Man injured in shooting attack

By Paul Connolly and John Brinn

A MAN was gunned down on his way to work this morning in Newtownabbey.

He was shot at close range in Church Road, near the Newtownabbey Road. The exact circumstances of the shooting are not clear, but it is believed the man may have been targeted by a gang linked to the Second Ulster Defence Association (UDA), a loyalist paramilitary group.

A passerby witnessed the shooting and called the police. Another witness saw a man get into a car and drive away from the scene.

The man was rushed to hospital with a gunshot wound to the head and is in a critical condition. He is currently undergoing surgery.

The shooting has sparked a fresh influx of paramilitary activity in the area, and local residents have expressed concern for their safety.

Orange Order leaders face crunch day on parades

By Mark Simpson

Political Correspondent

ORANGE ORDER leaders today face a crunch day on parades as they try to maintain a delicate balance of power and influence.

County Antrim's Orange Order was preparing for talks with the Democratic Unionist Party (DUP) this evening on the scale of parades in the province.

In recent weeks, the parades have been a focal point of tension, with loyalist and nationalist groups clashing in a series of protests.

Mr Jeffrey, the deputy leader of the Orange Order, said the talks were an opportunity to show the world that the Orange Order could work together with other groups.

New curbs hit butchers

NORTHERN IRELAND's most conservative butchers have today announced a new set of rules to tackle the growing problem of food waste.

The rules, which were drawn up by the Ulster Meat Producers Association (UMPA), will come into effect next month. They include a ban on selling any meat that has been frozen, and a requirement to use all meat within seven days of delivery.

Sunnier days here again

By John O'Connell

NORTHERN IRELAND's farmers have reason to celebrate after a string of sunny days has helped to boost their harvests.

The recent warm weather has helped to ripen crops, and with temperatures expected to remain high for the next few days, the summer is set to be a bumper one for the farming community.

In addition to higher yields, the good weather has also helped to lower input costs for farmers, with less need for irrigation and chemical inputs.

Keep an eye on the weather this weekend, as temperatures could reach the mid-20s Celsius.

WEATHER OUTLOOK

Cloudy Tuesday but chance of showers later, with temperatures around 15°C.

Wednesday: Partly cloudy with a risk of scattered showers, temperatures around 16°C.

Thursday: A mix of sun and clouds, with temperatures up to 18°C.

Friday: More sun with occasional showers, temperatures up to 19°C.

Keep an eye on the weather this weekend, as temperatures could reach the mid-20s Celsius.

Measure Your Success!

New Spring Weight Loss Plan

Weekends Off

Special Offer: Half Price, Only £4 to Join

Throughout the year, there are a variety of weight loss programmes available to help you achieve your goals. Whether you prefer in-person sessions or online support, there are options to suit your lifestyle.

Some programmes offer additional incentives, such as discounts on shakes, supplements, or personal trainers. These can be a great way to stay motivated and on track.

Research has shown that combining a healthy diet with regular exercise can be the most effective way to lose weight. Make sure to consult with your healthcare provider before starting any new programme.

Looking for a quick and easy solution? Consider a weight loss shake. These shakes are often low in calories but high in nutrients, and can be a convenient way to stay on track with your diet.

ويتم تقديم خيارات مختلفة من برامج فقدان الوزن في السنة التي تفضلها. سواء كنت تفضل جلسات على المكان أو الدعم عبر الإنترنت، هناك خيارات مناسبة لifestyles الخاصة بك.

بعض البرامج تقدم انطباعات إضافية، مثل تخفيضات على كوابي، أو خصائص أو مربّين شخصيًا. هذه قد تكون طريقة عظيمة لاحتفاظك في مسارك.

استنادًا إلى الدراسات، يتم التأكيد على أن ترافق النظام الغذائي الصحي مع التمرينات الرياضية المنتظمة يمكن أن تكون أقرب إلى مساركم لتقليل الوزن. تأكد من استشارة طبيبك الصحي قبل التحرك نحو برنامج جديد.

إذا كنت تبحث عن حل سريع وسهل؟ قد تكون كوبية خسارة الوزن المثالية لك. هذه الكوابي غالباً ما تكون منخفضة في السعرات الحرارية ولكن عالية في العناصر الغذائية، وستكون طريقة مريحة لاحافظان على نظامك الغذائي.