



Johnny prepares for gruelling marathon in the Sahara

Running 253 km over six days, under the burning heat of the desert sun, carrying everything you require for survival on your back, may sound like lunacy; but for Roscommon's Johnny Donnelly, former drummer with the Sawdoctors, it's exactly what he has lined up for his next marathon challenge.

Donnelly swapped his drumsticks for running shoes back in February 2008 when he set himself the challenge of running over 1500 miles in four years to raise money for Irish Charity Seachange.

To date Johnny has run over 37 marathons around the world,

all in an effort to raise money for the worlds poorest, empowering them to lift themselves, with dignity, out of extreme poverty. On Thursday, April 1st, Johnny will fly to the Sahara Desert to prepare for the Marathon des Sables; a gruelling 253km marathon, which takes place over six days (or seven for some), where competitors have to carry everything they need for the duration of the race in a rucksack.

Food, clothes, sleeping bag and all other essential items are carried on the back of the competitor and with mid-day temperatures of up to 120 F and 15-20 percent of the distance being

in sand dunes, race participants face an extreme physical challenge.

The mental stamina of competitors decides whether they will go the distance or not and in Johnny's case, mind over matter has become the mantra of his challenge so far. With over €300,000 already raised for Seachange projects, including recent restorative efforts in Haiti, Johnny is determined to drive further awareness and support for the foundations fundraising efforts through his 'Run Johnny Run' campaign.

Last year Johnny drummed up a number of people to run the

30th anniversary of the Lifestyle Sports-adidas Dublin Marathon, together raising thousands of euro for a great cause. With the 31st Dublin Marathon in October 2010, Johnny is again calling on runners, joggers or walkers to take to the streets of Dublin and run to raise money for Seachange. If you're interested in joining the 2010 Run Johnny Run team see www.runjohnnyrun.ie

You can also keep up to date with Johnny's progress in the Marathon des Sables via his online diary on [www.runjohnnyrun/diary.php](http://www.runjohnnyrun.ie/runjohnnyrun/diary.php)

Holy Week ceremonies

Friday next, April 2nd is Good Friday, and there will be Stations of the Cross for children in the Square, Roscommon Town at 12 noon. At 3 pm the Solemn Ceremony of the Passion will take place in the Sacred Heart Church and there will be silent prayer and veneration of the Cross from 4 pm to 9 pm. At 8 pm Stations of the Cross will be followed by Confession.

On Holy Saturday, there will be Confessions from 2 pm to 4 pm and the Easter Vigil will take place at 9 pm. On Easter Sunday, there will be Masses in the Sacred Heart Church at 8.30 am, 10.30 am and 12.15 pm.

Easter Parade

Calling all businesses, community groups, voluntary bodies, sporting organisations and anyone up for a bit of craic! Enter your float today in Easter Parade on Sunday, 4th April. Lots of fun and cash prizes. To enter, email roscommoneasterparade@gmail.com or call (086) 849 5751. Also, a fundraising Poker Classic for the Easter Parade will be held in Regan's, The Square, on Thursday, 1st April at 9 pm. Tickets €20. Please support.

Tea Day

The annual tea day for Western Alzheimer's Organisation is on Friday, 9th April. The organisation is appealing for people to hold a Tea Day in their community, their own homes or places of work. In this way, you can help carers in your community and their relatives suffering from Alzheimer's Disease. If you would like to hold a Tea Day, please contact Roscommon Office on (090) 66 27816 open Monday to Friday from 9:30 am to 5 pm.

Comhghairdeachas

Comhghairdeachas leis na páistí i Rang 2, Gaelscoil de hÍde a rinne a gCéad Faoistin an seachtain seo caite. Congrats to the children in Rang 2, Gaelscoil de hÍde that made their First Confession recently. Míle buíochas do Mhúinteoir Daithí Ó Dubháin who prepared the class and to An Canónach Ó Láimhín and An Canónach Mac Lochlainn.

Spring Clean in Roscommon

It's Spring Clean time again and the members of the Tidy Towns Association in Roscommon town are using the campaign to start their clean up and preparations for this year's annual competition.

The Tidy Towns Association would like to invite people to join them on their weekly clean ups which will start on Tuesday 6th April. This year members have decided to concentrate on one area of the town each week, beginning with the approach roads. It is hoped that the residents in the area will come out and help with cleaning the area in proximity to their house.

On Tuesday next, 6th April, the group will meet at 7 pm in the Lidl carpark to work on the Lanesboro Road. 'Think Tidy' Lets keep Roscommon Clean.

Sounding the death-knell for doctors' ties

A new Irish study has suggested it is time for doctors to stop wearing ties to work, in a bid to stave off potential healthcare infections, after almost 20 percent of surveyed doctors' ties were found to be colonised with potentially pathogenic organisms.

A study was carried out in St Vincent's University Hospital, Dublin, by Dr. Brianán McGovern, of Old Circular Rd., Roscommon, to determine the presence of potential pathogens on the neckties of doctors; the frequency of laundering of the ties; and to assess the attitude of the cohort to not wearing a tie at work.

Just over one-third (36 percent) of all male doctors working in the hospital participated in the

study with representation from all grades, though the proportion of male NCHDs (61 percent) surveyed was higher than that of male consultants (13 percent).

Skin flora (CoNS, micrococci and diphtheroids) were found on all ties, with nearly half (42 percent) having more than 50 colony-forming units (cfu) of bacteria, which suggests the ties were handled regularly.

Potential pathogens were isolated from 17 ties (18 percent), *S. aureus* was found on 10 ties and eight of the isolates were resistant to methicillin. Gram-negative bacilli were isolated from ten ties. A mixture of Gram-negative bacilli and *S. aureus* was isolated from three ties.

There was no significant association between doctors' grade and the presence of pathogens. More than half (55 percent) of participants had never laundered their tie, and only 15 of those surveyed had had their tie cleaned within the previous month.

No particular grade of staff was more likely to have laundered their tie. Laundering of ties, where it occurred, did not have an impact on bacterial colonisation. The majority (81 per cent) of doctors surveyed by the Hospital said they would be happy not to wear a tie to work. Contrary to expectation, the group that was least likely to eschew the wearing of a tie to work was the intern doctors.

"Transmission of pathogens from the necktie of a doctor to a patient has not been demonstrated; however, given that they are handled regularly and that one in five were colonised with potentially pathogenic organisms, the tie may act as a reservoir for healthcare-associated infection.

"As the majority of doctors surveyed had no objection to not wearing a tie to work, and as the tie makes no meaningful contribution to patient care, surely it is time to sound the death knell for the tie?" concluded the researchers from the Hospital's Department of Clinical Microbiology. The study is currently in press for the next edition of the Journal of Hospital Infection.

roscommon town notes

Recent baptisms Harry Hoare; Neven Felix Baseby; Carla Mai Grealy; Patrick Pierce McBrien and Sean Michael Moran were recently welcomed into the Christian family at the Sacred Heart Church in Roscommon.

Adorer required A permanent adorer is required for the Blessed Sacrament Chapel to cover the hour 6 to 7 am Tuesday morning. If you think you can help, please phone Parish Office at (090) 66 26298 or contact any of the Clergy. Thank you.

Reserve Defence Force The Reserve Defence Force will organise and participate in the 10.30 am Mass on Easter Sunday morning in the Sacred Heart Church, Roscommon.



Dr. Brianán McGovern