"Those who profit from the sale of smoky coal and those who burn it should consider the harm that they cause to the environment and the medical distress to others," said a spokesperson.



It is illegal to sell or burn smoky coal in Limerick city

'Virtual ribbons' brought Remembrance Tree global

JESS CASEY
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THE launch of a 'virtual ribbon' helped to take a community project remembering loved ones at Christmas global this year.

On Friday, Limerick Thomond Rotary Club presented three worthy charities with €5,000 each, raised from its much-loved, annual Christmas Remembrance Tree.

Cuan Mhuire, Cliona's Foundation and the Oesophageal Cancer Fund were each presented with cheques from Rotary at a ceremony in the Strand Hotel.

"This year we launched a 'virtual ribbon' which meant that our local, community project became global," Limerick Thomond Rotary Club president John Kelly explained. "People maybe who had emigrated could partake in the project, it was a great connection. It opened it up to so many people who maybe couldn't get into town for whatever reasons."

For 23 days over the festive season, the initiative provided a public space in the city-centre for people to remember lost loved ones or those who were unable to be with them for Christmas.

Passers-by wrote the name of the person they wanted to remember on a yellow ribbon, which was then placed on the tree on Bedford Row. In January, a remembrance service is held where all of the tree's ribbons are placed on the altar in the Augustines.



At the Limerick Thomond Rotary Club charity cheque presentations at the Strand Hotel were representatives of the charities who benefited from the Remembrance Tree on Bedford Row along with Mayor James Collins and members of the Rotary Club PICTURE: BRENDAN GLEESON

Search for 2019 Rose underway in Limerick

JESS CASEY
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THE SEARCH is now underway to find the 2019 Limerick Rose, with women from all over Limerick invited to apply online ahead of this year's Rose Selection.

For 2019, Fitzgeralds Woodlands Hotel is also set to host the Limerick Rose of Tralee Selection, the first time the event has been held in the hotel in Adare.

"The Limerick Rose has received tremendous support over the years, not only from the people of the city and county, but also the local businesses who help us host our events and support the Roses who enter the selection," Limerick centre co-coordinator Tom Cranley said.

"All of us on the Limerick Rose team are excited for the weeks ahead as we meet the Limerick Lady who will represent us on stage with Daithí O'Sé in August."

The 2019 festival will run from Friday August 23 to Tuesday August 27. To apply online, visit roseoftralee.ie and complete the application form.



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OPENING FEBRUARY 2019

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



Kermit - a one-year-old tabby and white cat is a friendly and affectionate fella that would love a home of his own.

For more information on Kermit, please phone the cat unit on 087 2295669 or visit the cattery in Kilfinane any day from 12 - 3pm.

Fluffy - a stunning 5-year-old white and tabby female cat loves to cuddle and have her own comfort. For more information on Fluffy please phone our cat unit on 087 2295669. Adoption fee for our cats in €100 and all cats are neutered, wormed, vaccinated and litter trained.



Rocky - a one-year-old male Jack Russell terrier is very friendly and good with female dogs and all people. He walks well on the lead and would make a great pet. For more information on Rocky please phone the sanctuary on 087 6371044. Adoption fee is €150, all dogs are neutered, wormed, vaccinated and microchipped. A fully enclosed garden is required to adopt.

Looking for a new 'Spot'

Lastly, the week we have Spot, who is an 8-year-old Jack Russell terrier. He gets on well with most other dogs, lead trained and house trained. He came to LAW after his owner passed away. If you are interested in Spot, visit us at the sanctuary any day from 12 - 3pm or phone us on 087 6371044.



Students reminded to send CAO details

Third-level: Expert advises to submit forms by Friday

JESS CASEY

jess.casey@limerickleader.ie

AHEAD of the closing date for applications for the Central Applications Office (CAO), students are advised to make sure they submit their details by Friday February 1.

Limerick Institute of Technology (LIT) VP academic affairs and registrar Terry Twomey is advising students to make sure they have the relevant information submitted ahead of Friday's deadline.

It's important for students to submit their details to the CAO, even if they are not certain of what course they want to pursue, according to Mr Twomey, who is an expert in the CAO application process.

"The key thing for the students to know is that they need to get their application in by Friday," Mr Twomey said. "But once you have it in and gotten it set up, you can now go back in



It's a fairly flexible system but you don't want to miss the deadline...

TERRY TWOMEY, LIT



and out from February 5 to March 1, updating that application."

"It closes for a period of time and then it opens again on May 1. From May until July 1, you know have another period to make changes again. It's a fairly flexible system but you don't want to miss the deadline to get in there," he added.

Students can fill out their applications online or by paper, and will be asked to provide some personal and contact details. Students who will be going on to higher education through disability or access routes will also start the process here, with it to be completed over the next month, Mr Twomey added.

Students will also be given the option to fill out their choice of level seven or level eight degrees. "You mightn't know what you want to do, but you might know that it's in the science direction, or the engineering direction, or the business direction," he added.

"Just try to pick something in that area that you might be interested in. If nothing else, it gets your head thinking about it. There's loads of time to change it or update it afterwards."



Siobhan Wilmott, Limerick Youth Service, Fiona O'Grady, CEO Limerick Youth Service, Minister for Mental Health, Jim Daly TD and Maurice Hoare, HSE

High praise for Limerick Youth Centre

MINISTER for Mental Health, Jim Daly TD was "blown away" by the presentations he witnessed at Limerick Youth Service (LYS) last week.

Minister Daly awarded members of the Youth Advisory Panel with the Investing in Children Membership Award, which acknowledges the key role played by LYS in advocating for and supporting youth mental health.

After a number of guest speakers, LYS then showcased their new video, titled "What is



Minister Jim Daly TD presented Tusla's Investing in Children Membership Award to Bobbi O'Callaghan and Keith Allen, Limerick Youth Service's Youth Advisory Panel

Counselling" which attempts to "Bring down the stigma and stereotypes of mental health". The touching short film follows the journey of a number of young people, telling stories of their own personal experiences with counselling.

Minister Daly was full of praise for the video claiming it to be "so real, so humane".

"I am genuinely so impressed that I will do my best to get this video to as many people as I can". The video can be found on Youtube.

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University of Limerick
Sunday 3rd
February 2019
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Remembering the men who formed Limerick politics: Descendants of former TD Michael Colivet, Colm Begley, Donal Begley and Aine O'Loughlin celebrate 100 years since he was elected to Ireland's first Dail in 1919

100 years of local politics

Family members of Limerick's TDs, who were elected to the first Dail Eireann 1919, attend a centenary celebration at the County Library

Pictures: Keith Wiseman **Words:** Fintan Walsh



Descendants of former TDs Michael Colivet, Con Collins and Dr Richard Hayes with Mayor James Collins

Mayor Collins: "The meeting of the First Dail was a bold, profound and decisive statement about the future of Ireland. The members elected to the first Dail changed the course of Irish history."



Mayor Collins with John Hayes, grand-nephew of former TD, Dr Richard Hayes

John: "I am delighted to represent the family. My uncle lived in Rathkeale—Sean Hayes—and would have kept papers belonging to Richard Hayes, and passed on any information he had."



The family of Limerick's first TDs are joined by Limerick City and County councillors at a special exhibition at the County Library, Dooradoyle on Monday afternoon



Mayor Collins with John Collins the son of Con Collins, the first Limerick man to sit in Dail Eireann in 1919

John: "It's a little bit emotionally upsetting because it's so long ago and I can't believe that I am one of the only ones alive, who actually had a parent in it. That is extraordinary thing, of which I had absolutely nothing to do with!"



Mayor James Collins with Michael Colivet's grandson Cormac Colivet

Cormac: "It makes you very proud. I am always finding out new facts about him, daily, a lot more than the last couple of years. He was a proud, family man."

Candid Comment

By SPARTACUS

● Iarnród Eireann has hailed the success of its Limerick – Dublin service which carried more than one million passengers during 2018. The company also noted the marginal increase in passenger numbers using its Limerick – Galway service last year (138,000 compared to 134,000 in 2017). Spartacus wonders if the relatively low numbers have anything to do with the absence of a service which enables passengers to arrive in Limerick or Galway before 8am?

IT appears that the count down to the election is well under way, with councillors seeking re-election keen to secure column inches in The Leader. At this week's council meeting, members spoke for more than an hour, with no less than half the 40-member council seeking to have their say on a new tourism strategy.

It is in fairness an exciting blueprint, and one worthy of discussion. But Spartacus wonders if perhaps the chairman of the meeting, Mayor James Collins, should restrict speaking time – or better still, invite only one party representative to opine on the matter. If it works in the European Parliament, it can work in Limerick.

Next on the agenda was a debate about the decade of centenaries – which in itself produced a fair old discussion. As one member of the assembled press ranks sighed: "Is this what our forefathers died for?"

● When it comes to protesting, the French clearly do it better. The notorious Yellow Vest—or gilets jaunes—movement has spawned a few micro-movements in Ireland. But according to a Limerick Yellow Vest movement on social media, these things called marches just...eh...y'know...aren't really working.

"Ok, marches obviously don't work in Limerick, raining, rugby, whatever. If I get

it organised by next Saturday I hope to set up a table, stand, whatever highlighting what TDs in Limerick voted, and which way on critical issues, is homelessness, evictions, health etc."

More stands. That should cause a stir on Merrion Street.

● With all this hype, it feels like we are awaiting an Armageddon-like cold snap. And with that, we should all fear the dreaded flu. Trees are being cut down to cater for all the sick notes and people are being exiled should they sneeze or cough in public.

But the flu is clearly not the issue here. What if Spartacus told you that you have a greater chance of catching chlamydia than the flu and winter vomiting bug (aka norovirus) combined? Between 2013 and 2017 in Limerick, 1,746 people got chlamydia, while there were 905 flu cases and 303 norovirus cases, according to new HSE figures.

So with that in mind, Spartacus urges everyone to stay extra protected this winter.

● AS it is nigh on impossible to procure tickets for the Ireland v England Six Nations opener in Dublin on Saturday night, one could assume that this should help boost the attendance of the big hurling match in the Gaelic Grounds between Limerick and Tipperary.

Touts are looking for ridiculous sums for tickets for the big rugby match and Spartacus would prefer to spend €15 in Centra to buy a ticket for the hurling match which promises to be a thriller.

Sports fans be warned: seats in the Mackey stand are on a first come first serve basis. So if you stay at home watching the rugby match, which starts at 4.45pm, you will definitely end up on the terraces hoping it won't rain, given throw is in at 7pm.

Celebrating the experiences and achievements of women

FEM FEST: Festival at Mary Immaculate College to include music, theatre and talks

JESS CASEY

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A FESTIVAL honouring the diversity of women's experiences since the 1880s through musical and theatrical performances, art exhibitions, lectures and seminars is set to take place in Limerick next month.

Taking place from February 5 to 15 at Mary Immaculate College, Fem Fest will highlight the achievements of women during the month that celebrates both the feast of St Brigid and V-Day, a global movement to end violence against women.

The festival was inspired by a successful production of Eve Ensler's *The Vagina Monologues*, staged by MIC female staff and postgraduate students for International Women's Day, according to chair of the Fem Fest organising committee Dr Dorothy Morrissey.

"I am excited by the range of events taking place as part of Fem Fest MIC," said Dr Morrissey, who is also a lecturer at MIC. "It's a great honour to be a part of an event honouring the diversity of women's experiences and achievements since the 1880s.

"MIC itself was founded in 1898 and run, at its outset, by women for women," Dr Morrissey said. "It is fitting, therefore, that MIC should host a festival about women's experiences and achievements."

Festival highlights include the Irish Women's Writing Network Seminar on Friday February 8, where Martina Devlin will read from her recently published collection of short stories about women who shaped Ireland.

Donna Gilligan will also talk about women's suffrage, Lizzie Nunnery will talk about her critically lauded play about the Sheehy-Skeffingtons.

MIC BA in Contemporary and Applied Theatre students will also perform a short scene from the play.

On Tuesday February 12, Fem Fest will host a sports event highlighting and acknowledging the



Announcing the programme for Fem Fest were MIC lecturers Teresa McElhinney, Dr Susan Liddy, Dr Úna Ní Bhroméil and Dr Ailbhe Kenny

often-overshadowed sporting achievements and leadership of MIC's female students and staff, both past and present.

Máire Treasa Ní Dhubhghaill of TG4's *Rugbaí Beo* will MC this event.

Physical violence, which is never far from the surface in women's writings about women's suffrage, is the subject of two seminars, taking place on February 8 and 12.

Performance poets Sarah Clancy, Ilyana Kuhling and Kathryn Keane will read and perform from their work at lunchtime on February 7.

Professional theatre artist, and MIC PhD candidate, Aideen Wylde, will perform her one-woman play,

Here Shall We Rest in a lunchtime performance on February 8, with two evening performances set to take place February 7 and 8.

Two art exhibitions will also run throughout the festival: *Hunting the wren*, female head pieces, an exhibition by former MIC lecturer Sinéad Dinneen, which depicts contemporary ceremonial headpieces with ancient and historic connotations.

We are the flock, an installation of video, narrative and lens-based work from an ecofeminist perspective by MIC lecturer Tanya de Paor, is also set to run throughout the festival.

Staff across a range of disciplines



"MIC itself was ...run, at its outset, by women for women,"

DR DOROTHY MORRISSEY

and departments will provide lunchtime lectures during Fem Fest at MIC, on such diverse topics as representations of girlhood in Peter Pan, MIC's first graduates, Paula Meehan's poetry and the representation of female migrants in contemporary Irish literature.

Some of MIC's lecturers will also open their classes to the college community and to the public as part of Fem Fest. "Come along and either sit back and enjoy what is on offer or add your voice to the conversations that will unfold," Dr Morrissey said.

See www.mic.ul.ie for a full programme of events.

Get your family treasures valued with help from Adams

If you have ever wondered whether there is some "cash in the attic" in the form of antique furniture or art, then you can find out next month with the help of experts in the field.

This Valentine's Day, a team of Fine Art specialists from auctioneers Adams will be in Limerick to meet with clients and to accept consignments for the spring/summer auction season.

After what it labelled a "hugely successful 2018", Adams team is on

the road on a nationwide tour to provide "professional, discreet appraisals and gather high quality lots for its 2019 auctions.

According to Adams, last year's auction results confirmed that now is the time to sell at auction in Ireland with some outstanding results achieved under the hammer.

This February we will be on-hand across a range of venues, to provide complimentary and

confidential valuations, on any pieces of jewellery, art, antiques or items of interest that clients may wish to consign to one of our auctions.

The spring/summer season includes a full schedule of auctions covering all departments:

Fine Art & Period Interiors (Adam's At Home & Country House Collections Auctions) Important Irish Art

Fine Jewellery & Watches 20th Century Furniture & Design (Mid Century - Modern Auction)

Important Historical Documents & Artefacts.

To make an appointment for the Limerick leg of the tour or alternatively at a time more convenient to you, contact Katie McGale by telephone on +353 1 6760 261 or by email on: valuations@adams.ie



An antique bowl, sold by Adams last year



Aoibhinn Henchy, Anna and Dara McInerney, Orla Henchy, Luke Hayes-Warland and Ellen Henchy, Newmarket on Fergus at the visit of the Liam MacCarthy Cup to the Children's Grief Centre, Westbourne, Ashbourne Avenue, South Circular Road

PICTURES BY DAVE GAYNOR



Olivia, Katrina and Julia Morgan, Dooradoyle



Anne English and Helen McInerney

Out & About

LIAM MACCARTHY CUP VISITS CHILDREN'S GRIEF CENTRE

Pictures: DAVE GAYNOR



Sr Helen Culhane, Teresa Kavanagh and Helen McInerney



Sr Joseph Conway, Sr Ellen Morton, Sr Clare Farrell and Sr Josie Davis, O'Connell Avenue



Carmel and Kenneth Duggan, Killeely at the visit of the Liam McCarthy Cup to the Children's Grief Centre, Westbourne, Ashbourne Avenue, South Circular Road



Hanora Hartnett, South Circular Road, Lilly Byrne, Castletroy and Jody Burke, South Circular Road



Angela Walsh, Corbally, Sr Clare Stapleton, South Circular Road, Regina Kiely, Corbally and Sr Catherine Ryan, Greenfields



Joe and Josh Murphy get their hands on the cup

Classroom Focus: Every week, pupils from a local school give The Leader the lowdown on a big talking point



Friday fitness feeling a big part of life at JFK

This week: The students of John F Kennedy Memorial School, Ennis Road tell The Leader about their fitness regime and how they love their regular Fitness Friday's

RYAN O'ROURKE
ryan.orourke@limerickleader.ie

Fitness is an important part of a healthy lifestyle and none know this better than the students of John F Kennedy Memorial School.

Every Friday morning, the children leave the classroom to take part in the schools initiative 'Keep Fit Friday', which is part of their active

programme.

Evan, 12, plays rugby and gaelic football on fitness Fridays.

"They are my favourite things to play. They're a great way to keep fit and I love playing them," said Evan.

The school's belief is that nowadays children spend so much time indoors, often on gaming consoles, that they have less time to spend

outside in active pursuits and spend more time on screens.

The school finds that there is nothing better than keeping the students active and fit. So fitness has been ingrained into the weekly education cycle. This allows academic learning and physical learning to develop in an all-round manner.

Louie, 12, plays hurling to keep fit.

"It's my favourite sport. I love it because of Limerick, they are such a great team. It's a very fast sport, which makes it fun to play," Louie told The Leader.

The school says this weekly introduction of activity is not only good for the students' mental health, but also helps them stay focused and well behaved in the classroom.

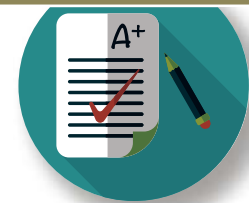
The school has also introduced the 10 at 10 initiative. This sees students leave the classroom at 10am for 10 minutes of physical activity. The result is not only good for the children's health but it also for a break in the routine of the classroom.

Matt, 12, loves the break from the classroom.

"It's great, you get to keep fit and healthy, play with your

friends and have fun," he said.

The school has also partnered with the Limerick Institute of Technology. The collaboration sees students from LIT's Sports Science Centre come to the school to help the students of JFK practice their range of movements during exercise. This ensures safe and productive exercise for all.



SCHOOLS REPORTS

Gaeilge

Cumann na bhFiann to form new branch

CUMANN na bhFiann, a non-profit organisations that runs more than 60 youth groups nationwide, is to begin meeting in Limerick for the first time.

The group gives young people the opportunity to use and improve their spoken Irish. Cumann na bhFiann believes that by attending the group regularly, young people improve their fluency in

Irish. "It is vital that young people are given the opportunity to recognise the advantages of speaking Irish," Órlaith Ní Óráin said.

The first Limerick Branch of Cumann na bhFiann will meet this Wednesday January 30, and will meet every Wednesday from 6:30 to 8pm at Gaelscoil Sáirséal on the Shelbourne Road. Call Órlaith on 0877839853 for more info.



Left pupils from JFK National School who each Friday take part in the Keep Fit Friday initiative

Above: James, Colin and Darragh, back row, James, Lloyd and Joseph PICTURE: ADRIAN BUTLER

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

EVAN, 12,

"To keep fit I play rugby and Gaelic. I go to training every night. rugby and Gaelic football are my favourite sports. It's a good way to keep active and I love playing them."



TADGH, 12,

"To keep fit I play hurling on Wednesdays, Thursdays and Saturday. I would play every day if I could. It's fun because we get to play with our friends and get outside."



TOMMY, 12,

"I train most days and I have matches on Saturdays and Sundays. I love soccer. I enjoy it and I love playing it. I think it's a great way to keep fit. My favourite soccer player is Salah, he plays for Liverpool and Egypt."



MATT, 12,

"How I keep fit is it I play basketball after school. I play everyday after school and on Wednesday. It's great, you get to keep fit and healthy, play with your friends and have fun."



LOUIS, 12,

"To keep fit I play hurling on Thursdays and Saturdays. I love hurling, it's my favourite sport. I love it because of Limerick, they are such a great team. It's a very fast sport, which makes it fun to play."



MATHEW, 12,

"To keep fit I go to rugby training every Thursday and Saturday. I love rugby and the Munster Rugby team. It's hard work, but it's good fun and you get to play with your friends."



Competitions



Paul O'Connell calls on primary schools

A NEW competition has been launched that will see primary schools in with a chance to win one of two €50,000 school sports facility makeovers in 2019.

The initiative is the latest from the free Aldi Play Rugby programme, in conjunction with the IRFU. Former Ireland captain Paul O'Connell is calling on Limerick

primary schools to take part. To be in with a chance of winning, primary schools are asked to collect 300 of Aldi's exclusive Irish rugby men's and women's stickers for their school. Shoppers collect one sticker for every €30 they spend in Aldi between January 28 and April 7. More info can be found online aldi.ie/playrugby

Third level

LIT student to battle it out in cook-off

A STUDENT from Limerick Institute of Technology is due to take part in this year's KNORR Student Chef of the Year competition in Waterford Institute of Technology.

Bangaly Doumbouy is one of the student chefs in the running for the title as a cook-off taking place next Tuesday, February 5.

The theme for this year's

competition is Street on a Plate, a street food feast inspired by food trucks, street stalls and farmers markets of Ireland. Dishes will feature locally sourced ingredients.

Bangaly will partake in a cook-off battle like no other, with the hope to reign victorious and serve two winning dishes to the judging panel.



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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Know true cost of owning a car before you buy one

It's that time of year, when we start thinking about changing our cars, and according to carzone.ie, the third Monday of January, is the day when people really begin to think seriously about changing their car.

So, as the month draws to a close, I thought it appropriate to share with you some car financing tips. Before you ever start looking at cars, knowing how much you can afford, I think, is the first step you need to take before you trade in your old car for a new one.

There is a great rule of thumb formula which can help you with this, and it's known as the 20-4-10 rule.

Have a deposit of at least 20% of the purchase price

Finance the car for no more than 4 years

Keep your total monthly expenses (not just your car repayments - insurance, maintenance and tax costs as well) - under 10% of your gross monthly income

Having at least 20%, of the cost of the car helps keep your repayments manageable.

Keeping the term of your loan at four years lessens the amount of interest you repay to the finance house.

And keeping this particular monthly outgoing at less than 10% of your income gives you a little more flexibility, if you're hit with an unexpected bill or you lost your job.

How you can apply the 20-4-10 Rule to you.

1. First, know what your gross annual income is.

2. Divide it by 10% and divide that by 12 - this is the monthly amount you can apply towards the cost of owning a car.

3. Deduct 10% to account and pay for other monthly costs.

4. Divide the amount left over by 0.024 and this will give you the amount you should borrow (0.024 is the cost per thousand of borrowing over a four-year term using a rate of 7.5%)

5. Divide the answer to point 4 by .80 and that's the maximum amount you should pay for a car using a 20% down payment.

Applying the above to an annual income of €60,000

1. €60,000

2. €500

3. €50

4. $€450/0.024 = €18,750$ - max amount you should borrow

5. €23,438 - max purchase price

I came across a lady recently earning €50,000, who borrowed €26,000 to purchase a car, and had loan repayments of €635. After only a few months, she is already beginning to feel the pinch.

Had she applied the 20-4-10 rule, she wouldn't have bought a car costing more than €19,500 and would have limited her borrowings to €15,625. You can see, had she followed this rule, she would owe €10,375 less than she currently does, and as a consequence would have monthly repayments, which would be €260 lower than they are.

Before I continue, it's worth saying that cars don't mean a whole lot to me.

I changed my car recently and the one I'm now driving has relatively low mileage, in great condition and is six years old. I plan to keep it for as long as I can.

I didn't take out a loan when I bought it, I paid for it in cash.



Have a deposit of at least 20% of the purchase price



DID YOU KNOW?

If you had to drive 10 miles to buy a lottery ticket, you are three times more likely to die in a car accident en route, than you are winning the jackpot

I don't like loans, because I have met far too many people who have put themselves under financial pressure with car repayments, and once the excitement of buying a big car wears off (and it does quite quickly) they are trying to figure out how their outgoings can accommodate this new big expense, and other areas begin to suffer.

So, I personally think paying cash is best. For the three years prior to changing my car, I had, very deliberately, been saving money into a dedicated "new car" account, that was going to be used, when the time came to change the car I was driving.

And this is something I would encourage anyone, to do, particularly if they have a car loan and it's coming to an end.

Just because the loan is finishing, shouldn't be the trigger to change your car either, especially if you don't have to, when your existing car is running fine.

You see, when you finish paying off a car loan, it's only then when the real savings start to kick in.

When the loan comes to an end, keep making that monthly repayment as before, just redirect it, into a savings account instead.

Then, in two or three years' time, you might have enough cash along with your trade-in value, to pay for a car outright in cash. Even if you don't, at least the amount you have to borrow is going down rather than up.

Remember a car is not an investment. They cost a huge amount of money and they become less valuable over time and no matter how great looking it is, they all end up in the same place - the scrap yard.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, since the start of the year, I have been trying to reduce my outgoings, and despite my best efforts, I'm not seeing a financial benefit. Where am I going wrong?

A: When you start cutting back on specific outgoings like the amount you spend on coffees, lunches at work or whatever it is, there's always a danger that you end up spending the saving on something else.

If you want to see any impact, you have to keep the money you are saving, separate from your day to day cash. If you don't, it will just get consumed by something else.

So, if you are spending €5 less each day on sandwiches, pop that amount into a jar, at the beginning of every day.

And at the end of the week, take the €25 out, and deposit it into your savings account. By doing this, the savings become real and tangible - you can actually see the money accumulate each day.

And, if you don't trust yourself from dipping into the jar, how about, the day you're paid, have a standing order in place where the amount you set yourself to save, is transferred directly into a separate savings account.

That's your savings done for the month in one go.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Treat your sweetie with the Valentine's Special at the Castletroy Park Hotel's restaurant The Brasserie. The fabulous eatery is offering a 5-course meal with Prosecco and chocolates for only €50 pp. Booking is essential.



Are you looking for a great gym at a great price? Whether you are a beginner or a returning exerciser, energie fitness is the gym for you!. Check out our Classic and WOW membership pre-sale offer. Reserve your space and join online now at energiefitness.com/limerick. Call them on 061511040 for more information. Pictured is Niall Carey, the manager of Energie Fitness.



Cleary & Son Fuels at Van Veens Patrickswell has just the offer this week with smokeless coal types ovoids, union nuggets and calco all only €17.50 each. All bags are 40kgs and can be delivered to your door. For these and more offers call Killian 087 6408437



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Closing Date:- Midnight, Tuesday, 5th February, 2019

Candidates will be shortlisted for interview based on the information contained in their Curriculum Vitae

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• CANVASSING WILL DISQUALIFY
• EQUAL OPPORTUNITIES EMPLOYER



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'Devolve licensing powers to the council'

Social: 'Give us the Night' lobby holds first meeting in Limerick

**NICK RABBITTS
AND RORY O'CONNOR**

POWERS to award late licences to nightclubs in Limerick should be devolved to the local authority, a meeting in the city has heard.

More than 50 people were at the Commercial Bar in Catherine Street for the first meeting in Limerick of the Give us the Night lobby, a new movement aiming to promote staggered opening hours for night spots in response to changing consumer demands.

The suggestion was made by the co-founder of Give us the Night Robbie Kitt, who thinks Ireland should fall in line with the rest of Europe instead of leaving it to the national government to extend licensing hours.

The organisation shares a belief that extending opening hours will create jobs and also allow business owners and the public a flexibility not currently afforded to them.

Staggered opening hours, they argue, will also provide some much

needed relief to other late night industries such as fast food outlet operators as well as cab drivers.

Sunil Sharpe, who co-founded the movement, which has held a number of meetings across the country, added: "I think we need to challenge the accusations that if we did extend opening hours, everything would go to pot, that society would disintegrate. If you extend the opening hours to 4am in Limerick over the next few months and let it be, I'd be willing to bet there would not be a problem."

However, changing opening hours can be a challenge - a local venue wishing to do so, needs to apply for a Special Exemption Order.

If they secure this, and see off challenges from rival publicans and the Vintners Federation of Ireland, it will then cost them €410 a night - or €107,000 a year if they want to open five nights a week, excluding legal costs.

These hefty prices are a large reason for the dramatic decrease in the number of SEOs granted by the District



Sunil Sharpe and Robbie Kitt, the co-founders of the 'Give us the Night' lobby at the Commercial Bar PICTURE: BRENDAN GLEESON

Court in recent years, with just 37,000 such orders given last year, down 60% in a decade.

Mr Sharpe said there needs to be local lobbies in each city, having already held Give us the Night meetings across Ireland.

"We want something which will set a precedent for the rest of the country. Then it will become easier for places like Limerick to say we want a bit of this too. It's about offering more choice. Without that, without modernisation of our licensing laws, we are going to see more businesses close and more jobs lost, and even more generic programming for nightlife," he told the meeting.

Fionn Coughlan, Corbally, said Limerick's troubled past could count against it when nightclub owners are seeking extended licences.

"There are people in the government and the public who think if we extended opening hours, these problems might come back. That's why we need to convey our message in a way which is reassuring," he added.

Education event at Strand

THE Strand Hotel will next Wednesday host a breakfast briefing focused on the Springboard programme.

Kicking off at 7.30am, the event will give an overview of the programme, aimed at employers looking to avail of the scheme.

Springboard has been established with the Higher Education Authority and the Department of Education and Skills. Colleges are now seeking proposals and opinions from employers



Joe Leddin, mid-west Skills manager

across all industry sectors on what new courses or programmes are required to meet current and future needs. The event will offer the opportunity to meet with both representatives from the University of Limerick and Limerick Institute of Technology. More details from 086-8160569.

IBYE returns for 2019

LOCAL people with big business ideas are being encouraged to enter the search for Ireland's Best Young Entrepreneur (IBYE), which brings with it a share of a €2m investment.

Now in its fifth year, IBYE is open to people between the ages of 18 and 35 with an innovative business idea, a new start-up or established company.

Ireland's most successful programme to celebrate Ireland's young entrepreneurs, it's developed by the Local Enterprise Offices and is run locally by the Limerick base with the co-operation of Limerick City and County Council, Enterprise Ireland and the government.

The closing date to enter this year's competition is Friday, March 15.

For more information, visit www.ibye.ie, or telephone 061-407499.

Welcome for Regeneron plans in city

THERE has been a huge welcome for the news that Regeneron is to pump another €200m into its operation in Raheen.

The global biotech company's local boss Niall O'Leary has this week revealed the firm is planning to expand its Limerick site by 240,000 square feet, an expansion of more than 50%.

The move is expected to lead to hundreds more jobs.

Senator Kieran O'Donnell has welcomed the commitment by a firm which already employs 800 staff and 400 contractors at the former Dell manufacturing facility.

"This major expansion plans by Regeneron at its Raheen facility is great news for us here in Limerick. It is a serious vote of confidence in what we offer here, in terms of workforce, third level institutions, connectivity and quality of life," he said. "I wish to congratulate all at Regeneron on this



Sen. Kieran O'Donnell, Niall O'Leary, Regeneron, Martin Shanahan, IDA and Minister Richard Bruton

milestone. The 60% facilities expansion plans for Raheen, involves a large number of further high-end jobs. In a relatively short space of time, Regeneron has already made a significant

contribution to our city and region. This new investment plan by the company further demonstrates their strong commitment to Limerick and is most welcome by us all."

Regeneron only arrived in Limerick City back in 2013.

Mayor James Collins said this news should "stir" government into backing Limerick for a "complete overhaul" of the city's transport network.

"Limerick needs to plan now for the transport system we will need in five years' time if we continue to grow at a rate of 3,000 new jobs a year. We want an ambitious future-proof transport plan and we want the government to back us and prove it is serious about promoting balanced growth of the regional cities," the Fianna Fail councillor added.

Limerick is home to three of the top 25 bio-pharmaceutical companies in the world - Johnson and Johnson, Stryker and Regeneron.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Spring out to Gardeners' Break at Dromoland Castle

DROMOLAND Castle, set on a beautiful 450-acre estate, is the perfect getaway for keen gardeners this spring.

Join us in one of Ireland's finest and most celebrated resorts on Tuesday, March 5 and Wednesday, March 6 and discover the secrets of the beautiful walled gardens at Dromoland Castle and take home valuable tips, advice and inspiration to recreate in your own gardens.

Hosted by head gardener at Dromoland Castle, Dorothea Madden, and Garden Design Consultant, Arthur Shackleton, you'll enjoy a specially curated weekend of guided garden walks, themed talks and practical advice covering everything from planting and lawn

care to herbs, trees and composting. Experience the luxury of Dromoland Castle, with dinner each evening in the Earl of Thomond Restaurant.

This relaxed and convivial weekend is available for €490 per person sharing based on two people sharing a room with both partaking in the Gardener's Weekend. For partners who wish to simply enjoy a stay at Dromoland Castle without getting their hands dirty, join us for dinner and a most memorable stay for just €310. Cost per single occupied room, €690.

This special Gardener's Break includes:

March 5:
3pm - Arrival and check-in



The beautiful walled gardens at Dromoland Castle

3.30pm - Meet in The Fig Tree for coffee and scones
4pm - Walk around the grounds and woodlands with a nature talk by Dorothea and Arthur
5.30pm - Return to relax in rooms
6.30pm - Meet in Terrace Room/Drawing Room for cocktail and canapés, and an informal presentation from Arthur Shackleton
7.15pm - Dinner in the Earl of Thomond Restaurant or Terrace Room

March 6:
7.30-10am - Leisurely breakfast in the Earl of Thomond Restaurant
10am - Meet in the Walled Garden for a 'Clearing out after Winter' walk

through with practical and hands on advice

11.30am - Talk on planting bulbs and trees
1pm - Lunch in The Fig Tree
2pm - Tips and advice on lawn maintenance
2.45pm - Presentation on herbs and vegetables
3.15pm - Refreshments in The Fig Tree
3.45pm - Talk on Summer annuals
4.15pm - Talk on composting
5.30pm - Return to rooms to relax
7pm-10pm - Dinner in The Earl of Thomond Restaurant or Terrace Room with Dorothea and Arthur
To book your stay, visit www.dromoland.ie or call 061 3467007.

Modern conveniences and classic style in Castletroy

THE Castletroy Park Hotel recently introduced 26 brand new spacious suites to its property.

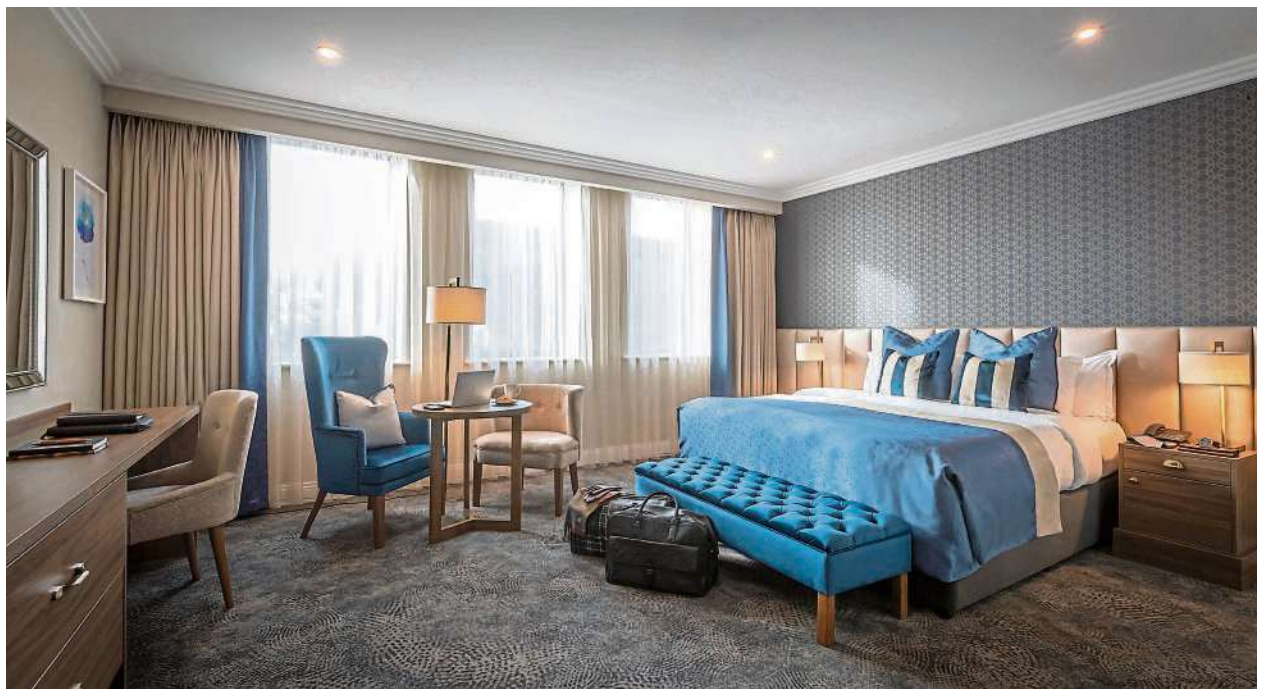
The newly completed suites are located adjacent to the main hotel building and offer a home away from home experience with in-room amenities including fridge, microwave and induction hobs in their kitchenettes, luxurious king size beds and all modern conveniences including Netflix access in the rooms and high-speed wifi throughout.

While guests can enjoy the peace and quiet of being set apart from the bustling hotel, they can still benefit from complimentary access to the leisure facilities such as the 20 metre swimming pool, sauna and gym as well as breakfast in McLaughlin's Restaurant in the main hotel. The suites are also a superb option for families coming to visit Limerick over the

summer to provide a space where the family can all stay together comfortably. Guests travelling on business can benefit from spacious workspaces to catch up on emails while on the road as well as proximity to the local business parks and of course the University of Limerick on the doorstep.

Cyril Laffan, the general manager of the Castletroy Park Hotel, said: "We're very proud of our new suites and believe they will attract guests who would like an extra touch of luxury during their visit to Limerick. Designed with comfort in mind, the suites are elegant and modern with high quality finishes throughout."

The suites can be booked now directly through the Castletroy Park Hotel website or by calling the reservations team on 061 335566.



One of the new spacious suites at the Castletroy Park Hotel

Don't miss out on EZ Living's biggest sale ever!

EZ Living Furniture's biggest sale ever is running both in-store and online for a limited time only.

With up to 60% off - grab yourself a bargain while everything is still reduced across all departments including sofas, dining, bedroom, mattresses and home accessories.

Choose from a wide range of stylish to traditional sofas, skillfully crafted beds to luxurious mattresses or contemporary bar stools to sophisticated dining

chairs - EZ Living Furniture's Biggest Sale Ever has it all and at the lowest prices ever!

If you still can't decide between what mattress would suit you and your sleeping positions the best or need help with sofa measurements then call into any of our stores nationwide to speak with our knowledgeable sales consultants and receive specialist advice which is guaranteed to assist you with your decision - making. Don't delay as our Biggest Sale Ever is ending

soon.

And don't forget the Golden Ticket Competition continues in conjunction with the Biggest Sale Ever - a chance to win your furniture for free with €10,000 worth of prizes to be given away.

It's definitely a not-to-be-missed opportunity! Customers simply need to make a purchase in EZ Living Furniture in-store or online during our Biggest Sale Ever to be in with a chance of winning. It really is that

simple! The Golden Ticket weekly draws are happening in each store until the end of January so keep an eye on our social media channels where the winners will be announced. Congratulations to all our Golden Ticket winners so far - recently Karen Woods was awarded €500 voucher in the City East store, Limerick.

Visit www.ezlivingfurniture.ie/goldenticket for more information and to see the Terms and Conditions for the competition.



Don't miss out: Limerick winner Karen Woods with City East store manager Craig Sheehan



Bishop Brendan Leahy officially launches the new exhibition in the newly refurbished Captain's Room at the Hunt Museum.

Out & About

LAUNCH OF NEW HUNT MUSEUM STRATEGY AND REOPENING

Pictures: KEITH WISEMAN



Mayor of Limerick City and County, James Collins talking with Rev Canon Dr Kenneth Kearon, Church of Ireland Bishop of Limerick and Killaloe



Bishop Brendan Leahy officially launches the new exhibition in the refurbished Captain's Room at the Hunt Museum



Julie Butler, The Hunt Museum, in the Captain's Room



Ursula Lesli, Tarbert, Sarah Gough, Thomondgate, and Jill Cousins, director and chief executive of The Hunt Museum



Lady Geraldine Dunraven with Artist, Samuel Walsh.



Two-year-old Evelyn Sloane looking for hidden treasure in the drawers of the Hunt Museum with Docent, Noreen Ellerler.



LEFT: Launch of new Hunt Museum strategy, reopening of museum and a brand new exhibition. Mayor of Limerick City and County addresses the large attendance in the Captain's Room at the Hunt Museum.

ABOVE: Nuala Kerins, architect, with David Bracken, Limerick Diocese Archivist.

RIGHT: Eoin and Ann O'Connell with the Very Reverend Niall Sloane, COI Dean of Limerick.



Pat Kearney, Mayor of Limerick City and County James Collins, Maurice Quinlan, exhibition Curator, Ralph Gelbert, exhibiting artist, Naomi O'Nolan, The Hunt Museum, Matthew Potter, Limerick City Museum and Bishop Brendan Leahy who launched the exhibition



Tadhg Kearney and Matthew Potter, Limerick City Museum



The Hickey family, Richard, Peggy, Libby and David, proprietors of South's

Out & About

SIX NATIONS TROPHY IN SOUTH'S BAR

Pictures: ADRIAN BUTLER



Tom Coughlan, Ardpatrick, pictured with the trophy



Liz Gaynor, O'Curry Street gets her photo with the silverware



Donal Bourke, Castletroy and Alex Stafford, The Crescent posing with the coveted trophy



Brendan Ryan, Guinness, Libby Hickey, South's Bar and Ken O'Callaghan, Guinness



Pat Barriscale, North Circular Road, gets his hands on the Six Nations trophy at South's bar



LEFT: Brian Tuohy, Kildimo, Terry Clancy, Castletroy, Richard Leonard, Ennis Road, and David Hickey, South's Bar

ABOVE: Peggy Hickey, South's Bar with Dr Brian Byrne, O'Curry Place

RIGHT: Maurice Harris, Wolfe Tone Street



Dave Scully, O'Connell Avenue, posed with the Six Nations trophy in South's bar



Pat Moran, Shelbourne Avenue with the trophy Ireland will be fighting to retain starting against England on Saturday



Marie Carroll, Denis Carroll and Deirdre Carroll, Windmill Street, pictured with the Six Nations trophy

Navigating currency fluctuations with BOI

LEADER REPORTER

news@limerickleader.ie

As the Brexit debate continues to dominate the headlines, Irish businesses with an exposure to non-euro currency, should be seriously considering how they are managing their currency risk and look to minimise their exposure to sudden and large currency moves expected in the months ahead.

Speaking about the latest sterling currency updates, Lee Evans, Head of FX Trading at Bank of Ireland, commented; "The Pound is currently undervalued due to the Brexit vote but as we approach the March deadline, any

'Pound-positive' outcome could see a notable rally in Sterling as it regains some of its lost value. Similarly, there are still risks to a disorderly Brexit which would see substantial moves on the currency markets."

The team at Bank of Ireland Global Markets are helping customers across Limerick navigate and thrive during these times of heightened uncertainty.

If your business has a material exposure to a non-euro currency, don't gamble with your bottom line. Come and talk to your local Bank of Ireland regional treasury manager about your hedging strategy and they will work with you to identify, understand and manage your treasury requirements.



Niall Sinnott, Bank of Ireland

Businesses can also avail of a number of other supports from Bank of Ireland to help navigate international markets including; market and economic updates, resources on the dedicated online Brexit Portal, trade finance and FXPay, our online international payments platform.

Niall Sinnott, Regional Treasury Manager for Munster added: "Due to unprecedented demand and to further support businesses getting Brexit ready, we have also increased our unsecured FX facility to €50 million. This makes it simpler for your business to fix your foreign exchange exposure at competitive market rates

on the day you agree a contract with a customer or supplier, giving certainty on cash flow and profit margin".

If you would like support in preparing your business for Brexit, get in touch with your local Bank of Ireland regional treasury manager or your usual Bank of Ireland Business Adviser. You can also visit bankofireland.com/Brexit for more information on the Bank's business lending and currency risk management services.

Niall Sinnott is Regional Treasury Manager for Munster at Bank of Ireland and can be contacted at 086 384 7030 & Niall.Sinnott@boi.com

CIF MID-WEST AGM AT CASTLETROY PARK HOTEL

Pictures: OISIN MCHUGH/TRUE MEDIA



Brian O Loughlin, L&M Keating and Francis Cleary, L&M Keating



Mike Ryan, Limerick, Michael Joyce, Patrickswell and Dave Fitzgerald, Nenagh



Lorcan Hoyne was appointed chairman of the Construction Industry Federation Mid-West branch at the agm in the Castletroy Park Hotel. He is a contracts director for L&M Keating

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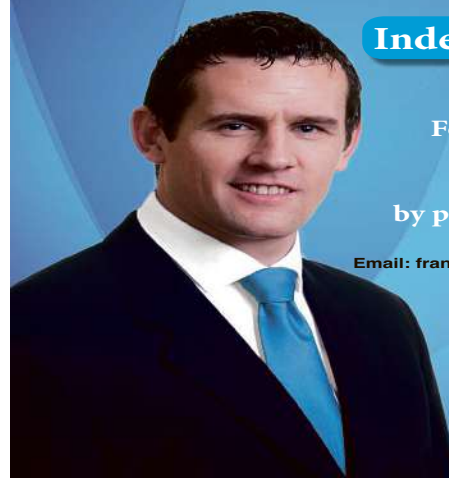
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ENTERTAINMENT

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

What Next for Dance Limerick

Dance Limerick is inviting audiences to "dive in and discover" dance at the What Next festival this February.

Returning for a second year, What Next dance festival promotes dance discovery through live performances, workshops and other events. Inspired by the impressive talent of rising dance artists from Limerick, the rest of Ireland and abroad, it encourages audiences to sample something different through its fresh and engaging programme.

It showcases an original line up of choreographers, dance artist and musicians from across from Ireland and abroad and it runs from February 7-9 at Dance Limerick's performance space in St John's Church. See www.dancelimerick.ie.



Larner's Instinct for kindness

RADA trained actor, writer, director and songwriter Chris Larner brings a heartbreaking and compelling tale to the Belltable stage next week.

Written and performed by Larner himself, **pictured**, it tells the true story of the death of his ex-wife and their journey to assisted suicide and the intimate details that go along with it. He has received rave reviews for his funny and heartbreaking tale - and the bravery in recounting it in first person to an audience. *Instinct for Kindness* is in the Belltable on February 6. See www.limetreetheatre.ie.



Origin 1st Irish Theatre festival founder George C Heslin with playwright Ann Blake

Success for Limerick plays at the Origin 1st Irish festival in NYC

ALONE It Stands, telling the story of Munster's win over the All Blacks in 1978, has picked up an award in New York.

John Breen's play won Best Production at the 2019 Origin 1st Irish Theatre Festival in New York on Monday night.

Limerick playwright Ann Blake's play *The Morning After the Life Before*, which was also playing at the Origin festival, took two awards, for

best director in Limerick man Paul Meade and best actress for Lucia Smyth, who stars in the play with Blake.

It marks a successful outing for Limerick theatre works at the festival, which celebrates the work of Irish playwrights annually and is the brainchild of George C Heslin, who is himself from Limerick.

In all, the New York festival featured 17 productions and special

events, with six plays in competition vying for jury prizes. Of the plays, four were American premieres, including *Alone It Stands* and Blake's *Morning After the Life Before*, while two were world premieres.

Fionnula Flanagan, currently on Broadway in *The Ferryman*, was honored with a Special Lifetime Achievement Award given by Origin Theatre Company, who run the festival.

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Sarah Blennerhassett, Hazel Holiday and Antionette O'Connell at the healthy eating event



FRESH START WITH ALEX AT ALEX FINDLATERS

Pictures: KEITH WISEMAN



Chef, Valerio Remorini with the first pizza out of the oven



Guests on the night enjoyed a prosecco reception

Alex Findlater presented Bring on January 'Fresh start with Alex' at their premises on O'Connell Street. the restaurant's talented chefs demonstrated how to make healthy pizza bases which were loaded with lots of veg while guests sipped on light prosecco. Pictured is Alfredo Bustos manager of The Grill Room at Alex Findlater PICTURE: KEITH WISEMAN



Chef Valerio Remorini and Head Chef, John Mount gave the demo in Alex Findlater on O'Connell Street



Elizabeth and Louise pictured with the healthy pizzas produced on the night in Alex Findlater



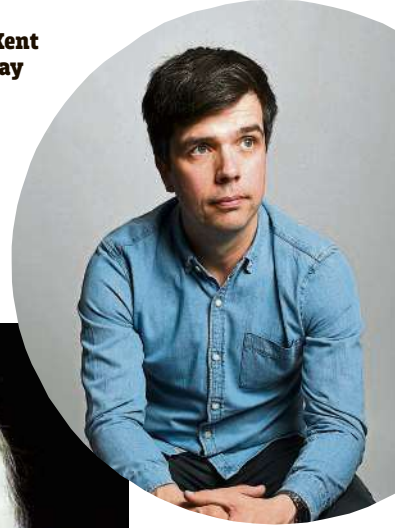
David O'Mahony, Petrina Hayes and Peter MacNamara with two of the healthy pizzas baked on the night



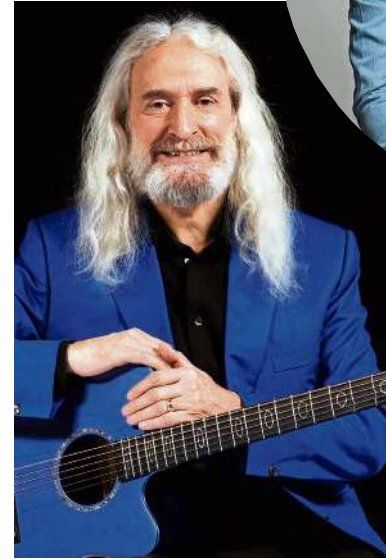
Folk musician Jim Page is Upstairs in Dolan's on Saturday

THINGS WHAT ARE ON IN LIMERICK

RIGHT: Comedian Chris Kent is in the Kasbah on Friday



LEFT: Charlie Landsborough plays the Lime Tree Theatre on Thursday



COMEDY still rules the roost in the city this weekend, with two headline acts fighting for your love and laughter. You can also catch a new exhibition in Limerick City Gallery with the usual free glass of vino, see five plays for the price of one at the Lime Tree and hear a folk music legend in Dolan's.

Thursday (Jan 31)

Free lunchtime concerts are back at the **Irish World Academy** this Thursday, kicking off with **Andreea Banciu and Aileen Cahill** performing Rebecca Clarke's Sonata for Viola and Piano. Banciu is a member of the ConTempo String Quartet, who describe themselves as the ABBA of classical music, so this is like the moment in 1982 when Frida Lyngstad said sod it and released her first solo album. Clarke's Sonata is rarely performed, despite being rather wonderful, so catch this if you can. It's a free gig, starting at 1:15pm.

Crystalline: Hidden Monuments is a new exhibition at **Limerick City Gallery**, opening this Thursday. The work, by Dublin-based artist Siobhan McDonald, was first exhibited at the Centre Culturel Irlandais in Paris and explores "the invisible patterns of nature and the fragility of landforms exposed to the elements". Just as importantly, art launches involve free wine, which will be available from 6pm to 8pm on Thursday. The exhibition runs till March 17.

Jason Byrne has become one of Ireland's most reliably hilarious comedians over the past two decades and he's in **Dolan's Warehouse** this Thursday with his You Can Come In But Don't Start Anything tour. It's always nice to see a warning on your ticket. His shows are largely unscripted and involve a lot of interaction with the audience, so be prepared for not starting anything if you sit in the front row. Doors at 7:30pm, tickets

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

are €26.50.

Country-folk artist **Charlie Landsborough** is in the **Lime Tree Theatre** on Thursday. He's been very popular in Ireland since his song What Colour Is The Wind took the easy-listening airwaves by storm in 1994 and he's declared that this is his farewell tour. At 77 years of age, he's unlikely to decide to get the band back together in ten years, so this is your last chance to catch him live. 8pm, tickets are €30.

Pop-grunge foursome **Bouts** headline a DIY LK night in **Pharmacia** this Thursday. Part of the Dublin underground indie scene since 2011, their new album Flow is worth a listen and should be getting a lot more airplay. Eschewing the traditionally depressing grunge sound for guitar-driven pop hooks, it's worth the time and money to see them live. They'll be supported by Limerick's Monday Villains and singer-songwriter Kayleigh O'Brien. Doors at 10pm and tickets are a snip at a fiver.

Friday (February 1)

Cork comedian **Chris Kent** is in the **Kasbah Social Club** this Friday. He shares a name with the son of General Zod from the Superman comics but his only super power is making people laugh. You'll never save the Earth with that, Chris, though at least we'll all go down giggling. He's been voted as one of Ireland's top five comedians by Hot Press and was listed as 'One To Watch' by The Dublin magazine, which must

make it very awkward when he just wants to quietly go to the shops for milk. Doors at 7:30pm, tickets are €12.50.

Saturday (February 2)

Folk music fans are in for an utter treat this Saturday night, as American singer-songwriter **Jim Page** is **Upstairs in Dolan's**.

Usually known as Seattle Jim Page to distinguish him from the founder of Led Zeppelin currently fighting with

Robbie Williams, he's as well-known for his social activism as his music. Irish music fans will remember him from his Hiroshima Nagasaki Russian Roulette song, covered by

Christy Moore and Moving Hearts on their debut album. While I'm sure that he'd hate to be compartmentalised as a political singer, his protest songs are the stuff of legend in the folk scene. This is the gig that you shouldn't miss this week. Doors at 8pm, tickets are €20.

Roy Orbison is being brought back to life at the **University Concert Hall** this Saturday night, as Australian tribute artist Dean Bourne is in town with his Roy Orbison Reborn act. Obviously he'll be singing the best songs of Lefty Wilbury but if you're going to the gig, the important thing to remember in an emergency is how to kill the undead. If he moves slowly, the reanimated Roy Orbison is probably a zombie and you need to take out the brain. Quick movements? Possibly a vampire, so a stake to the heart will sort it. There's no



harm in being prepared just in case this reborn thing is catching. 8pm, tickets are €32.50.

This Saturday night, the **Lime Tree Theatre** hosts the **24 Hour Plays**, the culmination of feverish activity by Limerick's best actors, writers and directors. 24 hours is the length of time they have to write and rehearse the shows rather than the length of the performances, so you don't have to bring a packed lunch and breakfast. It's always an interesting experiment and it's a chance to see what Limerick theatre talent can come up with in just a day. The show starts at 8pm and, with five plays on offer for just €15, it's the best theatrical bang for your buck you'll get in February.

It's electronic night at **Pharmacia** this Saturday, with **Rokaia**, Anthony Byrne and Laila Jedir taking to the decks. You can expect everything from lo-fi to synth, with a bit of hip-hop thrown in to keep you on your toes. Doors at 9pm and tickets are €7.

Sunday (February 3)

The **Milford Hospice annual 10km run** takes place this Sunday. It's in aid of Milford Care Centre and will cost you €25 to enter. Registration is at 11am in the UL plaza and runners will keep going until they die or finish 10 kilometres, whichever comes first.

All weekend

The Louise Bourgeois exhibition is at Limerick City Gallery until February 17. The Michael O'Connor poster collection and Siobhan McDonald exhibition are at the gallery until March 17. All free to visit. Visible Reminders of Invisible Light runs at the Hunt Museum until March 24 and is free to see on Sundays.

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

LEFT: Jason Byrne is in Dolan's Warehouse on Thursday

BIG NIGHT OUT @

VENUE SMYTH'S BAR
PICTURES:
DAVE GAYNOR



Ailish O'Donovan, Moya Murphy and Deirdre Lynch at Smyth's Bar



Laura English and Leanne Frewen



Meadhbh Davoren and Orlaith O'Reilly



Siobhan O'Callaghan and Sarah Lynch



Aedín Hogan, Neassa Murray and Eimear Murphy



Evelyne Cotter and Tommy Marshal



Niamh Meaney, Eileen Murphy and Clare O'Shea



Lucy Hegarty and Cliona Brady



Jack Cooke and Bryan Kennedy at Smyth's Bar



Niamh Murphy and Stephen O'Connell



Megan Griffin and Lucy Killackey



Jack Murphy, Sean Meehan, Brid Moloney and Evan Fitzgerald

BELLTABLE

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by Chris Larnar

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Tickets: €15



Booking: limetreetheatre.ie | 061 953400

LEADER LIFE

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

A Day In My Shoes

Anthony O'Halloran

The Dental Laboratory, John Street



Smile and the world smiles with you

What time do you get up?
I am usually up at 6 o'clock.

What is your normal breakfast?
Porridge.

Do you go for a walk or to the gym before/after the office?
I always walk into work.

You arrive at office at what time?
I get in the office around 6.30am.

What are your first duties?
When I first come in I start my day and get work ready for the other staff that come in at 9am.

How many cups of coffee/tea would you drink a day?
I probably have three mugs of tea during the day.

What is normal lunch - do you have a favourite place?
Oh, I bring my lunch with me to work.

Do you have many meetings during the day?
Well as a dental technician I meet a lot of patients to discuss

All smiles was Anthony O'Halloran of The Dental Laboratory, John Street

what smile they want and how I can make them smile - unfortunately I can't always make them happy.

What time do you finish up at?
I try to get out of the office by 4pm.

Do you read the newspapers?
Of course I read the Limerick Leader when I get a chance.

What do you do to relax?
I love to read, walk and play golf.

Are you able to leave the office behind?
Yes!

Do you ever lose 'the cool' and if so what would make you annoyed?
Yes. When peoples' expectations are too high. I am not God, I am a dental technician.

INSIDE THIS WEEK



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Week 3: Sometimes it's not easy, but it's worth it



**MENTAL HEALTH
MATTERS**
**DR EDDIE
MURPHY**
Clinical Psychologist

WE are moving into the swing of things in Operation Transformation, the new lifestyle of the leaders with food and movement is all settling in but the stress of this new way of being is taking its toll. Operation Transformation is like a wave and it takes over the lives of the leaders but also their families. Having a camera person around you seven days a week easy, but it's worth it.

Pamela Swayne: Youghal, Co. Cork
Lost 0lbs

Pamela lost no weight this week. Shock, horror! Not really we are assured by Karl and Aoife that Pam lost 2lbs of fat and gained 2lbs of muscle. Apparently all ok, this week anyway. More importantly Pam life is moving towards being smoke free. That's a big achievement. Pam no doubt will redouble her efforts I think the explanation won't be enough next week if Pam doesn't hit her target. Pam is going to work with Aoife as she is trying to embrace the food plan, but needs guidance for this for her children.

Jean Tierney Age: 33 Bruff
Lost 2lbs

Jean lost 2lbs her target was 3lbs. This was associated with Jean's menstrual cycle and fluid retention. So totally understandable. This is a tough time for Jean as it's the anniversary of her and Paddy's baby daughter death. The key message from me is that I trust Jean and Paddy, that their grief does not need to be pathologised or seen as abnormal. Too often when people are grieving they are advised counseling. Jean is very interested in looking at



Pam no doubt will redouble her efforts I think the explanation won't be enough next week if Pam doesn't hit her target

personal goals and I hope to do a coaching session with Jean, you can check this out on the telly!

Cathal Gallagher
Ballyshannon, Co Donegal
Lost 4lbs

It was a tough week for Cathal. Aoife went up to Donegal to explore the OT moto of 'One Family One Meal'. However OT seeks to encourage flexibility and OT need to be flexible itself. Cathal's wife Agi is Polish and the One family One Meal motto is too rigid for this family. Agi fears the Irish diet for her daughter, and its repercussions after all she can see where it got Cathal. Despite the stress and strain instead of turning to food and wine Cathal turned to exercise.

Siobhán O'Brien. Clonsilla, Dublin
Lost 3lb

Siobhan was the only women to hit her target this week. Well Done. Siobhan is an ex Irish Tawkwando champion. She is working her way back to sport. Often in life we stop doing things that we enjoyed, can you think of something in your life.



Who will pick up the pace next week? Operation Transformation airs each Wednesday on RTE at 9.30pm

Sometimes I see this like a joyful hobby locked away in a drawer. I encourage you to open this drawer and don't wait for the feeling and get doing to access these possible feelings.

Paul Murphy Tubbercurry, Co. Sligo
Lost 4lbs

I went to Sligo to see Paul. He no doubt will hit his targets week on week. He has loads of muscle meaning he will burn more calories than most. As he is on his

feet most of the day he walks greater than 15,000 steps a day way more than the normal person. However the tragedy of Paul's transformation if I fear is he is working 100 per cent each week. How is that sustainable. On his wheel of life 80% of his time was in work with 20% family time of which its 5% quality time. If Paul can't give himself a day off, what is his transformation all about! All work and no play makes 'Paul' you can fill in the bits.

Come along and join us on the Operation Journey each Wednesday RTE 1 at 9.30pm

* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>



Tranquil and historic Limerick : Claire Waters sent in this picture of John's Castle by night



Another of Claire Waters' recent snaps

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



John Billingham snapped this hungry fella in Killaloe



Sarah McIntyre sent in these prized puppies Bella and Jessie, taken in O'Gonnelloe, Co Clare

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

Working with fussy eaters in your family

Picky eating is one of the most common issues for parents and the quest for nutritional balance often leads to dinner time drudgery. Most children find some foods unpalatable – vegetables are usually top of the offender's list, while sweets rarely are. There are a few ways to reduce the stress of those broccoli battles:

Avoid forcing food on a child

This only creates negative associations. If something goes down like a lead balloon, just re-try at a different time and in a different way (maybe baked instead of boiled).

Offer choice

Put corn and peas on the plate and explain that while it would be great if both were eaten, only one can be left. Choice makes children feel empowered and they generally react well.

Set a meal time routine

Small tummies respond well to knowing when to expect food so keep meal times as consistent as you can.

Respect your child's appetite (or lack of)

Learn to read the cues so that you know the difference between when a child won't eat and when they just doesn't feel like eating.

Try not to encourage or bribe

Talk about anything but food at the table. Distraction is a vital tool in the parenting kit!



Unplugging from devices, eating together and helping your children focus on a few of their favourite activities are good ways to connect

Communicating and connecting with your child

The excitement and anxiety at the beginning of the school year has now eased, and most parents have settled in to a daily routine, even if it feels chaotic at times.

The rush to get ready for school in the morning and the evening routine, with homework, after school activities, friends, lunches and dinner can feel overwhelming for both children and parents. We can miss out on those important moments when we really connect and communicate with our children. We can also get so caught up in ploughing through the tasks at hand, that we find we don't have the time to have fun with our

children and really enjoy family life. No one gets this right all of the time, but below are a few things that might help.

DON'T OVER SCHEDULE

After school activities can be an important part of your child's development - they can learn new skills, make new friends, find a real passion in life. But, the overscheduled child won't be able to enjoy it, and it may cause them to feel stress and anxiety. Find a couple of things that your child really enjoys, and let them focus on that. Remember that your passions may not be their passions.

EAT TOGETHER

Try to make the family dinner table a place for all the family to share their day, have some fun and reconnect. You may not be able to do it every day, but make a real effort to prioritise it as often as possible, even if that means being a bit flexible with the time.

Find time when there is no time. Many parents and children spend a lot of time together on the way to somewhere else. Try to make the most of this travelling time and spend it chatting with your child. These don't need to be deep conversations - just a space where you and your child enjoy each

other's company.

UNPLUG

We all know this one, but the ping of a phone or tablet can seem impossible to resist. Make sure that both you and your children put the gadgets away for a time every day so that you can focus on each other. You will be setting a good example for your children, and they will get the clear message that they are more important than the siren song of the gadgets.

If you would like more information, please see www.loveparenting.ie or send us a message at info@loveparenting.ie.



HEALTHY LIVING

EVA HILL HAMILTON

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Chicken soup – is not just for the soul

ALTHOUGH this winter is unusually mild, temperatures hardly rise over the mid-teens and many suffer with colds, flues and persistent coughs. Antibiotics are of no use here, in fact, by reducing the diversity of our gut flora for over a year these drugs would actually weaken our immune system – so do not take them unless your doctor confirms secondary bacterial infection.

When all supplements and over the counter remedies are found useless, good old traditional chicken broth may come to the rescue. I remember my mother always spent Sunday mornings gently simmering the chicken carcass with vegetables and herbs for hours, providing the family with a tasty appetiser for our Sunday meal and base for many upcoming soups, stews and gravies.

A long-standing staple of



Chicken soup has long been regarded as a remedy for upper respiratory infections

many traditional diets of the pre-industrialisation era, chicken soup has long been regarded as a remedy for symptomatic upper respiratory tract infections. Some even call it the Jewish penicillin. A recent study

published in the Chest medical journal investigated exactly how this housewife's remedy actually worked. Substances from both the chicken and the vegetables present in the stock mitigated white blood cell

migration, resulting in slight reduction of inflammation – the process which results in the well-known symptoms of the cold.

Chicken, or any bone, broths have many healing properties. They are extraordinarily rich in easily digestible proteins. Glycine for example is an amino acid which supports the body's detoxification process and is used in the synthesis of haemoglobin – the part of our red blood cells that carry oxygen to our cells so we may create energy. It is necessary to produce bile salts and other naturally-occurring chemicals within the body. Glycine along with the gelatin content also supports the structure of the digestive tract and the secretion of gastric acids - which is why broths play a critical role in gut healing therapies along with probiotics.

Bone broths contain

many nutrients necessary for normal adrenal function, and according to Dr Catherine Shanahan it is able to even patch the holes in the kidney tissue that cause their sub-optimal function. If your adrenals are under-performing due to long-standing stress, you may feel exhausted, uninterested in anything and you wish to just curl up in bed and sleep all the time.

Go on, get down to the butcher and get some cheap bones, or use the carcass left over from your roast chicken, pile them into a large pot of filtered water with some root vegetables, onion, garlic, bouquet garni, black pepper corns and sea salt and simmer for at least 6 hours – topping up the liquid time to time. Enjoy a cup of this golden delicious liquid every day, and fast on it when the viruses get the better of you!

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Managing your stress

THIS week I want to start with a little anecdote, something that I hope will get you all thinking about the everyday stresses - big and small - that you deal with in your lives.

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face she inquired, "How heavy is this glass of water?" The answers called out ranged from 8oz to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stress and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them for a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything." Always remember to put the glass down.

Stress management is so important, especially today when

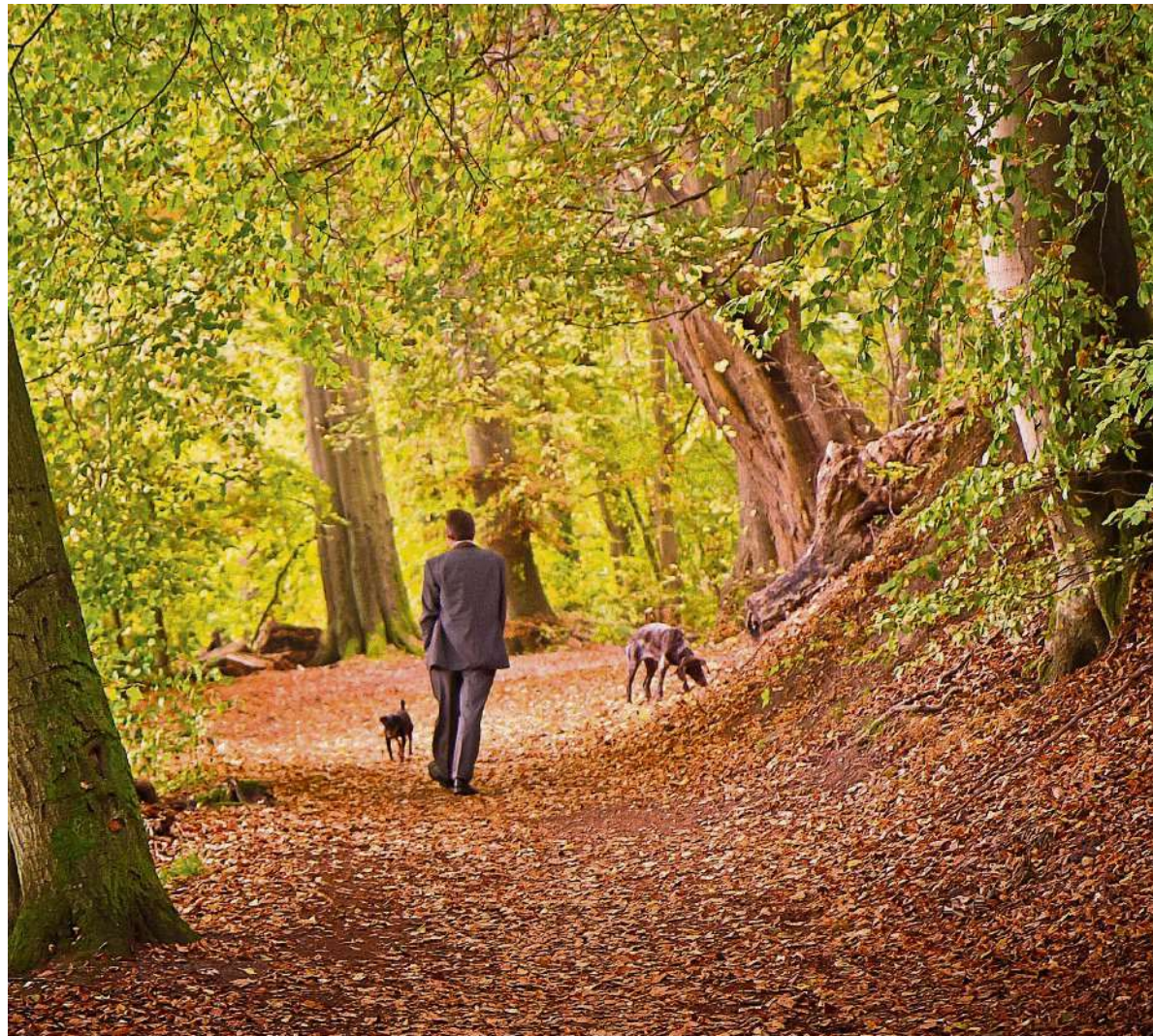
our lives are so busy, online and constantly switched on. So I've decided to share three simple tips that might help you manage those day to day stresses - whether they are big or small.

1: EXERCISE

It really is the answer to so many things. Exercise is proven to help you release endorphins that create a positive feeling in the body. If the idea of exercise instantly makes you feel overwhelmed - remember you can start wherever you like. A simple walk around the block or a few minutes in the comfort of your living room. It doesn't have to be a grand event like a class or running club. If you are starting off, start small. But the benefits are huge. Not only does it go a long way to helping your stress levels, but it will also help your body and your mind.

2: SWITCH OFF YOUR PHONE

If you are feeling a little stressed, put your phone down. We are all far too switched on between phone calls, text messages and social media. Our minds don't get a second to de-clutter. On top of that there is an amount of negativity we are consuming from being online that will only add to our feeling of stress. Be very careful how you do spend your time online and maybe put little "pockets" of your day aside where you have no phone at all.



Make time for yourself: Leanne suggests taking a 'Soul Day' to do only the things that you want

3: HAVE A "SOUL DAY"

This is what I call a day (or even a few hours) of doing what I know makes me happy. It might be as simple as a walk with the dogs on the beach, or even ordering a pizza and watching some Netflix. A 'Soul

Day' is my way of making me-time a thing. And it's so important. With family, work and day to day responsibilities - how often do you actually give yourself the time you need and deserve?

Call it your 'Soul Day' or call it anything you want - but name it. It

makes it official and it makes it officially you-time. Then schedule it in like you would any other appointment and make sure you spend time for you.

I hope these three little tips will help, we all need to remember to put the glass down.

Healthy Recipe Delicious taco chips

What You Need

Sweet Potato
Mince (either lean beef or turkey mince)
Tinned Tomatoes (Or three chopped fresh tomatoes)
Spices (1 tablespoon of each) chilli and Paprika
Pinch of Himalayan Pink Salt
2 Cloves of garlic minced
Coconut/olive oil
Grated Cheese
Pink Sauce - mix ketchup and light mayo together (Optional)



What To Do

Preheat oven to 180°C
Clean, chop potatoes in to chips, drizzle in oil and place on a tray to cook.

To make the taco mince, fry garlic over a medium heat in oil in a pan.

Add mince and cook till browned.

Add spices and salt

Add tomatoes.
Taste - if you would like it a little spicier add a little more chilli powder.

To serve, place chips on a plate, top with the mince, top with a little pink sauce and finish with some grated cheese.

Moore2Life

What I'm loving this week

Winter Warmers

There are some great deals on winter wear right now - perfectly timed just as the weather is getting colder. I picked up this fabulous winter white jacket by Soul Cal (a very cool brand that I like) for just €27! Check out www.sportsdirect.ie for more.



BEO Events

The winter series of BEO came to an end on Sunday with a trip to the Great Southern Hotel in Killamey. But the team have announced a string of new dates for their spring series which kicks off in March. They will be visiting Dublin, Meath, Sligo, Clare and Galway as part of these new dates and tickets are already on sale. Check out www.beowellness.ie for all the details.





MANABOUTTOWN

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How to dress for a job interview

YOU'VE landed the interview, but now you have to nail it to land the job. Having the credentials and being prepared will undoubtedly help but looking the part is also essential.

After all, if you want to do your best, you'll want to look your best, too. But what if you have no idea what to wear? Not every interview will require a suit and tie. In fact, in some scenarios, wearing this might reveal that you haven't done your research.

So before you go suit shopping, know that your interview outfit will depend on the culture of the company and the nature of the work that they do. To make things a little easier I've put together a guide on what to wear to a job interview in the hope of landing you that dream job.

BUSINESS ATTIRE

The term 'business attire' refers to the archetypal formal office dress code. It hinges on professionalism so we're talking suits, formal shirts, ties and smart shoes. For a corporate office, formality is the name of the game so you need to aim for a traditional, classic aesthetic. This doesn't mean you have to dress like an old man however as your tailoring can be youthful and fitted while still adhering to the dress code. Business attire is usually the order of the day for office work or 'white collar' jobs, where the company want to convey an atmosphere of

professionalism and formality.

DRESS TO IMPRESS

As the saying goes: you only get one chance to make a first impression. Apart from what they've seen in your CV, potential employers don't know you, so the way you dress is an indication of your professionalism. So keep it simple when you attend a professional interview. You may be a style peacock in your personal life, but you never know who is going to be interviewing you, so you'll need to play it safe. Safe, however, doesn't necessarily mean boring, dated or dull. Your office attire can still be stylish; it's all in the fit and the details.

SUIT UP

A potential employer will want to imagine how you'll fit in their office, so your interview attire should exude professionalism. A two-piece suit is ideal for a professional interview. It's smart, clean and simple and it's what you'll potentially be wearing to work every day if you get the job. Go for something simple, rather than something convoluted or over the top. Tailoring is paramount as you don't want to look like you're borrowing it from someone else. Darker colours are highly recommended for job interviews so look to the classics; navy or charcoal grey.

Black can work ok but make sure it suits your colouring and features, lest you want to look like a funeral director.

SHIRT & TIE

Shirts in lighter tones always work better in a professional environment so once again, stick to the classics. You can never go wrong with a crisp white shirt or a powder blue shirt. Also, pay attention to the type of collar on your shirt. Opt for a straight or cutaway collar as opposed to a button-down collar for a more formal look. Try to avoid darker coloured shirts for the interview and make sure the shirt and especially the collar are the right size for you. Fasten your top button and tie up your tie and for the love of God, make sure your shirt is ironed. A wrinkled shirt or one that has the outline of the packaging on it is a corporate kiss of death. For your tie, once again, keep it simple. Do not go for a skinny tie or an extra wide tie, go for a standard width in a (conservative) block colour or pattern. Burgundies, navies and dark greens are perfect for the image you want to convey and will complement the rest of your outfit. If you want to go for a pattern then consider a preppy stripe to add a bit of flair to your look. A nice tie bar will also add a small but memorable finishing touch.

SHOES & SOCKS

For your shoes, go for a round-toed Oxford, which is simple and classic (noticing a theme?). The state of your shoes will say a lot about you to a potential employer. A good pair will complete your look and capture your sense of style perfectly. A scuffed, beaten up pair



A potential employer will want to imagine how you'll fit in their office, so your interview attire should exude professionalism

of shoes send the message that you don't pay attention to detail or take pride in your appearance. So if you aren't buying new shoes, please make sure the ones you have are clean and shined. Socks will also demonstrate your personal style in an office setting but for the interview, it might be best to play it safe. Your novelty socks might spark an unwanted debate about the Taoiseach if worn in front of the wrong person so opt for a block colour that compliments your suit or a subtle pattern.

ACCESSORIES & GROOMING

A pocket square that matches your tie will accent your accompanying clothing and give a bit of dimension but be careful - it's a job interview, not a wedding so steer clear of overly vivid colours or flashy patterns as you'll still need to observe the formality of the setting. Cufflinks and a good watch are also a nice addition that will signal that you pay attention to detail. It's also a priority to make sure your hair and grooming are on point as they are

the first things that a potential employer will notice. Get your haircut a few days before the interview and don't try anything new or over the top - now is not the time to experiment with your look. If you have facial hair, make sure it's trimmed and well maintained, otherwise, go for a clean-shaven look as scraggly beards and five o'clock shadows will be noted and not for any reason that's good. If you're wearing a fragrance then don't go for anything too overpowering, as it could prove distracting. Opt for a subtle scent like Aqua Di Gio and use it sparingly.

Before you decide on an outfit, get to know the company you're applying for. Research them through their website and social media pages. You'll typically get a vibe for what their employees wear to the office.

For the interview, plan on dressing nicer than you would on a normal day working for the company and take it from there. Good luck with your interview.

Fragrance of the week Spicebomb night vision

My fragrance of the week is the new Eau de Toilette from Viktor & Rolf - Spicebomb Night Vision. A new version of the iconic masculine scent Spicebomb (launched in 2012), Spicebomb Night Vision features an oriental-fougere composition created by Firmenich perfumers Nathalie Lorson and Pierre Negrin. It includes top notes of green cardamom, green mandarin, grapefruit, and Granny Smith apple. The heart notes are black chilli, black pepper, clove, nutmeg, sage, and geranium. The base notes are roasted almonds, tonka bean absolute, and woody notes. Viktor & Rolf once again uses its iconic bottle that resembles a hand grenade -- the same design for the original Spicebomb and used for all the men's fragrances that followed. For the new fragrance, which is the fourth in the Spicebomb lineup, the bottle is tinted emerald green. The colour represents 'night vision,' and the top two-thirds of the bottle is opaque black. You'll find this exciting new men's fragrance in Debenhams and Brown Thomas for around €85 (90ml).



Watch This Space Emporio Armani Ceramica

My watch of the week is the Emporio Armani Ceramica watch from Keanes Jewellers (product code AR1410). A new interpretation of a classic, this timeless chronograph watch features a sleek design made from black ceramic. The round black dial features stand out rose colour Roman numeral hour markers with an Emporio Armani logo at 12 o'clock. It also includes chronograph, date function and mineral glass. The watch is powered by

a quality quartz movement and fastens on a black ceramic bracelet with a hidden deployment. The black dial and ceramic bracelet give this Emporio Armani watch a versatile look ideal for a sporty, social man. You'll find the Emporio Armani Ceramica watch at Keanes for €529.





STYLE & FASHION

CELIA HOLMAN LEE

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Wow! Wow! Wow! That's all I can say about this amber Versace dress priced at €5,500.

Cream of the fashion planet takes to the catwalk

FROM New York and London to Milan and Paris, spring summer 2019 showcases a vibrant, versatile and colourful season.

The new season brings a spectrum of newness from the top international designers who have returned to the roots of their respective fashion houses exhibiting a timeless minimalism with classic, toned down pieces in muted colours.

The catwalks have already showcased exquisite elegant florals, feathers, fringing and

sequins. And they've swung back to the 1960s with tie dye and irresistible mini dresses while boho chic sauntered down the runways with scarf and paisley prints.

Tailoring remains key this season with 1980s power shoulders, while the utility theme is set to dominate in jumpsuits and cargo trousers.

The hottest, most exciting new ready-to-wear brands to arrive at Brown Thomas for spring summer 19 include Jil Sander, Kitri, MM6, Rejina Pyo, Rotate, Stine Goya, Comme Des Garçon Girl, Kenzo and Preen Line.



I've love hearts in my eyes for the print on this Zimmermann blouse, €650

Neon pink may not be for everyone but I love this coat by Balenciaga which comes with a hefty price tag of €4,990



Prada comes up trumps with this knee-length coat priced at €2,980



Valentino embraces the boho vibe with this long sleeved top €2,200 and skirt €1,980

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Naomi Devitt
Occupation: Works in Willow Boutique in Ennis
From: Ballyea, County Clare

MY style icon is Olivia Palermo. She is natural and effortless and an amazing business woman. My favourite stores are Zara and Willow which are always right on trend.

CELIA SAYS

Hat: Naomi's hat is from Willow Boutique in Ennis. You can't beat the comfort and warmth of a fluffy bobble hat. They are a favourite of mine when rushing around the city on winter days. I'm all about the pom-poms. I prefer the ones with the fur detail as opposed to the ones with strings of wool - I just always find they look that bit more cosy and classy.

Coat: Ted Baker's sophisticated coats and jackets for women are always a favourite with us Irish ladies. The luxurious range provides the ultimate cover up, no matter the weather and as well as providing warmth, the coats are very sharp and smart.

Jumper: This knit from Vero Moda goes perfectly with Naomi's coat. I love the layering of the pale pink coat and the bold abstract jumper. The winter can be so dull and dark, it's always a good idea to add a pop of colour to your outfits

Jeans: Guess has always been a quality brand - when you buy their designs no matter how much you wash them, they hold their quality. These turn-up skinnies are more dressy than your usual pair of skinnies.

Shoes: How jazzy are these shoes from Pieces? The gold effect is wonderful and they really add a new twist to the look. These shoes are a bold yet comfortable statement.



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



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BEAUTY & MAKE-UP

JESSICA HOCKEDY

CONTACT JESSICA

Facebook: jessicahockedymakeupartist Email: jessicahockedy95@hotmail.com Instagram: jessicahockedy

Vegan make-up brands you need to know about!

YES, I know Veganuary is coming to an end and I hope if you tried it, you succeeded!

It's a great project to do for both your body and mind, and your make-up bag! Meet the best vegan buys on the block!

INIKA

Arguably one of the most popular vegan make-up brands, Inika has tonnes of choice from liquid foundations to highlighting creams and super-pigmented lipsticks.

SPECTRUM

Not only are Spectrum make-up brushes so Instagram-worthy, but they're also 100% vegan. Woo-hoo! Their glam clam make-up brush set has three face brushes and seven eye brushes housed in a cute AF mermaid clam case.

KAT VON D BEAUTY

Last year, Kat Von D announced plans to reformulate her entire cosmetics line to ensure every single product was vegan. Tough work but totally worth it! If you look



Tonnes of choice from Inika

on her website, she now has a section titled #VeganAlert which is full of products that do not contain any animal products or by-products, and have not been tested on animals! That's dedication people!

I haven't tried many of her products, just the lock it primer and foundation and they've been a dream on my face, so I'm excited to see what the future brings for this gorgeous brand!

ECO TOOLS

This brand has been around for a long time! They're definitely ahead of the game when it comes to vegan brushes. They are purse-friendly and offer a

massive selection of brushes, all of which are vegan and readily available in your local Boots store! Their large stippling brush is the absolute bomb!

ELF COSMETICS

A firm fave with everyone from beauty vloggers, to make-up artists. It's cheap and cheerful and luckily, the entire cosmetic line is vegan-friendly. However, not all the skincare and brushes are, so be sure to check the listed ingredients before making a purchase. Check their site online for more info. I also believe you can purchase in Penneys now too!

Bargain central!



So Instagram-worthy: Spectrum make-up brushes



Purse-friendly Eco Tools won't break the bank



Kat Von D reformulated her entire cosmetics line to ensure every product was vegan



Elf Cosmetics are a firm fave with everyone from vloggers to make-up artists



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

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



Pick'n'Mix

Happenings about town



Big test to start the Six Nations

Six Nations is here and Ireland play England in the opening round in the Aviva Stadium this Saturday at 4.45pm. It will be a big test for Joe Schmidt and the boys in green as Eddie Jones and his charges shouldn't be taken lightly.



The lovely voice of Freya Ridings

Freya Ridings performed on the Ray D'arcy show last weekend and she's taking to the stage in Dolan's on March 1. The English singer-songwriter is best known for her 2017 single Lost Without You which peaked at number nine on the UK charts.



Get yourself some winter sun

If you can get away for a few days then this time of year is great to get last minute deals. I got return flights to Spain for less than €60 and accommodation is cheap due to it being off season.



For the ultimate treat, why not book a weekend away for St Valentine's Day

Most romantic day of the year

WITH Valentines just around the corner, it's time to get planning for the most romantic day of the year.

Flowers are the first thing to arrange and don't wait until the last minute to book yours. Another favourite are hand crafted chocolates melted into heart shaped casing for the day of love.

While the day is about celebrating love it is nice to mark the occasion by doing something or getting a small token.

GIFTS

Jewellery is always a safe option but make sure you know whether she is a fan of silver, gold or rose gold. Believe it or not but people have a preference.

Keep an eye on the jewellery she wears on a day to day basis and take a trip to one of the many independently owned Limerick jewellers to get that special piece.

FOOD

A nice dinner is always the way to anyone's heart. Make sure to book in advance as restaurants fill very quickly and if you book early you can request that window seat.

Off the Bone in the South Court Hotel is hosting a Valentine's Supper

Club with Velvin Lamont. There's a cocktail reception, four course meal and live entertainment and it's to support the Irish Heart Foundation.

The Copper Rooms is always a safe bet for any special occasion. The candle lit caverns are cosy, quaint and tres romantique.

ACTION PACKED

VR Fury is a virtual reality gaming centre on the Ballysimon Road. It's great fun and is sure to provide a laugh. Another great thing to go to is The Escape Rooms in Limerick City. Get locked into a room together and try to crack some codes to escape before the time runs out.

If you and your other half are thrill seekers but don't feel like hitting the hills in the wet weather then take on a climbing wall. Nevsail have a rock climbing wall on Sexton Street.

FOR THE SINGLES

While the day itself can seem heavily focused on couples, single people can celebrate it as well. There is a tag rugby Valentines Blitz tournament on Friday February 15 in Garryowen Rugby Club. Loads of singletons playing sport followed by an after party in town.

MOVIE NIGHT

Don't feel like getting dressed up and leaving the house, then plan a movie night. Order in your favourite takeaway and turn the TV room into a fortress.

Bring all the blankets and pillows into the room and turn it into a cosy den for either your other half or if your single, with all your single friends.

Breakfast

Start your day off right

I'M trying to make healthier choices with my diet and I find porridge is almost a chore to eat in the mornings. There is enough research to prove that it's a nutritious meal so I've tried something different.

Porridge Muffins are another way to eat the oats and so far I much prefer them to the traditional breakfast bowl. You can add nuts and fruit of your choice. Simply Google Healthy Porridge Muffins and a range of recipes are available.

They are quick and easy and take 25 minutes in the oven and stay fresh for a few days meaning you can prepare a fresh batch for the week ahead.



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GERALDINES A.F.C.
 WEEKLY LOTTO DRAW HELD ON 28/1/19

This Week's Jackpot: €5600 No's: 3-12-15-21
 Lucky Dips: Dennis O'Sullivan c/o Jimmy McCarthy, Noel Moloney c/o Mike Ryan, Geraldine Noonan c/o Laura Mulqueen
 Promoters Prize Jean McNamara and Kevin O'Callaghan
 NEXT Draw held 4th February 2019
 Next Week's Jackpot: €5700

ST. MARY'S R.F.C.

Lotto Draw held Monday 28th January 2019
 Winning Numbers: 7-8-11-14, No Jackpot Winner

4 Winners €40 each: Dermot Finnan c/o T Kerley, Declan Sheehy c/o M Ryan, Andrea O'Connell c/o T Ryan, John Doran c/o Rashers
 Next Weeks Jackpot €5950 Draw will take place in The Gate Bar

IN MEMORIAM



† KENNEDY

(5th Anniversary)

Treasured memories of a loving Mother, grandmother, great grand mother and great grandmother, Marie Kennedy, late of 31, Singland East, Garryowen, Limerick, who's 5th Anniversary occurs on the 5th February R.I.P. Mass will be offered on Saturday 2nd February at 6pm in St Bridgets Church.

Also remembering our Dad Willie at this time.

We always idolised you Mam
We had an unbreakable bond
That we'll never get again
You weren't just our amazing mother
You were our true best friend
You were beautiful inside and out
Your love and guidance, so very hard to live without
We will never get over losing you

No matter how time goes by
You were and always will be
Our one true pride and joy
Always loved and remembered by your loving daughter Annette, son-in-law Kieran, granddaughter Michelle, grandson Stephen and Tiffany and great-grandson Alex

Precious people are very few
That is why there was only one of you
Nothing on earth can ever replace
The sound of your voice
Or the smile on your face
No verse, no tears can say how much
You are loved and missed
Always loved and remembered by your loving daughter May, son-in-law Bill and granddaughter Briana xx

I tried so hard to write these words
To say how much I miss you
The more I try the more I cry
Oh Mam how much I miss you
I speak your name with much pride

But tears and heartache I cannot hide

I want to tell you something
So there won't be any doubt
You're so wonderful to think of
But so hard to live without.
Next time we meet will be at Heaven's door

When I see you there I won't cry anymore
I will put my arms around you
And never leave you go.
Sadly missed and never forgotten from your loving daughter Barbara and son-in-law Paul xxx

You were one of the first to see me
And I was one of the last to see you

All my life I will remember
The special and wonderful Nana I had in you.

From the stars above
I know you are watching me
And it's to you I send all my hugs and love.

Lots of hugs and kisses Nana, your loving grandson Cillian xxx

IN MEMORIAM

Deep are the memories precious
they stay
No passing of time can take them away
They bring a smile sometimes a tear
But always a wish that you were still here
Sadly missed and never forgotten love always, your loving son Patrick

A heart can feel so many things
That words can never say
The sadness that this day brings will never go away
There is a corner in our heart
You visit everyday
It's a special place for you alone
And there you will always stay
Sadly missed and never forgotten by your loving granddaughter Rebecca, partner George and great grandchildren Tori, Jodi, Lexi and Demi xxx

Special thoughts of you today
Hold memories no one can take away
Though from our lives you may be gone
Inside our hearts you still live on
Love and miss you always Nana xx from your loving granddaughter Jessica, partner Alan, great grandchildren Amber, AJ & Alfie XXX

You had a smile for everyone
You had a heart of gold
You left us sweetest memories
This world could ever hold
From your loving granddaughter Samantha, partner Tommy, great grandchildren Sophie and Callum xx

We never knew that morning
God was to call your name
In life we loved you dearly
In death we do the same
It broke our hearts to loose you
But you didn't go alone
For a part of us went with you
The day God called you home
You left us beautiful memories
Your love is still our guide
And though we cannot see you
You are always by our side
Our family chain is broken
And nothing is the same
But as God calls us one by one
The chain will link again
Sadly missed by your loving son Gerard, daughter in law Eda, granddaughters, great granddaughters, great grandsons and great grandson.

THANKSGIVINGS

NOVENA TO ST. JUDE

Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honours and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore, you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need, that I may receive the consolation and help of Heaven in all my necessities, tribulations and sufferings, particularly, (here make your request) and that I may praise God with you and all the elect forever, I promise O Blessed St. Jude, to be ever mindful of this great you as my special and powerful patron, and to gratefully encourage devotion to you.POC

IN MEMORIAM



† PAYNE

30th Birthday and 11 years away from home our beautiful son Kenneth Payne, 2 Cloncanane Road, Ballynanty, Mass will be offered in Corpus Christi Church on Saturday 2nd February at 7.30pm.

To our beautiful son Ken you came into my life I held you in my arms
I looked at your beautiful face and fell in love
It makes me so proud to call you my son, my hero
Ken you are simply the best, my beautiful son
Love you Ken, till we meet again, Love Mam and Dad

Happy 30th birthday to the worlds best big brother Ken
Wish you were here so we could have a blast
But instead we will bring you flowers and balloons and dream about the past
Miss and love you Ken, your sister Stacey, brothers Jeffrey and Martin

Twinkle twinkle little star
Such a special uncle you were
Sending you lots of hugs and kisses
Happy Birthday uncle Ken, from your nephews Kenneth, Jeffrey and Jayce

Time may pass and fade away
But silent thoughts and memories stay
No longer in our lives to share
But in our hearts you are always there.
Happy 30th Birthday Kenneth. Always loved and never forgotten by your Aunt Eileen and husband Eugene xxx

Will those who think of Ken today, a little prayer to Jesus say.
Happy 30th Birthday Ken. Sadly missed by your loving cousins Eugene Jr and Stephen xxx

Today we light a candle and say a special prayer
We take a trip down memory lane and know that you are there.
This is your anniversary you would not want a fuss.
Just to be remembered and a prayer from all of us.
Happy 30th Birthday. Sadly missed and never forgotten by your cousin Jodie, partner Eddie and cousin Robbie xxx

Those special memories of you
Will always bring a smile
If only I could have you back for just a little while.
Then we could sit and talk again
Just like we use to do
You always meant so very much and always will do too.
Happy 30th Birthday Kenneth. Sadly missed by your loving Cousin Ciara, Husband Roy, Cousins Roy and Jay 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.S.

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Fall in love with the Vitara

Suzuki Vitara: Company's most technically advanced model arrives for St Valentine's Day

TRISH WHELAN
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AN upgraded Suzuki Vitara range is on the way priced from €20,995 - €26,495.

The 2019 facelifted Vitara that will arrive here in mid-February to the brand's 23 Irish dealerships is the most technically advanced Suzuki model ever.

Styling upgrades, advanced levels of safety technology and equipment will be offered along with a new 1.0 (which replaces the 1.6) and the 1.4 turbocharged petrol engine with Suzuki's Boosterjet technology.

While the newcomer keeps its rugged SUV character, changes have been made to both the exterior and interior.

Three grades are offered: SZ4, SZ-T and SZ5. The SZ-T grade is expected to account for most sales.

The 140hp petrol unit offers 17pc more power and a wider spread of torque available from 1,500rpm which is 41pc more than the outgoing 1.6 litre engine. Torque is 220Nm. This engine is available for SZ-T and SZ5 grades. Both manual and automatic transmissions are offered.

There are no diesels. However, Suzuki says the 1.4 petrol compares favourably with diesel performance and should be attractive to diesel buyers.

Vitara has been a success for Suzuki in Ireland down the years and recent figures show 700 units were sold in 2017 and the same again in 2018. This year, Suzuki is aiming to sell around 1,200 units.

ALLGRIP, Suzuki's 4WD technology, is available as optional equipment on SZ-T and SZ5 models. The system's four modes are: Auto, Sports, Snow and Lock.

Seven airbags, including a driver's knee one, are fitted as standard on all Vitara models along with Bluetooth and Cruise Control, USB, Climate Control, all electric windows, and alloy wheels.



The Vitara was awarded a top five stars for safety in Euro NCAP crash tests

The mid SZ-T grade adds new design 17-inch silver painted alloy wheels, rear privacy glass, smartphone link, audio and a navigation system.

The top SZ5 grade adds LED Projector headlights, 17-inch polished alloys, suede seat fabric, keyless entry with start button, Traffic Sign Recognition (also on ALLGRIP models), Adaptive Cruise Control, Dual Sensor Brake Support, Blind Spot Monitor, and a Panoramic sunroof.

As a result of customer feedback, the interior now has soft plastic materials, and an arm rest. Luggage space is expandable from 375 to 710 litres.

Vitara was awarded a top five stars for safety in Euro NCAP crash tests (2015).

I got to drive the SZT 1.0 Boosterjet 2WD 6-speed automatic and the top of the range 1.4 Boosterjet 4WD (ALLGRIP) with 6-speed manual transmission at launch and was

impressed with both drives. They should appeal to current Vitara owners as well as gain new converts to the brand.

The 1.0 with 111hp (170Nm torque) is priced at €24,995 OTR, returns 6.1 L/100kms (NEDC) or 5.7 L/100kms (37.7mpg WLTP) for the combined cycle, and has annual road tax of €270.

The 1.4 140hp four-cylinder 4WD ALLGRIP, priced at €28,495 OTR, returns 6.1 L/100kms (46.3mpg NEDC), and 7.5 L/100kms

(37.7mpg) WLTP.

All engines are Euro 6 compliant.

The 2019 model is available in two new dual-tone colours of Solar Yellow Pearl and Ice Greyish Blue. Customers can choose from a total of 11 different colours.

The Vitara is produced at the Magyar Suzuki plant in Hungary which also produces all the brand's S-Cross models for European markets as well as exports for around the world.



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Cool new Kadjar lands at Dennehy Motors

Renault Kadjar: Stylish upgrade includes more efficient petrol/diesel models

THE new facelift Kadjar has arrived in Limerick and is now available at Dennehy Motors from €26,995.

Efficient new petrol and diesel engines are fitted across the range while the new Kadjar's equipment levels are more generous than ever – each version includes Climate Control, 7" touchscreen with Android Auto® and Apple CarPlay®, alloy wheels, parking sensors, and automatic lights and wipers.

The exterior of the Kadjar is sleeker and the body coloured area of the front and rear bumpers is now larger, lending a more premium feel. The grille is wider, and the C-Shaped LED lights now incorporate the front indicator which gives a high tech and impressive look. The Kadjar is available with new types of 17- and 19-inch wheels, along with three new colours: "Oural Green", "Iron Blue" and "Highland Grey".

There is a new control panel for the automatic air conditioning and other additions include bigger cup holders, bigger bins in the front doors and two rear USB sockets.

The big news for the new model is the addition of the 1.3TCe 140 GPF engine, one of the finest petrol engines in the segment and this powertrain meets the highest standards in performance and drivability. On Kadjar, this engine is fitted with a gasoline particulate filter (GPF). The all-new 1.3 TCe petrol engine is available in two versions. The TCe 140, available with 6-speed manual or 7-speed EDC automatic gearbox options, is smooth and powerful while the manual-only TCe 160 offers the highest power output ever for a Kadjar. Customers looking to make the transition from diesel back to petrol will be impressed by its



The exterior of new Kadjar is sleeker and the body coloured area of the front and rear bumpers is now larger

performance and real-world fuel consumption.

The new Kadjar also features an upgraded 1.5 Blue dCi 115, more powerful than before but still the most economical engine in the line-up, and with AdBlue, cleaner than ever. For customers requiring economy and torque, but with more performance, the

all-new 1.7 Blue dCi engine is now available with 150hp and comes in 4x2 and 4x4. The Kadjar features the Renault Easy Life Trim line up, already available on Mégane, Scenic and Grand Scenic and is very generously equipped.

The entry level trim for the Kadjar is Play and features 17-inch alloy

wheels, dual climate control, parking sensors, automatic lights and wipers, 7-inch touchscreen and Android and Apple Car Play.

The Iconic trim steps up the already generous equipment levels with cruise control and speed limiter, parking camera, keyless entry/start, auto lights and wipers, navigation

and privacy glass.

The new exclusive sporty S-Edition features all that Iconic trim has, plus a half leather interior while also benefiting from equipment such as a panoramic roof, LED/Xenon lights. From €31,395 for the petrol version the S-edition version will have the competitors' eyes watering!

The top of the range trim the GT-Line adds an extra touch of luxury with leather seats, panoramic sunroof, full LED lights and auto park, and with the petrol version the Kadjar GT-Line gives customers a lot of fantastic features and equipment for under €34,000.

Customers can avail of savings of over €4,000 on Kadjar at Dennehy Motors for 191 with a complete package of 1.91% APR PCP or HP finance, €1,000 cashback AND three years' servicing available until January 31 2019.

New Kadjar needs to be driven to be experienced, and you can now book in for a 24-hour test drive at Dennehy Motors, Dock Road to experience Kadjar for yourself.

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SPORT

Leader

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For more see Page 61



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Soccer

Barrett's
'Blues' squad
is almost
complete

COLM KINSILLA

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LIMERICK FC manager Tommy Barrett insists he is happy with how pre-season is going ahead of the start of the new SSE Airtricity League First Division season.

The 'Blues' play their latest pre-season friendly this Wednesday when taking on Limerick IT in Moylish. Barrett's charges are also due to face First Division rivals Cobh Ramblers in another pre-season fixture on Saturday week, February 9.

Limerick suffered a 4-0 defeat to Waterford in a pre-season fixture at the RSC on Sunday when former Blues Shane Duggan and Bastien Hery were among the goalscorers.

Tommy Barrett said: "The Waterford game was good for the lads to play against opposition like that. They are a really good side.

"The boys are working hard in pre-season. Fitness levels are coming up now. We are in our fourth week of pre-season.

"I hope to have another senior player signed in the next day or two and that will be nearly it, we may sign a couple of young lads from the U19s, but that is where we are at."

Barrett agreed the club would miss Willie Boland, their Academy Director and first team assistant manager who has left the club.

Barrett said there were no plans at present to appoint a new assistant manager.

Tipperary come to town as hurling heroes back home

GAA: Home comforts for all four Limerick county teams in the league

JEROME O'CONNELL

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ALL-IRELAND champions Limerick are back in the Gaelic Grounds this Saturday (7pm) for their first big game since lifting the Liam MacCarthy Cup last Summer.

Tipperary provide the opposition in the round two Allianz Hurling League tie – a game that will be live on RTE television.

Adding to the occasion, Limerick versus Clare in the Littlewoods Ireland Camogie League will be the curtain-raiser in the Gaelic Grounds – throw-in at 4.30.

Like the hurling, both camogie teams have won their opening round games.

It's a hectic GAA weekend with all four Limerick county

teams having home advantage.

After the hurling-camogie double-header on Saturday, it's football on Sunday.

After last week's win over London, Billy Lee's Limerick football side entertain Waterford in Division Four in Newcastle West.

In the Lidl Ladies Football League, it's a repeat of the All-Ireland junior ladies football final when Limerick face Louth. (Venue TBC)

For the hurling tie, All Star Graeme Mulcahy will be back available for selection.

With Limerick outside the top flight of the league for eight years, high profile contests have been far and few between on Shannonside through the Spring.

Limerick haven't face Tipperary or Kilkenny in the

group stages of the league since relegation back in 2010 but this Saturday night (7pm) Tipperary come to town.

The round two tie comes after opening rounds wins for both John Kiely and Liam Sheedy's men and is expect to attract a bumper crowd to the Ennis Road venue.

Graeme Mulcahy and Mike Casey missed the three point over Wexford but are expected to be available for the arrival of Tipperary.

But Seamus Flanagan will miss out through suspension and injured Young Hurler of the Year Kyle Hayes isn't expected to line-out either.

Limerick manager John Kiely was full of praise for his side's attitude in Wexford and insists they aren't influenced by the lack of relegation this league campaign.



Michael Ryan, former Tipperary manager is now at the helm for reigning county champions Na Piarasigh

"We won't be holding back - all counties will be the same. People talk about a soft approach to this year's league with no relegation but that is nonsense because every team

is going to go out and win their matches and get as many competitive games under their belt as possible before the Summer."

He explained: "You can't beat competitive games - training camps or challenge matches are nothing compared to playing competitive games"

Elsewhere, former Tipperary senior hurling manager Michael Ryan has been appointed as the new Na Piarasigh hurling manager.

The appointment was rubber stamped this Monday night at a club meeting.

Ryan, who departed Tipperary last August, will have former Galway and Loughrea hurler Nigel Shaughnessy as coach and Na Piarasigh clubman PJ Breen will be a selector.



Limerick FC manager Tommy Barrett spoke to us this week

Munster sitting pretty in PRO14 as 6 Nations is now centre stage

Rugby

MUNSTER signed off on a hectic 10-week schedule of fixtures by recording their eighth victory of that period when edging past the Dragons at a wet Rodney Parade on Saturday.

The poor quality of the contest won't worry Munster unduly as the win saw Johann van Graan's side retain top spot in Conference A of the Guinness PRO14 as the competition takes a break with the Guinness 6 Nations moving centre stage.

Munster have won eight of their 10 fixtures in all competitions since November 25, their only two defeats in that period coming away to Ulster in the PRO14 and Castres in the Champions Cup.

Heading into a mini break, Munster are well placed to attack the business end of the season as the province sits top of Conference A in the PRO14 and is also looking forward to a Champions Cup quarter-final with Edinburgh at Murrayfield at the end of March.

Up to 13 members of the Munster squad are currently preparing for Ireland's 6 Nations Championship opener with England at the Aviva Stadium this Saturday, 4.45pm.

Meanwhile, the



Dan Goggin of Munster is tackled by Matthew Screech of Dragons during the Guinness PRO14 Round 14 match between Dragons and Munster at Rodney Parade in Newport

All-Ireland League is also on a two-week break after a dramatic weekend of action.

In Division 1A, Garryowen cemented their fourth-placed position in the table when scoring an impressive 28-7 derby win over Shannon at Thomond Park on Friday night.

A fifth win in six league fixtures saw Garryowen claim a for point lead over fifth-placed UCD. Shannon dropped to sixth place in the table as a result of the defeat.

Meanwhile, Young

Munsters' sit in the relegation play-off position in 1A after shipping a heavy home defeat to Cork Con at Greenfields.

In Division 2A, UL-Bohslie fourth after a hard fought 23-19 away victory over Dolphin, while fifth-placed Old Crescent scored a thumping 49-17 bonus point win over Blackrock College.

In 2C, ninth-placed Thomond made it back-to-back league wins when edging past Tullamore.

For more see #LLSport

Limerick Celtics set for All-Ireland final



LIMERICK Celtics take on Oblates Dublin next Sunday at 12noon in the National Basketball Arena in the All Ireland U 18 Girls Shield Final.

Celtics had a three point win over Dublin side Meteors in the All Ireland semi final in a game that went all the way to the final whistle.

Oblates will be a really tough side to crack in the final but the Limerick team have trained really hard over the past few months and are really up for the challenge.

The Limerick Celtics squad for Sunday's decider is Laura Stapleton, Tara Nealon,

Lauren Walsh, Sabhh Edwards Murphy, Henar Colino, Aibhle Brommell, Claire Goggin, Aoife Morrissey, Anna Lyons, Emily Cullihane, Jemma Duhig and Aimee Hickey. The panel is coached by Tony Hehir and managed by Jean Goggin.

For more see #LLSport

LIT and MIC in Fitzgibbon quest

Hurling

WITH champions UL already out, Mary Immaculate College and LIT are set to carry the Limerick hopes into the knockout stages of the Fitzgibbon Cup.

And, both could yet have home advantage in the February 6/7 quarter finals.

Champions in 2016 and 2017 Mary Immaculate College confirmed their quarter final spot with a 1-22 to 0-12 win over Maynooth this Tuesday.

Aaron Gillane was the only Limerick man in the line-up and the Patrickswell man hit six points from frees as Mary Immaculate reached the knockout stages, which they

will play Waterford IT or Cork IT.

Adare's Sean Hogan was introduced as a sub for a side that were missing Thomas Grimes (Na Piarsaigh).

Mary Immaculate were 1-13 to 0-6 ahead by half time with Clare's Colin Guilfoyle scoring the goal and added three points for the Jamie Wall managed side.

Luke Meade (Cork), Thomas Monaghan (Galway) and David Prendergast (Waterford) were all prominent for the Limerick side.

LIT can follow Mary I into the quarter finals with a win over Trinity College this Wednesday (2.30) in Moylish. Captained by Diarmaid

Byrnes, LIT can also call upon fellow Limerick senior hurlers; Peter Casey (Na Piarsaigh), David Dempsey (Na Piarsaigh), Oisín O'Reilly (Kilmallock) and William O'Meara (Askeaton).

Also in their panel are Brian Fanning (Pallasgreen), Darren O'Connell (Kildimo-Pallaskenry), Bryan Curtin (Adare) and James O'Riordan (Bruff).

LIT can also call upon Clare trio David Reidy, Jason McCarthy and Peter Duggan.

LIT will face a Dublin college side that will have Eoghan McNamara (Doon), Daniel Long (Na Piarsaigh) and John Noonan (South Liberties) in their ranks.

For more see #LLSport

Limerick fighters bring home three national titles

Boxing

LIMERICK'S AIBA World Junior finalist Paddy Donovan and Kevin Sheehy convincingly retained their National U22 titles at the National Stadium on Friday night.

The Our Lady of Lourdes BC and St Francis BC stands out, who both won National U22 belts in January 2018, earned unanimous decisions over Castlebar welterweight Aaron Daly and Cavan heavyweight Thomas Maughan at the home of Irish boxing.

The Irish Athletic Boxing Association were using the National U22s as part of their selection process for the European U22 Championships in Russia in March.

19 National U22 titles were claimed at the Stadium on Friday evening.

Donovan, who took home lightweight silver from the World Juniors in Turkey in 2015, and Sheehy are expected to enter next month's National Elite Championships at the Stadium.

Donovan said his latest title win - the 13th of his

career - puts him in a good position ahead of the National Elites.

The flagship tournament of Irish boxing has a key significance this year in the lead up to the World Men's and Women's Elite Championships and Tokyo 2020 qualifiers in Sochi and Siberia next September and October.

The third title to return to Limerick was the 81+kg title which was claimed, for the second year in a row, by Nell Fox, fighting out of Rathkeale Boxing Club. Fox received a walkover on the night.



Paddy Donovan has his hand raised in victory in National U22 final last Friday

'Boro' fly flag in Donegal

PAT SHEEHAN
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ON SATURDAY February 2, the Limerick District League look to keep their hopes alive when they take on Donegal in Oscar Traynor Trophy in Donegal.

An 8.00pm kick off is far from friendly to the Limerick lads but hopes are high that they can achieve their goal.

The side will be made up fully of Janesboro players after the club volunteered to fill the gap when it looked like the League would be unable to field a side.

Limerick started well with a victory over the Clare League, but following a defeat to Galway, results meant it was to be an away trip for Limerick and they had the misfortune to draw the longest journey in Donegal.

A draw against Sligo allowed Donegal through to the last eight.

'Boro' have been in fine form since the Christmas break and will go into the game full of confidence.

Last Sunday they saw off a difficult game beating Kilfrush 4-1.

Shane Clarke, as expected, continues to pile on the goals while the return to form of Keith Mawdsley will give the Limerick selection added firepower and should help Limerick claim a semi-final spot.

The second Tuohy Cup semi-final is scheduled for tomorrow (Thursday) with Fairview Rangers and Pike

Rovers battling it out for the right to meet Janesboro in the final.

Both teams come into the tie on the back of wins at the weekend.

Pike Rvs stuttered to a 3-2 win over City Wanderers from Cork in the Munster Junior Cup while on Saturday evening Fairview, thanks to an AJ O'Connor hat trick saw off Charleville on a 4-2 scoreline.

On form, Pike will carry the favourites tag into the tie but they will know that games between these two great rivals often throws form on its head.

The sides met a couple of weeks back when Fairview squandered a two goal lead, leaving Pike back into the tie when they were reduced to ten men, resulting in a 2-2 draw.

Jason Purcell and Stewart Fitzgerald have been quietly going about their business of rebuilding the 'Blues' and things are going fine.

The mixture of experience and youth makes them a real test for any side and they will fancy their chances of making the Tuohy decider.

In their way are a Pike Rvs XI in a superb run of form. By their own admission they were not firing on all cylinders last weekend but as is their habit, still did enough to win.

Darragh Rainsford's exit to League of Ireland and an injury to Eoin Hanrahan has robbed them of the width that terrorised sides earlier in the season but they still have the League's top scorer in



Janesboro FC will this weekend travel to Donegal to represent the Limerick District League in the Oscar Traynor trophy.

Jonathan Grant.

This should be a game that is well worth a visit to Jackman Park for a 7pm kick off.

The Lawson Cup continues on Sunday with four games scheduled.

Leaders of Division 1A and 1B clash when Coonagh Utd host Hill Celtic. Holycross will be looking to bounce back after their Munster exit last Sunday when they host fellow Division 1A side Athlunkard Villa.

Premier bound Mungret Reg will get a chance to rest their strength against top flight opposition when they host Fairview Rvs and in the final game Newport welcome Hyde Rvs. The Tipperary side are in flying form and will be expected to progress but Hyde have shown already this season that they relish the challenge of teams from a higher Division.

In the PJ Matthews Premier League Pike will be expected to close the gap at

the top of the table to one point with a home win versus Charleville.

In the other top flight games Ballynanty Rvs host Kilmallock and Geraldines welcome Prospect Priory.

Moyross can return to the top of Galtee Fuels Div 1A if they can beat Summerville Rvs and in the FAI Under 17 Cup Aisling carry Limerick hopes to Blarney to take on the locals.

For more see #LLSport on social media

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	15	13	1	1	40
Pike Rovers	14	11	3	0	36
Ballynanty Rovers	13	10	1	2	31
Regional Utd	13	9	2	2	29
Fairview Rgs	14	7	5	2	26
Aisling Annacotty	13	6	2	5	20
Geraldines	13	5	1	7	16
Prospect Priory	13	2	4	7	10
Kilmallock	12	3	0	9	9
Nenagh AFC	13	3	0	10	9
Charleville	15	2	1	12	4*
Carew Park	14	0	0	14	-3*

DIVISION 1A	P	W	D	L	Pts
Coonagh Utd	15	9	5	1	32
Mungret Reg	14	9	3	2	30
Moyross	14	9	1	4	28
Athlunkard Villa	14	8	3	3	27
Fairview Rgs B	15	7	5	3	26
Murroe	15	7	2	6	23
Holycross	14	6	3	5	21
Corbally Utd	15	5	2	8	17
Cappamore	15	4	4	7	16
Aisling Ann B	15	2	5	8	11
Castle Rovers	15	2	3	10	9
Summerville Rvs	15	2	0	13	6

DIVISION 1B	P	W	D	L	Pts
Kilfrush	15	13	0	2	39
Hill Celtic	15	12	1	2	37
Newport	14	10	1	3	31
Knockainey	16	8	4	4	28
Geraldines B	15	8	2	5	26
Shelbourne	15	7	5	3	26
Southend	16	6	3	7	21
Caherdavin Celtic	15	5	1	9	16
Ballylanders	14	4	0	10	12
Granville Rgs	15	2	2	11	8
Regional Utd B	16	3	0	13	6*

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	10	10	0	0	30
Star Rvs	10	8	1	1	25
Patrickswell	9	5	1	3	16
Caledonians	10	5	0	5	15
Kennedy Park	9	3	0	6	9
Charleville	9	2	1	6	7
Glenview Rvs	10	2	1	7	7
Corbally Utd B	10	1	2	7	5

DIVISION 2B	P	W	D	L	Pts
Pallagreen	11	7	4	0	25
Mungret Reg	12	8	1	3	25
Holycross B	12	6	0	6	18
Athlunkard Villa B	11	5	2	4	17
Newport	12	5	2	5	17
Parkville	12	4	4	4	16
Aisling Annacotty C	11	4	3	4	15
Caherdavin Cel B	11	2	2	7	8
Ballynanty Rvs B	12	1	2	9	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	12	9	2	1	29
Castle Utd	13	8	4	1	28
Murroe B	12	7	2	3	23
Wembley Rvs	12	6	4	2	22
Meanus	12	5	4	3	19
Janesboro B	13	6	1	6	19
Prospect Priory B	12	5	1	6	16
Knockainey B	12	2	2	8	10
Abbey Rvs	13	1	3	9	6
Aisling Annacotty D	13	1	1	11	4

DIVISION 3B	P	W	D	L	Pts
Herbertstown	12	9	3	0	30
Brazuca United	12	6	3	3	21
Hyde Rgs B	10	6	2	2	20
Northside	11	6	1	4	20
Weston Villa	10	6	0	4	18
Coonagh Utd B	12	5	0	7	15
Kilfrush B	11	4	2	5	14
Cappamore B	10	3	3	4	12
Dromore Celtic	10	2	1	7	7
Mungret Reg C	12	0	1	11	1

DIVISION 4	P	W	D	L	Pts
Lisnagry	10	8	1	1	25
Fairview Rgs C	10	7	1	2	22
Coonagh Utd C	10	6	1	3	19
Parkville B	11	5	3	3	18
Shelbourne B	10	5	1	4	16
Aisling E	10	3	2	5	11
Athlunkard Villa C	11	2	3	6	9
Murroe C	10	2	2	6	8
Newport	10	0	2	8	2

FIXTURES

THURSDAY JAN 31

TUOHY CUP SEMI FINAL
Fairview Rgs v Pike Rvs, 7.00, Jackman Park, N Casey, D Power, R McCann

SATURDAY FEBRUARY 2

OSCAR TRAYNOR TROPHY
Donegal DL v Limerick DL, 8.00, Donegal

GALTEE FUELS DIV 1B
Regional Utd v Southend, 7.00, R Broe

MCGETTIGANS DIV 2A
Charleville v Star Rvs, 7.00, M Kiely

GER RYAN YOUTH CUP SEMI FINAL
Aisling v Charleville, 7.00, M Monahan

SUNDAY FEBRUARY 3

FAI UNDER 17 CUP
Blarney v Aisling, 2.00, Blarney

LAWSON CUP
Coonagh Utd v Hill Celtic, 11.00, B Higgins,
Holycross v Athlunkard Villa, 11.00, K Gorman,
Mungret Reg v Fairview Rgs, 11.00, J McNamara,
Newport v Hyde Rgs, 2.15, A Keogh

PJ MATTHEWS PREMIER LEAGUE
Ballynanty Rvs v Kilmallock, 11.00, D Power,
Pike Rvs v Charleville, 11.00, R McGann,
Geraldines v Prospect, 11.00, R Broe

GALTEE FUELS DIV 1A
Fairview Rgs v Cappamore, 11.00, G Clancy,
Aisling v Castle Rvs, 11.00, N Casey,
Moyross v Summerville, 11.00, T Duggan

GALTEE FUELS DIV 1B
Knockainey v Kilfrush, 11.00, D Broughton,
Shelbourne v Ballylanders, 11.00, A Keogh,
Granville Rgs v Geraldines, 2.15, J McNamara

MCGETTIGANS DIV 2A
Corbally Utd v Kennedy Park, 11.00, M Bourke

MCGETTIGANS DIV 2B
Holycross v Caherdavin, 2.15, M Kavanagh,
Pallasgreen v Ballynanty Rvs, 2.15, M Kennedy,
Parkville v Athlunkard Villa, 2.15, M Murphy,
Aisling v Newport, 2.15, Astro, S Rooney

STA FURNITURE DIV 3A
Kilmallock v Murroe, 11.00, A Walsh,
Knockainey v Meanus, 2.15, K McNamara,
Prospect v Wembley Rvs, 2.15, T Joyce

ALL TAN SUNBED DIV 3B
Hyde Rgs v Kilfrush, 11.00, K McNamara,
Cappamore v Weston Villa, K McCormack

EDEN HAIR SALON DIV 4
Aisling v Fairview, Kilonan, 2.15, J Clancy,
Shelbourne v Lisnagry, 2.15, E Kenny

GER RYAN Q-FINAL
Fairview Rgs v Regional Utd, 2.15, M Monaghan

NICK GREEN YOUTH DIV ONE
Kilfrush v Mungret Reg, 2.15, K Gorman

NICK GREEN YOUTH DIV TWO
Newport v Caledonians, 2.15, L Hughes,
Shelbourne v Aisling, 2.15, J Curran

KEN GRIFFIN CONSTRUCTION YOUTH DIV THREE
Kilmallock v Carew Park, 2.15, A Walsh

THURSDAY FEBRUARY 7

O'HALLORAN CUP
Aisling v Moyross, 7.00, Jackman Park, G Clancy

For more Limerick Junior Soccer news, see www.limerickleader.ie/sport or check out #LLSport on social media platforms

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Time for a 'thank you' to Limerick GAA heroes

ALL roads lead to the Gaelic Grounds this Saturday evening, or at least they should.

Remember the thrills and spills throughout the Summer of 2018, remember August 19 or the scenes across Limerick city on August 20 and subsequently across the county for weeks on end.

Now it's time to say "Thank You".

And, remember Saturday is one of just four confirmed games left for Limerick in the Gaelic Grounds this season.

U-16s go free on Saturday and it's an ideal chance for them to get up close and personal with the hurlers that became their idols last Summer.

Rallying the troops to go to a Limerick GAA match is not something I do too often and it's not always about winning matches. Limerick can win or lose Saturday but it's more about building on August 19 and that simply has to be about getting more bodies on a regular basis to follow the county team and to get more kids playing the sport.

In 2018 John Kiely's Limerick hurlers gave us a year that we will never forget and while green and

white supporters turned out in their thousands to salute the Liam MacCarthy Cup heroes, Saturday can be the real homecoming.

Not only is it the first real big competitive game in Limerick since the All-Ireland final, but it's also the return of big time Allianz Hurling League action to the Gaelic Grounds.

Spring after spring passed for the last eight years as Limerick hurling followers looked on in envy at the top quality action in the top tier of the league.

Last March Limerick finally gained promotion out of the second division.

Over the last eight years Limerick have played 13 different opponents in the league but never Kilkenny or Tipperary.

That finally changes this Saturday (7pm) when Liam Sheedy's men come to town.

Upping the ante is the fact that both Limerick and Tipperary won last weekend in round one.

Back to my original point - it's time to say "Thank You".

Yes, the game is live on RTE television and eir Sport and yes, there is Six Nations rugby on Saturday.

And, supporters will also point



Cian Lynch of Limerick with supporters after the Allianz Hurling League Division 1A Round 1 match between Wexford and Limerick at Innovate Wexford Park

to the increased tickets prices this season.

All that said, let's try get a big crowd to the Gaelic Grounds.

The hurling heroes deserve to feel some love - to know that the outpouring of emotion last August wasn't just temporary.

It's about building for the future and making matchday in Limerick an event, that becomes customary. To be fair it was hard to attract the crowds when the lesser lights were the league opponents, but Saturday is very

different.

If Limerick are to remain an annual contender, making the Ennis Road venue a fortress would greatly benefit the quest to maintain Limerick at the top table.

On the back of beating Clare last Saturday, Tipperary will bring a big crowd but the Limerick support need to go above and beyond that.

So for all supporters out there, don't wait until championship in Croke Park, the Gaelic Grounds is where it is at this Saturday.

COLM KINSELLA

Garryowen 'old boy' Mitchell creates stir

FORMER Garryowen player John Mitchell raised a few eyebrows this week with his assertion that Ireland would 'try to bore the s**t out of England' in Saturday's Six Nations opener in Dublin.

New Zealander Mitchell, the current England defence coach, played in the All-Ireland League in the 1990-1991 season with Garryowen FC and worked in the Limerick area as an IRFU game development officer.

A host of rugby fans seemed outraged by Mitchell's comments in relation to how Ireland 'boringly' play the game this week, but I'm sure it will like water off a duck's back to Joe Schmidt and his players.

Ireland play winning rugby, that is all that matters.

While his comments on Ireland's style of play gained much of the headlines, Mitchell was lavish in his praise of just how influential Garryowen clubman Conor Murray is for the Ireland side.

England have been training in Algarve since Wednesday of last week, with a special focus on countering the high-ball threat from Murray.

"Conor Murray is one of the best exponents of the box-kick - his accuracy, his speed, his control - and it is a process they are very comfortable with.

"Ireland are a huge momentum team."

DONN O'SULLIVAN

Six Nations does not have to suffer in a World Cup year

There will be a lot of column inches written in the coming days about the Six Nations, but fans need to make sure they don't get caught up in the 'excuse machine' which seems to have cranked into gear.

Experts and fans alike will tell you that, this season's Six Nations doesn't really matter. It is all about the World Cup at the end of the season.

Wrong.

Ireland are the second best team in the World. They are the

Grand Slam champions from a year where they went to London and Paris and won.

Traditionally this season's fixtures should be 'easier' for them.

Only one northern hemisphere team has ever won the Rugby World Cup. England in 2003.



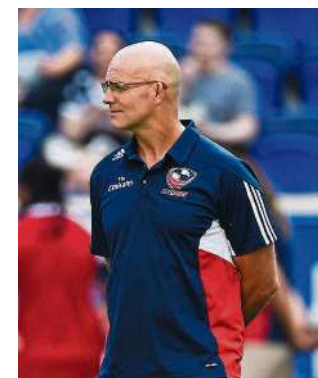
Ireland are the best rugby team in the Six Nations, they just need to remind everyone of that

Clive Woodward's side won the Grand Slam that same season having come off the back of beating the All-Blacks and Australia, multiple times, the seasons before.

Sound familiar? Ireland's entire rugby structure is set up to make the

national team the strongest it can be. The IRFU and Joe Schmidt have done a phenomenal job at doing that.

Ireland need to confirm their strength and power on the Six Nations front. There are no excuses for this year's competition. Ireland should defeat all in front of them, leaving no doubt that the southern hemisphere teams are the only ones they need to 'worry' about at the World Cup. Don't be fooled, Ireland have no excuses not to win.



England's John Mitchell

COLM KINSELLA

Wales look good value bet to land 6 Nations title at 9/2

ONE of the most eagerly awaited 6 Nations Championships for many years gets underway this Friday night when Wales visit the Stade de France for a mouth-watering clash with France, 8pm.

The level of excitement and anticipation ahead of the start of the Championship has much to do

with the fact that 2019 is a World Cup year.

Ireland kick-off their campaign with a glamour home fixture against England at the Aviva Stadium this Saturday at 4.45pm.

On the back of their Grand Slam heroics of 12 months ago and an impressive summer series win in Australia and an historic first

home success over New Zealand last November, Joe Schmidt's side are odds-on favourites at 5/6 to win the 6 Nations Championship.

The odds look extremely skinny at the outset of what appears to be the most competitive and open championship in years.

Momentum is massive in the tournament with a good start

setting sides up perfectly for their second outings just a week later, in Ireland's case a trip to Scotland.

Warren Gatland's Wales will approach the 6 Nations in confident mood on the back of an impressive autumn and at odds of 9/2 look a good bet to claim a first title since 2013.

For more see #LLSport.



Final year: Joe Schmidt and Warren Gatland are both facing their final Six Nations as head coaches



Sunday



Jared Goff will lead his LA Rams side into Super Bowl 53 this Sunday night against the Patriots

TENNIS

THAILAND OPEN
BT SPORT 10AM

SOCCER

VILLAREAL V ESPANYOL
ELEVEN SPORTS 11AM

SOCCER

ST JOHNSTONE V CELTIC
SKY SPORTS 12.30PM

TENNIS

ST PETERSBURG LADIES
BT ESPN 1.30PM

CRICKET

WEST INDIES V ENGLAND
SKY SPORTS 2PM

SOCCER

LEICESTER V MAN UTD
SKY SPORTS 2PM

GAELIC FOOTBALL

TYRONE V MAYO
TG4 2.30PM

HURLING

CLARE V KILKENNY
TG4 2.30PM (DEFERRED)

RUGBY UNION

WORCESTER V WASPS
BT SPORT 1 3PM

SOCCER

MAN CITY V ARSENAL
SKY SPORTS 4.30PM

BASKETBALL

CELTICS @ THUNDER
SKY SPORTS 7PM

SOCCER

REAL MADRID V ALAVES
ELEVEN SPORTS 7.45PM

NFL

SUPER BOWL LIII
RAMS V PATRIOTS
SKY SPORTS/BBC1 11.30PM

Wednesday

SNOOKER

GERMAN MASTERS
EUROSPORT 1PM

CYCLING

VUELTA A SAN JUAN
EUROSPORT 5PM

SOCCER

FIorentina V ROMA
BT SPORT 3 5.15PM

SOCCER

COWDENBEATH V RANGERS
PREMIER SPORTS 7.45PM

SOCCER

LIVERPOOL V LEICESTER
BT SPORT 1 8PM

Thursday

TENNIS

ST PETERSBURG LADIES
BT SPORT 1 10AM

CRICKET

WEST INDIES V ENGLAND
SKY SPORTS 2PM

SUPER LEAGUE

ST HELENS V WIGAN
SKY SPORTS 7.45PM

GOLF

PHOENIX OPEN
SKY SPORTS 8PM

SOCCER

INTER V LAZIO
BT SPORT 8PM

Friday

TENNIS

ST PETERSBURG LADIES
BT SPORT 10AM

SNOOKER

GERMAN MASTERS
EUROSPORT 1 1PM

CRICKET

WEST INDIES V ENGLAND
SKY SPORTS 2PM

WOMENS RUGBY

IRELAND V ENGLAND
SKY SPORTS MIX 5PM

HORSE RACING

AQUEDUCT
SKY SPORTS RACING 5.25PM

U20 RUGBY

IRELAND V ENGLAND
RTE 7.15PM

RUGBY LEAGUE

HULL KR V HULL FC
SKY SPORTS 7.45PM

SOCCER

PRESTON V DERBY
SKY SPORTS 7.45PM

SOCCER

KILMARNOCK V HEARTS
BT SPORT 7.45PM

RUGBY UNION

RANCE V WALES
BBC1/VIRGIN ONE 8PM

DARTS

THE MASTERS
ITV4 9PM

CRICKET

AUSTRALIA V SRI LANKA
BT SPORT 11.15PM

Saturday

TENNIS

ST PETERSBURG LADIES
BT SPORT 11AM

SOCCER

SPURS V NEWCASTLE
SKY SPORTS 12.30PM

CRICKET

WEST INDIES V ENGLAND
SKY SPORTS 2PM

RUGBY UNION

CHEETAHS V KINGS
PREMIER SPORTS 2PM

RUGBY UNION

SCOTLAND V ITALY
BBC1/VIRGIN ONE 2.15PM

RUGBY UNION

IRELAND V ENGLAND
ITV/VIRGIN ONE 4.45PM

GAELIC FOOTBALL

DUBLIN V GALWAY
EIRSPORT 7PM

HURLING

LIMERICK V TIPPERARY
RTE/EIR SPORT 7PM

DARTS

THE MASTERS
ITV4 7PM

SOCCER

JUVENTUS V PARMA
ELEVEN SPORTS 7.30PM

SOCCER

CELTA VIGO V SEVILLA
ELEVEN SPORTS 7.45PM

BOXING

GARCIA V CHEESEMAN
SKY SPORTS 8PM

BASKETBALL

PISTONS @ CLIPPERS
SKY SPORTS 10PM

CRICKET

AUSTRALIA V SRI LANKA
BT SPORTS 11PM



Can Liverpool keep going at the top of the Premier League? Mo Salah will lead the line against Leicester on Wednesday



No laughing matter: Rory Best and Owen Farrell share a joke at the Six Nations launch. Both will play this Saturday in the opening round of the 2019 tournament

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