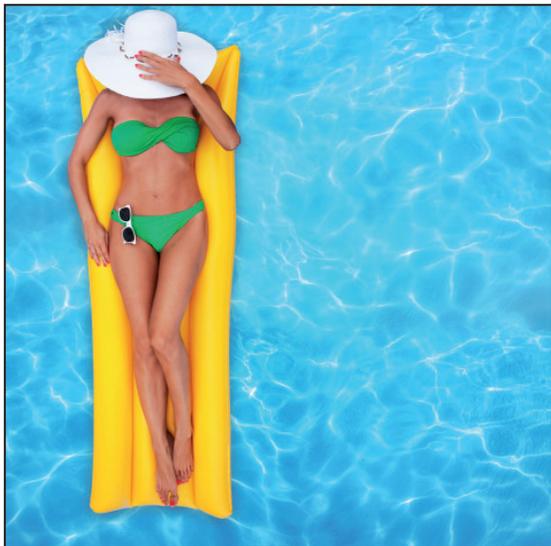


# Get Bikini ready at Therapie Clinic



How would you like a firmer, slimmer, cellulite free body? As the weather starts to improve we're beginning to think about revealing more skin. Now is the time to take action and get your body in shape. First stop – Therapie Clinic (located across the road from the Fair Green car park in Athlone).

Since TV3's Xpose covered the in-chloss benefits of the new Cooltec treatment at Therapie Clinic, there's been somewhat of a waiting list at the Athlone Clinic! Cooltec is exclusive to Therapie Clinics in Ireland and the non-invasive treatment reduces fat by up to 40%.

One client, Sinead O'Brien told us: "I am delighted with my results! I found that the treatment made me think twice about what I was putting into my body, which also helped with the results – a loss of 5 inches from about my middle! "There's been a massive reduction in

that roll of fat that used to creep over my jeans. Better still, the treatment is still working and I expect to see even more noticeable results over the coming weeks! I would definitely recommend this treatment to anyone who'd like to lose a few stubborn inches."

"There's no pain, just a slight pinch when the vacuum is being attached but this passes after a few minutes. Once the cooling starts the procedure is quite comfortable. My treatment lasted for about an hour and a half, it was a great chance to catch up on some work!"

Fat flattened, now to tackle that dimpled, unattractive, orange-peel that is cellulite! The key is to get your hands on the award winning, super-effective range of products from the world-famous Murad brand, available at Therapie Clinic.

Model, Lisa Snowdon is a well known

fan of the Murad Firm and Tone range and said: "Murad Firm and Tone Serum is amazing for my legs and bum, it really increases my skin's elasticity".

The Murad Firm and Tone Serum is proven to improve the skin's overall appearance by 80%. The Murad Body Firming Cream works hand in hand with the serum and increases skin's firmness by 40% in 15 minutes!

These products work even harder and deliver the most amazing results when used in conjunction with the Murad Firm and Tone Dietary Supplement Pack, a patented, clinically proven internal supplement that helps manage cellulite and stretch marks from within. These supplements are shown to deliver 78% firmer skin in just 8 weeks!

Book your free consultation at Therapie Clinic today on 090-6433606 or log onto [www.therapieclinic.com](http://www.therapieclinic.com).



## Intriguing history of Milltown Castle

### HISTORIC SITES IN ROSCOMMON

A series inspired by  
Dysart Rural Men's Group

Milltown Castle is situated in the parish of Dysart and was built by The O'Fallon's, a distinguished Irish clan. Papal letters show that the O'Fallons territory included the parishes of Cam and Dysart and bordered the parish of Taughmacconnell in South Roscommon. They are recorded as being settled here in

O'Fallons in Dysart.

The O'Fallons were one of the Twelve Chieftains of the Sill Murray and as a result were present at inaugurations of the O'Conors, the Kings of Connacht. The O'Fallons were vassals of the O'Conors who became more politically important in Connacht during the reign of Turlough O'Conor. After his

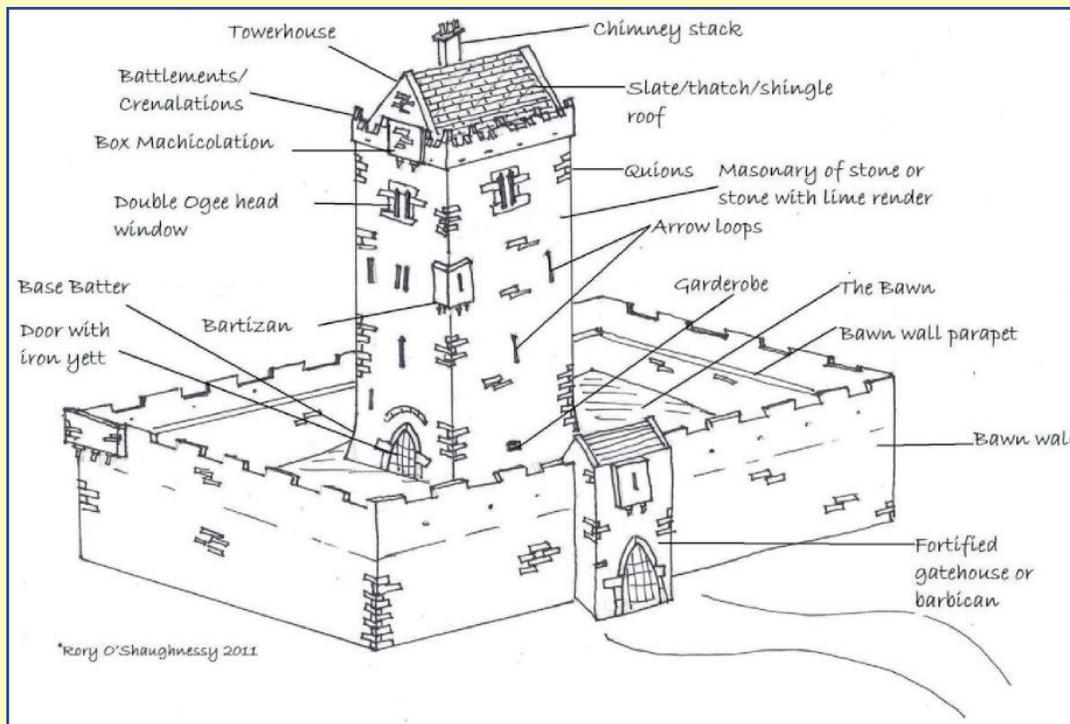
they fought against one another.

During the Anglo Norman period, both families allied themselves against the English, who made land grants in Clan Uadach to what they regarded as unwelcome settlers. Land was essential for the growing of crops and the rearing of animals, especially cattle. Cattle raids were a regular occurrence and the annals record one such incident in Clan Uadach in 1267.

There are numerous references to disturbances in South Roscommon and much of it was unsettled in 1268, including Clan Uadach. It appears disturbances in this part of the county are part of the reason why Roscommon Castle was built a year later.

The O'Fallons, like some Gaelic families of this time, are mentioned in 14th Century bardic poetry. Ireland's Medieval equivalent of Seamus Heaney, John O'Dugan or 'John the Great', was the most distinguished poet of the O'Kelly's of Uí Mhaine (Hymany).

He was also a historian who recorded grants made to the church in Clonmacnoise for the O'Kellys and when he died in 1372 in Rindown (Randown), after living there for seven years, he was described in the



annals as 'the chief historian of Ireland.' His poem was written before the O'Fallons built their castle in Dysart; these castles are known as tower houses.

As can be seen from the photograph it is now a ruin but archaeological evidence indicates a substantial castle with a defensive bawn, see conjectural drawing. The vast majority of tower houses were built between 1400AD and 1600 AD and from historical references it is known that Milltown Castle existed in 1425. It is more difficult to discern where the O'Fallons lived before this; however, archaeologists have noted that previous settlements existed at some sites where tower houses were subsequently built.

Another possible residence is a moated site or protected homestead which is shown in the archaeological record not far from the castle and in close proximity to Dysart medieval church, where members of this family are

interred. Protected homesteads pre-date tower houses and were built by both the Irish and English.

State papers from 1573 identify 73 tower houses in County Roscommon including Milltown, which in 1586 was in the possession of Covaghe O'Fallon. The last known chieftain of this family was Redmond O'Fallon and when a charter of incorporation was granted to Athlone in 1599 an Edmund O'Fallon of Milltown is mentioned as one of its burgesses, a prosperous merchant.

Milltown Castle became obsolete at the start of the 17th Century though the O'Fallons are noted as substantial landowners up to the 19th Century. The history books are replete with references which show a learned and distinguished family during the Later Medieval period which continued with important positions in the church such as that of James O'Fallon, Bishop of Elphin, during

the 18th Century. South of the castle ruins lies an 18th Century tombstone known locally as the Bishop's headstone but believed to be associated with a different Bishop.

The close ties this family had with the Christian Church is also noted by the fact that one family member, Giolla-Na-Naoimh O'Fallon was a spiritual successor of St. Comán, in 1152. Successors to saints were either members or related to the same family/kin/dynasty/tribe. This is of interest to the O'Fallons, who later this year are having a reunion as part of the Gathering 2013.

#### CONCLUSION

Access to this site is with the permission of the landowners and the Dysart Men's Group are grateful to these landowners for allowing us to visit what was without doubt the centre of the universe for the O'Fallons of Clan Uadach. This is the last article

on national monuments which originally featured in the 2012 Dysart Men's Group heritage calendar. We hope that you found them insightful and in a small way we remember as part of The Gathering those that have gone before us by compiling these articles.

One man in our group always said that a monument is like a mirror hanging on a wall – in it you see yourself and in a monument you see generations of people now long gone, but who should never be forgotten.

We would like to finish by thanking all the agencies who supported our group because without their support these articles would not have been possible. We are also grateful for the help and advice of many people in compiling these articles and to the Roscommon People for publishing them. If you missed any and wish to see our complete list then please go to [www.roscommonleaderpartnership.ie](http://www.roscommonleaderpartnership.ie) and click on downloads.



the first half of the 12th Century. Interestingly, historians trace this clan, called the 'Clan Uadach' to descendants of Uada, close to Lough Derg and to a 2nd Century King of Leinster, which shows a wide timespan between that and the arrival of the

death in 1156 the supreme sovereignty of Ireland was disputed and the O'Fallons fought alongside Turlough's son, Rory, at Ardee. There were also occasions when peace accords were broken, and the history books document many incidents were