



ACT NOW, OR SWIM LATER!

Students take the lead at climate crisis protest in city See p9 & 20-21

Saoirse Exton, Fridays For Future, hails the huge support at the city climate change protest PICTURE: MICHAEL COWHEY

The Wednesday, September 25, 2019 Leader

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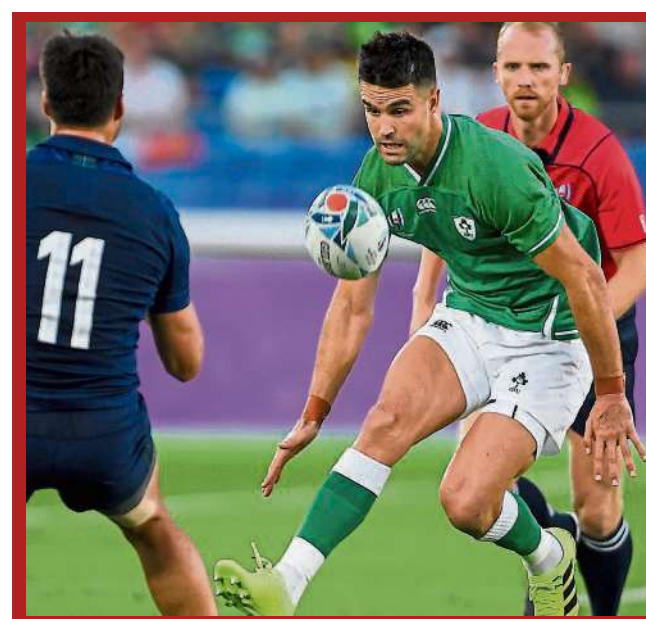


UNSOLVED MURDERS Families march for justice for all **P8**

STUDENT SPECIAL Check out our 12-page pullout on student life in Limerick **INSIDE**



FATHER AND SON FINED Dad giving cannabis to son to 'keep him alive' court told **P12**



Van Graan: Murray really on the ball in Japan **P47**

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Irish rugby
 Victory over Scotland has bolstered our prospects in the RWC, with 'local boy' CJ Stander man of the match



▼ BAD WEEK
Limerick
 The decision by the EPA to grant a licence to Irish Cement to burn waste is a retrograde step



QUOTE OF THE WEEK
 "You learn to bury your mother or father, but no one teaches you how to bury your child."
Mary Kelly, mother of the late 'Happy' Kelly - See p8

INSIDE THIS WEEK



WELLNESS HUB CALL

Possible use for old tourist office
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LEAPING TO LYRIC'S AID

ICO adds voice to defence
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KEEPING IT TIGHT

Liam Croke on areas to save in
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CRASH HELMETS

VR enhances safety demo
 Page 14

Paying to object is an insult to democracy



Protesters at Limerick's global climate change strike had the Mungret plant in their sights PICTURE: MICHAEL COWHEY



WHAT WE THINK
KEVIN CORBETT
 THE LEADER

Predictably, a wave of outrage has swept over Limerick at the news, broken last week by the Leader, that the EPA has granted a licence to Irish Cement for its waste-burning plan.

It's difficult to imagine a broader church than the groups and individuals who are united against this - they truly come from all across the political and social spectrum.

Anyone supporting this is keeping their head well below the parapet.

There is still a chance to object to the licence or parts of it, but in order to do so, you have to pay €126. Yes, you've read that right, I haven't left out a decimal point. An administration fee, like you might expect with a credit card transaction, of a euro or two, would be acceptable, but

€126? This is quite obviously an attempt to shut down dissent against a deeply unpopular decision. What possible justification can a State agency have for this ludicrous charge? Hopefully our public representatives, who in fairness have all come out against this project, will stand up in the Dail and have the government explain this quelling of democracy.

WEATHER FOR THE WEEK



WEDNESDAY
 Mostly cloudy, showers around with a peak of 18°C



THURSDAY
 Clouds and sun with a few showers and a high of 15°C



FRIDAY
 A couple of showers with temperatures peaking at 15°C



SATURDAY
 Again, some clouds, some sun, more showers. High of 16°C



SUNDAY
 Mainly cloudy today with spotty showers and a high of 15°C



MONDAY
 A few afternoon showers with a temperature peak of 16°C

WEBTOPTEN

1. Are you eligible for the working family payment? Personal finance expert Liam Croke lets you know

2. Golfer of the Year award for Limerick All-Ireland hurling winner

3. Emergency services attending fire in People's Park



Someone had fun at Man City's expense

4. Limerick butcher has a ball with some brotherly banter after boys in blue's shock defeat

5. Former Munster prop joins Rassie Erasmus' Springboks World Cup squad

6. Gardai arrest man accused of stealing cash from Limerick bar after entering premises through roof

7. Talks carry on over 'eyesore' site in Limerick suburbs

8. Man jailed after being caught for drink driving near Limerick village

9. Limerick senator defends trip to Japan for Rugby World Cup

10. Limerick councillors agree to 7.5% increase in local property tax



Sen Maria Byrne, see no.9

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MyLimerick

Dr Sandra Joyce

Director, Irish World Academy of Music and Dance

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

My idea of a perfect day in Limerick is a walk around the city, having the time to explore the alleyways and smaller roads that make the city so intriguing. I love wandering into one of the local pubs, having a chat with friends and locals, and finishing with some good 'ethnic' food - there is such a variety to choose from now in the city centre! A perfect weekend is a lie-in, supporting my son playing a basketball match or two with Limerick Lions, a bite to eat, catching a gig in the University Concert Hall (a fantastic amenity for the city) and a visit to Pa McGrath's pub in Boher or Uncle Tom's near Caherconlish on the way home. Who could ask for more?

What's your first Limerick memory?

My earliest memories of Limerick is as a place I went through on my way to stay with family friends in Cork as a child. They were the days when you had to drive through the city to get to the Cork road! I never got a sense of the place until I followed Micheál Ó Súilleabháin to UL when he was appointed as Professor of Music in 1994. Since then I have been enthralled by its spirit, its vivaciousness, its grittiness and its tenacity. I have been fortunate to interact, through the arts, with people from all walks of life in the city and I now count myself as a local - but as a Galway woman don't tell my family I said that!

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

I love so many aspects of Limerick city and county that it's hard to choose one. I love the unspoilt nature of East Limerick where I live; I love the University campus and its commitment to biodiversity and inclusivity; the city centre has that irresistible draw in terms of culture and food. The Living Bridge in UL though is hard to beat - I walk this regularly between the Irish World Academy building and the main campus. One morning there was a mist on the river and there were swans and ducks on the water; a heron suddenly spread its wings; then I heard a plopping sound and there was an otter peeping from the water - just magical!



What's your favourite local walk or view?

I love a walk in the Clare glens with my daughter and son. We are so lucky to have this amenity close to the city for all to enjoy. A favourite of my husband and children is the walk from UL to the city centre and while this is lovely, I don't do it as often as I should!

What do you think gives Limerick its unique identity?

It may sound cliched, but I really think it's the people and the culture of the place. I am biased of course but I think that the Irish World Academy has contributed to the unique identity of the city - we attract students from all over the world to study Irish Music, Irish Dance, Voice, Contemporary Dance and World Music at undergraduate level, for example. It's not just the Academy itself that attracts them - it's the culture of the city and county and the proximity to the strength of the traditional arts in Co Clare.

Do you have a favourite local restaurant?

I have several! I have loved Copper and Spice in Annacotty for many years, as it has consistently good food. I also love Lana in Castletroy - spicy food is my thing!

How would you describe the people of Limerick?

Proud, unique, strong, opinionated and witty! Limerick artists such as Emma Langford, the Keary family, Jean McGlynn, Mike Finn, Kathleen Turner and so many more epitomise the talent that is in this region

How important do you think sports and the arts are to Limerick?

Given my job as Director of

the Irish World Academy it is no surprise that I think the arts are extremely important! There is a very vibrant and resilient arts community which contributes so much to the city and county. And of course it goes without saying that Limerick is a very proud sporting city, with a great diversity in sports represented through many organisations in the city and county. The majority of these arts and sporting activities are supported by amazing team of volunteers. It is important to remember this and to realise that they need support, including financial support, if they are going to be sustainable in the long term. It is too easy to be complacent about these vital parts of the city and county's identity and culture.

If you could add one amenity to Limerick, what would it be?

I think it is high time that there is a public basketball court in the city - or several! I may be biased here of course.

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

I think that Limerick, as a 21st-century city, faces similar socio-economic challenges to other cities nationally and internationally. I also think that Limerick's grittiness and determination will be important in facing and overcoming those challenges. Limerick has to become an important and attractive home for the arts.

We need to highlight and celebrate how organisations such as Fidget Feet Aerial Dance Company, Dance Limerick and the Irish Chamber Orchestra have thrived in the city and built an international reputation for us all

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Addict verbally abused security staff at UHL

DAVID HURLEY

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A YOUNG woman who was verbally aggressive towards staff at University Hospital Limerick has pleaded guilty to public order charges.

Marie Linnane, 24, who has an address at Claireen Drive, Ennis was prosecuted before Limerick District Court to face charges relating to an incident which occurred on May 2, last.

Judge Marian O'Leary was told when gardai responded to reports of a disturbance at St Nessian's Road, Dooradoyle shortly before 8pm, they encountered Ms Linnane who was shouting and being abusive towards security staff near the entrance to the hospital.

"She was very drunk and unsteady on her feet," said Sergeant Michelle Leahy who added the defendant was arrested for her own safety and the safety of

others.

Solicitor Leanne Purcell said her client, who has a number of previous convictions, is recovering from addiction issues.

She said she had taken some drugs on the evening and had travelled to UHL to seek medical attention as she had fallen and banged her head.

"She was trying to get in (to UHL) to get medical attention, she was not allowed in," said Ms Purcell who added that her client wished

to apologise for her actions on the night.

Noting what happened and Ms Linnane's circumstances, Judge O'Leary said she wanted to canvass the views of the Probation Service before imposing sentence.

She adjourned the matter to next month to facilitate an assessment and the preparation of a pre-sanctioned probation report.

Ms Linnane was remanded on continuing bail pending her next court appearance.



The incident happened at UHL on May 2, last



Nathan Keane and Cllr Frankie Daly pictured outside the former tourist office at Arthur's Quay Park

PICTURE: MICHAEL COWHEY

Call for 'wellness hub' at Arthur's Quay

Facility: Old tourist office 'should be put back in use'

NICK RABBITTS

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A MOYROSS man has called for the vacant former tourist office at Arthur's Quay Park to be turned into a hub to support people who may be in suicidal distress.

The landmark building at the entrance has been out of use since last December when Chez le Fab closed down.

Now, Nathan Keane, 24, wants it brought back into use as a safe space for people who may be in suicidal distress to go.

The call comes amid a spike in the number of people making attempts on their own life.

Nathan, who in 2014 was on the RTE show Teenage Kicks with Bressie, suggested a wellness centre, with music and creative writing.

"I think it would be good for the

mind. I've lost two friends to suicide since the start of this year. There was one in February and one in August. It's out of control," he told The Leader, "It's all about keeping people's mind occupied, and having a place to go to chill out, keep their minds occupied."

He is critical of the way the mental health system treats people looking for help in Ireland.

"I was in hospital recently, and a man aged 50 was looking for a crisis nurse. He went up to reception and he was told to wait for 30 minutes and sit down. This man was already there for two-and-a-half hours. He went back at 5pm, and was told the same thing. He was begging to be put back in 5B. It was eventually 6pm until the crisis nurse came. If he walked out that door, no-one would have seen him again," Nathan added.

The young man, who works in St Camillus's Hospital, has been supported by northside Independent councillor Frankie Daly, who described his proposal as "a no brainer".

"I think it's a fantastic idea. People can link in. It's all about connections. People are on social media, and there are very few services. With the wave of social media, suicide has become an epidemic. We need peer support. This building is only laying idle there - I'd be calling on Shannon Heritage to look at this with compassion."

It is this tourism body which owns the site.

A spokesperson for Shannon Heritage confirmed, however, it is in advanced negotiations to sell the land to Limerick City and County Council.

Gardai probe break-ins over weekend

NICK RABBITTS

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GARDAI are investigating a spate of break-ins at public buildings and private businesses across the weekend.

Limerick City and County Council's premises in Dooradoyle both suffered "significant damage" in separate incidents.

There was also vandalism at the tax office in Sarsfield House in Francis Street, (pictured) with a spokesperson for Revenue confirming one of the windows and doors was damaged.

And Pizza Planet, in Raheen's Courtfields Shopping Centre was also

targeted. It's understood a second small businesses in the vicinity was hit by vandals.

The incidents have been condemned by Fine Gael Councillor Daniel Butler, who said attacks like these, on small firms, are things that can "make or break" a business and "cost jobs."

A spokesperson for the council confirmed the break-in at its Dooradoyle offices, which was reported at 6.30am this Monday.

"A significant amount of damage was caused to the cash office on the ground floor. Nothing was taken in the incident, which is being investigated by gardai," they said.

A garda spokesperson also confirmed offices from Roxboro were dispatched to

the scene.

They added: "A glass door belonging to the property was damaged but no items have been reported stolen as of yet."

Elsewhere, windows were smashed on the front of the tax office in Francis Street in the early hours of Sunday morning as assailants attempted to gain access.

The garda press office also confirmed that officers responded to an incident at Pizza Planet at around 1.30am on Saturday morning.

"Criminal damage was caused, but no property was reported stolen," they added.

Cllr Butler said: "We've had this before where

they have targeted properties. They would enter properties and probably find there is no cash, and probably cause more damage in terms of financial loss to the business. It's worrying because small businesses are struggling to survive as it is. It's the last thing they need. We're heading into a busy season, and the retail market finds it hard without the costs on top of this. Things like this can make or break a business and cost jobs."

He added the break-in at County Hall "shows a level of neck" due to the enhanced security in place.

The City West councillor believes the assailants may have used the motorway to make a quick getaway. Gardai at Henry Street and Roxboro are investigating.



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BROWN THOMAS

UHL faces busy week of overcrowding amid trolley crisis

FINTAN WALSH

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UNIVERSITY Hospital Limerick could be heading into one of its worst ever weeks for overcrowding, as it almost set a new national record for the number of patients on trolleys on Monday and Tuesday.

On Monday, UHL matched its own and the national record of 81 patients on trolleys, prompting widespread criticism of the

Government by local representatives and the INMO.

The following day, this dropped to 80 patients, among the highest ever recorded since records began in 2006.

Citing a number of underlying issues, namely staffing and recruitment, INMO said: "This is a matter of public safety. 81 patients on trolleys is what you'd expect after a natural disaster, not on an ordinary Monday.

"It's time for direct, high-level



Over 160 patients were treated on trolleys this week at UHL

HSE intervention."

A spokesperson for the UL Hospitals Group said that there are high patient volumes, and a "significant number of whom require isolation".

"It is acknowledged that UHL does not have adequate isolation facilities and this unfortunately impacts on patient flow."

"We regret that admitted patients have experienced long wait times in ED for a bed to become available. This is not the level of service we or the staff working in UL Hospitals Group wish to provide however we want to reassure our the public that every patient in ED continues to receive expert medical care and

every effort is made to make their stay as comfortable as possible."

It added: "Overcrowding is a whole-health service issue and not an issue strictly for the ED or hospital system. A multi-faceted approach is required to tackle overcrowding, encompassing additional bed capacity, improved patient flow, and the development of integrated care programmes with community services – all of which are being addressed by UL Hospitals Group.



RTE Lyric FM pose for a picture during meeting with Seamus Dooley, of the National Union of Journalists, last Friday afternoon. Top right, members of the Irish Chamber Orchestra, based at University of Limerick

Closure of Lyric 'would be an irredeemable loss' to arts

RTE: Irish Chamber Orchestra rallies behind Lyric as 13,000 sign online petition

FINTAN WALSH

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MORE THAN 13,000 people have signed a petition, urging RTE to prevent the closure of Limerick-based Lyric FM.

This follows a Prime Time feature that stated that management in Montrose is considering its future in the coming weeks, a revelation that shook the arts and culture circles nationwide and even internationally.

In last weekend's Limerick Leader, legendary Lyric FM presenter Carl Corcoran, who worked at the station for 17 years, warned that its closure would hurt the local arts.

And rallying behind the station, which costs just 1.6% of RTE's total budget, the UL-based Irish Chamber Orchestra (ICO) expressed its "absolute dismay" at the proposal.

"RTE Lyric fm is an integral part of our national public service broadcasting and its closure would

be an act of cultural vandalism.

"It has brought us programmes and presenters of the highest calibre in its efforts to break down the barriers of classical music. A myriad of genres are featured in its programming from orchestral to jazz to opera, new music, sacred music and film music, world and period music – the list is endless," the ICO said in a statement.

The ICO said that losing the station, which accounts of 1.9% of the Irish radio market, would "deprive us of the opportunity to broadcast on the national airwaves to our dedicated listeners".

"As an organisation funded by the Arts Council of Ireland, we are dismayed at RTE's attitude to classical music. We already have a situation where the future of the RTE National Symphony and Concert Orchestras is in jeopardy. Adding the proposed closure of the nation's only classical music station would be a travesty and would have a damning

effect on classical music, its audiences and the arts in general in Ireland. We want to avoid creating such a vacuum in the world of Irish broadcasting at all costs."

The ICO is urging members of the public to contact local councillors and TDs, and to write directly to RTE management to prevent the closure.

"RTE Lyric fm is run on a shoestring [€6.6m spent in 2018] by a small and loyal staff – it certainly has not contributed to RTE's financial woes," the ICO said.

Rev Niall Sloane, the dean of St Mary's Cathedral, which is one of the main classical music venues in Limerick, said that the closure of RTE Lyric FM would "deprive the State of Ireland's only dedicated classical music station and a valuable resource to the cultural sector.

"To see Lyric FM go from the airwaves would be an irredeemable loss with far reaching consequences."

In a statement to the Limerick



"It certainly has not contributed to RTE's financial woes"



Leader, RTE said: "We are mindful of RTE's central role in reflecting who we are as a people and a nation and where we are going, a role that is more important now than ever. However, with commercial revenues and public funding both significantly below what is needed to operate the organisation in its current form, it is no longer possible to continue as we are.

"It is in this context that we are currently finalising a review of everything we currently do and what we can continue to do in the future and we expect to be in a position to share details in the coming weeks."

Carl Corcoran, who was among the first presenters in 1999, said last week: "I think it would have a serious impact on the industry and culture, in general. One of the purposes it serves, right now, is to be a platform for a lot of artists. And local artists would suffer greatly because of the lack of exposure. It would be an awful loss."

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Loved ones affected by unsolved murders call for justice in march

REBECCA LAFFAN

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MORE THAN 100 Limerick people affected by unsolved murders of their loved ones came together for a peaceful protest march in the city over the weekend.

Organised by the family of the late Robert Sheehan, who was murdered in 2012, aged 21, the protest brought together friends and families in solidarity, with the aim to provoke change in the justice system.

"So far, we know of nine families affected by this in Limerick," said Robert's mother Majella Sheehan at the march, which took place on Sunday, September 22, "but I know there's a lot more."

"There's people dead longer than my son and they've got no justice, which is wrong."

"We're all suffering the same pain, years have gone by and nothing is happening," Majella added.

Robert's aunt Caroline Moore, who also organised the event, said: "It's horrendous to see your nephew on the ground, trying to hold him and support him and let him know we were there."

"I struggle to find words to explain the utter devastation," she continued, "who has the right to come along and intentionally take someone's life and walk away without punishment?"

"I've had to get up in the middle of the night because I'm terrified I'm going to find my sister Majella dead," she added.



The Justice For All march leaving Pery Square on its way to the former Franciscan Church in Henry Street PICTURES: DAVE GAYNOR

Rose Slattery, who lost her son Lee Slattery to a murder in 2010 said: "You don't realise how many others are affected, you're just in your own bubble and you can't see past it."

Rose's Husband Ray added: "I'm lucky my wife is even alive, it nearly killed her. It absolutely destroyed her."

Alan Hannon, father to Jeffery Hannon, who was murdered, aged

19, in 2007 said: "We want to let the justice minister know we're not forgetting about the people we lost, even if a cold case could be reopened its progress."

"We all just need justice."

Mary Kelly, who attended the march in memory of her son Richard 'Happy' Kelly, who was murdered 13 years ago, said: "To this day I still don't know what happened to my child, but from

what I know, my child didn't deserve the death he got."

"You learn to bury your mother or father, but no one teaches you how to bury your child."

The march took off from People's Park at 2.30pm, and finished up near Bedford Row where candles were lit in memory of individuals whose murder cases are yet to be solved.

Partaking in the march was

Willie O'Dea, TD, who vowed to bring about action by putting to officials the need for a cold case division in Limerick, saying: "In many cases the perpetrator is known, but gardai are unable to amass sufficient evidence."

"Conviction does bring a measure of closure, and I think that's the least these people deserve," said the Fianna Fáil politician.



Mary Hughes, Annacotty, Kayleigh Sheehan, Ballynanty and Geraldine Walters, Kileely



Majella Sheehan, Ballynanty, Willie O'Dea TD and Caroline Moore, Ballynanty



Caroline Moore addressing the Justice For All marchers



Ger and Daniel Ryan, Clonlara, with Mary Kelly, Southill



Richard, Michael and Ava Burke, Hyde Road



Attending the Global Climate Strike were hundreds of Limerick students from many schools across the city and surrounding areas PICTURE: MICHAEL COWHEY.

Students ditch the books to protest for action

Climate strike: Students raise their voice

REBECCA LAFFAN
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HUNDREDS of Limerick school students took a break from their studies on Friday afternoon to attend the largest climate protest the city has ever seen.

The protest was in support of the Global Climate Strike, which saw millions of young people worldwide take to the streets to have their say on climate change action.

The huge global protest comes just over a year after Swedish teen activist Greta Thunberg started striking from school every Friday to raise awareness on climate change – this movement is internationally replicated by students under the name Fridays for Future.

Last Friday saw fellow young people in their masses reiterate Greta's battle cry for immediate action for climate change policy reform to governments, corporations and those in power.

Spearheading the Limerick climate change action movement is 14-year-old Gaelchoilaiste Luimnigh student Saoirse Exton, who has been striking

“Taking action on a serious issue is more important than sitting in school for these hours”

JAN O'SULLIVAN, TD

every Friday since early this year, along with friends Caitlín and Róisín Ní Chaoindealbháin.

“We're striking here today because not enough action is being taken by our government locally, nationally or internationally so this is why we are fighting here today,” said Saoirse at the protest.

The decision to strike was permitted and encouraged by many schools, who allowed students to attend with parental permission.

“Some students left without permission and our only issue was the health and safety aspect of it,” said the principal of

Castletroy College Padraig Flanagan.

“There were no issues or sanctions around it, we appreciate it's a walk-out but we still sought to have, insofar as possible, parents of students on board in the event.

“Parents rang us back to confirm their children were in town, it is a noble cause and all students were accounted for.”

Meanwhile, Jan O'Sullivan TD, who attended the protest said: “I encourage these students to be here, it's really important.

“Their studies are important but at the end of the day taking action for a really serious issue for the whole planet is more important than sitting in school for these hours.

“Saoirse asked me to sign a letter which was being sent to schools and I was very happy to sign it and I don't think students should suffer any repercussions for attending.

“It's great to see our students and younger people come out and make their voices heard about an issue which is very important to them,” she added.

For full coverage of the protest, see the video on our website - limerickleader.ie.

SOCIAL WELFARE

Back to school allowance deadline

LIMERICK families with school-going children who have not yet applied for the Back to School Clothing and Footwear Allowance scheme have less than one week to do so.

Minister for Employment Affairs and Social Protection, Regina Doherty, pointed out that some families who may qualify for a payment, depending on their financial circumstances should check their entitlement.

An allowance of €150 is paid for each eligible child who is aged 4 - 11 on or before September 30 while an allowance of €275 is paid for each eligible child aged

12 - 22 on or before September 30.

Application forms are available at all Intreo Centres, on the Department's website www.welfare.ie, via SMS (text Form BTSCFA followed by customer's name and address to 51909) or by sending an email to BSCEFA@welfare.ie. This year, people can also apply online via the Department's website.

The Department is also providing a dedicated phone bank to answer enquiries during business hours 9am to 5pm. Anyone wishing to make enquiries about this scheme can contact 071 9193318 or LoCall 1890 66 22 44.

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LIMERICK SENATOR DEFENDS TRIP TO JAPAN FOR RUGBY WORLD CUP

Tara Spain

Perfectly fine! Paid for themselves and working on our behalf! Proud to have them represent us and also do so well!



Debbie Mc Gee Kellett

Enjoy Maria she always loved the rugby just like your dear old dad.

Ricky O'Shea

Always putting the good people of Limerick first is our Maria. Hope we don't forget her come election time.

LIMERICK FAMILIES HAVE ONE WEEK LEFT TO APPLY FOR BACK TO SCHOOL CLOTHING ALLOWANCE

Emmet Colbert

Just looked at welfare.ie website and apparently working people are allowed claim that allowance once their means tested and found under the threshold.



Tomas Kirken

Anyone on minimum wages or are on benefits have already put in their claims, so her appeal to tell people to make sure their applications are in, are complete P.R. Stunt & has No Effect.

EMERGENCY SERVICES ATTENDING FIRE IN PEOPLE'S PARK

Krzysztof Piotr Luszczki

We need more CCTV



Annemarie Hallinan

It's a shame as so many decent people live in the city too and a minority have to try ruin it for everyone

Danny Doran

Ruining or own city, sad

Sam Tonga

Burn everything worthwhile. Great mentality.

LIMERICK COUNCILLORS AGREE TO 7.5% INCREASE IN LOCAL PROPERTY TAX

Peter O'Dowd

What are we paying it for. It's certainly not for the service we receive so I can only imagine its to pay the councillors salaries and unvouched expenses.



Megan Ryan

Absolute joke being penalised for owning your own home. We pay more than enough on property tax and they want to up the tv license too, nothing but a laughing stock is our government!!

Gabby White

What do they think we get paid, we pay our property tax and you have to "beg" nearly to have roads, footpaths, and upkeep in your area maintained!!!!



A Nightmare On Bishop Street: Residents protesting their living conditions and calling for greater action and more engagement from Limerick City and County Council PICTURE: MIKE COWHEY

Lives 'have been hell' during pyrite repairs

Delay: Residents criticise Council over 'lack of engagement' on issue

MIKE FINNERTY

michael.finnerty@limerickleader.ie

RESIDENTS of Bishop and Convent Street buildings held a demonstration outside their scaffold-covered apartment block last Friday afternoon.

The residents of the complex say that the scaffolding has been up since April, as works are being carried out to rid the building of pyrite; a mineral that expands in the presence of moisture and oxygen, and can cause cracks in buildings.

Residents claim there has been a lack of engagement with Limerick City and County Council over the works and over a mooted relocation; a claim the Council refutes.

A council spokesperson told the Limerick Leader however, "at every

stage of the process tenants have been informed and updated about the project."

"The Building Inspector from Limerick City and County Council has been on site since the works began and each of the tenants has a direct contact number for him."

Residents living at the site, who did not wish to be named, stated their lives have been "hell" since the works began, with one resident saying their ESB bill has shot up in recent months as the scaffolding leaves their house in darkness, blocking out natural light.

"I had to actually go outside and stand in the sun to get some daylight because there was no daylight coming in," said one resident.

"We don't have a problem with the work being carried out or the

company contracted to do it, but we're frustrated with the council," another resident said.

"Willie O'Dea was the person who brought the matter to the Council's attention, he set the ball rolling on it, but we can't keep living like this," a resident added.

Cllr Catherine Slattery was at the demonstration on Friday, and read a statement on behalf of the residents, calling for the Council to be more transparent and engage more with the residents affected.

The building, which was constructed in 1995-1996, started to show problem signs three years ago.

Residents contacted the Leader to complain about their annoyance at not being told what is going on claiming, "we are being told different stories every week."

Bedford Row Family Project turns 20

THE Bedford Row Family Project, which supports families affected by imprisonment, is celebrating its 20th anniversary with a series of events. There are three days of events to celebrate the milestone.

The Wednesday sees a meeting of board members, new and old. Thursday sees an open-mic night discussing the theme of 'Anxiety' and Friday sees a tea party for all service users.

The festivities will be capped off with a walk from the new bridge to Sarsfield Bridge, symbolising that Bedford Row is the bridge between the family member on the inside and the family member on the outside.

Friday's walk is open to the public and will follow the theme of #couragetochange.

The organisation was founded by the Sisters of Mercy and the Franciscan Friars, and is funded by

the Mercy Sisters ever since.

The Irish Prison Service began funding the service in 2002, with Limerick City and County Council following suit in 2009.

Túsla fund counselling and play therapy carried out by the service, and the service has also seen support from trusts, foundations, religious communities, academic institutions and other benefactors over the years.



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Teenager punched while standing at city bus stop

Gardai at Henry Street have renewed their appeal for information following an assault which happened at a bus stop in the city centre a week ago,

The incident happened in broad daylight at O'Connell Street a around 3.20pm on September 18, last.

"A 19-year-old male was standing at a bus stop on O'Connell Street when another male approached him and struck him a number of times into the face," said a garda spokesperson.

While the victim required some medical attention his injuries are not



Gardai at Henry Street are investigating

believed to be serious.

Gardai say the incident happened in broad daylight in a busy area and that it is likely there were witnesses.

They are appealing to anybody who witnessed this assault or who may know anything about it to contact them on (061) 212400.

CCTV footage has also been obtained and viewed as part of the investigation.

Phone 'whipped' from man's hand by thief on a bicycle

A MOBILE phone was snatched from a man's hand as he was walking on the University of Limerick campus.

The victim – who is aged in his 30s – was walking at around 9.30am last Saturday morning when the phone was "whipped" out of his hand by another man who fled on a pedal-bike.

"It is better to keep your phone in your pocket and out of sight and only take or make a call if you are aware that you are in a safe place and that a theft like this is unlikely to occur," advised divisional crime prevention officer Sergeant Ber Leetch.

Warning over 'fraudulent' lender as scam emerges

GARDAI have moved to warn members of the public about a new 'loan scam' which has been identified.

In one case a woman, aged in her 50s, submitted an online application to a lending company seeking €3,000.

"This company requested that she send €160 before they release her loan. The lady did this but unfortunately this company would appear to be a fraudulent company and the lady never received her loan," said Sergeant Ber Leetch.

"Under no



Loan scam: Sergeant Ber Leetch

circumstances would a reputable lending institution ask for a sum of money to be forwarded before a loan would be released," she added.

Gardai say people should be aware of this scam and only take out a loan from well-established and reputable financial institutions.

Phone stolen in night club

A PHONE was stolen at a night club in the city centre after the owner left her handbag on a table for short time.

According to gardai, the woman's purse was unattended for a moment and she discovered the phone had been taken when she returned.

Separately, a phone and purse were taken from a lady's handbag while she was at Colbert Station waiting for a train.

Father (58) fined for having cannabis at home to give to son



Limerick Court heard the defendant felt he was between a rock and a hard place regarding his son

Court: Dad wished to steer son, who was also convicted on the same day, away from heroin

DAVID HURLEY
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A FATHER and son were both convicted of drugs offences on the same day in Limerick Court with the father saying he supplied cannabis to his son to in order to "keep him alive".

Michael Cleary, 58, of Whitecross Gardens, Moyross, pleaded guilty to possession of nine deals of cannabis for the purpose of sale or supply and was fined €300 after he pleaded guilty.

Sergeant Michelle Leahy told Limerick District Court the drugs were seized during a search of the defendant's home on November 25, 2018.

The street value of the drugs, she said, was around €190.

Solicitor Sarah Ryan said while the offence "sounds awful out of context" her client was acting in the best interests of his son who suffers from a very serious drug addiction.

She said Mr Cleary had bought the cannabis to give to his son as he preferred to see him with a "bag of weed instead of a needle in his arm".

She said he was fearful his son would die from an overdose and she insisted her client was not supplying drugs to anyone else and that he was not personally benefiting from having the drugs.



It was not the correct thing to do, he knows it was illegal

SOLICITOR SARAH RYAN

"It was not the correct thing to do, he knows it was illegal but he was in between a rock and a hard place," said Ms Ryan who added her client's actions were an attempt by him to keep his son alive.

Having considered the matter and noting the predicament which Mr Cleary found himself in, Judge Marian O'Leary fined him €300 in relation to the sale or supply charge.

Given the circumstances of the offence, the lesser charge of simple possession of the cannabis was taken into consideration.

During a separate appearance before the court on the same day, Mr Cleary's son – Dean Cleary – pleaded guilty to charges relating to the discovery of a number of cannabis plants at his home during a garda search.

The 31-year-old, who lives with his father at Whitecross Gardens in Moyross, admitted cultivating four cannabis plants at the house.

Sgt Leahy told the court the defendant, who has a number of previous drugs offences, made admissions when questioned by gardai. However, she said plants had not bloomed and that they had a nominal street value of €10.

In the case of Dean Cleary, Ms Ryan said her client had found "a handful of seeds" in a bag of cannabis which he attempted to grow in a pot.

Seeking leniency, she said her client suffers from a serious drug addiction and that most of his previous convictions relate to that addiction.

Ms Ryan said the defendant is hoping to address his problems while in prison. Judge O'Leary imposed a €150 fine. As Dean Cleary is currently in custody for other matters, she directed the fine should be paid forthwith.



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Congestion at the Parkway Roundabout MICHAEL COWHEY

Signal junction plan for busy link

LIMERICK City and County Council is planning to introduce a signal junction at the Parkway Roundabout after significant rush hour delays.

A spokesperson for the local authority confirmed it has completed the design for this, and it will be reviewed as part of the Limerick-Shannon Metropolitan Area transport strategy project.

Speaking this week, City East Councillor Sarah Kiely said delays at the roundabout just off the Dublin Road are a regular feature at rush hour.

"Sometimes when you're going to Castletroy from the city side, it's mayhem. A lot of people working for multi-nationals in the technology park, it's a main artery for them. It's a huge cause for concern," she said.

The Fine Gael member reported that a home heating oil truck was caught in a yellow box, meaning no traffic could move for five minutes.

"People coming from the Rhebogogue side find it hard to get out. Even when it's quiet, it's a short distance between the Pennywell side and the Rhebogogue side. Trying to get out there is quite difficult at times," she said.

Cllr Kiely said traffic congestion is a major turnoff for the many multi-national companies located at the National Technology Park. She added: "The university is on that road. A lot of people use it on the way out. People work there, go to college there, and other businesses surround there. The population of Castletroy is quite large without adding to it. The population is going to grow even more."

VR headsets to boost road safety agenda

Collision: New initiative gives driver and 'immersive' experience of a crash

DAVID HURLEY

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A NEW road-safety initiative involving the use of virtual reality (VR) technology is being rolled out in Limerick.

Thirty VR headsets have been made available to members of the divisional Roads Policing Unit as part of the Your Life Your Choice initiative.

The initiative, which is supported by Limerick City and County Council and Aviva Driving School, aims to promote road safety - particularly among younger drivers.

The VR units have been pre-loaded with an eight minute video which simulates a fatal road collision from the perspective of a front seat passenger.

The 360 degree footage was recorded in the UK last year and features full-time emergency responders and some professional actors.

Viewers witness some of the dangerous behaviours and factors associated with young drivers involved in serious collisions, including mobile phone use, speed, stopping distance, and distraction.

They also witness, from the perspective of passenger seat, the immediate aftermath of being involved in a serious collision from when first responders arrive on the scene.



Sergeant Tony Miniter with Micky Kelly, St Munchin's College; Hugh O'Connell, Ard Scoil Ris and Emily Clancy, Ard Scoil Mhuire PICTURE: ADRIAN BUTLER

"It is a seven-and-a-half road safety clip where you are the passenger in a car and it gives you a full virtual reality experience of what it's like being involved in a crash. It's basically using modern technology in a very effective way," said Sergeant Tony Miniter.

Visitors to Henry Street garda station on Culture Night were the first to use the new headsets while TY students from schools across county

received a presentation on Monday.

The feedback from the students was that the VR footage was "scary" and "very realistic" and it's hoped it will influence them to be safer when they start driving.

"It's a completely impressive experience in relation to what it's like to be involved in a really serious crash. You are looking at it from the perspective of being a front seat

passenger. The driver has been seriously injured and a rear-seat passenger has been ejected out through the windscreen," explained Sgt Miniter who told the students that being involved in a serious road collision is a horrible and disgusting experience.

So far this year, there have been seven road fatalities across the Limerick garda division.

Motorist escapes being 'blown into smithereens'

A MOTORIST says he escaped being "blown into smithereens" following a near-miss at Coonagh Roundabout. Vincent Foley is calling on Limerick City and County Council to make the roundabout safer.

"As sure day follows night, there will be a death on that roundabout," said Vincent.

Vincent, a resident of Coonagh since 1984, had been doing some errands on an early Sunday morning when the near-miss occurred.

"I came out onto the roundabout. I was being cautious and easing out slowly. There was a large, 40-foot truck, coming towards me. I figured he would see me, as he was a fair bit off, but he obviously didn't," said Vincent.

"It was lucky that I was in third gear. It gave me the chance to get out in time. I was within half a second of getting hit, we are talking centimeters. I am blessed to be alive. I



Vincent Foley and Fianna Fáil activist Pat O'Neill at the site of the near-miss

escaped certain death and being blown into smithereens," he added.

Vincent says he has written to the council in the hope something will be done. "We were happy to see a traffic management scheme put in place, but it was an elaborate one. And

although the locals have learned its way, those who aren't from around here can be easily confused by it all. All that driver saw was eight sets of green lights as he approached the roundabout, thinking he was good to go."

UHL misses target 1,200 times in 2019

The HSE's target of discharging or admitting people over 75 within 24 hours has been missed 1,200 times this year.

Deputy Willie O'Dea criticised the health minister in light of information received by Fianna Fáil showing that 1,235 over 75s waited longer than 24-hours in UHL ED so far this year - 148 of these in August.

Deputy O'Dea said, "As we approach the winter months it's inevitable this number will continue to rise. A lack of basic bed capacity is a fundamental problem in UHL.

"Forcing over 1,200 elderly patients to wait more than a full day in the emergency department in UHL is inhumane. It is wearying, even for a person in the full of their health," he concluded.

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Stolen fencing was located in halting site

DAVID HURLEY

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A YOUNG man who admitted having hundreds of euro worth of stolen fencing around his home in Southhill has been given time to pay compensation to the owner.

Jay Casey, 20, of Clonlong halting site pleaded guilty to handling the stolen fencing on March 30, 2019 – the day after it was stolen from a premises at Galvone Industrial Estate.

Sergeant Michelle Leahy said ten sections of Harrison Fencing, worth €500, were reported stolen at 9am on March 30 when the owner returned to the premises having erected the fencing the previous day.

She told Limerick District Court that having been alerted to the theft, gardai viewed CCTV and identified a car leaving the area.

She said the car was linked to another individual living in the Southhill area and that when gardai

went to interview the owner, they observed the stolen fencing.

“The saw the fencing erected around Mr Casey’s bay,” she said adding that he was cooperative and made admissions when questioned.

Judge Marian O’Leary was told six sections of the fencing were recovered but four were not and that the owner remains at a loss of €200,

Solicitor Sarah Ryan said her client told gardai he had nothing to

do with the theft of the fencing and that he had bought it from another individual.

She said Mr Casey, who has 18 previous convictions, was willing to pay compensation to the owner of the fencing if given time.

Judge O’Leary noted this and adjourned the matter to next month for sentence.

In doing so, she indicated she will deal with the matter leniently if compensation is paid by the defendant.



Ten sections of Harrison fencing were stolen



Ardscoil Rís deputy principal Pat Walsh, Minister for Finance Paschal Donohoe, winning scholar Will O’Callaghan, formerly of Ardscoil Rís, and Dr Martin and Carmel Naughton PHOTO: KIERAN HARNETT

€20k scholarship for Limerick student

Education: Success for former Árdscóil Rís student

REBECCA LAFFAN

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A LIMERICK student has been awarded a €20,000 scholarship towards his studies in Trinity College Dublin.

Will O’Callaghan, a former student of Ardscoil Rís, joined 36 exceptional Irish students who were awarded third level scholarships towards their studies in the areas of engineering, science and technology.

Will, who studies Management Science and Information Systems, was presented with the award by founding patrons of The Naughton Foundation, Dr Martin Naughton and his wife Carmel who were joined by Mr. Paschal Donohue TD, Minister for Finance, Public Expenditure and Reform.

Ardscoil Rís was also presented with a prize of €1,000 on the day towards their school’s science facilities, for their support of these students.

Speaking about the growth of the programme over the past 11 years, Dr Naughton commented: “We started supporting students in their science and engineering studies in Louth, Meath and Monaghan in 2008 to give back to our local area.

“We never imagined what a wonderful community of connected young people the Naughton Scholarship program would become.

“It is heart-warming for us to read of their successes and how they are in turn giving back to society,” he added.

Since its establishment in 2008, scholarships worth over €4million

have been awarded to nearly 300 students. The scheme went nationwide in 2016.

There is one guaranteed scholarship €20,000 for each participating county, with the exception of Cork and Dublin where there are two and four scholarships awarded respectively.

Five additional scholarships are also to be awarded, each worth €5,000 per annum for every year of a student’s three or four-year undergraduate degree.

More than 200 schools have benefited from this prize to date with some schools receiving it on more than one occasion.

Each year from February to May Leaving Certificate students can apply for a scholarship if they intend on studying science, engineering or technology at third level that year.

UL President calls for vaping ban on all Irish college campuses

MIKE FINNERTY

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UNIVERSITY Of Limerick’s Dr Des Fitzgerald (*pictured*) has called on other Irish campuses to ban vaping – calling it “a matter of urgency.”

UL became the first Irish campus to ban smoking and vaping in 2018, and following recent bans in the United States concerning the safety of the practice, Dr. Fitzgerald has called on all Irish third-level institutions to follow UL’s lead.

Dr. Fitzgerald, who is a Professor of Molecular Medicine and a former Chief Academic Officer of the Ireland East Hospital Group, said

that vaping is now “as an urgent health risk for students in particular many of whom were led to believe that it was a healthier option than traditional cigarette smoking.”

Dr. Fitzgerald added; “Vaping is a real health risk and is now being directly implicated in health crises and even death amongst users.

“We can see by the introduction of flavoured vaping products and other marketing initiatives that big business is now aggressively pushing this product to young people in particular and we should waste no time in mounting a robust challenge to these forces – and that begins with a ban.”

Dr. Fitzgerald added that

the Government should act proactively on the matter, stating, “The Minister for Education and Skills should immediately institute a ban on vaping and smoking in any institution which receives Exchequer funds.”

The comments come in the wake of a recent wave of bans in the United States, with the states of New York and Michigan introducing a ban on flavoured vaping products.

The wave of bans in the United States has come at the behest of

Senator Mitt Romney, who has

published legislation to ban flavoured vaping products and to apply cigarette taxes to vaping devices.

India has announced a ban on the production, import and sale of electronic cigarettes on the grounds that they “pose a risk to health”.

China has also begun to phase out vaping, with Juul, the brand most synonymous with the practice, pulling all presence from online marketplaces.

Vaping has managed to evade such attention in European nations due to European Union regulations surrounding vaping; the maximum nicotine level allowed in e-cigarettes sold in the EU is 20 milligrams per millilitre.

A typical Juul “hit” consists of 59 milligrams per millilitre, which is the most popular brand in the United States.





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SENATOR **Maria BYRNE**

FINE GAEL

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DATE: Friday, September 27th

AT: 11.45am

LOCATION: Murroe Community Hall

with **Michael Ring TD**
 Minister for Rural & Community Development



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A spectacular celebration of the 14th year of culture night in city

REBECCA LAFFAN

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LIMERICK city was a hive of activity last Friday evening, as more than 60 venues and public spaces opened their doors to the public to host a programme of free late-night entertainment as part of a national celebration of arts, heritage and culture.

This year was the 14th renewal of Culture Night in Limerick, with attendees turning out in their masses on the streets during the evening to see what the city had to offer.

Limerick's home of culture, Ormston House, encouraged attendees to do three things: check out an art form you don't usually go to; check out a venue you don't usually go to, and go to something that you think sounds weird.

Indeed, there was plenty of weird (and wonderful) events to choose from on the night, from family-friendly entertainment, art and design demos, theatre and dance, as well as poetry and music events.

The popular Pigtown Parade once again brought crowds into the city centre who helped get the giant piggy to the Milk Market, while street performers and demonstrations kept attendees entertained in Arthur's Quay Park until the sun went down.

Limerick was the place to be for all things art and design on the night, with 12 exhibitions, talks and demonstrations all happening within the bounds of the city.



Ashling and Saoirse O'Grady attending Henry Street Garda Station's open night, which gave tours of the premises to the public PHOTO: CALEB PURCELL

For those interested in music and dance, the Boherbuoy Brass and Reed band took to Thomas Street with some toe-tapping tunes, as well as Colbert Station's newest arrival, a public piano, being debuted on the night.

There was plenty to tempt the taste buds on the evening, and a stop at the Hunt Museum was an absolute must for the foodies with The Culture of Food event, with

professional chefs will be cooking up a storm with dishes from 10 different Limerick cultures available, using recipes submitted by the public.

Several walks took place across the city, including a guided 1km walk detailing Limerick's fascinating maritime history, highlighting how vital the River Shannon is to our city, while a medieval historian and artist gave

tours of Limerick's three 'castles' and the site of a fourth, before finishing up in the one and only King John's Castle, which was open to the public on the evening.

"There's great pride around Culture Night, which of course is just wonderful to hear," says Limerick's Culture and Art's officer Sheila Deegan.

"Culture Night is a great platform to say 'it's more than one

night' as many programmes are just launching tonight, so there's even more to come.

"What I love about Culture Night is you can go to something your intent for the whole year is to be part of, yet you never get the chance to, or never get the time," she added, "tonight you can make the time."

See our Culture Night video on our website for even more coverage of the fantastic evening.



Cllr James Collins leading the Pigtown Parade on Bedford Row PHOTO: CALEB PURCELL



Jack McGrath and Elise Griffin checking out the night's events PHOTO: CALEB PURCELL



Lorna, Dylan, Andrew and Mathew Flynn and Olive Jennings



Nadya Dikova, Plamen Penev, Dean Penev



Sarah O'Shea and Claire Morome

'Bring old school back into use', says Kiely

NICK RABBITS

at City Hall

FINE Gael councillor Sarah Kiely has called for an unoccupied former school building to be used for the benefit of the community.

At this month's council meeting, the City East member asked a question as to what is happening to the former Southill Junior School in O'Malley Park.

The facility closed in late 2015 when it merged with Galvone National School to form the newly built Le Cheile School in the Roxboro Road.

The building remains under the ownership of the Limerick Diocese, which had patronage of the primary school.

But Cllr Kiely says it is her belief the Diocese wants to sell it – with council executive officer Jayne Leahy confirming talks were ongoing with them, and the Department of Education, with regard to a proposed acquisition.

"Southill Junior School is right at the centre of the community and it has been laying idle for a good number of years now. It could be put to better use for the community. Who wants to buy it is another thing, how it is going to be advertised. It's about process which I have a big issue with in the council anyway. I feel none of their processes are robust enough. It's a strategic piece of capital land in the middle of O'Malley Park which could be put to better use," Cllr Kiely said.

The councillor, who lives close to the site in Janesboro, pointed out there are voluntary groups across the city and county looking for a base, either as somewhere to hold a meeting, store equipment or simply hold a coffee morning.

"Lots of groups need to be supported doing what they are doing," she added. "It's sitting idle, it should be used for the community. What that is, I don't know. Bring the stakeholders together. Bring



Le Cheile National School at the Roxboro Road opened in early 2016, as a merger between the now-closed Southill Junior School and Galvone National School PICTURE: KEITH WISEMAN

people from regeneration, and voluntary groups and see what can be done with that piece of infrastructure."

It's even more important Southill Junior School comes

back into use now, with the growth in the number of homes again in the southside suburb.

"I know the [Southill] hub is near it, but that doesn't

mean you ignore a big piece of infrastructure which could be put to good use," Cllr Kiely said.

In a written response, Ms Leahy, who represents the

property services department at council confirmed the talks, but said a date for any completion of these cannot be estimated at this stage.



Southill Junior School is right at the centre of the community



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Limerick City**

CHAIRIED BY:
Senator Paul Gavan

SPEAKERS INCLUDE:
Pat Buckley TD
(Sinn Féin spokesperson on mental health)
Leona O'Callaghan (Haven Hub)
Julie McKenna (Novas)
and **Maurice Quinlivan TD**



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5th October 2019

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Striking message: Hundreds of homemade signs were carried throughout the protest march, which took off from Arthur's Quay Park on Friday afternoon and proceeded onto O'Connell Street and back to City Hall.

Fighting for change

More than 1,000 protestors took to the city streets on Friday, September 20, as part of the Global Climate Strike

Pictures: Mike Cowhey **Words:** Rebecca Laffan



Fiona Stapleton, Clodagh Dunne and Aine Gahan

A lesson in activism: A large proportion of protestors were students from various schools across Limerick city and county, with some given permission by their teachers and parents to attend while other students reportedly 'walked out' of classes to attend, resulting in some students fearing the repercussions. "All they can do is call our parents, and apart from that they can't do anything to us because our parents support us - they should want us to make a difference in our own futures," said one particular student.

Young voices at the protest

Fridays for Future: The Friday's for Future movement was started by Swedish teen climate change activist Greta Thunberg in August 2018, where she carried out a strike from school every Friday to campaign for policy reform regarding climate change. Since then, a huge number of teens, including a group here in Limerick, have followed suit each week. This global movement has snowballed over the past year, resulting in millions of people joining in a worldwide, youth-led climate strike last Friday.



Angus Mitchell, Limerick Against Pollution

Angus: "It's the most important issue of our time, our planet's destiny depends on this and adults don't care - politicians in particular."



Teen activist Saoirse Exton led the protest

Saoirse: "Not enough action is being taken by our government locally, nationally or internationally so this is why we are fighting here today."



Liliana Marszolek, UL student from Poland

Liliana: "The world is our home, it's our future. I am from Poland and we are one of the most polluted countries in the world, but I'm on Erasmus here so I decided to join in today's protest."



William and Shelia Stone

Sheila: "We have children and grandchildren and we love them and it's their future. I think the older generation need to look at our actions because we won't see the worst of it - our grandchildren will."



Tomas Hannon with Jan O' Sullivan TD

Jan O'Sullivan: "I'm here to support the young people who are really leading the way on climate change. I think it is making a difference. Listening to the science is really important."

Candid Comment

By SPARTACUS

● THE EuroMillions jackpot has climbed to a dizzying €190m this Wednesday, prompting many an office conversation along the lines of "what would you do?"

Spartacus had been thinking about the same lotto at the weekend when withdrawing some of our hard-earned cash from an ATM in a shop in the Castletroy area - they shall remain nameless.

Anyway, while typing in the PIN, there, staring us in the face, taped to the top of the machine was a little notice showing last Friday night's results as well as the staggering amount of money we hadn't won.

Was this some cynical move to prompt people part with more of their cash to chase the impossible dream?

Or was some wag in the shop having a little joke at all of our expense - Ha, you didn't win the EuroMillions, you're still withdrawing beer money in a shop!

Or maybe Spartacus is just plain paranoid.

● ONCE again, our city centre suffered at the hands of eejits when someone thought it would be a good idea to start a fire in People's Park on Monday evening. By the looks of a picture shared by Cllr Brian Leddin on Twitter, the blaze was quite noticeable. What was rather questionable, though, was the reaction of some locals, including Fine Gael Councillor Olivia O'Sullivan, who were more concerned about the bandstand. It was no wildfire, and this was no Notre Dame.

But the bandstand is fine, by the way. What isn't fine is our anti-social behaviour and the lack of councillors questioning this plague. While Cllr Leddin commented that it was "awful to see this kind of thing in our city", Spartacus hopes that all councillors in the metropolitan district council start their five-year term looking for solutions to

combat anti-social behaviour. Tweeting about it will not be enough.

● AT ITS current rate, University Hospital Limerick is on course to experience its worst ever week for overcrowding, as there were 81 patients on trolleys on Monday—the national record—and 80 patients this Tuesday.

Last Wednesday in the Dail, when pressed on the 96-bed block that has been mooted for quite a while, our Taoiseach didn't have an answer (because there is no answer and there is no timeline). Instead, citing the projects of yore, he said: "I will have to come back to the deputy on the 96-bed block, but so much investment has gone into that hospital to date I know he will want to compliment us on that."

I am sure the languishing patients will compliment Leo, too. Cheers for that.

● Spartacus commends those who turned out for last week's Climate Strikes. These people are rising up and attempting to make a difference. Sure, some pundits will claim some kids were there just to doss off class, but be honest, what gets done in a classroom or an office on a Friday afternoon anyways? Let kids be kids, one afternoon pulling a Ferris Bueller will do more for a student than any textbook. But to quote every Irish mother; "don't go making a habit of it, now."

● Given the financial woes that RTÉ faces and the potential closure of the Limerick-based Lyric FM, bosses in Montrose must be praised for their budget coverage of the Rugby World Cup. Not only did the penny-conscious producers use a tin-can to connect with their commentators for the Ireland-Scotland clash, but they also opted to broadcast their studio analysis in the dark!

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



Thelma is a 4-month-old white and tabby kitten looking for a loving home. She is very friendly and loves to have company. To meet Thelma and all cats looking for homes, come visit our sanctuary any day from 12 noon until 3pm. Adoption fee for a cat is €100, each cat is neutered, wormed, vaccinated and litter trained.

Oliver and Stan are inseparable brothers looking for a forever home together. They are very outgoing with a charming personality. They are fantastic pets and will fit in to any home. Our cattery is open to visitors every day from 12 noon until 3pm. Adoption fee is €100, they are both neutered and litter trained.



Francie is looking for a calm and safe home. He is a 3 year old chihuahua mix who needs a quiet home to learn to trust and adjust to a new surrounding. He will be a loving pet. To adopt from Limerick Animal Welfare you must have a fully secured garden and the dog must be allowed sleep inside. We carry out a home check. Our adoption fee is €150, each dog is microchipped.

Toby could be the perfect fit

Toby is looking for a new home. Toby is 7-years-old, loves to have company and is great with adults and kids. Toby is an excellent pet and will fit right in to any home. To adopt from Limerick Animal Welfare you must have a fully secured garden and the dog must be allowed sleep inside. We carry out a home check.



Sarah Chapman, UL Archery watched by Deputy President, Chief Operating Officer and Registrar, Gerry O'Brien, outgoing UL Director Sport and Recreation Dave Mahedy at the new €7m sports facility PICTURE: SEAN CURTIN

UL's €7m 'legacy' for future students

2016: The project was voted in by students in 2016

RYAN O'ROURKE
Ryan.ourourke@limerickleader.ie

THE University of Limerick plans to 'leave a legacy' for future students with a massive new state-of-the-art €7m sports facility.

The Maguires Pitches were launched this Tuesday at UL by Deputy President, Chief Operating Officer and Registrar, Gerry O'Brien, outgoing UL Director Sport and Recreation Dave Mahedy and UL Student Life President Jack Scanlan. At 22-acres, the completed and fully operational facility consists of one full-sized natural grass floodlit GAA pitch, plus two full-sized, floodlit synthetic GAA pitches which can also be used as four synthetic soccer pitches with the additional space available.

Back-to-back hurling walls with synthetic grass and a 'golden mile' walking and running track with exercise stations complete the development, which also saw the upgrading of the existing outdoor athletics track to international standard.

The largely student-funded project has transformed the site into a truly state-of-the-art facility that was launched this Tuesday.

"This is perfect exemplar of how a student-led project can yield truly magnificent results," said Gerry O'Brien, Deputy President of UL.

"At a cost of €7m, our state-of-the-art sports campus has been enhanced further with the completion of this project and reaffirms our status as Ireland's sporting campus and one of the best in Europe. We acknowledge the role of sport in shaping our

“
This is perfect exemplar of how a student-led project can yield truly magnificent results

GERRY O' BRIEN

students and the students are at the centre of this institution's focus and their campus experience, both inside and outside of the lecture halls, is at the core of our commitment to them at UL," he added.

The move to develop the old grass pitches emerged from within the student body in 2006 and a committee was established. Pitch development specialist Richard Hayden from STRI Sports Turf Research Institute was commissioned by the UL committee to draft a report on what could be done with the site.

In 2016, more than 70 percent of the student body opted by referendum to support the plans via a levy that would redevelop Maguires Pitches, a new student centre, and climbing wall.

UL Student Life President Jack Scanlan said: "This facility is going to be first and foremost for the students of UL. This project has been student-led from its inception and students are contributing the majority of the funding for the project through the student levy.

"The 2016 campaign was centred on the theme of UL students leaving a legacy. The legacy UL students are going to leave with this amazing facility will extend far beyond the future students of UL and into the local communities who will use the facility for years to come. Without the students of UL this facility would not exist in the way we see it today," the UL Student Life President added.

Gerry O'Brien paid tribute to Dr Eddie Keher, the former All-Star Kilkenny hurler who last week retired from the UL Arena Board after 20 years of service and to Dave Mahedy, who will retire this week after 35 years in his leading role for sport at UL. "Together with the students who have gone before and the students who will come after, they are all key in how this University and this campus is shaped and continues to move forward," Mr O'Brien said.



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: @liam_croke LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

Four more areas where we probably spend too much

As promised last week, I'm following up with four more categories we need to be mindful of when it comes to our monthly spend, and what strategies we can employ to save in each.

MORTGAGE/RENT REPAYMENTS

According to the last household budgeting survey carried out by the CSO, this category accounted for the highest proportion of the average household weekly spend in Ireland, at 20%. And for some, I'm sure this percentage is much higher.

I encounter people all the time who are paying more than they need to with mortgage repayments. They are not availing of lower rates with their existing provider who might have excellent fixed rates, or they fall into a lower loan to value rate, but don't do anything about it.

One person I met recently was paying a variable rate of 4.50% and could have lowered it by opting for a five-year fixed rate at 3%. The monthly saving in this instance was €205.

If a fixed rate didn't suit them, they could have opted for a loan to value variable rate, and the monthly savings they would have achieved by going into a lower band would have been €85.

And if your provider just isn't competitive, you could move your mortgage to someone else. If you have enough equity in your property, moving to another provider could be your solution. The move-your-mortgage market is open for business so explore what your existing lender can offer you and what others are as well.

And if you're renting, can you reduce

your expenses by getting a roommate? A friend of mine rents a two-bed apartment (couldn't find a one-bed), but lives on her own, because she wants to. But she's feeling the pinch because it's expensive and may have to consider either sub-letting the second room or moving to another area that's cheaper.

KIDS

After a long week at work, it's nice to head out to a shopping centre, for a bit of retail therapy which includes spending money on our kids. We may feel guilty that we haven't seen much of them over the past week, and one way of lessening it is buying them treats. We feel better, they end up with toys or clothes or whatever it is, but this can become a cycle that becomes hard to break.

Parents want their kids to be happy - it makes them feel they're better parents - but spending more on things for their children can have serious consequences on their finances, now and in the future, especially if they can't really afford these splurges every other weekend. They're doing their kids no favours either, because studies have shown that kids whose parents were very generous to them when they were younger, once they leave home, a very high percentage end up in debt.

CLOTHES

According to that same CSO weekly spending survey, shockingly we spend as much on clothes every week, as we do planning for our future retirement.

The maximum we should spend on clothes is about 5% of our net monthly income. If you are above this number, you need to rein in your spending.

“**The move-your-mortgage market is open for business so explore what your existing lender can offer you and what others are as well**”

DID YOU KNOW?

You are regarded as being resident for tax purposes in Ireland if you spend 183 days or more here or if you spend in excess of 280 days over a two year period.

There is a growing body of research that shows whenever you buy clothes, or any item for that matter, particularly if it's on sale, rather than saving money, we could, in fact, be wasting it.

And women are worse than men in this regard because in a study carried out recently, 67% of women admit to buying things in sales they never use, compared to 43% with men.

Sometimes people think they're getting a great deal when something is reduced by 50% but unless you really need it and will use it, consider leaving it there and be happy that you've just got a 100% discount.

ENTERTAINMENT/SOCIAL EVENTS

Events like weddings, birthday parties etc. can wreak havoc on people's finances, and if we don't plan in advance for them, and wait until the last minute we can end up spending more than we need to. So, planning in advance is important, because the longer you have to prepare, the smaller the hit your finances will take.

It doesn't have to be big events either, and I don't want to be a killjoy here because there's nothing like someone coming over to your house for whatever reason, but it can be a trigger for us to spend more than we need to.

So, whether it is going to a wedding or just having friends over for a couple of burgers, set yourself a limit, and try not to get suckered into spending impulsively because that's the real reason we end up spending more than we should. The need to impress people can take many forms but spending more than you need to or worse still getting into debt is code red - don't go there.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, my employer has a facility to make loans available to staff at preferential rates. It's an excellent benefit but I'm wondering is there a catch? I'm thinking of borrowing €8,000 to clear some other loans and a credit card. The rate I can avail of is at 7%.

A: If an employer offers loan facilities at a rate below a specified rate, a benefit in kind will be triggered, where you will have to pay income tax and PRSI on the difference between the interest paid at the preferential rate and the interest at the specified rate.

That specified rate at the moment is 13.5%. When calculating how much the BIK will amount to, subtract the preferential rate from the specified one and multiply the difference by the amount you are borrowing.

Example - 13.5% - 7% = 6.5% x €7,000 = €455.

So, the amount that is chargeable is €455 and this is treated as if it's your income; if you are taxed at the higher rate, the €455 will end up costing you €200.20 once income tax and PRSI are deducted.

You'd be better off by c. €32 over a three-year period, at a preferential rate at 7% versus a standard rate of 9%, so the difference isn't big when you factor in that BIK.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Hugh Autumn Sale runs from Wednesday, September 25 - Saturday, September 28 at Taghg O'Connor Furniture & Flooring in Rathkeale. Massive reductions across all departments. Hurry four days only! For more information phone 069 63322.



Dunraven Arms Health & Leisure Centre, Adare have superb value on new memberships!

Just some of the offers including: annual adult just €275, annual over 60s just €250. For more information and to find out about all the offers available call 061 605995.



Corcoran's Furniture & Carpets, Newcastle West are celebrating their fourth birthday with their ever popular four-day Anniversary Sale. Kicking off this Thursday, September 26 on Sheehan's Road, Newcastle West and ending on Sunday. Customers have four whole days to snap up the best of furniture bargains. Happy birthday to Corcoran's...Happy furniture shopping to you!





'Too early to assess the impact on housing'

Residential: Auctioneer speaks on house price impact after EPA move

NICK RABBITTS
 nick@limerickleader.ie

A LEADING auctioneer says it is too early to assess the impact of housing demand in Mungret after Irish Cement were controversially granted a new licence.

Gordon Kearney, Rooney's Auctioneers, was speaking after the Environmental Protection Agency (EPA) effectively granted Irish Cement permission to switch away from fossil fuels in favour of used tyres and solid recovered waste at its plant in Mungret.

There have been huge concerns about the impact the reforms will have on the local environment. But the firm has always maintained that because burning will take place at such a high temperature, any impact will be negligible.

Another concern of objectors has been the impact on house prices in one of the fastest growing parts of Limerick.

But speaking to Leader Business, Mr

Kearney, while acknowledging the concern is seen as a "negative" to purchasers, the proof will be borne out over time.

"Any new infrastructure which causes a concern to potential purchasers is seen as a negative. That can be anything from an electricity pylon, waterways or waste incinerators. That concern may result in weaker demand for homes in that area and weaker demand can result in lower prices," he said.

"Interestingly, not all of these concerns bear fruit. In terms of motorways, we have seen over the years when they are being built, there can be a concern, but when it's finished, that concern dissipates," the auctioneer added.

Meanwhile, local businesswoman, Helen O'Donnell said she is "very concerned" at the permission, which came despite 4,500 objections being sent to the environmental regulator.

"I'm not convinced this is a good move. The transportation of whatever is



Former Limerick Chamber president Gordon Kearney

going to be incinerated. Where is it coming from? I don't know what the quality is they are talking about. I've heard cars mentioned. Regrettably the record there isn't great. It's just very worrying for a heavily populated area, residential with schools in the site plan of it, a couple of miles away," said Ms O'Donnell, who is also a leading light in the Limerick Tidy Towns movement.

A special meeting was held this Tuesday night among people opposed to the €10m scheme - which Irish Cement says will protect the 80 jobs on site - with a protest march to follow through the city on Saturday, October 5.

Ms O'Donnell urged Limerick citizens to attend this demonstration.

Accountant Eoin Ryan, of McKeogh Gallagher Ryan added: "It's very disappointing. It's ultimately in an urban location. I don't think it's an appropriate use. We are all trying to pursue a more green agenda, and I think businesses need to do this too. It's a retrograde step."

Women in business message

WOMEN in business need to empower themselves more and be better mentors.

That's the view of Dr Mary Ryan, a consultant endocrinologist at Barrington's Hospital, who has called on women in business to be better mentors.

She was speaking at a Network Ireland Limerick end of summer barbecue event hosted by the Clayton Hotel.

Dr Ryan used several case studies to explain the detrimental impact hectic lifestyles are having on everyone and the impact of fatigue and burnout on women's health with long-term consequences such as thyroid problems, infertility or stroke.

Citing examples of women she has met with very high professional self-esteem but very low personal self-esteem, she called on women in business to respect themselves more and demand more respect from others and become



Dr Mary Ryan

better mentors for the next generation of young girls.

A regular speaker on the importance of empowerment, equality and living a healthy lifestyle, Dr Ryan wants women to value themselves more and avoid exhaustion.

"We need to empower ourselves more. Women need to slow down long enough to understand their own needs and build a more respectful relationship with themselves and others to prevent stress and burnout," she said.

Catriona O'Donoghue, president of Network Ireland Limerick, said, "Women are notorious for juggling too many balls in the air and trying to do too much. Dr Mary Ryan gave us all a stark warning and so much valuable advice on how we can slow down and avoid burnout."

Network Ireland Limerick supports the professional and personal development of women in business, the professions and the arts.

It is supported by Limerick's Local Enterprise Office.

Noel toasts new opening with award

LIMERICK Tidy Towns has presented its monthly award to Pat O'Connor butchers for its newly restored store at 62 William Street.

The butcher's shop is now run by the former Limerick FC manager Noel O'Connor.

Maura O'Neill said the group was impressed at the way the Georgian building was taken over "so beautifully and sympathetically".

"We were all so impressed with the attention to detail with regard to the signage, the marble frontage, the mural at the Little Catherine Street side of the shop, and of course the beautiful windows which showcase the quality of the product for sale perfectly. It is like stepping back in time and shows just how wonderful our traditional buildings can be when restored to this standard. Indeed, the day the award was being presented, the exterior was being painted so we saw first-hand the quality



Noel O'Connor with Maura O'Neill, Limerick Tidy Towns PICTURE: ANTHONY SHEEHAN/ILOVELIMERICK

of the workmanship and attention to detail that has clearly been an integral part of this project," she said.

First established in 1890, Pat O'Connor and Son is a family-run

butchers business.

The business was taken over by Noel, son of Pat, in 2010 having originally been located at 43 William Street, before renovating and moving to this new store in March this year.

It becomes Limerick City Tidy Towns' ninth winner for 2019, following Mint Boutique in January, Bakehouse 22 in February, Midwest Lighting in March, The Glen Tavern in April, Alexandra Dental Clinic in May, Thai Angel Massage in June, Abbey River Coffee in July and our joint winners Flannerys Bar and Hanleys Chemist in August, and all monthly winners will be in with the chance of winning this year's overall prize at its annual event to be held early in 2020.

Tidy Towns volunteers clean up around the streets twice a week.

They're always looking for extra help - meet them at 11am in O'Connell St on Sundays.

Recruitment

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An application form and job description is available
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Housing Association

TENDER OPPORTUNITY

Focus Housing CLG would like to invite suitable and
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KEEP IT LOCAL!

Limerick businesses in the spotlight



New look and name but service is still key at Hogan's Pharmacy



Aibhinn Fitzgerald and Isabelle Buckley at the launch of Hogan's Life Pharmacy, Upper William Street

PICTURE: ADRIAN BUTLER

TO celebrate becoming part of the Life Pharmacy Group, Hogan's Pharmacy on Upper William Street in Limerick hosted a special launch event in their store on Friday, September 20, with something for everyone.

The launch event included 20% off all front of shop items with a loyalty card, a free photo with each frame purchased, discounts on personalised photo mugs, coverage from Limerick's Live 95FM Roadshow, face painting, raffles and free refreshments.

Hogan's Pharmacy, now Hogan's Life Pharmacy, has joined the Life group to provide improved services to patients and customers along with excellent customer service. The new name is not

the only change you will notice – the store has a fresh new layout and signage to help you find exactly what you're looking for.

"Hogan's Pharmacy is proud to have served the people of Limerick and its surroundings for over 80 years," says Marie Hogan, who owns and runs the pharmacy with her sister Elenora.

"We would like to thank all of our patients and customers for their support and look forward to continuing to serve you as Hogan's Life Pharmacy."

Life Pharmacy is a 100% Irish-owned network of over 70 community pharmacies that have been providing care and advice to generations of families across Ireland.



Say 'I do' at the Radisson

Join us at the Radisson Blu Hotel & Spa Limerick's Wedding Showcase on Sunday, September 29, from 1-5pm. To register your interest contact Marie on 061 456571 or email marie.healy@radissonblu.com

Corcoran's big anniversary sale starts Thursday

CORCORAN'S Furniture & Carpets Anniversary Sale kicks-off in Newcastle West.

They've been around for four fast years in the town, busy building up a solid customer base from all parts of Limerick city and county,

and starting this Thursday, September 26 the renowned furniture retailers will be celebrating their fourth birthday with their ever popular four-day anniversary sale.

"We celebrate every new

year in business individually in all of our stores", managing director Kieran Corcoran explained.

"However, this year is an especially important year for us as we celebrate 20 years in business with our first store

opening in Cahersiveen in 1999.

"So we're going even further with our discounts in all our anniversary sales in every store and across every department.

"It takes a lot of hard work

and determination, and we are lucky to have such a dedicated and talented team who have helped earn the business its success over the years".

The sale starts this Thursday on Sheehan's Road,

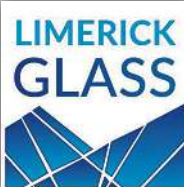
Newcastle West and ending on Sunday, customers have four whole days to snap up the best of furniture bargains. Happy birthday to Corcoran's...

Happy furniture shopping to you!

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STUDENT SPECIAL



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So it begins: Davy Storan, Amin Obasa, Timmy Hogan, Jade Foynes and Jamie Leahy pictured at the LIT Freshers Welcome Week PICTURE: BRIAN ARTHUR

YOUR GUIDE TO THE STUDENT EXPERIENCE IN LIMERICK

Mind yourself and college will be all it's cracked up to be

Welcome to the Leader's student special 2019. Whether you're new to Limerick or moving on to third level education in your home town, now is the beginning for you freshers of one of the most important chapters

in your life. You'll make new lifelong friends, find your professional direction, experience true freedom for the first time and, shape in large part the person you will become. It's an exciting time, but

a challenging one too; sometimes that freedom can be embraced too wholeheartedly and combined with the academic challenges can see young people overwhelmed and their mental health suffering.

Students these days are often facing higher fees than those who have come before them and battles to secure affordable accommodation. It can be difficult to focus on your core objectives. If you mind your health - body

and mind - you can have fun, achieve your goals and lay the foundations to your success. Hopefully in the following pages, you'll find something to help you in all of these areas. Now, get to class!



ABOVE: Basshunter plays in the courtyard during charity week at UL. BELOW: The Red Hen has a number of deals available throughout the week

TAKE ME OUT

Ryan O'Rourke's essential guide on Limerick city's night life

LIMERICK has a rich and vibrant night life, which offers something for everyone. Whether it's a quiet pint by the fire to keep away the winter blues, or a night on the dancefloor to let loose after a hard week in the library, the Treaty City has something for every student's wants and needs.

In terms of pubs, the punter has a lot to choose from. For sunny evenings, as few and far between as

they may come, there is no finer spot to soak up the sun than the Locke Bar. Located on George's Quay, the bar offers ample outside seating with spectacular views of the river - perfect for the summer months.

For the winter months, Limerick also has a number of snug and cozy pubs on hand. The Commercial on Catherine Street has a relaxed ambient feel, with a wood burner

upstairs offering to heat one up on those gloomy evenings. The bar also hosts a wide range of gigs and events in its spacious basement.

Tom Collins sits just around the corner on Cecil Street and stands as a perfect mixing ground of young and old. The snug and traditional bar has limited inside seating, but also provides a comfortable outside seating area.

The Red Hen, located on Patrick Street, has a number of deals available throughout the week. The pub offers two for one cocktails on Monday, Tuesday, Wednesday and Friday. Thursday's are Gin Thursdays, which allows lucky punters to have any gin and a dash for just a fiver.

Pharmacia, a late bar that operates somewhere in between the realms of nightclub and bar is a true jewel in Limerick. With a selection of craft beers and signature cocktails, the bar has truly settled into its home on Sarsfield Street. The venue is also a haven of local and national underground music. The bar offers a number of student deals throughout the week, including €5 for a spirit and a dash.

The list of bars could not be complete without Limerick's most well-known student pub, The Stables. The firm favorite of the



students from the University of Limerick, the pub sits right in the centre of the university's campus. They offer entertainment Monday through Friday, with the most popular nights being Wednesdays and Fridays.

In terms of clubs, Limerick provides a selection box of venue and atmosphere that will pander to all tastes.

For those who love the charts Angel Lane is the first stop for many first years. The club, which has three floors and a lot of space to dance also provides a number of student deals throughout the week, with all drinks being €3 on Mondays a perfect example.

For those a little older, Icon

has plenty of mid weeknights that draws a crowd. The club has two main dancefloors and a variety of students offers throughout the week.

One of Limerick's most high-end clubs is Amber which is on Howley's Quay. The glamorous and high-end venue has become particularly well known as the stomping ground of Love Island's Greg O'Shea.

If chart music isn't your thing, Costello's Tavern is the place to be. It's famous for its sticky carpets and legendary owner, who will only charge you a fiver on the door. The beer pong and cheese toasties go well with the alternative vibe to offer the perfect night out.

STUDENT NIGHT DISCOUNTS



Meet & Greet with Love Island Winner **GREG O'SHEA**

at the Crescent Shopping Centre
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Study at the 'Best Student Campus'

UL Open Days:
All you need to know to #StudyAtUL

AS the popular October Open Days at University of Limerick approach, the university is preparing to welcome parents of prospective students to give them an insight into life on campus.

UL wants to provide even more information for parents, guardians and carers of second level students on what it is like to join the campus community for four years of the best third-level education around.

The Open Days take place on Thursday and Friday, October 17 and 18, and will inform you of all you need to know about studying at UL.

On October 18 a special seminar to provide the information needed from experts in areas like student accommodation, finance, wellbeing and support and careers will take place. This event will particularly help parents and guardians of prospective students.

UL has been voted Best Student Campus and Sunday Times University of the Year for 2019 and prospective students and their parents or guardians are invited to come along to the open days

to find out why.

Each day will feature presentations on all undergraduate courses on offer at UL as well as interactive displays from the Science and Engineering faculties, while there will also be stands with information on other courses.

Tours of the newly extended Glucksman Library will also take place where people can visit one of the largest campus libraries in Ireland and one of the most digitally advanced in the world.

You can find out about co-op at UL, where you take up a paid work placement during your four year degree.

Each Open Day will also have feature talks on sports scholarships at UL and the range of student support services as well as general information on fees and grants, scholarships, Access routes and entry requirements.

Visitors to a UL Open Day will also get to meet students from the many clubs and societies on campus, while tours of student accommodation will also be available.

But why choose UL?

The UL graduate employment rate is consistently higher than the national average with many boasting 100% employment rates and UL is ranked 3rd in Europe for career preparation.

Facilities at UL are second to none on Ireland's sporting campus and UL is home to the largest all-weather floodlit park in the country – along with the Sports Arena, 50m pool, diving pool,



indoor rowing tank and acres of pitches.

Together with that, UL students get real-world practical experience in facilities like the Law Schools' moot court room, the journalism editing suite and a Wall Street-style trading floor.

Opportunities for scholarships are available in every faculty, along with a suite of sports scholarships and CAO entrance scholarships worth €2,000 each.

At UL, you get to try before you decide

UL Open Days take place on Thursday, October 17 and Friday, October 18

with several common entry programmes in Science and Engineering where you can avail of a broad common first semester/year which will introduce you to various topics in each field.

You can then build your own degree with UL's BA Arts programme and choose from 16 different subjects, with over 150 possible combinations.

Find out more on www.ul.ie/opendays.

Web app to help UL students land first graduate job

THE University of Limerick has launched a new web-app to help final year students land their first graduate job.

If you are in your final year you may be asking yourself "QCA or full-time employment"? The thing is that you need to work on both, so your job search starts now.

UL's Cooperative Education and Careers Division has developed a mobile tool to help land your first job and also find out about all of the employers attending the careers fair on October 3 next.

Should you want to be specific in your search criteria, you can also filter your searches by name, location and discipline so as to help find the right employer for you.

Additional information on the search will also carry the full open jobs details.

Included in the app is a toolkit, with great tips and resources, to help you with your graduate jobs search.

The UL Careers Fair is an ideal opportunity to make contact with a significant number of employers who have real jobs to offer.

By preparing for the event, you

stand a better chance of using the time and opportunity effectively. Know what you want from the Fair, know what you have to offer, and be prepared to consider everything.

For those of you who have never attended a careers fair, this provides you with a unique opportunity to meet with a number of employers who plan to recruit UL graduates in 2020.

Some of these employers will also have immediate vacancies to fill. Representatives of these companies will describe their organisation and typical vacancies, with a view to encouraging you to apply when vacancies arise.

In addition to the general graduate employers, the Fair will include a Volunteering zone and a Postgraduate Study zone.

Why should you attend?

The UL Careers Fair gives you the opportunity to make personal contact with leading graduate employers and find out what opportunities are available, what skills employers are looking for, and how to impress on your application form/CV and at

The Careers-Fair Web-App

UNIVERSITY of LIMERICK
OILScoil LUINNIGH

UL has launched a new web-app to help final year students land their first graduate job

interview.

You can also update yourself on employment trends, salary levels and training opportunities as well as decide which organisations you would like to join.

This is your chance to make some useful contacts and see what opportunities are out there, so don't miss out.

So, how do you get there? Follow the link,

www.ul.ie/Careers-Fair or you can follow the social media channels @ULCareers for more details.

The UL Careers Fair will be held at UL Sport Arena on October 3 next between 12-4pm.



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HOME OF FIRSTS

UL



October open days:
Thursday October 17th and
Friday October 18th 2019

January open day:
Saturday January 18th 2020

Book your place and find out more on www.studyatul.ie

Unlocking mental health challenges with MyMind

SUICIDE in Limerick has seen a recent spike and the people of our city are trying to make sense of and work to prevent what is becoming an issue that affects nearly everyone that lives here.

Suicide is multifaceted and cannot be attributed to one cause. However, the fact that the suicide rate for Limerick has been twice the national average in the most recent figures released (for 2014 - 2016 - stats from CSO figures compiled by the National Suicide Research Foundation) shows that there are malevolent factors at play in our city and that we need to take action. Certain societal factors such as the rising housing costs can play a part. Unemployment or long term poverty can contribute to a social malaise that significantly increases the suicide rate of a particular region.

However, more than any of this, the general attitude to mental health across the country and particularly here in Limerick needs to be reformed.

Children's mental health needs to be nurtured from an early age and though the increase in programmes that encourage talking about difficulty and allowing space for pain are commendable, they need to be part of a wider statutory programme that allows preventative care in schools and access to support services as necessary.

When we reach adulthood and want to address mental health issues, it can often be difficult to find an appropriate and costly solution to what has become a problem for us.

However here in Limerick, any individual, acting as a parent or for



Pictured at MyMind Centre for Mental Wellbeing on O'Connell Street were Michaela Cross, operations specialist; Julie Golden, therapist; Claire Forde, therapist; Audrey Bourke, therapist; Mary Boylan, trainee therapist and Michael O'Donovan, therapist PICTURE: ADRIAN BUTLER

themselves, has access to affordable and timely mental health services with MyMind.

MyMind is a not-for-profit organisation that provides face-to-face and online low-cost counselling and psychotherapy services focused on providing quick and easy access to mental health services for those who are dealing with mild to moderate mental health issues such as depression, anxiety, stress, relationship issues, anger, addiction, trauma and bereavement among others.

MyMind charges clients fees based upon their employment status, allowing the unemployed or full-time students to access our services at reduced rates. It is easy for a client to self-refer to MyMind; appointments are usually made within 72 hours of a client contacting our office.

MyMind believes their early intervention and easy to access service model addresses a huge social need, providing proven positive outcomes for those impacted by mental health issues.

With affordable and timely mental health services mean people have the best chance of getting back to a positive frame of mind sooner and with lasting results.

MyMind centre opened its doors in Limerick in 2014 and is located at 50 O'Connell Street. Discover more on mymind.org

Follow MyMind on social media:

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Facebook - MyMind Centre



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Doner Kebab €6

Thursday Specials

Snack Box €4, Any Sub & Chips €6

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Dealing with the housing crisis

Housing: Why are students still stuck searching for rooms?

REBECCA LAFFAN
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EARLIER this month, the Limerick Leader ran a story about a landlord charging Limerick students €5,000 each upfront for a room in a privately rented home near the University of Limerick.

Upon reading more, a very valid question can be raised: "Is this how desperate the situation has gotten?"

The Limerick Leader has been made aware that there are a number of students attending various third level institutions in Limerick who have yet to successfully secure accommodation in the vicinity of their college for various reasons.

One particular student with a disability who has found it difficult to secure accommodation said: "I arrived at the beginning of the month to study and haven't managed to secure anything yet."

"I've looked at lots of rooms but people seem hesitant to rent to a disabled person."

Another student who has moved to Limerick from Asia to study has said: "Finding a decent home here is so difficult, the landlords don't follow any standards in fixing the rent and most of them don't want to let their house to other nationalities which is really sad."

"I couldn't find a place within Castletroy, so I live in the city now. I have friends who are still struggling to find a decent home," they added.

For the purpose of this article, the Limerick Leader put to the various accommodation officers their policy for students who are struggling to find accommodation.

A University of Limerick spokesperson, who stated that all available campus accommodation is fully booked at present, said: "We do not have an emergency accommodation list for students who have not secured housing."

"This year, the accommodation office did note increasing difficulty for students who left securing accommodation until late August or early September."

"As a result, we have responded to seek additional off-campus accommodation and have initiated a second call for households to consider renting rooms to students and we continue to offer assistance to any student in securing accommodation," they added. "This call has resulted in increased accommodation options, some



of which are still available."

Meanwhile, Limerick Institute of Technology does offer an emergency list and at time of contact, had two individuals awaiting accommodation referrals with accommodation officer Lily Goggins stating: "If they're not sorted it's not because there wasn't accommodation available, I would say on the north side of the city there are no problems with accommodation."

In the weeks leading up to the start of the academic year, the annual scramble for student accommodation begins for places on and off-campus



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No-Deal could spell end of Erasmus placements in UK

Brexit: Students going to UK on Erasmus this year are covered, but future years are unclear

MIKE FINNERTY

michael.finnerty@limerickleader.ie

THE current impasse surrounding Brexit has begun to hit closer to home, with the University of Limerick's Erasmus department saying they're keeping an eye on future developments as UK involvement in the programme could cease to exist should a No-Deal Brexit happen.

In an email sent to students earlier this month by Madeline Molyneaux, Erasmus and Non-EU Exchanges Manager at UL, those planning to study in the UK were reassured that those going to the UK on Erasmus this academic year are covered.

However the financial element associated with Erasmus is more ambiguous.



“We will offer a grant to ensure you're not impacted.”

UL STATEMENT

The email read “For the 2020 semester, there are three outcomes regarding Brexit: An agreement is reached which gives a commitment to the Erasmus+ programme and allows funded mobilities; an extension, which would hopefully also allow funded mobility, or a no-deal Brexit, in which case the Erasmus+ programme will cease from October 31 and thus all funding will be removed.

“In the case of the latter two developments, if you are already nominated to the host university under the Erasmus+ programme, we will offer a grant to those already nominated to ensure that their studies are not impacted. This total payment of €1,000 will mirror the Erasmus grant of €300 per month.”



Getting to know Mary I

Nicole Moriarty, Laura Mulvihill, Niamh Flannery and Elaine Quinn pictured enjoying orientation for new students at Mary Immaculate College. This year, over 1,000 new entrants have enrolled across 11 programmes, at both the MIC Limerick and Thurles campuses. In addition, MIC will welcome new undergraduate international students from America, Armenia, Australia, China and Japan and Erasmus+ students from Austria, Belgium, England, France, Germany, Norway, Spain and Holland

PICTURE: BRIAN ARTHUR

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The clinic offers a wide variety of braces and aligners for patients of all ages and no job is too big or too small for Richard and his team.

Castletroy Orthodontics is a brand-new state-of-the-art specialist practice providing high quality orthodontic treatment in Limerick. The practice is student friendly, welcoming anyone

conscious about their teeth or smile to attend for a consultation and to discuss the treatment options available to you.

A number of treatment options are available including traditional fixed braces, ceramic clear braces and Invisalign® clear aligners. Flexible payment plans are also available on all treatments.

The clinic is conveniently located close to the University of Limerick campus and also has a bus stop in close proximity making it very accessible to the city. In addition to this, there is plenty of free parking on-site with flexible opening hours to accommodate your needs. Now that's something to smile about!

For more information call 061574147 or check out their website www.castletroyortho.ie.



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USI urging students to use their voice at the ballot box

The Union of Students in Ireland has launched the 2019/2020 'Generation Vote' campaign, encouraging all students to register to vote ahead of a possible General Election and Referendum.

The Union of Students in Ireland is encouraging students to register to vote now, using the RFA form available on www.checktheregister.ie.

Many students transferring from second to third level education have not yet registered to vote.

USI alongside Students' Unions around the country will be running voter registration drives all year to

ensure students are on the register ahead of a possible General Election and Referendum

USI are encouraging students to vote on issues that are affecting them and their future, such as

- for affordable housing
- for the SUSI grants
- to cut fees
- for action on climate emergency
- for better mental health services

USI President, Lorna Fitzpatrick said: "Students have been the leaders of change when it came to the Repeal the 8th and Marriage Equality Referendums, both



Students have been at the forefront of progressive change in Ireland in the last few years by using their votes

of which changed our society for the best.

"It is important that students of all ages are on the register of electors and use their vote to better their lives.

"The reality is that we are in the midst of an accommodation crisis.

"We have never seen students pay this much for rent, our students are paying the second highest fees in the EU [after Brexit, Ireland will have the highest], said Ms Fitzpatrick.

"The SUSI grant is inaccessible, and does not reflect the cost of living for

students and we need better mental health services for students in third level.

"We are calling on Generation Vote to put themselves on the register and make a change in the ballot box."

The Union of Students in Ireland represents over

374,000 students across the island of Ireland

Students can download the form online via checktheregister.ie or call into their Students' Union to grab one.

In the past five years alone, USI has registered over 95,000 students to vote.



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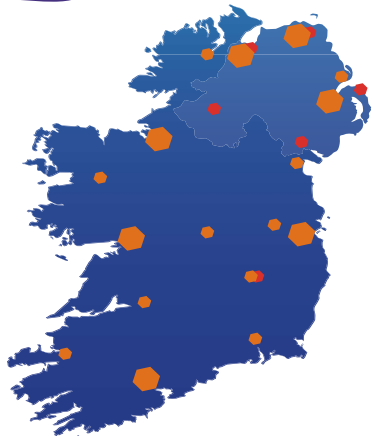


1 NATIONAL
UNION

374,000
STUDENTS



STUDYING ON
35 COLLEGE
CAMPUSES



1 STRONG
VOICE



USI.ie



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USI.ie

We are the **Union of Students in Ireland**. For 60 years we have been the recognised voice of Ireland's students, **we're strong because of our members** getting involved.




What USI has done

-  **Taken loan schemes off the table**
Because of the work that USI have done, the Government no longer see Income Contingent Loans as a viable option for Higher Ed funding
-  **Registered +95,000 students to vote**
Through voter registration drives, USI have empowered students to use their democratic right to vote, making students a force to be reckoned with
-  **Driving force behind RPZ's**
USI successfully lobbied to make purpose built student accommodation fall under rent pressure zones, making it illegal for landlords to raise student rents above 4% year on year.

What USI believes

-  **Access to education**
is a fundamental right of all people in Ireland
-  **Students have rights**
to a decent standard of living including financial support, decent housing and decent jobs in Ireland, among others
-  **Students should be active**
in the promotion and defence of all human and democratic rights

Our Work for You

-  **A strong unified voice for you**
lobbying, campaigning and negotiating with government, politicians and education bodies
-  **Mobilising students**
Tens of thousands more students registered and voting; making sure students' views are on the agenda every election and referendum
-  **Meeting students' needs**
Mental health campaigns, sexual health info and work on sustainability, housing and the environment.

ENTERTAINMENT

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

City to host top jazz stars

Festival organisers says it will have 'wonderful music with a very broad audience appeal'

FINTAN WALSH

fintan.walsh@limerickleader.ie

THE CITY centre is set to play host to, arguably, its most versatile repertoire of jazz musicians at the eighth annual Limerick Jazz Festival this week.

Taking place between September 26 and 29, all ticketed events will take place at Dolan's while free, interactive and educational jazz events will take place across various venues.

The undoubted highlight of the festival will be the Darius Brubeck Quartet, which is led by the son of one of the greatest jazz composers of all time, Dave Brubeck. The quartet will perform at Dolan's Warehouse at 8.30pm on Friday, September 27.

But the line-up is laden with a diverse range of acts for all ages and tastes, including London singer-songwriter Sarah Gillespie who will perform alongside virtuoso pianist Kit Downes; multinational Latin groove group Septeto Internacional; 14-piece floor-filler Beat and Pieces; jazz guitar virtuoso Ant Law; and Irish-based vocalist Gemma Sugrue performs with the Julien Colarossi Quartet.

Free events include Music for Kids workshop at Limerick Youth Theatre, and the annual, public masterclass by Ant Law at the Hunt Museum.

Festival organiser and musician John Daly said the Limerick Jazz Society's 40 years of existence has "allowed us to bring

world-class artists" to the city, adding that all the concerts "will suit both long-time jazz fans and music-lovers who might like to try something new".

Riverdance composer Bill Whelan welcomed the launch of the festival, which is supported by the Arts Council, Limerick City and County Council and is sponsored by Sirius Aviation Capital.

"The Limerick Jazz Festival is a natural development of the very strong jazz scene in the Mid-West," Mr Whelan said.

"This year's line-up features wonderful music with a very broad audience appeal," adding that organisers have made a big effort to keep ticket prices down this year.



Local Musicians Jamie Lundy, Rory Murphy and Bryan Meehan PICTURE: ALAN PLACE

Jared Harris loses Emmy acting category but Chernobyl wins big

JARED Harris, son of Limerick acting legend Richard, lost out at Sunday night's Emmy awards ceremony in Los Angeles.

Harris was nominated in the Outstanding Lead Actor In A Limited Series Or Movie category, against Oscar winners Mahershala Ali, Benicio Del Toro and Sam Rockwell for his turn in HBO/Sky Atlantic's Chernobyl, but lost to 21-year-old Jharrel Jerome for the Netflix series When They See Us.

Chernobyl itself took home Outstanding Limited Series, along with Directing and Writing awards in the same category.

Chernobyl also took home seven awards at last weekend's Creative Arts Emmy Awards, which honours below-the-line technical categories such as editing, visual effects, production design and sound mixing.

Harris, who was nominated for his portrayal of Valery Legasov, has worked extensively with the team at the Richard Harris Film Festival, and one of the festival's organisers, Zeh Moore spoke to The



Jared Harris in the HBO series Chernobyl

Leader about Harris' exploits on the small screen.

"We're all obviously hugely disappointed with the loss, but we're also immensely proud," said Mr Moore.

"We're very pleased to see his career trajectory go up over the last year, and it's so great to see him receive recognition for his roles, we're all very excited for what happens next in his career."

"Jared has been such a champion of the festival that honours his family legacy,

and we're very proud of him, it's been great to watch his career grow along with the festival."

This year's Richard Harris Film Festival launches on October 5, with 120 films slated to be shown at this year's festival, including some shot in Virtual Reality (VR) and the festival will also host networking opportunities and workshops.

The festival itself takes place from Tuesday October 22 to Monday, October 28.

LIMERICK JAZZ FESTIVAL

Fri Sept 27 Warehouse 8.30pm

Darius Brubeck Quartet

Fri Sept 27 Dolans Upstairs 10.30pm

Sarah Gillespie Quintet

Sat Sept 28 Dolans Upstairs 8pm

Septeto Internacional

Sept 28 Dolans Warehouse 10.30pm

Beats And Pieces

Suh Sept 29 Warehouse from 2.30pm

Ant Law Quartet

Gemma Sugrue

& Julien Colarossi Quartet

Thur Jazz Trail

Sat Children's Workshop

Masterclass

www.limerickjazzfestival.com



26.-29. SEPT



BIG NIGHT OUT @

COBBLESTONE JOE'S, BOBBY BYRNE'S BAR AND COMMERCIAL BAR



Kyle Noonan, Abby O'Connor and Nicole Sheehy at Cobblestone Joe's PICTURES: DAVE GAYNOR



Alyssa and Kristin Hudson at Cobblestone Joe's



Emily and Michael Tristan at Cobblestone Joe's



Danielle O'Sullivan and Micheál O Confhaola at Bobby Byrne's



Chloe Mackell, Jen Hogan and Katie O'Connor at Cobblestone Joe's



Shannon McInerney, Ciara Buckley and Denise Conway at Cobblestone Joe's



Tony Sheridan and Jason Power at the Commercial Bar



Clare Dollard and Marian Cody at Bobby Byrne's Bar



Dawn McCarthy and Sharon McCarthy at the Commercial Bar



Wet Paint is at the Lime Tree Theatre this Thursday

A FEAST of jazz is in store for us this weekend as the Limerick Jazz Festival hits the city. You can also choose from three highly enjoyable plays for adults, a great family show on Saturday for the young and young at heart and a close-to-free classical show on Sunday. Loads to keep us all occupied!

Thursday (Sept 26)

This Thursday, the **Hunt Museum** hosts **Lifted Up**, a non-verbal theatre piece about living with autism. It's a masked character study where all expressions are projected purely through body physicality. Simon Thompson plays Charlie, a man who has been diagnosed with ASD and lives a pretty regular life, though he finds it difficult to cope with sensory overload in a busy world. I caught this show in Nenagh last January and it's a wonderfully sweet depiction of a tender soul with high-functioning autism. It starts at 6pm and is well worth the tenner it will cost you to see it.

Shane Casey of **The Young Offenders** is in the **Lime Tree Theatre** this Thursday with **Wet Paint**, his play inspired by the time he spent working as a house painter. The play has been touring on and off since long before he became a household name as local nutjob Billy Casey, premiering at the Granary Theatre in 2011. It's a witty theatre show, skewering the elitism in the Irish arts community and, every once in a while, poking fun at Cork. Rightly so. 8pm, tickets are €20 / €18 concession.

The **Limerick Jazz Festival** kicks off this Thursday with a free jazz trail around the city. Six gigs, all starting at 9pm. As you can't make them all, I recommend either **The Mysterious Mr Valentine** at the Clayton Hotel or the **Limerick Jazz Quartet** at the George Hotel. Friday night offers the **Darius Brubeck Quartet** in Dolan's Warehouse at 8pm (tickets €20) and the **Sarah Gillespie Quintet** upstairs in

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

Dolan's at 10:30pm (tickets €18). Both fine acts, though **Darius Brubeck** would shade it for me if choosing one show - he spent most of the 1980s teaching music in Natal and when he wasn't busy campaigning against apartheid he picked up all the tricks and style of native South African jazz. I think his gig will be the highlight of the festival. On Saturday night, you can take in some Afro Caribbean and Latin jazz with **Septeto Internacional** in Dolan's Upstairs at 8pm (tickets €18) and some big band sound with **Beats & Pieces** in the Warehouse at 10:30pm (tickets €18). Again, if you have to choose between them, I suggest **Beats & Pieces** but it's your penny. See the full lineup at limerickjazzfestival.com

Friday (Sept 27)

Multi Story Theatre bring their version of **Medea** to the **Belltable** this Friday and Saturday. It's a one-hour adaptation of Euripides' classic play, first performed at the City Dionysia festival in 431 BC. Betrayal and guilt take centre stage, as **Medea** is mother to two murdered sons and she will have her vengeance in this life or the next. The only trouble is... she's the one who killed them. This play very deservedly won the **Belltable Connect Award** at the Limerick Fringe last year. It's powerful, captivating and a magnificent reminder of the rage caused by love to hatred turn'd. If

you like theatre, I promise that you will love this. 8pm each night; tickets are €15 on Friday and €18 / €16 concession on Saturday.

Dublin garage rock duo **Vulpynes** play their first Limerick headline show this Friday in the **Kasbah**

Social Club. The unapologetically loud pair had a stunning set when supporting **Sleaford Mods** in

Dolan's in February and if you're into grunge, post-punk or anything at the scuzzy end of the music spectrum you need to see them live. Against some very worthy opposition, this is the Limerick gig you shouldn't miss this weekend. They'll be supported by **Theme Tune Boy** and **Zombie Picnic**. Doors at 9pm, tickets are a tenner.

Saturday (Sept 28)

Multi Story are back in the **Belltable** on Saturday afternoon with their children's telling of **The Firebird**, the Russian fairy tale about a gallant prince who is promised half a kingdom if he catches an apple-stealing bird. Prince Ivan's quest is aided by a silver horse, a fearsome wolf and a fair princess. Even though the show is aimed at children, they promise it's suitable for anyone aged between 5 and 95. Odds are extremely high that if you have just hit 96 and you've managed to get out of the nursing home for long enough to bring your great-grandchildren to a nice afternoon of theatre, you won't be sent away. 2:30pm, tickets are €8.

Bicurious headline a night of hard rock at the **Kasbah** this Saturday. The Dublin experimental rock

Lifted Up is at the Hunt Museum this Thursday

THINGS WHAT ARE ON IN LIMERICK



Medea is at the Belltable on Friday and Saturday



Vulpynes play the Kasbah this Friday



The Darius Brubeck Quartet gig on Friday is a highlight of the Limerick Jazz Fest

twosome are a feast of guitar riffed noise for Irish headbangers and definitely look like they're going places. Mainly places like **Electric Picnic** and **Knockanstockan**, both of which they played this year. They'll be supported by **We Come In Pieces**, **God Alone** and **The Last Vinci**. Doors at 8pm, tickets are a tenner.

Sunday (Sept 29)

The **Limerick Philharmonic Orchestra** are in **St Mary's Cathedral** this Sunday evening to perform music by **Johann Baptist Wanhal** and **Antonin Dvorak**. **Wanhal's Concerto in F Major** is a lively piece made fun by letting two bassoons hop around like cartoon characters, while the rather beautiful largo section of **Dvorak's New World Symphony** will be instantly recognisable to anyone who's old enough to remember the **Hovis bread adverts** in the 1970s. The concert starts at 6pm and it's free with a donation-based retiring collection.

Elaine Paige is at the **University Concert Hall** this Sunday night, singing songs from her 50-year career in West End musicals. She's best known for playing the cancer-ridden **Eva Perón** in **Evita** and the aged feline **Grizabella** in **Cats** so while she's used to dying on stage she's unlikely to do so this Sunday.

The show starts at 8pm and tickets are a slightly stiff €60, or €50 if you're willing to sit in the balcony.

All weekend

Sheila Richardson's Heterotopias exhibition is at **Limerick Museum** till September 27. **Mariele Neudecker's Sediment** exhibition is at the **Limerick City Gallery** until November 17. Both free to see. Tickets are €10 for the **Lavery & Osborne: Observing Life** exhibition at the **Hunt Museum**, which runs till September 30.

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

LEADER LIFE

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

A Day In My Shoes

Julie Kilmartin

Kilmartin Educational Services



Education is for life not for livelihood

What time do you get up?

7.30am week days and 8am on the weekends. We work seven days a week during term time from September to June.

What is your normal breakfast?

Green tea with a croissant or toast. Occasionally a Mini Breakfast from Caffé Waffe.

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

Usually after work which can be late.

You arrive at office at what

time?

Mostly 8.45am.

What are your first duties?

To walk the entire building to ensure that all is in order. Then I review all action items in the diary that are to be completed by myself and the team for the day ahead.

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

Usually 5 or 6 green teas but sure I never get a chance to finish any of them.

What is normal lunch - do you

have a favourite place?

Lunch time varies depending how busy I am. I would often grab a cup of soup from Caffé Waffe or time permitting, lunch at Marco Polo's or Findlaters.

Do you have many meetings during the day?

I tend to set most meetings for mid-week and Wednesday tends to be the ideal day or of a Sunday. These are the days that I tend not to teach.

What time do you finish up at?

10pm most nights during term time and 6pm of a Saturday and Sunday.

Do you watch much TV?

I mainly use my phone now to keep up to date with current events and social media hence rarely watch TV unless for sport or Sky News.

Do you read the newspapers?

No unless I am checking our ads to ensure that they were placed correctly.

What do you do to relax?

Tune to Spotify while going

Julie Kilmartin and pupils with the European Champions League Cup which called to Kilmartins Education Centre recently

for a walk or simply planning my next travel adventure. I love to travel the world or attend a Liverpool game in Anfield.

Are you able to leave the office behind?

The office is attached to me 24/7 and on my phone or laptop, so the answer is no. It will come to the grave with me but I love my work.

What is a perfect work day?

Going home at the end of the day knowing that we have made a difference in the lives of students. Reducing the stress in their lives and helping them prepare for their future. This in turn, helps the parents and the entire family.

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

I will let the team members answer that one! But the honest answer is yes. Simple things that make our life difficult such as taking down a wrong contact number or spelling mistakes. But sure life goes on and we move on.

INSIDE THIS WEEK



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FRIDAYS FOR FUTURE

Louise at the climate strike
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ALL THAT JAZZ!

Richard previews music festival
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Help is out there for people dealing with eating disorders



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 CLINICAL PSYCHOLOGIST
 ADJUNCT ASSOCIATE PROFESSOR
 UCD SCHOOL OF PSYCHOLOGY

IT'S a myth that eating disorders only affect young people (and girls). While the average age of onset is 13 to 24 years, a person can develop an eating disorder at any age.

Often mistaken as 'diets gone wrong', eating disorders are, in fact, not really about food or weight.

An eating disorder is an extremely complex and destructive mental illness that affects every aspect of how a person functions — how they behave (how they feed themselves), how they think, their physical wellbeing, and, at its core, how the person feels.

Although to the outside world the focus seems to be on food and weight, for the person, food and weight become the way they express and manage underlying distress and turmoil.

Simply put, an eating disorder is a destructive coping mechanism, something a person uses to help them to manage day to day.

That's why it is so hard for a person to change.

Everybody has coping mechanisms and most people have ones that aren't good for them: like excess alcohol, smoking, and having too much coffee.

If someone tells us to stop, naturally we get defensive. It's no different for someone with an eating disorder. Resistance to change is normal.

When a person develops an eating disorder the whole household and family are affected — no matter what age the person is.

People often describe the eating disorder invading their house, taking it over, and 'ruling the roost' so to speak. Parents in particular really struggle to know what to do and often describe themselves as 'walking on eggshells'.

Feeding their child is something they have done since birth and suddenly they lose confidence in their ability to do this and their child (no matter what age they are) no longer thinks logically about how to nourish themselves.

Their child is now being controlled by this destructive disorder.

Families, and especially parents, need support to be able to cope with this situation.



An eating disorder is an extremely complex and destructive mental illness that affects every aspect of how a person functions

They can quickly move from being a parent to being a carer and find themselves dealing with a person who is ill and has developed a disorder that is complex, life threatening and irrational. Parents need knowledge, practical information, skills and support to build resilience to support their loved one to recovery.

It is absolutely possible to recover from an eating disorder and parents are often a vital part of that process. Supporting families has been at the heart of Bodywhys, The Eating Disorders Association of Ireland's work since its establishment in 1995.

They have listened to what families need and have developed a family support programme — the PiLaR Programme to provide families with what they need. Based on the idea of Peer Led Resilience and running for one evening a week for four weeks, families come together to learn about eating disorders, about the mindset of a person with an eating disorder, communication skills, how to avoid arguments and power struggles, how to manage meal times, treatment and relapse, all the while allowing time and space for individual questions and support.

The programme is free to attend and anyone supporting a person with an eating disorder can attend.

To date over 700 people have attended the PiLaR programme — mothers, fathers, sisters, brothers, aunts, grandmothers, and partners. Every supporter is welcome.



Eating disorders can affect anyone of any age or gender

Starting mid-September Bodywhys is running three programmes before Christmas, in Donegal, Dublin and Waterford.

Places are free but booking is essential (niamh@bodywhys.ie). For venues and dates please see www.bodywhys.ie.

This is a course that if at all possible, you should try to attend if you are caring or living with someone with an eating disorder. It is a huge help to understand and accept that the person has an

eating disorder.

A course like this should be compulsory when a referral is made to CAMHS, this course should be offered during the waiting time. It helps empower parents, inform them, and help them.

For all those who are faced with the life changing situation of caring for someone with an eating disorder, this is the perfect place to start. You will leave with a different perspective and feel more

equipped to care for someone and yourself.

Contact information:
www.bodywhys.ie; Helpline:
 01-2107906; Email support:alex@bodywhys.ie

*** 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/>**



HEALTHY LIVING

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Breakfast – like a king

WE were always told that breakfast is the most important meal of the day, and it is true.

A well-balanced, hearty breakfast sets you up for the day, gives you energy, preventing blood sugar dips and cravings. Balanced blood sugar level is especially important – not just for energy, but to support stress response, keep female hormones in check and help you have a good night's sleep.

A balanced breakfast has a good amount of protein and fats that help to slow down the absorption of natural sugars found in complex carbohydrates, and it is void

of added sugars. This allows for a slow and gradual absorption of glucose and the above mentioned benefits of balanced blood sugar levels. It is all about preparation and individual timing.

You don't have to eat breakfast first thing in the morning if you are not hungry – and most definitely don't replace a hearty breakfast with refined, sugary options, no matter how healthy the products pretend to be. Wait until you are hungry, or drink a glass of water with a tablespoon of apple cider vinegar or lemon juice to boost your appetite right after you wake.



Any balanced breakfast has a good amount of protein and fats that help to slow down the absorption of natural sugars

Research shows that some people are better off eating twice or even once a day – but it has to be a well-balanced meal.

Eggs with vegetables are the perfect breakfast, that is if you are not allergic to them. Prepare omelette fillings in the evening; wilt

vegetables, fry up some strips of ham or smoked salmon, so all you have to do in the morning is add your eggs.

Alternatively, you can bake egg muffins, which are essentially mini omelettes made in a muffin tin. These will keep in the fridge for three days and are lovely hot or cold.

If you love your porridge, you can add a good tablespoon of nut butter such as almond butter, to increase its protein and essential fat content that keeps you going. A couple of heaped tablespoons of ground seeds or a large handful of mixed nuts will also do the trick. If you don't like the taste of nuts and seeds, add a scoop of plain, unflavoured whey protein powder (or a vegan

alternative) and some mild coconut oil. Vanilla and cinnamon are

naturally sweet flavour boosters to replace sugar or other sweeteners.

One of my favourite breakfasts for busy mornings is a

power-smoothie, which can be prepared the night before. Keep it in a protein shaker and mix it up in the morning, as the solids and liquids separate overnight. Make sure to use only one portion of fruit – like one apple or a cup of dark berries, add ripe avocado and unflavoured protein powder of your choice. Bring up the flavour with vanilla extract, cinnamon or raw cacao powder. Add a cup of milk or an alternative and hey presto!

DID YOU KNOW?

An average breakfast cereal generally contains 19.8 grams of sugar per serving – that is over 60% of your recommended daily maximum

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Top Tips

Make sure you let them know they can ask follow-up questions

Most children are naturally curious about their bodies from a very early age. Below are some tips to help you handle the inevitable questions.

1. From the start, try to use the correct name for your child's genitals.
2. When your child asks questions about their genitals, the differences between boys and girls, or how babies are made, answer as openly and as honestly as you can. If you are embarrassed, your child will pick up on this and may think they are asking about something "wrong".
3. When your child asks you, "Where do babies come from?", try asking them first what they think. This will help you to see what kinds of information they are really looking for. A simple response, like, "Babies come from their mummy's tummies" may be all the information some young children need at that time.

4. Make sure you let them know they can ask follow up questions if they need to or that you can return to the topic whenever they want. As children get older, they will likely seek out more information.

5. It can often help to read a book with your child to help you explain some of the concepts. Two options are "Who has What: All About Boys' and Girls' Bodies" and "What's in There? All About Before You Were Born" by Robie H. Harris. This author has a series of books as children grow. You might also call in to your local library and ask for some good recommendations. This will show your child that asking questions about their bodies is all just part of learning.

POSITIVE PARENTING

LOVE PARENTING 



The best way to talk to your teen about safe sex

Did you know that September 26 is World Contraception Day? This is a day to support people with information and advice on making positive, safe decisions about contraception and the prevention of unwanted pregnancies.

For some parents, talking to children about sex, sexual relationships and sexuality can be challenging.

We may not have had the best sex education ourselves, so we might be unsure what to say and how to say it.

We might also be unsure if we have all of our own facts straight or if we might even be encouraging our children to have sex early if we are too open about the subject.

In addition, many young people are overexposed to pornography so we may think they know more than we do.

This isn't the case, though, and young people still need information and support from the caring, responsible adults in their lives. The evidence tells us that young

people who have parents who communicate openly and honestly about all issues sex-related tend to make more positive, less risky choices.

And, when they do make mistakes, they are more likely to find the help and support they need. Part of these conversations need to include how to keep themselves and their potential partners safe from sexually transmitted diseases and unwanted pregnancies. Below are some tips on how to get the conversation started.

If you can, start the conversation early in an age appropriate way.

Young children are naturally curious about their bodies so name their parts for them and answer any questions they have in simple language.

You don't have to go in to details, but try not to let them feel any shame or embarrassment in asking the questions.

Get your own facts straight. There is lots of information out there about sex and contraception.

so take some time to update your own knowledge.

Have a look at www.sexualwellbeing.ie to find evidence-based information and support.

Find out what resources are available locally (their GP, the Family Planning Clinic, the STI Clinic in University Hospital Limerick.)

You don't need to know everything, but try to show a willingness to help your son or daughter find the information they need

If they do ask for support in accessing birth control, stay calm and talk to them openly. Help them access appropriate medical advice. Let them know you are there to help them think through the best, safest option for them

Try not to have "The Big Talk". Instead, have regular, casual conversations as issues arise. If you are watching something together or if your son or daughter tells you something that happened to a friend, ask him or her open

questions about what they think and share your own thoughts.

If, for example, they tell you that one of their friends is dealing with an unplanned pregnancy, you can ask them if they are concerned that this might happen to them.

This will help them to see that you are not afraid to talk about these subjects and that you want to communicate with them.

Remember that talking about sex with your son or daughter, including how to use and access contraception, doesn't mean that you are actively encouraging them to have sex. Talk to them about contraception in the context of positive, consensual relationships and make sure they know they have options, including to not have sex until they are ready.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.lovenparenting.ie.



MANABOUTTOWN

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Hyperhidrosis? Don't sweat it

AS anyone who's ever felt the embarrassment of extending a handshake with sopping wet palms will tell you, excessive sweating is no fun, can cause a lot of anxiety and is basically the pits (pun intended). Scientifically speaking, excessive sweating is known as hyperhidrosis and affects around 5 per cent of people worldwide.

Not limited to your armpits and hands, overactive sweat glands can appear in a range of unwanted areas, including your chest, back, face and groin. While things like heat waves, humidity and hormones are outside of our control, there are a few things that can be done to keep you from leaking like a sieve.

DRESS APPROPRIATELY

Not exactly a revelation, I know, but hot weather can lead to increased sweating which can lead to a number of skincare problems. If sweat is trapped against fabric you can develop issues with body acne or folliculitis. So the starting point in the war on perspiration is your wardrobe. Switch up your fabrics and try using a thin cotton vest to keep the sweat off your skin. A sweat-wicking base layer might be a more stylish alternative to the vest but it will also cost you a lot more.

WATCH WHAT YOU EAT AND DRINK

We all know someone who claims that they can't function

without coffee, but if that person also finds themselves inexplicably sweating a lot then chances are it's something to do with their biochemistry. Simply put, caffeine sets your nervous system to beast mode. Your body thinks it's under threat and you sweat more as a result. One cup in the morning won't do any harm but any more than that is potentially opening the floodgates (literally).

While we're on the subject of things you put in your mouth, try to eat less spicy foods. The compound in chillies that gives them their kick has a very similar effect to that of caffeine but also ups your metabolism. Which is why you might find yourself drenched in sweat while eating a particularly potent curry. If you can't give up your beloved takeaways then opt for a curry high in coconut or regular cream, which will reduce the effect of the chillies.

GREASE IS NOT THE WORD

Certain hair products, waxes, in particular, can cause sweat and the development of acne on the forehead, especially if the hair rubs at this site. So if you're still rocking the Dax Wax then bin it and upgrade to a light cream or styling clay, or powder. Also, try to use a less greasy moisturiser during the warmer months because as I've said many times before, it's important to switch up your skincare based on the weather.

JUST SAY NO TO B.O.

If your work colleagues run to

the other end of the office to escape the stench of your armpits whenever you try to talk to them, then you either need to start your own business or sort out your B.O. problem. First, get rid of any cream-based antiperspirants you have as these can clog up your glands and make the problem worse. Next, pick up an aluminium-free deodorant which not only lets your pits breathe but your co-workers too. If you need something a little stronger, then keep an eye out for Perspirex which is specifically formulated to combat excessive sweating.

THE NEXT LEVEL

If all this sounds a little simplistic or you've already tried these tips and your excessive perspiration persists, then there are more extreme options. Botox can be used in the armpits and other areas that are prone to excessive sweating to stem hyperhidrosis.

To acquire a little more information on this, I sat down with Michelle O'Brien from Alexandra Dental who now offering treatments for hyperhidrosis. According to Michelle, "there are many uses for Botox in modern medicine".

As dental professionals, we have many uses for Botox. To alleviate the symptoms of TMJ and jaw tensions in patients who grind their teeth or to reduce the appearance of a 'gummy smile' by relaxing the muscles that pull from the upper lip when smiling.



Certain hair products, waxes, in particular, can cause sweat and the development of acne on the forehead

Another common use to treat hyperhidrosis or excessive sweating. A cause for much embarrassment, be it underarm sweat marks, sweaty hands or facial sweat outbreaks there is nothing more uncomfortable than an uncontrollable sweat.

How does it work? When administered by an experienced practitioner, Botox is used to temporarily cut the connection between the nerves and the sweat glands so that they cannot be activated to produce sweat.

And how is it done? Completely pain-free and under topical anaesthetic, the Botox is injected in the desired area, just below the surface of the skin.

How long does it last for?

Around 4-7 months, depending on how fast your body can rebuild the connection between the nerve and the glands.

Who would choose this treatment? Everyone from teachers, professionals, Brides, Grooms, people in the beauty industry who can't afford to have a sweaty hand. Working professionals who can't tolerate sweat patches on their work clothes. When you come in for a free consultation we cover everything from suitably to treatment process and price. We then ask our patient to go home and think about it before rebooking in for treatment. To schedule your free consultation appointment call Helen on 061-315228.

Look of the Week

Sexton for Men/ Gatsby for Men

MY look of the week is from Sexton for Men on Thomas St and Gatsby for Men in Newcastle West. Here, I'm wearing a mix and match Benetti three-piece suit with a Benetti shirt, tie and pocket square. The shoes are also by Benetti. Benetti are just one of the amazing range of suiting brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other suiting and casual brands on offer. Photo by Paudie Bourke.



Watch This Space

Rolex Datejust 36 oystersteel & white gold

MY watch of the week is the Rolex Datejust 36 in oystersteel and white gold.

A sibling of the Datejust 36 released last year in Everose gold and steel, the new Datejust is a more affordable proposal with white gold used exclusively on the bezel.

With its proverbial mix of strength and elegance and its appealing unisex case size fitted with the latest generation Rolex movement, I'm convinced that this

particular iteration of the three-hand Datejust is one of most versatile and desirable of them all.

The 36mm diameter of the Datejust works perfectly on men and women's wrists and, although it is technically a two-tone Rolesor, the combination of white gold and steel has a very different presence than other Rolesor



combinations of yellow gold and steel or Everose gold and steel.

It is much easier to grow tired of a two-tone watch. If you remember, two-tone watches went the way of shoulder pads during the 1980s and are only now resurfacing. The Rolex Datejust 36 Oystersteel and white gold watch retails for €9,550.



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

Facebook: celiadolmanlee **Web:** www.holmanlee.ie **Email:** celia@holmanlee.ie

Limerick ladies take on Listowel

THERE was sensational style as the Listowel Races enjoyed glorious sunshine and bumper crowds last week. As always the McElligotts Honda sponsored ladies' day was a smash hit.

The ladies' day featured wonderful autumn style with dramatic blooms for a sophisticated take on trends. As well as beautiful dresses, coats and some amazing hats. Jumpsuits made an appearance in different styles from off the shoulder with tapered leg to palazzo.

Trouser suits also took centre stage from strong bright colours to this season's heritage and county look.

My fellow judge on the day, Marietta Doran, wore an early autumn check dress and hat - all by Coco boutique in Listowel.

My own outfit was from Chic boutique in Listowel and the winner of best dressed on the day, Mary Kelliher wore a Carol Keneally head piece and a dress by Tina Griffin in mint green. Mary drove away in a Honda Civic for one year sponsored by McElligotts of Castleisland and a cheque for €3,000.

It was undoubtedly a phenomenal day of style and fun at the Listowel Racing Festival.



Mary Kelliher pictured with Marietta Doran and Celia Holman Lee at the McElligott's Honda Ladies Day at the Listowel Races



Jozette Harnett who was second runner-up at the McElligott's Honda Ladies Day at the Listowel Races



Ann Marie Corbett and Karen Leonard pictured at the McElligott's Honda Ladies Day



Maggie Ann Fleming and Denise O'Connor

CELIA SPOTTED

Looking good out and about in Limerick



Name: Meave Quigley
Occupation: Part-time work with Holman Lee agency; mom and taxi-service to three teenager boys.
From: Abbeyfeale

Meave is pictured outside Leens Hotel, Abbeyfeale on a wet autumn morning. Originally from Corbally, Meave has lived in Abbeyfeale for close to 25 years. Meave has a love of clothes and fashion and started modelling with Celia

Holman Lee at just 14 years old. Meave's lifestyle dictates what she wears day to day: very casual clothes with lots of skinny jeans, tops and she really likes good jackets and coats. Maeve reckons you should wear whatever clothes you want and are comfortable in, whatever your age. Meave buys a lot of vintage clothes from Reg at Kahlo & Apfel on their Facebook page and loves Vito Vintage in Limerick. Her favourite high street stores are Zara, Uterque and Massimo Dutti; TK Maxx can be fantastic

for designer pieces at a very good price point. For special occasion wear, Meave shops in local boutiques.

MEAVE SAYS

Outfit: Skinny jeans and top from Esther's Boutique, Abbeyfeale.

Shoes: From Dunnes Stores

Bag: Mulberry which was a present from my husband

Jacket: From Kahlo & Apfel Vintage Accessories

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

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Photos by: Darren Kirwan Photography



Campus Life Services
UNIVERSITY OF LIMERICK

VACANT ROOMS FOR RENT REQUIRED

Campus Life Services is a University company which manages student accommodation, catering, and retail services on campus at University of Limerick. As part of the UL Accommodation Service we provide details of properties and rooms available for rent off campus for current and prospective UL students.

In order to assist students arriving to UL this September we are seeking homeowners who have a vacant room/rooms to let in the area to contact us and register your property on our off campus student accommodation website.

To register a room or digs accommodation, you can do so on www.accommodation.ul.ie/accommodation.

Contact: UL Accommodation Service, University of Limerick, 061 202331 or email accommodation@ul.ie



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Chemical peels - All you need to know

CHEMICAL peels remain the leading treatment to improve skin texture, lighten pigmentation (brown spots) diminish wrinkles and treat teenage and adult acne.

New and improved formulas are available, meeting the needs of busy clients. Current technology promotes a progressive, rather than aggressive, approach, allowing for more advanced and results-driven treatments without the downtime.

Today's client is savvy and wants more than the traditional facial.

With autumn around the corner, this is the best time to start a series of advanced treatments and chemical peels.

There are several kinds of peels, including new peels, that are great for improving the appearance of skin.

I've noticed many clients are hesitant when they hear the term Chemical Peel as they often believe them to be very invasive.

I hope to explain in this week's column what's involved in face peels and why they are important in our skin care regime.

A Brief History of Face Peels

Skin resurfacing for beauty has been in use for thousands of years.

In Babylon and India, women used pumice stones to exfoliate the top layer of the skin.

During the Middle Ages, the first chemical peels were performed; women would soak cloths in lime, mustard, or sulphur to rejuvenate the appearance of the skin.

Gypsies were reportedly the first group to use phenol for deep chemical peels, and they are known to have passed secret recipes down through the generations.

Officially chemical peels were introduced in the second half of the 19th century by the Austrian dermatologist Ferdinand Ritter von Hebra.

Today, they are an

indispensable part of most aesthetic practices.

A Simple Guide to Face Peels

Most of us are clueless when it comes to chemical peels. There are many kinds with different levels and variations. So here's a simple guide that might help you in deciding which peels are right for your skin.

GLYCOLIC

The most common peel. It reduces the appearance of fine lines, increases cell turn over rate, removes dead skin cells, and brightens the skin.

Suitable For: All skin types especially those with wrinkles and fine lines

SALICYLIC

This can penetrate deeper into skin. It helps control acne, eliminates blackheads and whiteheads, clarifies skin, and reduces pore

blockage.

Suitable For: For those who are acne prone and have oily skin

LACTIC

This is a less irritating peel. It evens skin tone, lightens pigmentation and reduces the appearance of wrinkles and age spots, can be moisturising.

Suitable For: All skin types especially for hyper-pigmented skin

TCA

Stronger than Glycolic. It reduces the appearance of wrinkles, fine lines, and acne scars, skin tightening, large pores, sun-damaged skin.

Suitable For: Those with a lighter complexion

FRUIT ENZYME

Some are papaya, pineapple, pumpkin, etc. They promote cell renewal,

anti-bacterial.

Suitable For: Rosacea, Dehydrated skin, Sensitive skin

pH Level

The pH level of the skin refers to how acidic or alkaline it is.

pH levels are very important for those who use acid based products like chemical peels.

Your skin is made up of protein, water and other minor chemicals. Proteins are very complex chains of amino acids and are sensitive to the level of pH surrounding them. When the skin's proteins react with an acid in a low pH, coagulation occurs.

The acid destroys the existing tissues so they can be replaced with new structures. The lower the pH - the stronger the acid - the more coagulation you will get

- thus the more new tissues. Frosting is what you see when this process is happening. This is the goal of the chemical peel when treating skin.

Why Skin Preparation is important?

Before any treatment a consultation is recommended. To get the best results, home care will be advised for approximately two weeks before your peels. This will entail using a cleanser, SPF cream, a serum & night time cream.

This prepares the skin for the peels procedure with irritation reduced to a minimum.

By doing this we will get the skin in good health which helps the healing process. It also reduces post inflammatory hyper pigmentation.

How Often?

Generally it is good idea to buy a course of four to six peels, having a treatment every two to four weeks.

If you suffer from acne there are some peels you can do every two weeks until you get the results you want.

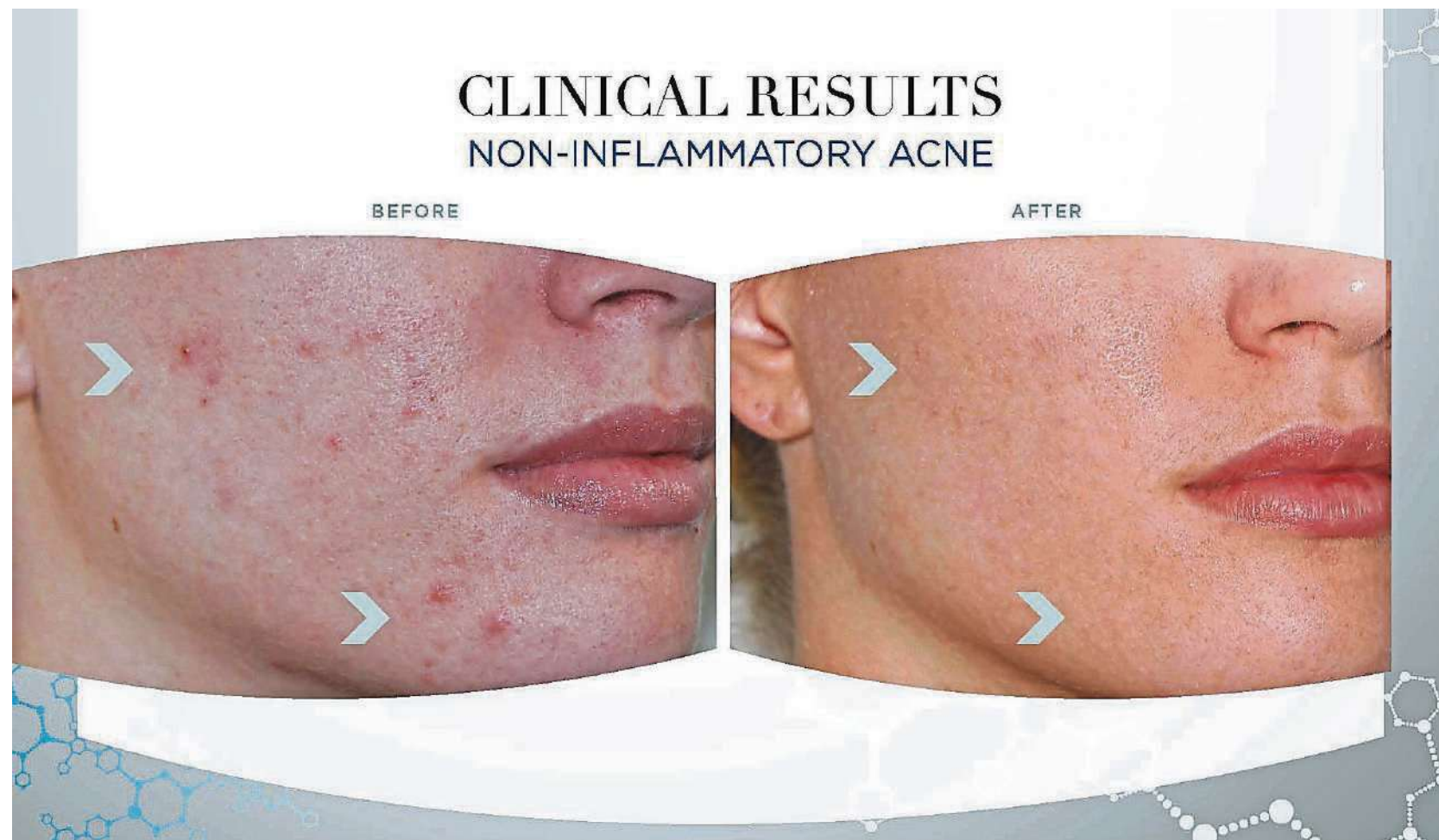
While deeper peels were popular in the past, most people today simply do not

have the time to sit at home while their skin sheds for four to five days. Lighter peels exfoliate the skin, and help to shed dead cells and impurities from the surface. When performed in a series, the skin becomes brighter, more even-toned, and smoother. In addition, peels can allow your current skin care products to absorb better, producing optimal results. Most treatments require only 30 minutes. Many people do not peel after a treatment, but may notice mild flaking for several days which can be easily concealed. They are able to return to all normal activities immediately, with the exception of heavy exercise which should be avoided for two days.

Post Treatment

After your treatment the following steps are recommended in order to achieve the best results

- * You will receive a mandatory post treatment kit
- * Use SPF cream
- * Avoid sun & heat
- * Allow skin to shed on its own - do not assist
- * Avoid steam
- * Avoid glycolic, retinol, and lactic acids for 72 hours



Before and after results from a chemical peel treatment



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise_cantillon



Rogha na Seachtaine



TO DO:

Sportsmind 2019

A free event happening this Saturday at 101 Limerick. Sportsmind sees many influential speakers promote healthy conversation on mental health, wellness within the world of sport, fitness and nutrition follow @sportsmindireland on Instagram for more.



TO LISTEN:

Track of the week

GOD KNOWS feat. OUTSIDER YP CLOUT9: One of the National Ambassadors for Culture Night 2019, rapper, MC, Spin South West DJ and one-third of the Choice Music Prize winning Rusangano Family, God Knows has released a single he wrote to mark the importance of Culture Night.

TO SEE:

I'm a Celeb GAA fundraiser

IT'S almost time to head into the jungle! I am terrified but excited. Limerick GAA fundraiser with a difference, 'I'm a Celeb Get Me out of Here' will take place this Friday September 27 in the South Court Hotel at 7.15pm. More details and tickets on eventbrite.ie



Paul Fitzgerald, Louise Cantillon and Peter Nash

Fridays for Future- Climate Strike draws huge crowds

LAST Friday millions of students and activists of all ages took to the streets in global protests at the lack of action our governments are taking in relation to the ongoing global climate crisis.

Fridays for Future Ireland, School Strikes for Climate Ireland, and Schools Climate Action Network are three Irish youth groups campaigned and rallied for people to get involved over the last number of weeks.

Assisted by adult organisations including Stop Climate Chaos, SIPTU, The Irish Congress of Trade Unions, Fórsa, the Union of Students of Ireland, Extinction Rebellion and many more local groups last Friday's strikes were the biggest yet.

In Limerick, over one thousand activists made their cause known in a colourful display. My colleagues and I at Spin South West wanted to get behind the cause and so we marched for climate change on Friday. I was entirely struck by the passion and knowledge of the young speakers. Many of who professed their distress intelligently and sharply, appalled at the lack of progressive action, conservation or protection of the environment, the strikes call for immediate climate action.

Speaking to a young climate activist from Gaelcholáiste Luimní I was told: "Taking a half day on Friday isn't time off school we want! We want to show politicians that young people everywhere are willing to fight for climate justice."

Students and adult activists alike set off from Arthur's Quay Park and made their way to City Hall in Limerick on Friday. Holding posters



MAIN PICTURE: Myself and my colleagues Elise Griffin and Nelius Stackpoole outside City Hall in Limerick last Friday. Also pictured are students and locals from around Limerick at the strike

and banners with witty and striking slogans it was difficult not to feel inspired by the genuine enthusiasm and passion of all involved.

The strikes are a global phenomenon inspired by sixteen

year old Swedish environmental activist Greta Thunberg who set the trend in August 2018 taking time off school to protest outside of Swedish parliament buildings.

For more inspiring stories and to

keep up to date on future events follow the hashtag #fridaysforfuture on Twitter.

Well done to everyone involved, I am feeling massively inspired by this younger generation.

National Ploughing Championships

SPIN South West attended the 88th National Ploughing championships in Fenagh, Co Carlow last week. One of the warmest years on record for the Ploughing Championships a record breaking 297,000 people flocked to the site across the three days to soak up some agricultural goodness.

From farm yard equipment to fashion shows the Ploughing Championships had something on offer for everyone. We particularly enjoyed Celia Holman Lee's

agencies wonderful fashion shows – representing the Treaty City in style!

We met some brilliant characters on Wednesday and even managed to win ourselves a prize in the welly throwing competition!

Aside from the excitement and draw of the hundreds of exhibitors, the ploughing competition is the real spectacle.

This year's senior title was won for a consecutive year by Carlow native Eamon Tracey.



Make hay while the sun shines: Louise at the Ploughing



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch
Twitter: @richanthon

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



Festival celebrates relationship between Ireland and New York

THE third installment of the I.NY Festival 2019 has been announced, running in Limerick from October 16 to 20 at various venues throughout the city.

The I.NY Project explores and celebrates the relationship between Ireland and New York, one story at a time.

The annual festival is one of the central elements of the I.NY Project, bringing the unique relationship between Ireland and New York to life. I.NY welcomes and tells those stories through conversation and debate, interviews, performance and more.

This year's festival programme will feature a line-up of dynamic, unique and sometimes challenging events with key contributions from a host of guests.

Headline guests include writer and actor Malachy McCourt, NYPD Commissioner James P. O'Neill, and the return to the festival of Dr. Jane O'Meara Sanders, political activist and senior adviser to US Senator Bernie Sanders.

Also appearing will be Limerick-born Booker



Pictured at the launch of I.NY were Alan Owens, UL communications officer, Niall O'Callaghan, managing director, Shannon Heritage, Brendan O'Malley, chair, I.NY, Silvia Guglielmini, Fáilte Ireland, and David O'Donovan, festival director PICTURE: KATE DEVANEY/LOVELIMERICK

Prize-nominated author Kevin Barry, WearingIrish founder and Siegel+Gale Global CMO Margaret Molloy, world-renowned fiddle player Martin Hayes and award-winning author and broadcaster John Kelly.

There are also many more panelists, moderators, speakers, and performers traveling to Limerick for the festival.

Alongside the I.NY headline shows which take centre stage each evening,

The Annie Moore Talks series returns with conversations grounded in Irish identity and experience in New York. Further discussions will include the Irish LGBTQ experience in the city.

The I.NY Festival is part of the Global Irish Festival Series, an initiative of Fáilte Ireland, Tourism Ireland and the Department of Foreign Affairs and Trade, made possible with the generous support of Fáilte

Ireland, Limerick City & County Council, University of Limerick, Shannon Heritage, The Irish Times, and the hotels, venues, businesses, and audiences of Limerick. See www.thisisINY.com.

Oinking good fare: Pigtown Festival is in full swing!

THE Pigtown Culture & Food Series, inspired by the history of Limerick's famous bacon industry is running now until October 25.

The pig is taking over Limerick this autumn in an exciting celebration of Limerick's Food Culture. The 'Pigtown Culture and Food Series' is an exciting programme of themed events in Limerick. Developed by the Limerick Food Group and supported by Limerick City & County

Council, the series will focus on Limerick's unique heritage as a way to showcase the great food available locally, building on our deep-rooted food heritage.

The festival is named after the time when four great bacon factories operated out of Limerick – Matterson's, Shaw's, O'Mara's and Denny's – each competing for local, national and international trade out of Limerick City during the

19th and early 20th Centuries. From this era emerged the renowned 'Limerick Ham' dish which became world famous with Queen Victoria insisting on it for her Christmas dinner

Highlights include guided food tours, an Urban Foraging Walk, Free weekly Cookery Demos at the Milk Market, the famed Limerick Food Mile, themed restaurant events and so much more! See the full list of events at www.pigtown.ie.



Some of the Pigtown Festival organisers - Trin O'Brien, BJ Broderick, Cllr Bridie Collins, Cllr Olivia O'Sullivan, Patricia Roberts, and David Fitzgerald PICTURE: BRIAN ARTHUR

THINGS I ♥ THIS WEEK

LIMERICK JAZZ FESTIVAL

Big weekend in city

LIMERICK will host top international and Irish artists for the eighth annual Limerick Jazz Festival, running from September 26 - 29.

Four days of top-quality performances will take place at various locations across the city.

This year's headline acts are The Darius Brubeck Quartet, Sarah Gillespie, Septeto Internacionala, Beats and Pieces, Ant Law and Gemma Sugrue, performing with the Julien Colarossi Quartet.

All this year's ticketed events take place in the award-winning Dolan's Pub venue. Free events include Thursday night's jazz trail at seven different venues across the city and on Saturday there is a Music for Kids workshop in Limerick Youth Theatre and a public master class with Ant Law at

the Hunt Museum.

Cllr Michael Sheahan Mayor of the City and County of Limerick said, "The Limerick Jazz Festival continues to go from strength to strength and this is seen in the calibre of performers this year. It is fantastic to hear the sounds of the jazz echoing through the streets of Limerick."

Limerick Jazz Society is the longest continually active jazz society in Ireland and celebrated its 35th anniversary in 2017. Its regular spring and autumn seasons feature performances by leading international and Irish performers.

Since 2007, it has also provided jazz education programs through Limerick Jazz Workshop, the only regular jazz workshop in Ireland outside Dublin. See limerickjazzfestival.com.



Local musicians Ed Hansom, Rory Murphy and Bryan Meehan launching the Limerick Jazz Festival PICTURE: ALAN PLACE

CHARITY DRIVE

Live 95 Helping Limerick Children

LIVE 95fm has revamped its annual charity drive for 2019, under the banner 'Live 95 Helping Limerick Children', with this year's beneficiaries being long-time partners CARI Limerick; Cliona's and for the first time, the Limerick-based Children's Grief Centre.

A Live 95 Helping Limerick Children day event is taking place on Friday, September 27 all day long to raise funds and increase awareness for the three amazing charities.

The events will take place on the corner of Thomas Street and O'Connell Street beginning with a Coffee Morning in the Bank of Ireland Workbench from 9 am followed by a BBQ on Thomas Street from 12 noon

to 3 pm.

Munster Entertainment will present music, karaoke, magic and vocalists including Sandra Considine of Lil-King-Kat, Debbie Gleeson and local Static Vision from 11 until 5pm. Giggles the Clown, Jack and Disney Characters will be there to deliver fun and

frolics throughout the day.

Live 95 will broadcast in the BOI Workbench from 7am to 7pm all that day so please come along, enjoy and support three great causes! All funds raised in aid of Live 95's Helping Limerick Children for CARI Limerick, Cliona's and the Children's Grief Centre.



Pictured are Sister Helen Culhane, Children's Grief Centre, Brendan Ring, Cliona's Foundation and Mary Madden, CARI PICTURE: KEITH WISEMAN



Richard pictured at the event with Catriona O'Donoghue, President of Network Ireland Limerick, Dr. Mary Ryan and Edwina Gore, Network Ireland Limerick PICTURE: MIA WANG/ILOVELIMERICK

Dr Ryan helps women to get the balance right

LAST week, Dr. Mary Ryan, consultant endocrinologist at the Bons Secours Hospital was the guest speaker at the Network Ireland Limerick event at the Clayton Hotel. Dr. Ryan encouraged women in business to value themselves more in order to avoid exhaustion and she inspired every woman at the packed event!

A regular speaker on the importance of empowerment, equality and living a healthy lifestyle, Dr. Ryan explained the detrimental

impact hectic lifestyles are having on everyone and the impact of fatigue and burnout on women's hormones and health with long-term consequences. She also called on women in business to respect themselves more and demand more respect from others.

According to Dr. Ryan, "Women need to be empowered more and encouraged to slow down long enough to understand their own needs and build a more respectful relationship

with themselves and others to prevent stress and burnout."

Catriona O'Donoghue, President of Network Ireland Limerick, said, "Women are notorious for juggling and having too many balls in the air. This event was all about taking stock, checking in with how we're doing and being aware of the harm fatigue and burnout can have on our bodies. To follow Dr. Ryan find her on Facebook and Instagram as Dr. Mary Ryan or visit www.drmaryryan.ie.

HEROES OF THE WEEK

The family of Sarah Crowe

OVER €5,000 has been raised and donated by the Crowe family to Cliona's Foundation, following an '80s disco party to mark their daughter, Sarah Crowe's, 16th birthday. Cliona's Foundation is an Irish charity that provides financial assistance to families with critically and terminally ill children.

Sarah Crowe sadly passed away in 2016 following a long and brave battle with Alpers disease, aged just 12 years old. Sarah would have turned 16 in July and to celebrate her life and mark her birthday, her family held an '80s Disco party in McGrath's Bar in Kilfinane on Saturday, July 27. Cliona's Foundation was blown away by the donation, saying, "It was a wonderful night full of many emotions



The Crowe Family

but a night where the family, friends, and community turned out in force to

remember and celebrate Sarah. Well done to all! See www.clionasfoundation.ie.

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Richmond R.F.C.

Development Fund Weekly Lotto
This weeks lucky numbers **5-7-20-21**
Jackpot €3,600
Date: 19th September 2019

4 x Lucky Dip @ 25 each: Jennifer McNamara c/o club, D O'Connell c/o Connie, F Hennigar c/o J Hinchy, Sean O'Callaghan c/o Claghun Bar
Next weeks Jackpot: €3,700
Next draw held 26th September '19

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 23/09/19

This Week's Jackpot: €2,800
Numbers: 8-17-22-23

Lucky Dips: Darragh Cronin c/o Pdraig Reale, Maureen Byrnes c/o Joe O'Sullivan, Caroline Connolly c/o Dave Connolly
Promoters Prize: Pat Cunningham and Dave Connolly
Next Week's Jackpot: €2,900
Next Draw: 30/09/19

ST. MARY'S R.F.C.

Lotto Draw held Monday 23rd September 2019
Winning Numbers: 8-18-19-20
No Jackpot Winner
Lucky Dips: Fiadh Hehir c/o D Frawley, Ann O'Connell. c/o D Frawley, Ger Reddan c/o Rashers, Catherine Ahern c/o F Ahern
Jackpot €11,050
Next draw held the Gate Bar

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DATASOURCE: Local Ireland/Mediaforce Ireland Shopping Survey December 2016. *READ/JNRS Millard Brown 2016



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DATASOURCE: Local Ireland/Mediaforce Ireland Shopping Survey December 2016.*READ/JNRS Millard Brown 2016

ACKNOWLEDGMENTS

† **STORAN**

Patrick

Late of Brother Russell House and formerly of 8 Raheen Square, Ballinacurra Weston Who sadly passed away on the 25th August in Milford Hospice

Months Mind Mass

We the family of Patrick would like to thank everybody who attended his funeral, who sympathised, sent Mass cards, phone calls and text messages.

We would also like to thank Brother Russell House and his friends for looking after Patrick. And especially to his two carers Carla Moran and Tom Scully, thanks for everything ye did for him. A big thank you to Milford for all yere kindness and help in looking after him.

To the doctors in Parnell Street and the Regional Hospital, thanks for looking after him when he was there.

Many thanks to Crosses Funeral home and thanks to Rita's flowers who looked after us with their beautiful flowers. To the beautiful singer who sang at Patrick's Mass, also the priest in Our Lady of Lourdes for a beautiful Mass. Also we would like to thank our brother-in-law Edward Pickford for leaving off such beautiful white birds, the gravediggers. And thanks to the Horse and Hound Pub.

As it is impossible to thank everyone individually please accept this acknowledgement as a token of our gratitude. Mass will be offered for all of you. Also thanking our wonderful neighbours. Patrick's months mind Mass will be offered on Wednesday 25th September in St. John's Cathedral at 5:45pm.

R.I.P. Patrick

G.B.N.F.

IN MEMORIAM

† **JOYCE**

(Fourth Anniversary)

Cherished and loving memories of a dear sister, aunt and grand aunt Bridie Joyce, late of 2 River Place, Sandmall, Limerick whose fourth anniversary occurs on 20th September, 2019.

May she Rest in Peace.

There is an open gateway
To which we all will go,
Leading to a radiant light
Where flowers bloom and grow.
You have gone through this gateway

To happiness and rest
To live in God's protective arms
And be forever blessed.

Too dearly loved and remembered to ever be forgotten by your loving family.

† **PURCELL**

(12th Anniversary)

In loving memory of a dear father, grandfather and great-grandfather, Christopher Purcell, late of West Singland Road, Garryowen, whose anniversary occurs on September 25. Rest in Peace. Mass will be offered on Wednesday, September 25th at 5.45pm in St. John's Cathedral.

A gentle breeze is blowing,
On a quiet and peaceful grave,
Where the one we love is resting,

And can never be replaced.
A special corner in our hearts,
Is set aside for you,
As long as life and memories last,

We will always love and pray for you.

Sadly missed by your loving daughters Paula, Mary and Noeleen, sons Harry, Christopher, Patrick and Raymond, sons-in-law, daughters-in-law, grandchildren and great-grandchildren.

THANKSGIVINGS

GRATEFUL THANKS to the Sacred Heart, our Blessed Lady and St Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D.

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio, A. A. A. Saints. M.J.M.

Rest in Peace

IN MEMORIAM

† **WALSH**

(22nd & 50th Anniversaries)

In loving memory of Dolores Walsh, late of 9 Flood Street, Pennywell, Limerick who died on September 25, 1997 and Mary (Walsh) Keane who died on

September 29, 1969.**Mass offered**

Remembering
Everybody loves to be remembered
But if we want to be remembered,
We have a duty also to remember.

Memory is a powerful thing
Wrongly used, it can bring death
rather than life;

Rightly used, it is a form of
immortality

It keeps the past alive.
Those we remember never die,
They continue to walk and talk
with us;

Their influence is still felt
among us,

There is nothing stronger or
more helpful,

Than a good remembrance.
Loved one, we want you to
know,

That we haven't forgotten you.
We remember you,
And your memory, most
definitely,

Brings life to us today.
May it also assure us of life for
you,

That eternal life Christ came on
earth to give us.

Sadly missed and always remembered by her loving husband and brother Paddy, sons and nephews Kieran, David, Dermot and Niall and daughter and niece Eimear.

*Life is but a stopping place*

Life is but a stopping place,
a pause in what's to be,
a resting place along the
road to sweet eternity.
We all have different
journeys,
different paths along the
way,
we all were meant to learn
some things, but never meant
to stay.

Our destination is a place
far greater than we know,
for some, the journey's
quicker,
for some the journey's
slow.

And when the journey
finally ends,
we'll claim a great reward,
and find an everlasting
peace,
together with the Lord.

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Another Leaf Has Fallen

Another leaf has fallen,
another soul has gone.

But still we have God's promises,
in every robin's song.

For he is in His heaven,
and though He takes away,
He always leaves to mortals,
the bright sun's kindly ray.

He leaves the fragrant blossoms,
and lovely forest, green.

And gives us new found comfort,
when we on Him will lean.



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Big guns show off in Frankfurt

World's largest carmakers show off their latest electric vehicles at German auto show

TRISH WHELAN
www.CarAndTravel.ie

ELECTRIC cars again dominated at the International Frankfurt Auto Show opening with promises of more hybrid and plug-in (PHEV) models to come.

Big guns such as Volkswagen, Daimler AG's Mercedes-Benz and Porsche showcased electric models at the show. However, there were numerous high profile absentees this year including Aston Martin, Bugatti, Citroen, Ferrari, Fiat, Jeep, Kia, Lancia, Mazda, Nissan, Peugeot, Rolls-Royce, Suzuki, Subaru, Tesla, Toyota and Volvo. However, for any Irish motoring fans intending to visit, there's still much to see.

Audi

Audi had two world debuts, the AI:TRAIL and the RS 7 Sportback and the e-tron FE06 was shown to a live audience for the first time.

The new RS7 Sportback bared fangs again as the successor to the original RS 7. Audi say it is their interpretation of a five-door high-performance coupe with a grand tourer design. Power is by a V8 4.0 TFSI petrol engine producing 600hp and 800Nm of torque.

The German brand also showed its all-terrain EV concept, the Audi AI:Trail Quattro. It combines the capacity for automated driving with

'superb' off-road capabilities. The 'Trail' part of the name evokes the idea of exploring nature. The car is equipped with four electric motors and quattro permanent all-wheel drive.

BMW

BMW focused on the theme of future driving pleasure. The focus was on world premieres of the BMW Concept 4 and BMW i Hydrogen NEXT, the latest new models for the luxury and high-performance segment, additions to the BMW X family, and special editions from BMWi. The Concept 4 offers a look ahead to the expressive face of the 4 Series range and sits low to the ground as befits a sport car.

Ford

Ford revealed its New Puma Titanium X with premium comfort and convenience. Even has removable seat covers, lumbar massage seats and wireless charging. Offered in 125hp and 155hp variants, the self-regulating mild-hybrid system can utilise the stored battery charge to deliver torque substitution, so helping fuel efficiency by up to 9pc (WLTP analysis).

Honda

Honda's 'e', an electric urban car which has been previewed at a number of recent shows, now



Volkswagen lifted the lid on its revised e-Up, which gained a revised front bumper and grille, and rear light clusters at the Frankfurt Auto Show

appears in production form. It is the first Honda to be built on a dedicated EV platform and has a high-power electric motor with two power outputs of 100 kW (136hp) or 113kW (154hp) and torque of 315Nm. Its range is around 220km, and 80pc of recharge can be achieved in 30 minutes with an appropriate charger. The car can do 0-100km/h in around 8 seconds.

Hyundai

Hyundai world premiered its all-new i10 N Line which has much connectivity and advanced safety with the sportiness and attitude of N Line. It will be available in Europe next summer and will have a 1.0 T-GDi engine for increased driving performance.

Mercedes-Benz

Mercedes-Benz's Vision EQS show car is a trailblazer for the entire Mercedes-Benz EQ family. With its battery-electric platform, the brand is clearly committing itself towards emission-free mobility. With 350 kW of output and immediate torque of up to a huge 700km according to WLTP. For a charging performance of 350kW, it recharges the battery to 80pc in under 20 minutes. The car can do 0-100km/h in under 4.5



Cool concept: The Audi AI:TRAIL

seconds, has a top speed of 200km/h. AWD system.

Opel

Opel (Vauxhall) celebrated world premiers of the New Astra, New Corsa, Corsa-e, Corsa-e Rally and Grandland X Plug-In Hybrid.

New Astra (here January 2020 from circa €24,000); Corsa (here Dec 2019 and from €18,000 approx), the Corsa-e (March 2020 around €25-€26,000 after rebates), and Grandland X Hybrid 4 (here March 2020, €48,000 after rebates).

Renault

Renault presented the All-New Captur, the latest version of the popular urban SUV with 1.5 million units sold in over 90 countries. Captur has been completely renewed and now offers even more versatility, personalisation and

safety in a new body. Renault say they have revolutionised the interior, transformed the body and made Captur more customisable. It comes with more quality and, more technology.

From next year, New Captur will be offered with a plug-in hybrid.

SEAT

The Tavascan all-electric SUV concept from CUPRA, the standalone sports brand within SEAT, is powered by two electric motors, one on each axle. The total output is 306hp and the claimed range is 450km.

Volkswagen

Volkswagen launched its first fully electric production car in the all-new ID with the world premier of its ID.3. It is the first model to be carbon-neutral on delivery to customers. An all-rounder suitable for everyday use, it has three battery sizes for a range of up to 550km. The ID.3's design is based on the modular electric drive matrix developed by Volkswagen; the car has a revolutionary interior and big space. Priced at under €30,000 in Ireland for the entry-level 45 kWh car with 330km range after government grants. It will come at the end of next year.

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LEXUS

Lexus launches new used luxury car programme

TRISH WHELAN
www.CarAndTravel.ie

LEXUS is launching a new used car programme, Lexus Select, designed to give customers greater benefits when purchasing a used unit from the luxury marque.

To qualify for Lexus Select, all vehicles must pass a 100-multi point and safety check with a hybrid health check which is completed by Lexus specialists, meaning that only the best used cars will make it to the programme. In addition, customers can avail of competitive tailored finance packages from Lexus Finance Service, Lexus' own finance provider.

Each vehicle in the Lexus Select programme comes with 24-month warranty and 24-month roadside assistance for vehicles with less than 160,000kms and seven years old.

Lexus Ireland has also created the Premium Used programme for cars of



Lexus CT Luxury Self-Charging Hybrid Compact is one of the company's bestsellers

between seven- and ten years old and will have done between 160,000 - 200,000kms. Every Premium Used approved pre-owned

vehicle will have a minimum of 12 months warranty and roadside assistance as well as tailored finance solutions, a 100-multi point safety check

and hybrid life assurance.

The entire Lexus range of CT, IS, ES, UX, NX, RX, RC, LS and Lc is now 100 per cent self-charging hybrids.

SEAT

High power PHEV Tarraco on the way

SEAT's Tarraco SUV will be offered in an FR plug-in hybrid electric vehicle PHEV version from next year.

With a total output power of 245hp thanks to its 110kW/150hp petrol engine and its 85kW/116hp electric engine, it will be the most powerful iteration of the company's large SUV.

With a 13kWh battery pack, the Tarraco PHEV can offer an all-electric range of more than 50km and reduced emissions of below 50g/km.

The Spanish carmaker plans to have five electric and plug-in cars between the main brand and its sport Cupra brand by 2021.

FORD

Puma debuts in Frankfurt

FORD has revealed its high spec Ford Puma Titanium X model ahead of its public debut at the Frankfurt Motor Show in Germany next week, writes Trish Whelan.

Ford says it will have a distinctive character all of its own, and standard technologies usually reserved for large executive cars deliver 'exceptional comfort for compact crossover customers'.

It will offer premium comfort and convenience including standard removable seat covers,

lumbar massage seats, wireless charging for smartphone devices, a segment-first hands-free tailgate and a premium B&O Sound System.

Offered in 125hp and 155hp variants, the self-regulating mild-hybrid system can utilise the stored battery charge to deliver torque substitution, reducing the amount of work needed from the petrol engine for a fuel efficiency improvement of up to 9pc based on WLTP analysis.

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SPORT

Leader



FAI JUNIOR CUP KICKS OFF

Local sides dream of the Aviva

For more see Page 49



Conor Murray in action against Scotland at the World Cup. His Munster coach Johann van Graan feels it was Murray's best performance of the year

Van Graan heaps praise on Conor Murray RWC display

Rugby: Munster coach says Ireland and 'Boks could win World Cup

COLM KINSELLA
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MUNSTER head coach Johann van Graan believes Conor Murray's display for Ireland on Sunday was his best performance of 2019.

Speaking ahead of Munster's opening Guinness PRO14 fixture of the season against the Dragons at Thomond Park on Saturday, 3pm, Van Graan said it was great to see scrum-half Murray finding 'great form' on the biggest stage of all, at the World Cup against Scotland.

Van Graan said: "From a Munster point of view, I thought that was probably Conor's best performance of this calendar year.

"The way that he kicked, the way he defended, his

option-taking, his support lines there for Jacob (Stockdale) on the left and it was great to see him finding great form on the biggest stage. That is what he loves and that is where he excels.

"I thought CJ (Stander) was very good too. From a team perspective, from Munster's point of view, I thought Pete (Peter O'Mahony) started the game very well in the line-out.

"I thought Killer (Dave Kilcoyne) came up and made that turnover scrum, Tadhg (Beirne), Scans (Niall Scannell), Chris Farrell was excellent. I thought and Andrew's (Conway) workrate first to win that ball in the air, reload back to the blindside, that is what you like to see in your own players, but we

support Ireland.

"It is great from afar to support them."

Van Graan said he was looking forward to the real possibility of Ireland facing his native South Africa in a World Cup quarter-final next month.

The Springboks coaching team includes former Munster Director of Rugby Rassie Erasmus, the province's former assistant coach Felix Jones, former defence coach Jacques Nienaber and former Head of Athletic Performance, Aled Walters.

Van Graan said: "If it works out that way, I think it will be a great game to look forward to from a South African and Irish perspective.

"Obviously there is a big Munster influence currently with the Springboks, but the other side is also true with a lot of the players having worked with Rassie and 'Jonesie' and they will also know them from the other side, so I think it goes both ways.

"I said before in this day and age of technology and people watching each other, I think most teams just focus on themselves.

"Both are fascinating rugby teams and I think both teams have a chance to win the World Cup, so I am looking forward to that in a few weeks' time.

I think they were brilliant Test matches for the start of the World Cup. In terms of Ireland, I thought it was an

incredible performance.

"I thought they put Scotland under so much pressure."

Van Graan confirmed that Australian forward Jed Holloway, who has joined Munster on a short-term deal, arrived at the province this week. Munster are awaiting the arrival of a work permit.

This Saturday Munster kick off the Pro14 season when they host the Dragons at 3pm in Thomond Park.

The tie, live on EirSport and TG4, could see Munster field a team without Darren Sweetnam, Sammy Arnold, Dan Goggin and Rhys Marshall have picked up knocks and their involvement on Saturday will be reviewed as the week progresses.

GAA

Novel final afoot in Limerick SFC decider

JEROME O'CONNELL
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THERE will be a unique pairing in the Limerick SFC final next month.

Newcastle West dethroned back-to-back champions Adare last weekend and now await either St Kierans or Oola in the October 13 final.

The St Kierans v Oola Irish Wire Products Limerick SFC semi final takes place this Friday (7.30) in the LIT Gaelic Grounds - west Limerick side St Kierans are bidding to reach a first final since the 2005 loss to Monaleen, while east Limerick side Oola re attempting to bridge a gap back to 1980 for their previous final appearance.

Oola will be backboned by many of the Doon hurling team that lost the Bon Secours Hospital Limerick SHC semi final to Patrickswell last Sunday. With Na Piarasigh defeating Kilmallock, it means the October 6 Limerick SHC final will be a repeat of the 2015 final between the Caherdavin men and The Well.

The curtain-raiser on October 6 will be the Premier IHC final between Kildimo-Pallaskenry and Blackrock.

Elsewhere, this weekend the Mungret footballers attempt to go one better than their hurlers, who lost to Blackrock in their semi final. This Saturday (3.30) Mungret play Galtee Gaels in the semi final of the Limerick IFC, with Gerald Griffins awaiting in the final after they had a semi final win over Claughaun.

On Sunday (2.45), Croom and Newcastle West meet in the first of the Limerick IHC semi final in Bruff - Glenroe and Na Piarasigh play in the second semi final next Wednesday October 2.

Also on Sunday, 2pm, west Limerick sides Dromcollogher-Broadford and Tournafulla meet in the relegation play-off - the losing side dropping down to the junior ranks.

For more on Limerick GAA see #LLSport on social media channels.

SPORT
SNIPPETS

Golfer of the Year

CASTLETROY Golf Club have announced Gearoid Hegarty as their Men's Golfer of the Year.

The inter-county hurling star had a number of top finishes during the season at his local club.

Among his sparkling displays on the golf course were his June Medal success and his outing in the Men's President Prize in August.

On the GAA scene, Hegarty won a Munster SHC medal and Allianz Hurling League medal this season to add to his 2018 All-Ireland title success.

A sporting all-rounder, Hegarty has also played inter-county football for Limerick, rugby for Richmond RFC and soccer for Aisling Annacotty AFC.

Barton Shield
winners

LIMERICK Golf Club is this week celebrating All-Ireland final success at the AIG Cups and Shields Finals in Westport as they captured the Barton Shield for the first time since 1976.

Chasing success on two fronts - Limerick were also in Senior Cup action on Saturday - the Munster champions completed the first leg in style with a seven-hole victory over Co Sligo.

Limerick edged Warrenpoint by two holes in the semi-finals but altered their lineup for the afternoon.

On the 15th green, Owen O'Brien closed out the match with a putt befitting any final. He holed from 25 feet for a birdie, pushing Limerick over the line.

Earlier, Limerick overcame perennial contenders, Warrenpoint, in a close run semi-final.

Galway Golf Club ended Limerick's big hopes of a double when winning their Senior Cup semi-final on a 3.5-1.5 scoreline.

All-weather win

Abbeyfeale apprentice Paddy Harnett recorded his third success and his first on the all-weather when taking the opening 5f handicap on 16/1 chance Abstraction at Dundalk on Friday night.

Trained by Natalia Lupini, the nine-year-old got on top in the dying strides to beat Fridtjof Nansen by a neck in the colours of the Raintree Racing Partnership.

For more sport see #LLSport on social media.

Lots more twists left in year of high drama

COLM KINSELLA
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THE CURTAIN finally came down on Limerick FC's troubled season on Saturday night when the Blues suffered a 7-0 thumping at the hands of Shelbourne at Tolka Park.

Limerick FC claimed a sixth-placed finish in the SSE Airtricity League First Division following their relegation from the top flight at the end of 2018.

It had all begun so differently for Limerick FC as a four-game winning run in March and April which propelled the 'Blues' up to a lofty second place in the First Division table.

Indeed, Longford edged the 'Blues' for top spot only on goal difference.

However, off the field, rumblings of discontent emerged in May. In the middle of the month Limerick FC players voted unanimously to serve strike notice on the club. Through a PFA statement it has been confirmed that if payments which fall due in the future are not honoured then the players will go on strike.

Assurances were subsequently given by the club to the PFA Ireland that the 'Blues' players would be paid outstanding wages and expenses.

A week later a resilient Limerick FC overcame a stoppage for floodlight failure and league leaders Cabinteely 1-0 at the Markets Field.

Also in May, the Daly Group wrote to Limerick FC owner Pat O'Sullivan indicating that it was withdrawing its sponsorship of the club.

The announcement came a few short hours after Limerick FC confirmed that they are at an 'advanced stage of negotiations with an investment group'.

In a statement, Limerick FC has revealed that the talks with the investment group have been going on since last July. However, no announcement confirming that an agreement had been reached was subsequently made.

When the transfer window opening in June, a number of high profile players departed the Limerick FC squad, including top scorer Connor Ellis and Irish U21 international Will Fitzgerald.

The dramatic season continued last month when Gardaí carried out searches at Hogan Park in Limerick during a Blues training session as part of allegations into match-fixing.

The FAI also confirmed that it is investigating unusual betting patterns around Limerick FC's FAI Cup game away to Sligo Rovers and the league fixture with Shelbourne in April.

Earlier this month, the High Court confirmed the appointment of an examiner to Limerick FC with the club's debts estimated to be €490,000.

Aaron Fitzgerald of Limerick FC is pictured during the SSE Airtricity League First Division match between Shelbourne and Limerick FC at Tolka Park in Dublin



Entries open for Limerick Business Tennis and Squash league 2019



Pictured at the Launch were: Aidan Lyddy, Keanes jewellers, Gerry Clancy, President, Christy Costelloe, Squash Captain, Kathleen Tierney, Club Secretary and Desmond Hayes.

ENTRIES are now open for the Keanes Jewellers sponsored Business Tennis and Squash League 2019.

After several years of great success, the Limerick Lawn Tennis Club Business Tennis league has been

expanded to include the game of Squash.

Each Business Team entered will get, Free Tennis and Squash lessons before the LLTC Business League by resident coaches.

Free use of courts on

Sunday September 29 to practice and free use of rackets/balls on the night.

Entries are now open contact Avрил Cairns or Christy Costelloe on 061 454380 open daily gam to 10.30pm

Earls back in selection mix

MUNSTER winger Keith Earls is back in the mix for selection for Ireland's second Pool A fixture at the Rugby World Cup in Japan this Saturday, 8.15am Irish time.

Earls missed Ireland's impressive opening pool victory over Scotland in Yokohama on Sunday due to a knee issue.

However, Earls trained fully with the Ireland squad at the Yumeria Grounds in the Shizuoka this Tuesday, putting him in line to make a return from injury this

weekend.

Ireland assistant coach Richie Murphy said Earls, his Munster team mate Joey Carbery and Leinster full-back Rob Kearney could in fact have featured against Scotland.

However, the Irish management team didn't feel like it was the right thing to put them in with the fact that they had other players in the 31 man squad that they were happy with and knew that could do a job for them.

Meanwhile, Munster

captain Peter O'Mahony and Connacht centre Bundee Aki have also returned to full training with Ireland this week after coming through head injury assessments.

O'Mahony and Aki were both forced off with head injuries in the game with Scotland and failed Head Impact Assessment 1.

However, they have passed both HIA2 and HIA3, clearing them to train fully with Ireland ahead of Saturday's game with Japan in Shizuoka.



Keith Earls strengthens his neck during training in Japan

Junior soccer previews

PAT SHEEHAN

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AFTER THE debacle of last season's FAI Junior Cup, Limerick teams enter this year's competition hopeful that we don't see a repeat of the fiasco that saw objections, appeals and counter appeals delay the final until we were three weeks into the current season.

Some of the issues that led to objections last season still seem to be causing confusion so it does not augur well, but we can but hope.

Regional United and Aisling reached the semi-final last season and hopes were high of bringing the trophy back to Limerick before fate intervened.

Regional Utd begin their quest this time with a trip to Shelbourne.

Shelbourne had a torrid time last weekend against Carew Park and will be determined to put on a better showing. However, they meet a Regional Utd team in good form and on the back of a 3-1 win over rivals Mungret Regional last Sunday.

Despite losing a large swathe of last year's squad, the Reds are still a force to be reckoned with as they will show on Sunday.

Aisling Annacotty take on Kilmallock Utd in one of the two all Premier ties. Aisling saw off the challenge of Moyross B last Sunday and are quite keen of a long run in this competition to drown out the disappointment of last season.

They meet a Kilmallock side in need of a good result after a ropery start to the season. No one doubts the ability in their team but they have yet to click this season.

Aisling in a rich vein of form is not the ideal opposition in such an instance.

Pallas shipped 14 goals to



Ross Mann, Fairview is challenged by Jason Ross, Janesboro during last weekend's tie

Balla last weekend and now must travel in to meet Pike Rovers on Sunday. It's hard to see why these games can continue with so many goals conceded. They are of little use to either team.

Janesboro crashed out of the Munster Junior Cup last weekend and will be looking to get back to winning ways on Sunday when they make the short trip to Hill Celtic.

Janesboro have been relying on a large number of youngsters this season and may find Hogan Park a difficult proposal but they should have enough in depth to prevail.

Prospect Priory suffered defeat to Cappamore in the MFA last weekend and will hardly relish the arrival of a Patrickswell, themselves giant killers over Coonagh last weekend.

Two teams who exited the MFA at the first hurdle meet in the second all Premier clash when Mungret Regional host Coonagh Utd.

Mungret went down at home to local rivals Regional while Coonagh were shocked when Patrickswell beat them 4-2. One of the two will have a short season so there is plenty to play for.

Geraldines will be

expected to win at home to Granville Rangers while Ballynanty Rovers could add to their goal tally at home to a Wembley Rovers side beaten 8-0 by Geraldines last weekend.

Nenagh also fell to lower league opposition last weekend and will have an equally difficult time out when they welcome Kilfrush.

Charleville v Murroe pits two well matched sides while Holycross need to be cautious on their trip to Hyde Rangers.

Caledonians take on Cappamore more in hope than expectation.

Lisnagry face an in form Athlunkard Villa while Div 1A leaders Castle Rovers host Premier A leaders Moyross Utd.

Fresh from their win over Premier side Nenagh last weekend, Corbally Utd host Newport Town and Summerville will look to build on their win last weekend when they visit Star Rvs.

In the other ties Knockainey host Brazuca, Dromore Celtic welcome Northside and Southend Utd take on a much improved Parkville side.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Pike Rovers	8	6	2	0	18
Fairview Rgs	8	5	2	1	17
Geraldines	8	5	2	1	17
Ballynanty Rovers	8	5	1	2	16
Regional Utd	8	5	0	3	15
Aisling Annacotty	8	4	1	3	13
Janesboro	8	4	1	3	13
Mungret Reg	8	3	0	5	9
Coonagh Utd	8	1	3	4	6
Nenagh AFC	8	2	0	6	6
Prospect Priory	8	1	1	6	4
Kilmallock	8	0	1	7	1

PREMIER A LEAGUE	P	W	D	L	Pts
Moyross	7	6	1	0	19
Fairview Rgs B	8	5	2	1	17
Cappamore	7	5	0	2	15
Murroe	8	5	0	3	15
Newport	8	4	2	2	14
Charleville	7	4	1	2	13
Athlunkard Villa	7	3	1	3	10
Hill Celtic	7	2	2	3	8
Aisling Ann B	7	2	1	4	7
Holycross	8	2	0	6	6
Carew Park	8	2	0	6	6
Corbally Utd	8	0	0	8	0

DIVISION 1A	P	W	D	L	Pts
Castle Rvs	6	4	2	0	14
Hyde Rgs	5	4	0	1	12
Patrickswell	6	3	2	1	11
Kilfrush	6	3	1	2	10
Geraldines B	6	3	1	2	10
Knockainey	5	3	0	2	9
Southend	6	3	0	3	9
Ballylanders	5	2	1	2	7
Star Rvs	5	1	3	1	6
Summerville Rvs	6	1	1	4	4
Shelbourne	6	0	2	4	2
Granville Rgs	6	0	1	5	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	8	5	3	0	18
Athlunkard Villa B	6	4	2	0	14
Glenview Rvs	8	4	2	2	14
Parkville	7	4	2	1	14
Mungret Reg	7	3	2	2	11
Aisling Annacotty C	6	1	4	1	7
Caherdavin Celtic	6	1	3	2	6
Pallagreen	5	1	2	2	5
Newport	7	1	1	5	4
Caledonians	6	1	1	4	4
Charleville	6	0	0	6	0

DIVISION 2A	P	W	D	L	Pts
Caherconlish	6	6	0	0	18
Kilmallock B	5	4	1	0	13
Janesboro B	5	4	0	1	12
Wembley Rvs	5	3	1	1	10
Castle Utd	5	3	0	2	9
Murroe B	6	3	0	3	9
Meanus	5	2	1	2	7
Corbally Utd B	6	1	2	3	5
Herbertstown	4	1	1	2	4
Prospect Priory B	6	0	2	4	2
Hyde Rgs B	5	0	1	4	1
Knockainey B	6	0	1	5	1

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	7	6	1	0	19
Fairview Rgs C	8	5	2	1	17
Northside	7	5	0	2	15
Brazuca United	8	4	2	2	14
Parkville B	7	3	2	2	11
Kilfrush B	8	3	1	4	10
Lisnagry	7	2	1	4	7
Coonagh Utd C	8	1	3	4	6
Coonagh Utd B	6	1	1	4	4
Abbey Rvs	8	0	1	7	1

JUNIOR SOCCER FIXTURES

SATURDAY SEPT 26

FAI JUNIOR CUP

Charleville v Murroe, 7.00, Mike Monahan

UNDER 17 DIV TWO

Regional Utd v Kilfrush, 7.00, D Downing

SUNDAY SEPT 27

FAI JUNIOR CUP

Hyde Rangers v Holycross, 10.30, N Casey
Hill Celtic v Janesboro, 10.30, D Power
Aisling Annacotty v Kilmallock Utd, 10.30, J McNamara

Geraldines v Granville Rangers, 10.30, A Galvin
Ballynanty Rovers v Wembley Rovers, 10.30, Martin Monahan
Knockainey v The Brazucas, 10.30, A Walsh
Caledonians v Cappamore Celtic, 10.30, S Rooney
Lisnagry v Athlunkard Villa, 10.30, M Kennedy
Castle Rovers v Moyross Utd, 10.30, R Broe
Mungret Regional v Coonagh Utd, 10.30, R McCann
Corbally Utd v Newport Town, 10.30, J Rooney
Star Rovers v Summerville Rovers,

10.30, G Clancy
Pike Rovers v Pallas Utd, 10.30, B Higgins
Prospect Priory v Patrickswell, 10.30, R Peiper
Shelbourne v Regional Utd, 10.30, A Hall
Dromore Celtic v Northside Legacy, 2.00, P O'Brien
Southend Utd v Parkville, 2.00, D Downing
Nenagh v Kilfrush Crusaders, 2.00, A Hall

DIV 3A LEAGUE

Newport C v Murroe C, 2.00, T Joyce

UNDER 17 DIV ONE

Shelbourne v Aisling B, 2.00, K Gorman
Carew Park v Aisling A, 2.00, B Higgins
Newport v Corbally Utd A, 2.00, J McNamara
Fairview Rgs v Cappamore, 2.00, R Broe

UNDER 17 DIV TWO

Knockainey v Herbertstown, 2.00, T O'Sullivan
Castle Rvs v Newport, 2.00, M Murphy
Corbally Utd B v Aisling, 2.00,

THURSDAY OCT 3

TUOHY CUP

Ballynanty Rvs v Mungret Reg, 7.00, Jackman Park

DIVISION 3A	P	W	D	L	Pts
Moyross B	5	5	0	0	15
Dromore Celtic	5	4	0	1	12
Caledonians B	4	3	0	1	9
Shelbourne B	5	2	1	2	7
Nenagh B	5	2	1	2	7
Mungret Reg C	4	2	1	1	7
Lisnagry B	4	2	0	2	6
Athlunkard Villa C	4	1	0	3	3
Newport	5	0	1	4	1
Murroe C	5	0	0	5	0

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

World Cup dead rubbers could have been avoided



Ireland won't mind, but should the Scotland game have been the last game in the Pool stages?

There is an old saying, 'After the Lord Mayor's show comes the dust-cart'

It is based around the idea that, bringing up the rear of the Lord Mayor's Show, was a team to clean the manure of the pageant's horses. Nice work if you can get it.

This phrase came to mind after Ireland's win over Scotland on Sunday in Yokohama.

Ireland, number one in the World, defeated Scotland, number seven at the time.

The result was a foregone conclusion to those who have not

been caught up in the hype machine that is Irish rugby at present.

As the game approached, more and more Irish fans were nervous that a Scottish side, who rarely perform on any stage, were going to turnover the best rugby team in the World. It was almost as if the team themselves were trying to play down expectations in case a shock happened. It didn't.

Ireland played well. Scotland were appalling. So what next? Well, following week one of the tournament everyone has been

waiting on for four years, we have a situation where Ireland already know they will face South Africa in the quarter finals. A full four weeks away.

So, the games against Japan, Russia and Samoa are effectively training exercises to perfect the 'process' for Ireland's last eight tie. There is no need to build this trio of games up in any way. Ireland are going to win them all and win them all well.

The only test going into this World Cup was going to be a quarter final meeting with South Africa.

That remains the case. Sadly, that

will remain the case for the coming weeks.

There is no blame being apportioned here to the players or the management. None. They are doing their jobs to the best of their ability. The blame here lies with the organisers.

They missed a trick by not having the top two seeds in each group, South Africa, New Zealand, Ireland Scotland etc, play each other in the final pool game. This would have put an end to the three weeks of waffle we have to endure ahead of the last eight ties.

COLM KINSELLA

The future of Limerick FC must be built on solid foundations

THE on-field action for Limerick FC's first team may be over until 2020, but the arguably even-more-important off-field activities involving the club are continuing.

Limerick FC are not set to return to competitive action in the League of Ireland until 2020. However, what type of club – if any – will be in existence then?

It was remarkable that Limerick managed a sixth-placed finish in the SSE Airtricity League First Division table given the kind of turbulent season the playing

squad and management team experienced in 2019.

Issues over the late payment of wages and expenses, budget cuts, speculation over potential investors coming on board, a Garda search at Hogan Park during a Limerick FC training session as

Aaron Fitzgerald of Limerick FC



part of investigations into allegations of match-fixing and the appointment of an examiner to the club in recent weeks – it has been the most dramatic of seasons for the club.

The Limerick Leader sports team has come in for a share of stick on social media for being only negative in its coverage of the

club.

However, the coverage has only reflected the season Limerick has experienced. It would be much more enjoyable to be able to report on Limerick contending for promotion from the First Division, having the budget to be able to sign some more players and having an extended run in the FAI Cup – believe you me.

Hopefully there is a future for Limerick in the League of Ireland and a long-term, solid one at that. It must be built on solid foundations, not rocky ones.

JEROME O'CONNELL

UL sports facilities have to be seen to be believed

FAR away hills are supposedly greener...

Not when it comes to the sporting facilities in UL.

This Tuesday, the University officially launched their latest sports facility – the €7m Maguire's Field project.

Added to what they already had, UL now adds a 22-acre development consisting of a full-sized immaculate natural grass pitch, plus two full-sized floodlit synthetic GAA pitches, hurling walls and a walking and running track.

It's only a matter of months since the outdoor athletics track was upgraded to international standard and all that comes on top of the Sports Arena and the North Campus, among other facilities under the UL umbrella.

Looking for a leisurely walk in the coming weeks – well head for UL look around in awe at the facilities that any university or city would be proud of.

It's often too easy to take for granted what is on our doorstep but it's the sporting facilities in UL have to be seen to be believed.

From swimming to rugby it's easy to see why a series of national bodies have centres of excellence on-site.

Visiting teams and top international athletes depart with much acclaim for UL but perhaps all of us living within touching distance of the university fail to fully realise just what is so close at hand.



UL's new look Maguire's Field

COLM KINSELLA

Munster are good value to regain Guinness Pro14 crown

THE new Guinness PRO14 season finally gets underway this week.

The season is starting a month later than normal, with the final fixed for June 20, 2020.

Munster kick off their campaign with a home game against the Dragons at Thomond Park this Saturday, 3pm.

The Guinness PRO14 regular season fixtures will continue during the Rugby World Cup in Japan.

Three rounds of games are to be played before a break for the weekend of the World Cup quarter-finals on October 19 and 20.

Champions Leinster head the

betting for the league available at 6/5, with Munster next best at 10/3, Glasgow Warriors are third favourites at 4/1.

Although they provide 12 players to Ireland's Rugby World Cup squad, Munster will be targeting a quick start.

Following Saturday's home tie with Dragons, Munster face a trip

to South Africa to take on the Cheetahs and Kings.

After recent away defeats at the penultimate stage of the PRO14, Munster will appreciate the need to win their Conference and so secure home advantage in the semi-finals.

At 10/3, Munster are decent value to claim the title.



Can Munster win the Pro14?



Wednesday

SNOOKER

CHINA CHAMPIONSHIPS
EUROSPORT 7.30PM

CYCLING

WORLD CYCLING CHAMPS
EUROSPORT 1PM

SOCCER

MALLORCA V ATL MADRID
PREMIER SPORT 6PM

SOCCER

MK DONS V LIVERPOOL
SKY SPORTS 7.45PM

SOCCER

REAL MADRID V OSASUNA
PREMIER SPORT 8PM

Thursday

RUGBY WORLD CUP

ITALY V CANADA
EIR SPORT/ITV 8.45AM

RUGBY WORLD CUP

ENGLAND V USA
ITV/EIR SPORT 11.45AM

RUGBY LEAGUE

SALFORD REDS V TIGERS
SKY SPORTS 7.45PM

BASKETBALL

DODGERS @ PADRES
BT SPORT 8.40PM

GOLF

SAFEWAY OPEN
SKY SPORTS 10PM

Friday

RUGBY UNION

TASMAN V AUCKLAND
SKY SPORTS 8.35AM

GOLF

ALFRED DUNHILL
SKY SPORTS 1PM

RUGBY UNION

ULSTER V OSPREYS
PREMIER SPORTS 7.35PM

RUGBY UNION

LEICESTER V EXETER
BT SPORT 7.45PM

GOLF

SAFEWAY OPEN
SKY SPORTS 10PM

Saturday

Ireland play hosts Japan on Saturday morning



TENNIS

CHINA OPEN
BT SPORT 5.30AM

RUGBY WORLD CUP

ARGENTINA V TONGA
EIR SPORT/ITV 5.45AM

RUGBY WORLD CUP

IRELAND V JAPAN
ITV/RTE/EIR SPORT 8.15AM

RUGBY WORLD CUP

SOUTH AFRICA V NAMIBIA
ITV/EIR SPORT 10.45AM

SOCCER

SHEFF UTD V LIVERPOOL
BT SPORT 12.30PM

GOLF

DUNHILL LINKS
SKY SPORTS 1PM

RUGBY UNION

SAINTS V WASPS
BT SPORT 3PM

RUGBY UNION

MUNSTER V DRAGONS
EIRSPORT/TG4 3PM

RUGBY UNION

KINGS V BLUES
PREMIER SPORT 3PM

RUGBY UNION

SCARLETS V CONNACHT
PREMIER SPORT 5.15PM

SOCCER

EVERTON V MAN CITY
SKY SPORTS 5.30PM

RUGBY UNION

EDINBURGH V ZEBRE
PREMIER SPORT 7.35PM

SOCCER

ATL MADRID V R MADRID
PREMIER SPORT 8PM

AMERICAN FOOTBALL

COLLEGE FOOTBALL GAMES
BT ESPN 8PM

Sunday

RUGBY WORLD CUP

GEORGIA V URUGUAY
ITV/EIR SPORT 6.15AM

RUGBY WORLD CUP

AUSTRALIA V WALES
ITV/EIR SPORT 8.45AM

GOLF

ALFRED DUNHILL
SKY SPORTS 1PM

HURLING

CUSHENDALL V DUNLOY
TG4 2PM

HURLING

CRATLOE V CRUSHEEN
TG4 4PM DEFERRED

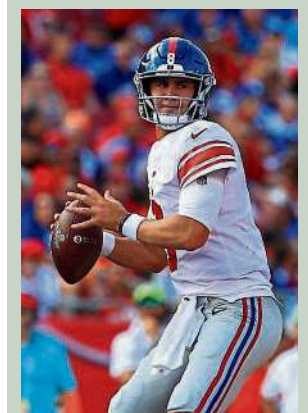
SOCCER

LEICESTER V NEWCASTLE
SKY SPORTS 4.30PM

NFL

NFL REDZONE
SKY SPORTS MIX 6PM

The MK Dons stadium will be packed for the visit of Liverpool



NY Giant Daniel Jones will face the Redskins

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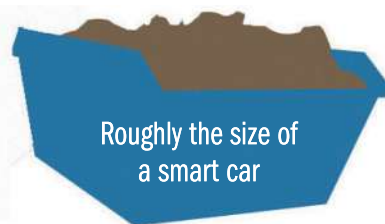
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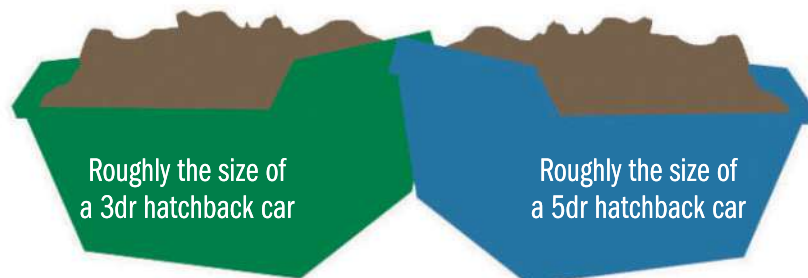
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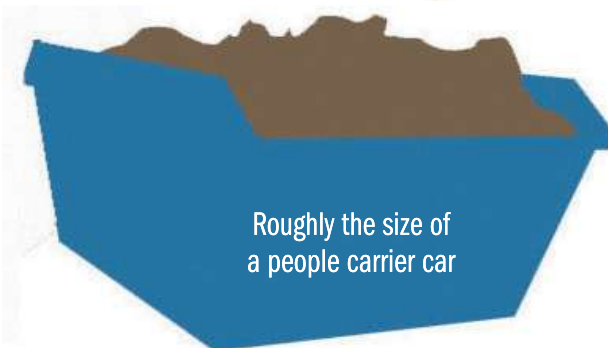
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