

Limerick Chronicle



OUT & ABOUT PICTURE SPECIAL

FROM THE CITY PUBS PAGES 20-21

FREE CHRISTMAS PARKING IS AXED

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THERE will be no free on-street parking this Christmas after Limerick City and County Council bosses axed the initiative.

Up until last year, the local authority offered parking for certain periods of the day in December, in an effort to attract more shoppers into the city.

However, with this year's festive plans in the final stages of preparation, Kieran Lehane, the Council's manager in the metropolitan area confirmed free parking is off the table.

"There will be no offer on street," he said, "We are looking at park-and-stride initiatives instead. The streets are full. Look out your office in the morning and you will see the streets are packed. We have been criticised in the past because

people come in to work for the day, and stay in the same spot for the day."

The Council's move has been criticised by Catherine Street businessman Donal O'Connell of Mike O'Connell menswear.

He said: "I think it's disgraceful. There should be free parking from 10am onwards in the month of December. All the retailers pay high rates. Everyone chips in but the council gives very little back. December is a very important time for us in retail, and it feels like they're driving people out of the city into the likes of the shopping centres."

Mr O'Connell added: "They want to park their car outside the shop, nip in to get what they need, and they're back in the car. Nine times out of ten, the customer is gone in the hour."

However, Independent

→ CONTINUED ON PAGE 3



What career path will you march down?

Students got the opportunity to take their first tentative steps towards life beyond school as just short of 1,000 gathered for the Northern Trust-sponsored StudentLife Summit in UL. Transition and fifth year students got to interface with some of the biggest names in business and industry at the summit. Pictured are Eimear O'Dea, Patrickswell, Sophie Nolan, Ballybrown, and Andrea O'Carroll, Raheen, learning to march defence forces-style with Corporal John Cashman and Sergeant Lynda McNamee PICTURE: OISIN MCHUGH TRUE MEDIA

Religion INVITE TO PRISON FOR THE POPE



PAGE 3

Crime PITCHFORK ATTACK PROBED



PAGE 4



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The Limerick Chronicle has the proud distinction of being Ireland's oldest newspaper and has been published continuously since 1768, more than 120 years before its sister paper the Limerick Leader first appeared in 1889. For many years the two titles were rivals but the Chronicle was bought by the Limerick Leader in the 1950s, since when they have been part of the same newspaper 'stable', and brought to you by the same team of award-winning journalists. The Chronicle shares its sister paper's highly popular website www.limerickleader.ie

WEATHER

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TODAY
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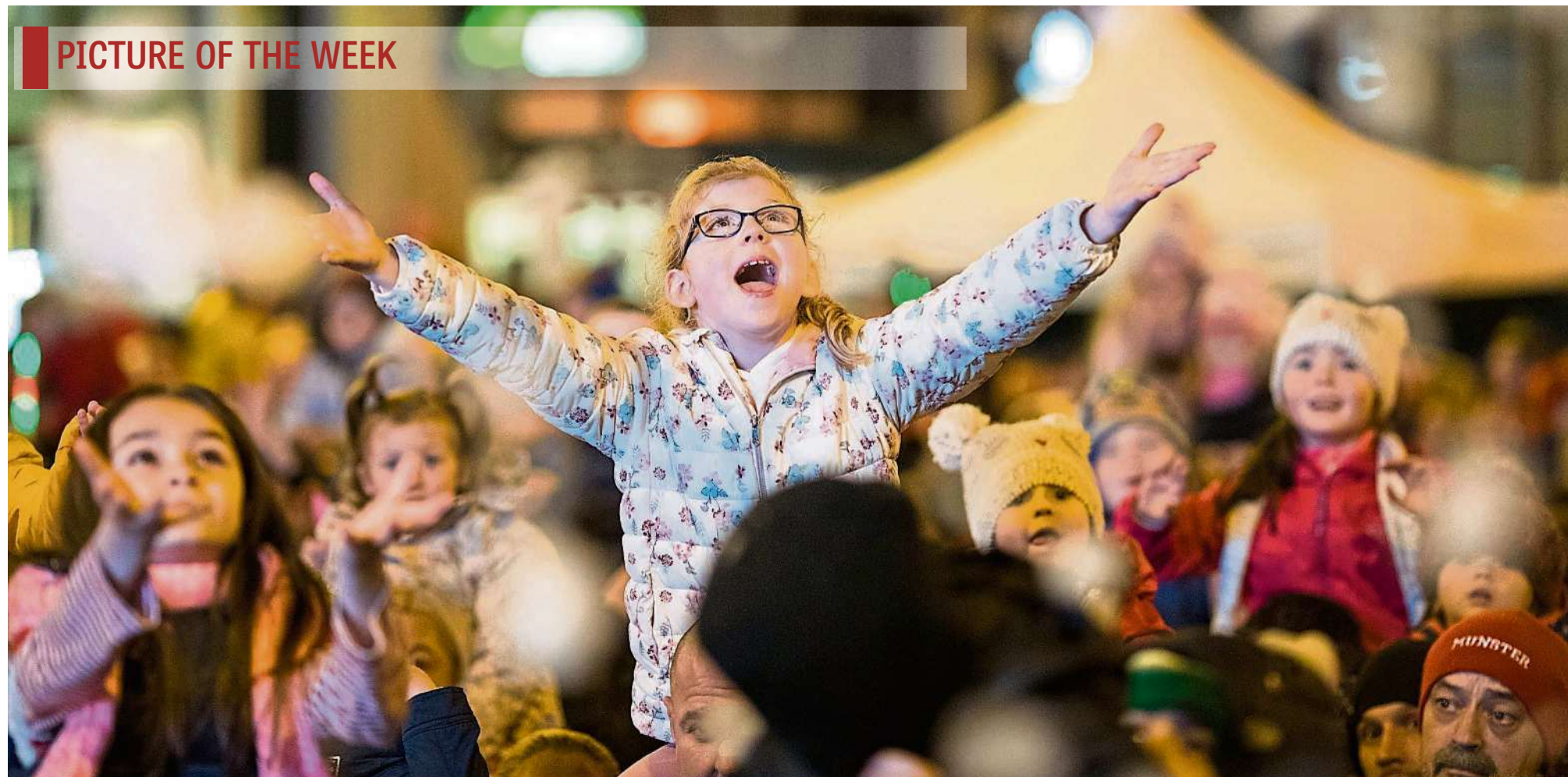


TOMORROW
MORE BROKEN WEATHER WITH ON AND OFF SHOWERS



THURSDAY
INTERVALS OF CLOUDS, SUNSHINE AND SHOWERS

PICTURE OF THE WEEK



Let there be lights! 15,000 turn out to see switching on of Christmas lights in the city centre

A crowd of 15,000 turned out in Limerick on Sunday for the switching on of the Christmas lights and the start of Limerick's festive celebrations PICTURE: SEAN CURTIN

Limerick Chronicle

YOUR LOCAL NEWS - ONLINE

The website for the Chronicle's sister paper, www.limerickleader.ie provides the most comprehensive and up to date news and sports service for the people of Limerick, at home and abroad, seven days a week. Log on for the latest developments brought to you by our unrivalled team.

INSIDE YOUR CHRONICLE

Spotlight on abuse



I Love Limerick: Purple Up Limerick Rally against violence against women on next week Pages 36-37

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Congrats grad: LSAD conferrings Page 38

TWEETS OF THE WEEK

@JeromeSport
 Some crowd turned out on O'Connell St to welcome home Na Piarasigh as Munster club champions! #ChristmasinLimerick



We want to hear your news and views @limerick_leader

@MunsterRugby
 Nine years ago today we welcomed the All Blacks to Limerick for the official opening of the newly-renovated Thomond Park, what a special night that was!

@FlannersBar
 We did it! Best Family Business Award at @LimerickChamber Awards In business since 1898, only took us 119 years!! #LimBizAwards

Press Council of Ireland

The policy of the Limerick Leader is to provide our readers with a news and information service that is fair, accurate and balanced. This newspaper adheres to the Code of Practice set out by the Press Council of Ireland and is committed to the highest standards of reporting. If we make a mistake, we will endeavour to correct it at the earliest opportunity. In such instances, please write to the editor at 54 O'Connell Street, Limerick, or email editor@limerickleader.ie Alternatively you may contact the Press Council of Ireland at 1-3 Westmoreland Street, Dublin 2. Tel: (01) 648 9130. Email: info@presscouncil.ie



LETTERS TO ROME: INMATES WRITE TO PONTIFF

Pope's invite to Limerick Prison

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AN invitation has been extended to the Pope to visit Limerick Prison during his trip to Ireland next year.

Fr Seamus Enright, Rector of Mount St Alphonsus, was received by Pope Francis at the end of the general audience at the Vatican. It is the third time the Limerick cleric has met the Pontiff.

While there, Fr Enright presented the Holy Father with letters from prisoners and members of the staff of Limerick Prison inviting Pope Francis to visit the prison when he comes to Ireland for the World Meeting of Families in August 2018. Fr Enright was able to explain to Pope Francis what the letters were about and to express the hope that he will be able to accept the invitation.

"I mentioned in the prison that I was going to Rome and it was suggested that I might take some letters from the prison community so I took a bundle of letters," Fr Enright explained.

After receiving a confirmation letter accepting



Fr Seamus Enright presenting Pope Francis with letters from Limerick prisoners. PHOTO: REDEMPTRIST COMMUNICATIONS

his attendance at the general audience for the Pope, Fr Enright travelled to St Peter's Square last Wednesday.

"The people who meet him individually are given seats and he just works his way along the line. He chats to everyone. He knows how to work a crowd. He really does. He has a word for everybody. I told him I had brought these letters. They were all written specifically to him. Everybody invited him to go to Limerick."

The Pope is expected to come to Ireland in August next year for the World Meetings of Families and it has been reported that he will visit one of the 14

prisons in the country. According to Fr Enright, the Pontiff made no indication of his plans.

"He didn't give any indication - no hint. I don't think he can," he said.

This is the third occasion that Fr Enright has met Pope Francis.

"Last year I met him because we were celebrating 150 years of Redemptorist devotion to Our Lady of Perpetual Help.

"The time before that was a few years back, I was in Rome with my sister Maria Enright and some friends of ours. My sister had arranged for us to go to the Pope's early morning Mass."

Council criticised for parking move

► CONTINUED FROM PAGE 1

councillor John Loftus, who represents the area of central business district, says he can understand the logic.

"There was no advantage from it anymore. There were just no empty spaces from early on. A lot of people who maybe work in offices did not park their car in the garages or the multi-storeys and used streets instead. That's why I feel they are promoting park and ride, or park and stride initiatives instead," Cllr Loftus said.

Fianna Fail councillor



Cllr John Loftus

James Collins - a ratepayer himself - has slammed local authority bosses for not consulting members over the change.

He said: "It's disappointing the council officials

have taken a decision without consultation with its representatives. It's a wrong decision, and certainly one which I would not have agreed with. The idea behind giving free on-street parking, be it in the morning or the afternoon was to support local traders, particularly in the city centre at their busiest time of the year. They're under severe pressure from the out-of-town shopping centres, and also online shopping. We as a council had strived to support them. I'm not at all surprised city centre retailers are not happy with this, and I don't blame them."

It's understood Limerick City and County Council is planning to introduce a park-and-ride facility at the Upper Carey's Road in the run up to Christmas instead.

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NEWS

INVESTIGATION: MAYORSTONE GARDAI PROBE DAYLIGHT ATTACK IN CITY SUBURB

'Vicious' pitchfork attack leaves teen hospitalised

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GARDAI in Limerick are investigating an incident in which a teenager was attacked with a pitchfork during a "vicious assault" by three males.

Gardai at Mayorstone and Henry Street and emergency services responded to the incident, which occurred at the Island Road-Lee Estate area in the city



Gardai at Mayorstone are investigating the incident, which occurred at around 3pm last Thursday in the northside

at around 3pm last Thursday, November 16.

It is understood that the victim, aged 17, was treated at University Hospital Lim-

erick for a number of facial fractures that afternoon.

It is understood that the boy was chased through the area by three men - aged in

their 50s, 20s, and late teens - in a vehicle.

When they caught up with the teenager, one individual reportedly attacked him with the pitchfork, causing "serious injuries" to his face. "They nearly beat him to death. They were out to kill him," a source told the Leader.

The ambulance service brought the injured party to UHL for treatment, where his injuries were described as serious, but not life-threatening.

Gardai have said that no

arrests have been made at this point, and that they are appealing for any witnesses "who may have been travelling along the Island Road at the junction with Lee Estate at 3pm approximately as we believe a lot of traffic was on the road at the time of the incident and traffic was moving slowly".

Anyone with information is asked to contact Mayorstone garda station at 061 456980, Henry Street garda station at 061 212400, or alternatively the confidential line at 1800-666111.

MOTURING

Traffic warning from roadworks

THE council is warning of delays due to roadworks on the Roxboro Road R511, between Careys Road and Sexton Street, on Wednesday and Thursday between 9.30am and 4pm.

HEALTH

29 patients treated on trolleys at UHL

ACCORDING to figures published by the INMO on Monday morning, there were 29 patients being treated on ED trolleys and extra trolleys or beds in the wards at University Hospital Limerick.

CHARITY

Charity fundraiser at The Strand Hotel

A fundraising concert on Wednesday 29 November 29 at Strand Hotel in aid of the Church in Tanzania, Africa. It will feature an exciting line up of performers, including The Kings of Connaught.

AWARD

Milford win top national prize

MILFORD National School, Castletroy won the award for Direction with its entry "Emigrant Spirits" at the annual FÍS Film Festival. The Limerick school was one of 25 honoured for its film making endeavours.

TRAVEL

Dublin Coach fare to increase by €2

FARES on the Dublin Coach service between Limerick, Dublin and back are to rise to €12 each way this Wednesday. Customers can avoid this increase by booking online at www.dublincoach.ie

APPOINTMENT

Traveller advocate made EAPN chief

THE FORMER coordinator of the Limerick Travellers Development Group, Paul Ginnell, has been appointed the director of the European Anti-Poverty Network Ireland, after serving as policy officer since 2005.



Mary Howard, Fr Ger Fitzgerald, Jackie Bonfield, Mid West Simon and Munster Rugby's Duncan Casey, who were all involved in the sleep-out event

€25k raised for food banks in Thomond Park sleep-out

A UNIQUE sleep-out at Thomond Park hosted by Munster Rugby player Duncan Casey has raised around €25,000 for Mid-West Simon food banks.

The sleep-out, which took place in the Thomond Park tunnel, was followed by an evening of entertainment

and "thought-provoking" guest speakers.

As part of the night's entertainment, there was a penalty-kicking competition on the pitch, with Clayton Hotel sponsoring prizes on the night.

Dr Amy Healy, a Mary Immaculate College expert on

food poverty and food expenditure, spoke on the night. "It was very fitting to have someone who is so well-versed in the issue to come in and give us some really interesting and thought-provoking insights into the whole issue."

He said: "I have been in-

involved with Mid-West Simon for nearly four years now, and I would love to say that the situation has improved steadily over the last while, but the situation seems to deteriorate, month on month."

He added: "You have to question whether current approaches are effectively tack-

ling it. The evidence would suggest that it is not. But thankfully, we have organisations like Mid-West Simon, who are able to provide services like the food bank and the newly-opened family hub." Latest figures show that there are 297 homeless people in Limerick.

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NEWS

TRANSPORT: COUNCILLORS WANT CYCLE LANE ON PAVEMENT

Condell Road speed limit set for increase

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THE speed limit at the Condell Road looks set to be raised to 80kph hour after a resolution at this month's metropolitan district meeting.

Councillors were asked to consider various changes to speed limits in the city, with a key one being the 50kph limit at one of the main arteries into the city.

At present, motorists can only drive at a maximum of the equivalent of 30 miles an hour, leading to many complaints from people coming off the M18 motorway from Clare.

Northside councillor Cian Prendiville said: "It's a very strange situation. It is ridiculous if you are driving along and then have to crawl



A speed limit increase has been proposed at Condell Road

at 50kph on a major road. There are no houses on the road, and no exits onto the stretch either."

Members were told the reason the low speed limit is in place is due to the fact a cycle lane is there.

But metropolitan district boss Kieran Lehane said he would like to see this lane segregated to allow a higher speed limit.

And transport official Ger O'Connor told members that it is down to them to

change speed limits.

This led to a proposal from Cllr Michael Hourigan, who lives at the North Circular Road, to increase the limit to 80kph.

"The only reason the cycle and bus lane was put in there was in order to secure funding from central government. It was a compromise," he said.

Cllr Prendiville said: "It seems we are fixing what was a ridiculous situation in the first place".

However, he said he would only support a speed limit increase if the cycle lane was put on the pavement to protect bike riders.

"Thirteen cyclists have died so far this year on the roads of Ireland, more than one a month. If you had a truck passing you at 80kph right beside you, that would be unsafe," he added.

Independent councillor John Loftus, a regular cyclist himself, said he would be in favour of increasing the speed limits, calling the current situation "totally impractical", adding there are regular tailbacks as a result of it at the Shannon Bridge roundabout and the Coonagh roundabout.

The council will now put out the speed limit increase to consultation, and based on the feedback, it will be up to members to decide whether to adopt an increase in the speed limit.



City East councillors have led a campaign to re-open Black Bridge

Bridge funding prospect 'slight'

THE prospect of governmental support to repair and re-open the Plassey Black Bridge is "very slight", a council official has admitted.

Kieran Lehane was addressing members of the metropolitan district this Monday following a motion by Cllr Séighin Ó Ceallaigh calling for funding to complete repair works on the bridge, which closed following severe flooding.

"Progress is a small bit slow at the moment. I would hope it would speed up. This idea started from absolutely nothing. In 2014, when I was first elected, the idea of repairing the Black Bridge or looking at it had not happened," he said.

Council members in City East have put together a €50,000 package, but a feasibility study on the bridge earlier this year showed it would cost €1m to re-open.

Mr Lehane said: "The

issue is the €1m. It's not an easy sum of money to find."

He pointed out that the Department of Transport had given council €428,000 for works to repair bridges - but said that this scheme generally only allows for bridges which are used by cars, lorries and vans.

The metropolitan district boss said the council will also liaise with UL, Waterways Ireland, and Clare County Council to see if they can provide some money towards the project.

Cllr Ó Ceallaigh said it is time for Limerick's local authority to put its own money into the pot, adding: "We're looking for funding for it, but have not paid a red cent ourselves. If we are going cap in hand, but not giving money ourselves, how ridiculous does that look?"

Cllr Marian Hurley called for a workshop, saying this "tourism and heritage project has great merit."



Cops swap their notebooks for doughnuts

The Cops and Doughnuts event that held at the Crescent Shopping Centre on Saturday last proved a great success.

Sgt Denis Winters, Garda Paul Howard, Garda Caroline Mulcahy Agt Michaela Moloney, with Inspector Ollie Kennedy, with Special Olympians Matthew McIn-

erney, Kieran Wagstaffe, and Luran Brennan, are seen about at the launch. In its third year, it involved members of the gardai selling doughnuts to raise money for the, Munster branch of the Special Olympics.

The cost of the doughnuts were 2 for €2

or a box of 6 for €5 and all proceeds will go to Special Olympics Munster team who provide sports training to 2,500 athletes across the province.

Cops and doughnuts originated in the United States to raise funds and awareness for the Special Olympics.

40 years of writers in schools initiative

It is 40 years since the Writers in Schools Programme was launched in the Convent of Mercy School by the Arts Council.

The Writers in Schools Programme is one of the longest running arts-in-education programmes in Ireland and since 1977 almost 1 million young people have enjoyed a visit by an artist to their classroom.

Speaking at the Arts Council celebration to mark the 40th anniversary of the Programme, Siobhán Parkinson, Writer, Former Laureate na nÓg (2010-2012) and an artist who has participated in the programme said;

"The Writers in Schools scheme provides children with an invaluable live ex-

perience of literature in their own classrooms. Every child in every school in the country should have such an experience at least once a year throughout their school years. Being involved in this programme can be an unforgettable experience for both the student and the artist."

The Writers in Schools Programme brings writers and storytellers to primary, secondary and special schools in every county in Ireland, north and south with the aim of inspiring young people to read and to write creatively.

Each year the Writers in Schools Programme offers a broad range of artists for schools to choose from, both in English and Irish: poets, novelists, children's writers, dramatists, storytellers and screenwriters.



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NEWS

Mourners upset as cars are ticketed

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GARDAI have been accused of carrying out a “quota filling” exercise by ticketing illegally parked cars during a funeral in the city centre at the weekend.

According to mourners who contacted this newspaper, a number of cars which were either parked on double-yellow lines or on a footpath were issued with Fixed Charge Penalty Notices at around 8pm on Saturday.

A number of the car-owners, including one with apparent mobility issues, were attending a removal service at Thompson Funeral Home at the time.

“They could have handled it better. It was done in the view of people who were waiting to express sympathy with a grieving family,” said Mike Cusack from County Clare who contacted the Limerick Chronicle to express his concerns.

A number of the offending vehicles were parked at Fox’s

Bow and at least one person who was inside the funeral home returned to their car having been alerted by another mourner who was queuing outside.

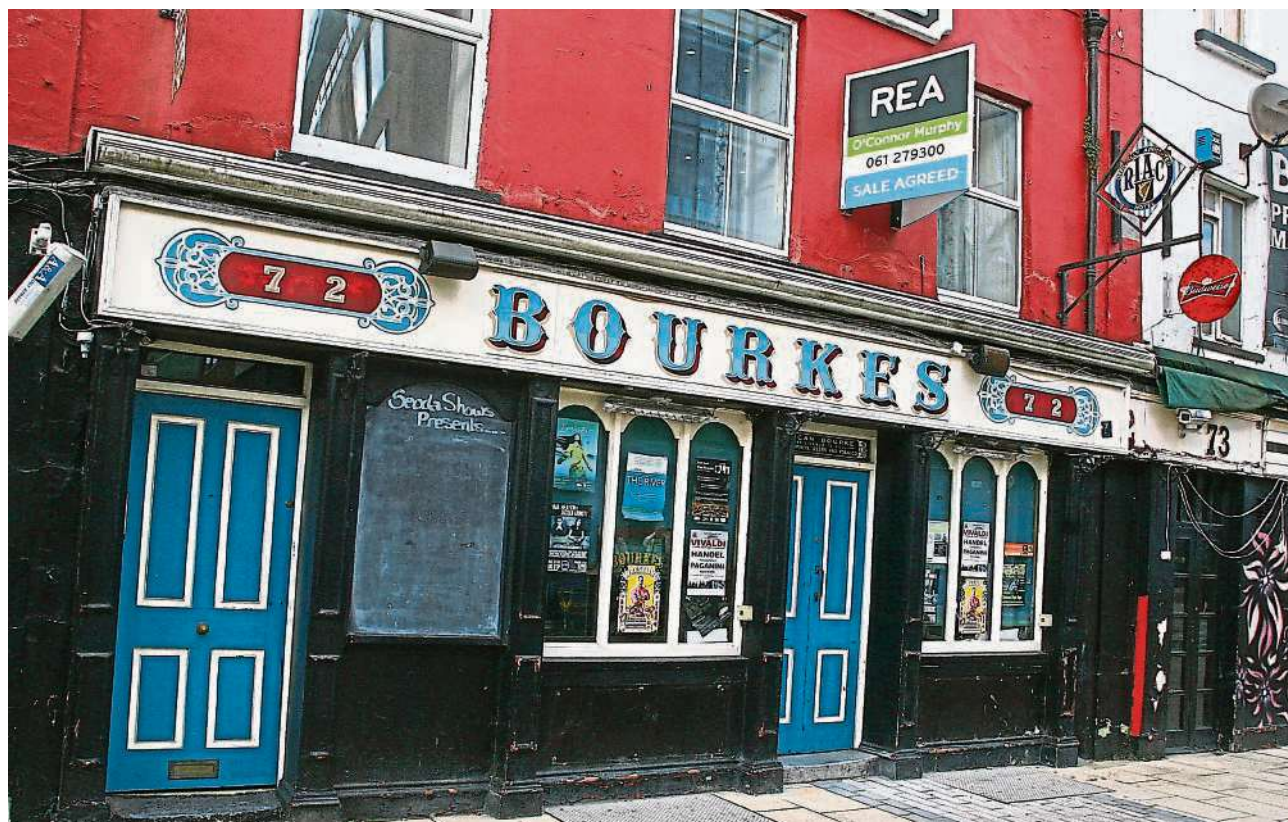
“A lot of people in the queue were talking about it and some expressed their disgust that no consideration was given to the circumstances involved. There was a view that it was a quota-filling exercise,” said Mr Cusack.

“They (the gardai) made no effort to communicate with the mourners who were queuing to see if any of the drivers were present and to ask them to move their cars,” he added.

It’s not known if the gardai, who were travelling in an unmarked patrol car, were responding to a specific complaint about the parked cars or if they happened to arrive in the area around the time of the removal.

The Limerick Chronicle has learned there have been a number of incidents of illegally parked cars causing difficulties at Fox’s Bow in recent weeks.

Gardai have been contacted for comment.



Catherine Street pub set for new lease of life

A FORMER pub in Catherine Street is set for a new lease of life after a sale was agreed on the premises.

Bourke’s Bar closed in 2014, after the premises was earlier reopened by Lorcan Bourke, a grandson of the former mayor of Limerick, the late Jack Bourke. But now, the Limerick Chronicle can confirm a sale has been agreed for the landmark premises.

“It is city people who have taken it over,” a source said, “They are planning to reopen it as a pub. Contracts have been signed, but it is not yet closed. But the plan is to reopen the pub, absolutely. They are people in the pub business already.”

Councillor Jerry O’Dea, who is the local representative of the Vintners Federation of Ireland welcomed the

agreement. “We’ve been through a period where many pubs have closed unfortunately. But this year, things seem to be turning. I’m very proud of the offering the Limerick publicans have,” he said, “The number of new openings coming before Christmas will add more in terms of employment, business for the city, rates for the city and in terms of our tourism offering.”

‘Cutting-edge’ research at UHL symposium

MORE than 170 pieces of research conducted by local clinicians and academics were showcased at the fourth annual Health Research Symposium in UHL’s new Clinical Education Research Centre.

The event at the multi-million euro complex featured four keynote international speakers and 18 oral presentations in

modern medicine, carried out at hospitals.

Chair of organising committee and foundation chair of medicine, Prof Austin Stack said that it is a “hugely important event in the calendar and life cycle of UL Hospitals.

“It gives us a huge opportunity to showcase and profile the deeply impressive range of research being

conducted on the hospital campus and indeed with our partners at the UL; in primary care and community care.” The key theme of this year’s symposium was “building partnerships to advance healthcare research and practice”.

“Cutting-edge” presentations included research into chronic disease, integrated primary-secondary health-

care systems, adoption of new ICT solutions, and even insights into impacts of a low-fat Mediterranean diet on liver disease. Four keynote speakers included Prof Harry Hemingway, University College London; Dr Leonard O’Sullivan, UL; Prof Richard McManus of University of Oxford; and Prof Martin O’Donnell, of NUI Galway.

‘City must grow quicker than Dublin’ to be competitive

REGIONAL cities like Limerick must grow at a quicker pace than Dublin to maintain competitiveness, Chamber president Ken Johnson has said.

Speaking at the annual Limerick Chamber president’s dinner in the Strand Hotel, Mr Johnson said the draft National Planning Framework (NPF) – criticised by many in the region – will see the city experience less than a quarter of the country’s projected growth.

“To restore more balanced development across the state,

the regional cities need to grow at a faster pace than our now overheated capital. Harnessing the growth potential of, and co-operation between the combined Cork-Limerick-Galway cities region needs to be at the core of the NPF,” the Limerick Chamber president stated in his address.

At the event, former Finance Minister Michael Noonan was honoured with the Limerick Chamber president’s award for his services to the country.

Receiving the award, the

Fine Gael stalwart said he felt “extraordinarily honoured” that his home city has recognised him – and that he felt “emotional” about the accolade too.

“I have come through a period now since I announced my retirement from cabinet where I get a lot of compliments paid to me in Dublin and abroad but when you get an endorsement by your own people, in this city, by the chamber and the president of the chamber, that’s a singular honour and I feel emotional about it,” he said.

“I feel fulfilled, rather than proud. I feel that I had a unique opportunity to be in an Irish cabinet and being a Minister for Finance you can do an awful lot if you set your mind to it. I’m glad I didn’t waste my time in there, and that the bulk of the decisions I took helped the recovery of the country from bankruptcy and in that context, since Limerick is a subset of the national economy, the recovery of Limerick as well. I did singular things for Limerick alone and they worked out very well also,” he added.



Former Finance Minister Michael Noonan received the Limerick Chamber president’s award from Ken Johnson PICTURE: SHAUNA KENNEDY



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ORDER: WOMAN HAD BEEN GRANTED PROTECTION ORDER AGAINST ACCUSED THREE DAYS EARLIER

Man admits trying to 'kick in' door of former partner's home

DAVID HURLEY
e-mail: david.hurley@limerickleader.ie
Twitter: @dhurley1

A MAN who arrived at his former partner's home a number of hours after he was informed she had taken out a Protection Order against him has been placed on probation.

The 35-year-old defendant pleaded guilty to an offence under the provisions of the Domestic Violence Act relating to an incident which happened at a house in Caherdavin on February 24, last.

Inspector Paul Reidy told Limerick District Court, gardai were alerted to a disturbance at around 10.20pm after the man's former partner contacted them.

"Garda received reports of a male trying to kick in the door," he said.

After speaking with the complainant, it was established she had been granted a Protection Order a number of days earlier and he had been informed of its existence earlier in the day.



The defendant was prosecuted before Limerick District Court for breaching the terms of the Protection Order

There was no evidence of any damage being caused by the defendant at the house during the incident.

Solicitor Darach McCarthy said his client, who has a young child with the

"He was at his lowest point ever"
Solicitor Darach McCarthy

woman, accepts he attended at the house on the night.

However, he said he had not intended to cause trouble and was attempting to gain entry to collect his personal belongings – at a

time when he did not believe his former partner would be at home.

"He went to the house to get his stuff and she arrived back and things became difficult," he said adding that

his client accepts his behaviour was "very disruptive".

Judge Marian O'Leary was told the defendant has addiction issues involving alcohol and drugs which resulted in the relationship breaking up some time before the incident.

Urging the court to be lenient, Mr McCarthy said his client was at "his lowest point ever" around the time of the offence and that there have been no further incidents since.

The defendant, the court heard, has no previous convictions, is back living with his mother and is making efforts to address his problems.

"He is very upset about what he did," said Mr McCarthy who said the defendant had some access to his son since the incident.

Noting the guilty plea, the defendant's previous good record and his good behaviour since, Judge O'Leary indicated she was willing to give him the benefit of the doubt. She imposed a 12 month Probation Bond requiring the defendant to stay out of trouble.

Addict threw heroin into shrubbery in attempt to avoid being caught

A HEROIN addict who threw a significant quantity of drugs into a flower garden in an attempt to avoid being caught by gardai has been warned he will go to prison if he is caught with drugs again, writes David Hurley.

During a contested hearing, Donal O'Keeffe, aged 48, of no fixed abode denied possession of 13 deals of heroin for the purpose of sale or supply on May 11, 2016.

Judge David Waters was told the drugs, which had a street value of €670, were found in a plastic bag which the defendant had thrown away after he saw a garda patrol car approaching.

Garda Dermot Cummins



Limerick courthouse

said shortly after he observed Mr O'Keeffe walking with a woman at O'Connell Avenue, he saw them "turn suddenly" and enter the front garden of a private house.

As he approached the

pair, he then saw Mr O'Keeffe discard a white plastic bag into a flower bed.

The bag was recovered and further examination showed it contained 13 individually wrapped deals of heroin.

When questioned on the day, the defendant said he had entered the front garden of the house "to smoke a fag" and he denied having the plastic bag or drugs.

In evidence, he agreed he is currently on a methadone programme and that he was smoking "a bag of heroin a week" around the time of the offence.

Solicitor John Herbert said there was no forensic evidence linking his client to the plastic bag or the drugs

and that given the discrepancies in some of the garda evidence relating to his client's arrest, there "must be a doubt".

Noting the quantity of the heroin seized, Judge Waters said he was satisfied it was not for Mr O'Keeffe's personal use.

"Am I expected to believe he was walking around with a three months supply," he commented.

The court heard that while the defendant has more than 60 previous convictions, only two relate to possession of drugs.

Judge Waters imposed a three month prison sentence, suspending it for 12 months on condition he stays out of trouble.

Fallout documentary being shown at UL

THE documentary Fallout will be screening at the University of Limerick this Tuesday at 6pm., followed by discussions and presentations from Sunny Jacobs, Peter Pringle and film director Mark McLoughlin.

The documentary which recently aired on RTE and BBC is based on the post-prison lives of four high profile exonerates who were sentenced to death or life; Paddy Hill (UK, Birmingham Six), Robert Brown (UK), Sunny Jacobs (USA/Ireland - whose story has been played on Broadway by Susan Sarandon and Brooke Shields) and Peter Pringle (Ireland).

Organisers are currently on a UK, Ireland and US speaking tour and campaign to highlight major changes that are needed in the law and

crucial services lacking for Miscarriages of Justice cases.

This campaign is also being hosted in the House of Commons, The European Parliament, The Dáil and UN headquarters in New York.

"Say I'm Innocent" is a campaign for long-serving, exonerated prisoners.

Following their release from prison, exonerates face an unfamiliar world with no services or support of any kind available to them. Many of them end up in a legal limbo.

The event includes a screening of the film followed by presentations by Sunny Jacobs, Peter Pringle and Mark McLoughlin.

For further information see www.sayiminno-cent.com

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O'CONNELL STREET: SWITCHING ON OF LIMERICK CITY CHRISTMAS LIGHTS



Mayor of Limerick Cllr Stephen Keary, Limerick Rose Kayleigh Maher, Santa and 'Ryder' from 'Paw Patrol' at the annual turning of the Christmas lights in Limerick City PICTURES: SEAN CURTIN UNLESS STATED



Clockwise from left: a view of the estimated 15,000 crowd in O'Connell Street on Sunday for the switching on of the lights

Lukas Slattery, one of the famed quads from Caherconlish and Kevin Flanagan at the turning of the Christmas lights

Lorcan Brennan, Nenagh, at the annual turning of the Christmas lights in Limerick City



Pictured at the switching on of the Christmas lights on O'Connell Street on Sunday was the Ice Prince from Realta PICTURE: OISIN MCHUGH



Come here you! Downes and Dowling celebrate



Kevin Downes is congratulated by injured team mate Shane Dowling after Na Piar-saigh's defeat of Ballygunner from Waterford in the AIB Munster GAA Hurling Senior Club Championship Final in Thurles

PICTURE: PIARAS Ó MÍDHEACH SPORTSFILE



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€15 per child includes gift
Prior booking essential
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Post your letters to Santa & receive a reply Cost: €2.50
All proceeds go to Mid West School for Hearing Impaired Children **Last date 20th Dec**



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The Walking Dead © Gene Page/AMC. Babylon Berlin © Frédéric Batier/X Filme. New Sky TV customers only joining on a 12-month minimum subscription. LG TV Offer: 32" LG TV for new Sky customers joining Sky TV (from €29.50). Model may vary. TV will be dispatched within 45 days of activation. One per new customer household. Subject to stock availability. Colour may vary. Not available with any other offer. Sky Q kit is loaned to you at no cost and must be returned at the end of the relevant subscription. Standard installation from €25 depending upon package plan. New Sky TV customers only joining on a 12-month minimum subscription. Offer ends 30 November 2017.

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Paul Fitzgerald as Genie of the Lamp
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Stuart Mackey as Abanazar
Jason Roman as Aladdin

Aladdin

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KEEP IT LOCAL

CHRISTMAS RACING FESTIVAL RETURNS

It's the biggest sporting and social event of the season

IN excess of €450,000 in prize money will be on offer at the Limerick Christmas Racing Festival this year which as usual will run for four days.

With less than five weeks to go, pre-sales are already suggesting that this year's festival is shaping up to be one of the biggest festivals to date.

The four day festival will kick-off on St. Stephen's Day at 12:25pm with the card boasting seven national hunt races each day, and concluding at around 3:50pm daily followed by live entertainment to keep the festive spirit soaring in the Munster Suite.

Thursday December 28 includes the Sunway Holidays' Most Stylish Ladies Day, which will see a holiday for two also up for grabs, while Friday concludes with a special family day event, including face-painting, party games and much more. Children under 12 years will enjoy FREE admission to the races on all 4 days of the festival.

Food will be served by the award winning Fitzgerald's Woodlands House Hotel team from Adare, spoiling race goers with their array of fresh fare served in the Panoramic restaurant, private suites and self-service res-



Penhill and Jockey Paul Townend who won the Guinness Novice Hurdle (Grade 2) at Limerick Racecourse, last Christmas, went on to win the Albert Bartlett Novices' Hurdle (Grade 1) in Cheltenham Racecourse in March 2017

taurant in the Munster Suite. Tickets for the event start from only €15 per person, including hospi-

ality packages, can be booked on www.limerick-races.ie, by ringing 061-320000 or email info@limerickraces.ie.



Hair extensions are no longer just for Hollywood A-listers

Give the gift of confidence to someone this Christmas?

YOUR great lengths journey starts with a visit to Hair Extension specialist Niamh Kiely at Gold Star Salon Marbles Hair & Beauty Cruises St.

Whatever your vision, make a mesmerising statement with Great Lengths. Boost volume, add colour or extend your hair's length.

Our ethically sourced 100% human hair extensions offer total versatility. Be daringly different or use a subtler touch to transform your look, the choice is yours.

VOLUME

If you thought hair extensions were just for length, think again. No longer just an A-list style secret, Great

Lengths can be applied to add thickness and colour to your natural hair, giving you the voluminous locks and depth you've always dreamed of.

The perfect solution for fine, thinning hair, Great Lengths provides the answer to help restore your look. Niamh can assess your hair and use her skills and knowledge to determine how many bonds would be needed to achieve your desired look and thickness.

Suitable for all hair types and available in a number of lengths.

Great Lengths' natural hair extensions are of the very highest quality, which guarantees that your hair will remain in the best condition possible.

COLOUR

Discover the array of beautiful colours available with Great Lengths, hand blended to offer you the perfect finish which blends seamlessly with your own natural or coloured hair.

Great Lengths hair is not just one single colour, it is expertly blended to achieve a natural look. Make a style statement with flowstrands which offer on-trend ombres and bright dip-dye colour variations.

Call into Marbles Hair & Beauty Cruises St. for a complimentary consultation with Great Lengths hair extension specialist Niamh Kiely to discuss how Great Lengths can enhance your natural beauty 061 410955.

Best of Irish for your dog this Christmas

PETMANIA, Ireland's leading chain of pet stores are getting behind local Irish suppliers this Christmas and are delighted to announce the arrival of these three fabulous stocking fillers to their stores. Treat your pet this Christmas and show your

support small Irish producers at the same time!

■ **Holistic Hound Effective Natural Remedies**, €7.99 - €16.99 each

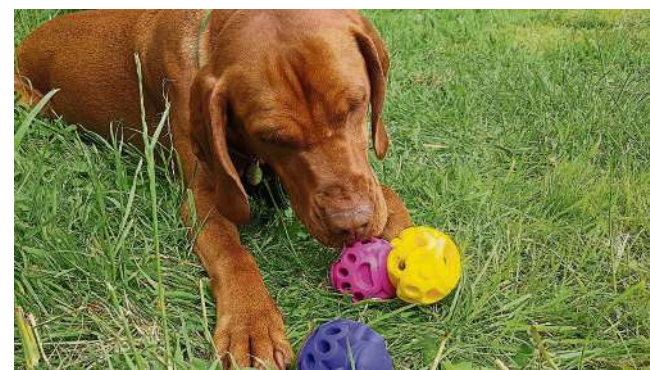
Handmade with organic ingredients in Co. Kerry, this super new range of natural remedies works a treat! Available in

■ **Raw Dry 100% Natural Dog Treats**, €4.99 - €9.99 each is a 100% raw dried jerky treats handmade by Sarah Hannon in Co. Cavan.

■ **Meatsnax**, €4.99 - €5.59 each are a pure and simple. 100% Irish Beef treats made in Lir Valley near Multifarnham in Westmeath.

■ **K9 Connectables**: An innovative Irish dog toy - create unique and challenging toys for your dog with the interconnectable K9 Connectable range. €11.99 - €13.99 each

All are available to purchase at your local Petmania store. For more information, visit www.petmania.ie



The K9 Connectables creates an unique challenge for your doggy

Black Friday Sale

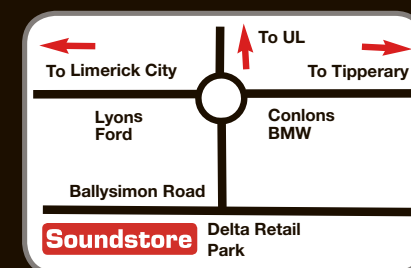
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TRALEE

Mile Height Retail Park
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LIMERICK

Delta Retail Park, Ballysimon Road
061 436640

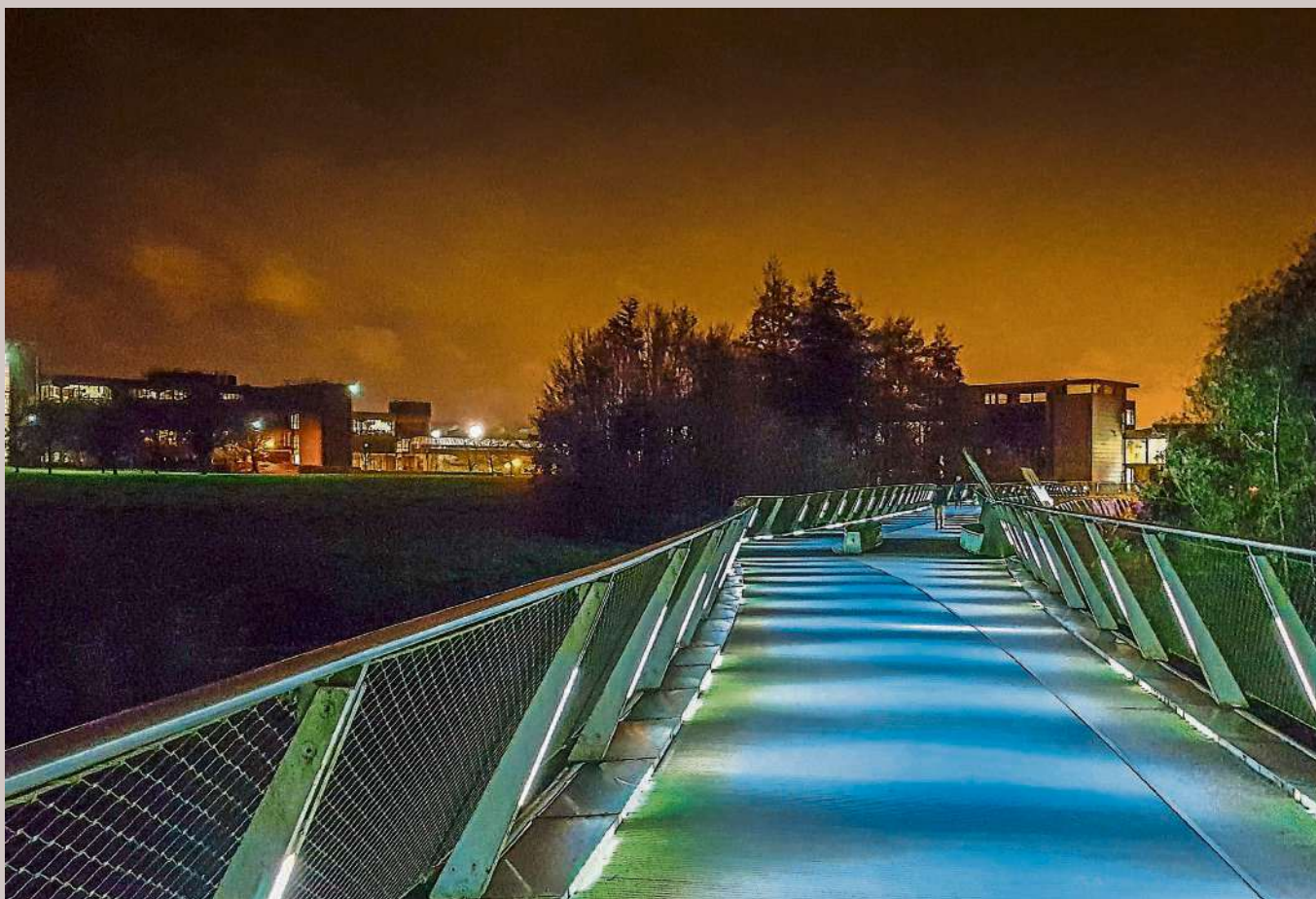
OPENING HOURS

Mon – Sat 9.30am – 6pm, Fri 9.30am – 8pm,
Sun & Bank Holiday Mon 1pm – 5pm

PHOTOGRAPHY

READERS' PICTURES

We love to receive photographs from our readers, so if you'd like to feature on this page, email your snaps to news@limerickleader.ie with readers' pictures in the subject line



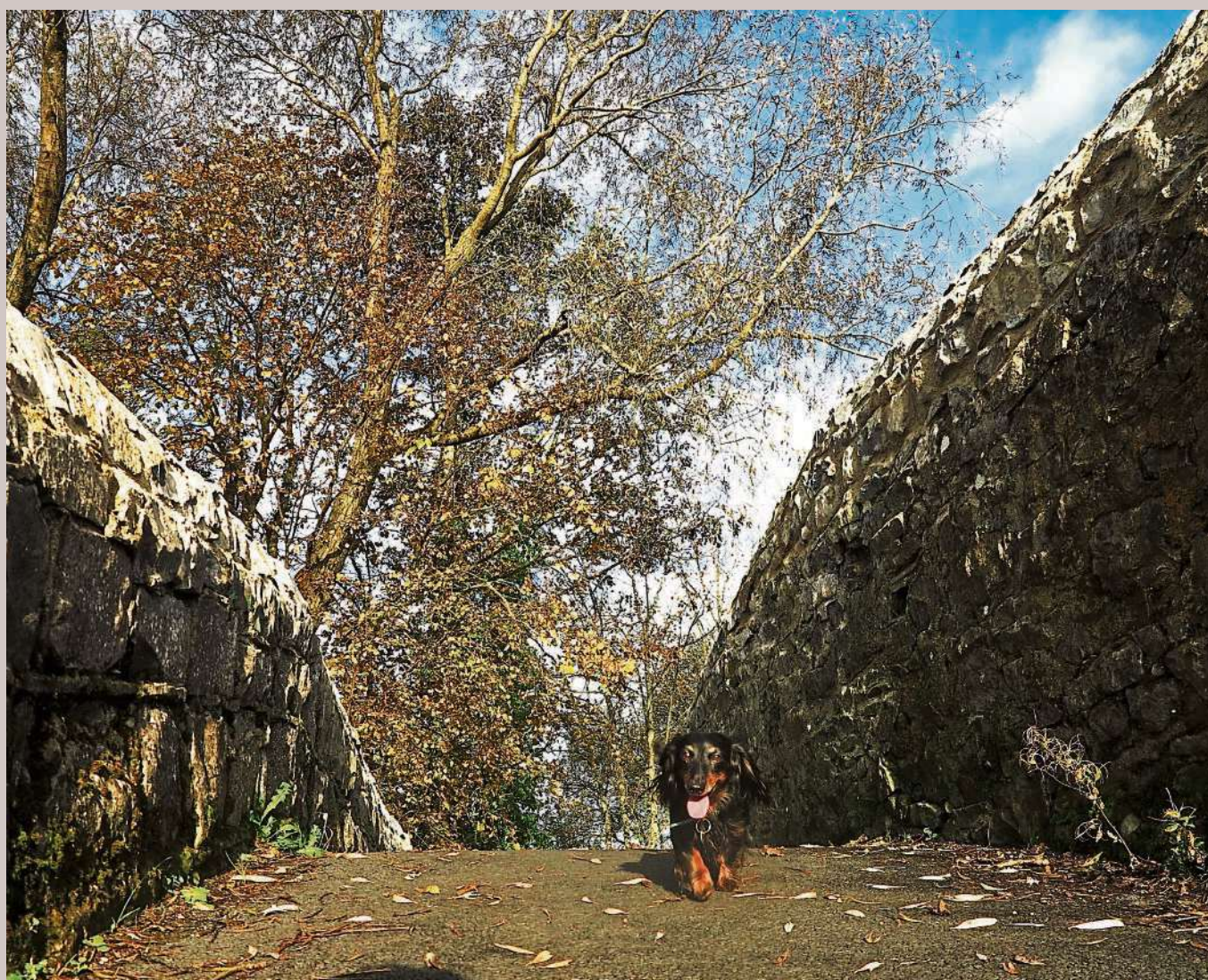
The Living Bridge in UL taken last Wednesday evening by Denis Hickey



Marie's last roses of summer by Liam Ó Dochartaigh



Claire Waters sent in this serene scene of the Shannon



Hugo the dog off on an adventure taken by Claire Waters



Kate Clancy caught a rare glimpse of the sun in Westfield Park recently



Denis Hickey snapped this approaching swan in Plassey



BLACK FRIDAY WEEKEND

24th & 25th NOV

€5000 Giveaway in store*

NEPTUNE OLIVIA SOFA LARGE WAS €3280 NOW €2199**

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The Guide

Limerick
Chronicle



<http://www.limerickleader.ie/what-s-on>

TUESDAY, NOVEMBER 21

PAUL BRADY
UCH, 8pm. €42
THE ACOUSTIC CLUB
Charlie Malone's Bar, 9pm

WEDNESDAY, NOVEMBER 22

OPEN MIC
Chez le Fab, 7pm
PHIL COULTER
Lime Tree, 8pm. €28
DERMOT BYRNE
Dolan's Warehouse, 8pm. €15
TRAD MUSIC
The Glen Tavern, 9pm
OPEN MIC
The Old Quarter, 9pm

THURSDAY, NOVEMBER 23

IFI FRENCH FILM FESTIVAL
Belltable, 8pm, until Saturday
ABBA FOREVER
UCH, 8pm. €25/22
DIE
Dolan's, 10pm. €10
JOHN SOLO
The Glen Tavern, 10pm

FRIDAY, NOVEMBER 24

PAUL NOONAN
Dolan's Upstairs, 8pm. Sold out
BREATHE - PINK FLOYD EXPERIENCE
Dolan's Warehouse, 8pm. €20
FONTAINES
Kasbah Social Club, 9pm. €5
YVONNE MCCARTHY
The Glen Tavern, 10pm
STICKY FINGERS
The Old Quarter, 10pm

SATURDAY, NOVEMBER 25

THE GOOD FATHER
Lime Tree, 8pm. €18/16
DORA GOLA
Dolan's Upstairs, 8pm. €10
SHUNYA
Kasbah Social Club, 8pm. €10
DIAMOND HEAD
Dolan's Warehouse, 8.30pm. €15
S CLUB LIVE
The Library, 9pm. €10/7
DRIVE
The Old Quarter, 10pm
BARRY PURCELL
The Glen Tavern, 10.30pm

SUNDAY, NOVEMBER 26

MUSICAL CHAIRS
The Old Quarter, 7pm
TRAD MUSIC
Locke, nightly at 9pm, Sun-Thurs
QUENTIN
The Glen Tavern, 10pm

MONDAY, NOVEMBER 27

A NIGHT AT THE OPERA
UCH, 7.30pm. €7.50
I AM NOT A WITCH
Belltable, 8pm. €8

GIG OF THE WEEK

Shunya for Kasbah Social show on debut Irish tour

LIMERICK-born multi-instrumentalist Shunya, currently on a first Irish tour backed by his versatile five piece band from Manchester, plays a show in the city this weekend.

Shunya is Alan Keary, son of well known musician and Van Morrison guitarist Dave, who returns for a gig at the Kasbah Social Club this Saturday night (doors 8pm, tickets €10). The Manchester-based musician has seen radio play on the BBC for his self-titled debut release.

He also plays DIE on Thursday night (Dolan's, 10pm, €10), which is a Prescription takeover featuring an album launch for SameD4Ence, plus DJ Replay, a Touch of Techno Showcase, Frank B, She, Chaz and more. See www.dolans.ie.



Steps to bring Grandslam to city

POP group Steps are to play a show at Thomond Park in Limerick, it has been confirmed.

The UK group, who played the 3Arena in Dublin last week, will be joined by Blue and Aqua at the July 6, 2018 show.

The concert will be the first major show at Thomond Park since Bruce Springsteen played the stadium in 2013.

Thomond said: "As part of their 20th anniversary celebrations, iconic pop group Steps have announced a huge outdoor tour; Grandslam 2018: Summer of Steps, which will see them perform at outdoor venues all over the UK and Ireland, including a performance at Thomond Park Stadium, Limerick on



Pop stars Steps, who will play Thomond Park next summer

Friday 6 July.

"To complete this special outdoor tour, they are joined by special guests; the huge boy band Blue and Aqua. This is a fantastic opportunity to

see one of the UK's most exciting current names in pop music doing what they do best." Tickets for the Thomond Park show are on sale at www.ticketmaster.ie.

LIME TREE THEATRE

CMS
The Cecilian Musical Society present

JOSEPH
And the Amazing Technicolor Dreamcoat

Wednesday, November 29th Saturday, December 2nd, at 8pm

Tickets: €23/€21/€74

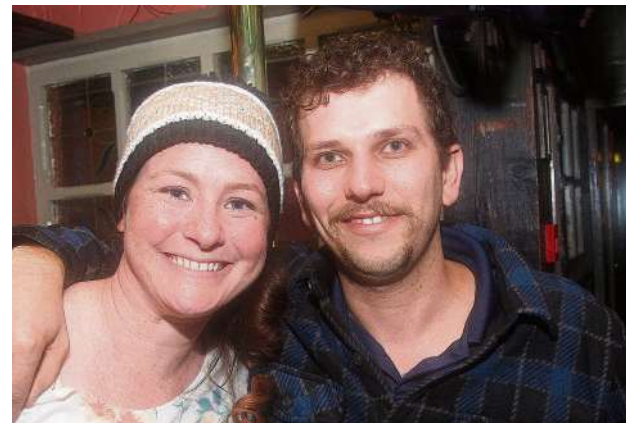
Box Office 061 953400 | www.limetreetheatre.ie

Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS IN AND AROUND LIMERICK. THIS WEEK THEY VISITED **FLANNERY'S**, **GLEN TAVERN**, **MOTHER MAC'S**, **NANCY BLAKES'** AND **SMYTH'S**



Ethan Conway, Martin Walsh, Sean Mercier and Barry Looney at the Glen Tavern PICTURES: DAVE GAYNOR



Mary and Jeremy Allen at the Glen Tavern



Nan Pattamang and Annemarie McCabe at the Glen Tavern



Jarlath Colleran and Mairead Gibbons at Flannery's Bar



Khawla Alaa and Alaa Hussain at Smyth's Bar



Katie Rheburn and Sarah Coen at Smyth's Bar



Andrea Madden, Stephanie Geraghty and Aisling Ryan at Nancy Blake's



Danielle Meehan, Magda Zerdel and Caoimhe Brady at Smyth's Bar



Fiona Murray, Pietro Raffo and Katie Clancy at Nancy Blake's



Deirdre McNamara and Mark O'Keeffe at Flannery's Bar



Emma McCreevy and Amy Mumas at Smyth's Bar



Damien Wilmot and Bernard O'Farrell at Mother Mac's Bar



Pradhuma Khadka, Sudha Shertha, Subash Giri and Roshan Dong at Smyth's Bar

MEGHANN MIX



with
**Meghann
Scully**



CONTACT MEGHANN

Twitter: @meghann_scully
email: meghann.scully@spinsouthwest.com

Stories that stand the test of time



What a great read: It was great to join Pauline Scully and Maire Holmes for the launch of the third volume of South Galway Stories

AT the weekend my mother Pauline launched the third volume of her books South Galway Stories. They are a

collection of stories from elderly people who opened up about times gone by from farming to unemployment, finding love to emigration.

While it has Galway in the

name it contains stories from people all over the country and beyond. Pauline travelled near and far to obtain such special and honest accounts of life gone by. She knocked

on doors and eventually word got out and people approached her asking for her to interview them, a parent or grand parent.

Some stories are sad as they tell tales of family leaving to America and never returning to Ireland again. Some are like the film Brooklyn where they are lucky to visit home but very rarely. There was no such thing as Ryanair back then. There's some funny tales of the adventures some people got up to and as well we hear about finding love and marriage.

They are very honest and descriptive stories of life in what sounded like a harsh Ireland. Some homes had no toilets and you'd have to go out to the field or out into the shed. Food was scarce for some but others made the most of the land and had an abundance of crops.

It was simpler times before phones, laptops and internet. If you were set to meet someone in the town square at 8pm on a Friday, you were



Pauline Scully reading a selection from the new book at the launch

there and you didn't delay. Dating was much different. There was no swiping left or right. You simply went to the local dance in the hall and usually ended up with a neighbour or some lad from the next town.

Wardrobes contained the basics, working clothes and the Sunday best. If a lamb was sick it was sat in front of the fire. Mass on Sundays went without saying and everyone helped around the house and farm. Radio was the main medium for communication as very few homes had a TV or phone.

Anytime I read stories I

feel imported back into that time, a life I never knew of but the way in which Pauline has captured the lives of the people paints such a clear picture.

Some people who contributed to the books have since passed away but their lives have been documented so family and friends can have a piece of that history on their book shelves and can share it with grand children and great grand children.

South Galway Stories is available online at bookhubpublishing.com or you can contact me directly if you wish to purchase a book.

PICK 'N' MIX

Young Irish players really impress



IRISH RUGBY

Another great weekend of rugby. Ireland started strong with our own Darren Sweetnam crossing the try line but Fiji put up a fight. It seemed it was going to be a draw but thankfully Keatley kicked a penalty to secure the win.



City of the Tribes at Christmas

CHRISTMAS MARKET

The festive season got underway in Limerick on Sunday with the Christmas lights switch on and in Galway the renowned Christmas Market is open until December 22 if you are up that way.

Street food and shopping

RAMEN

I'm very fond of Thai food of late. Ramen is in the Crescent Shopping Centre and it is the perfect treat after some shopping. Masaman curry is my personal favourite, a mild curry that has potatoes in it.



IBYE LIMERICK FINALS



LAST week I was MC for the Limerick finals of Ireland's Best Young Entrepreneur. The competition itself attracted so many entries and after some tough deliberations it was whittled down to thirteen finalists across

three categories. Winners on the night included Padraic Hayes who won Best Business Idea award. Paddy Finn was the winner of Best Established Business with Electricity Exchange. The winner of Best Start-Up Business

as well as being the overall winner on the night was Chris Kelly and his company Pinpoint Innovations. The three winners progress to the Mid-West Regionals taking place January 16 in Ballygarry House in Tralee.

FURNITURE WHOLESALE

Get Ready for

Christmas



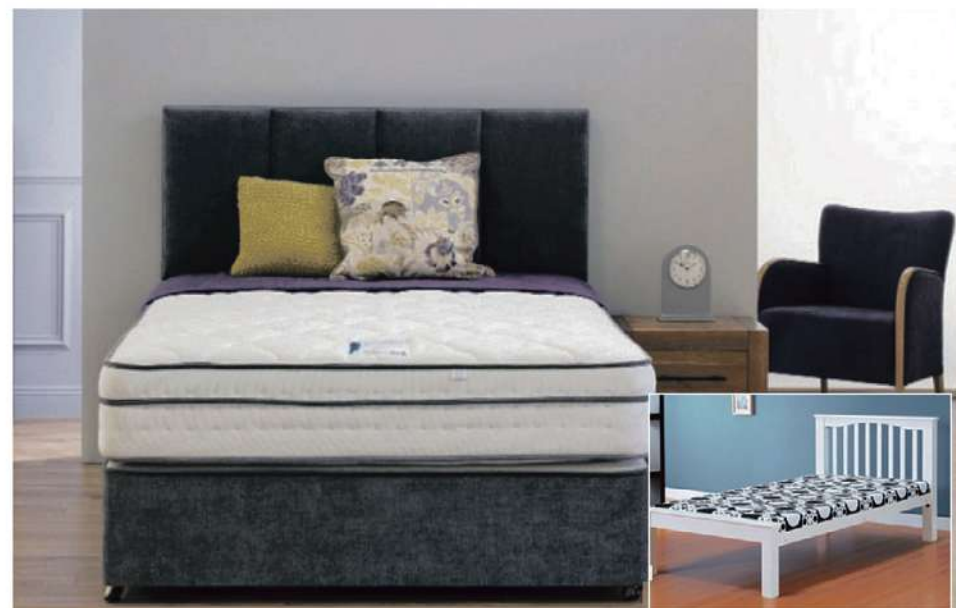
JORDAN Our prices are unbeatable!
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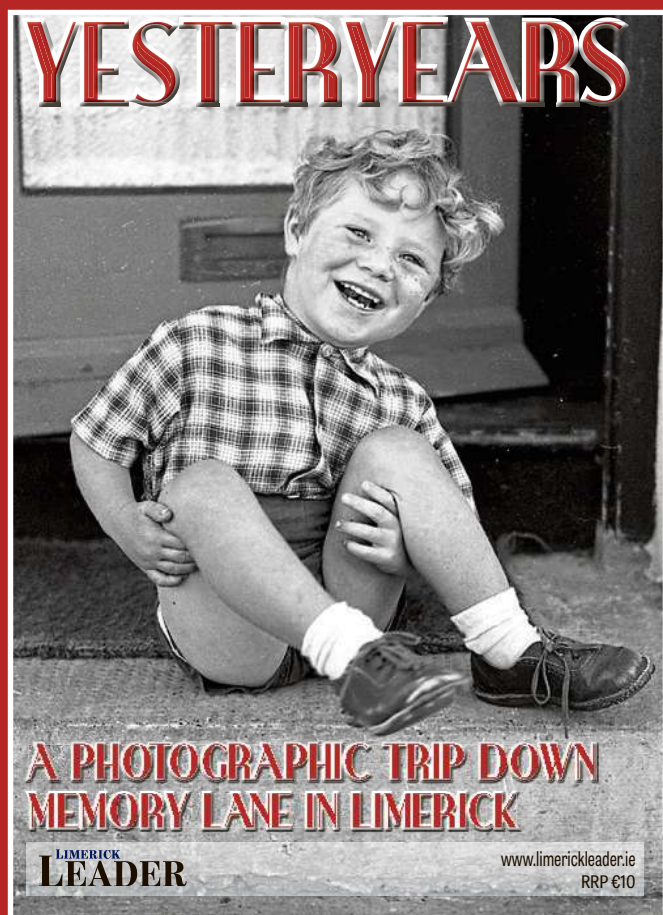
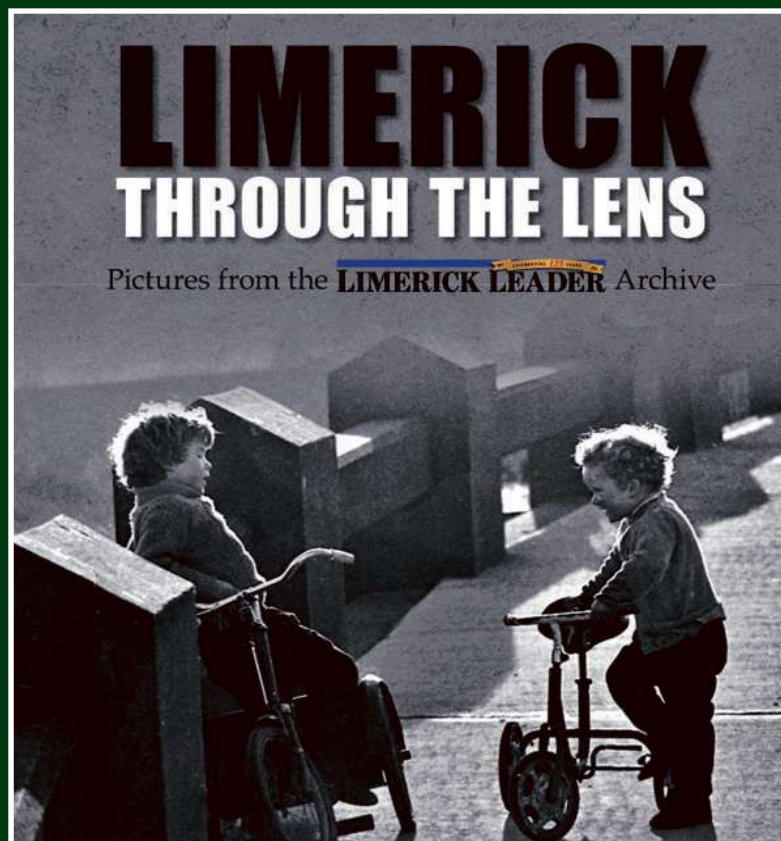
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'TIS THE SEASON FOR FASHION SHOWS

ST MUNCHIN'S HOST THEIR ANNUAL FUNDRAISER NEXT PAGES



Nicola Loughnane wears a stunning wrap-around dress from Swamp at the St Munchin's College fashion show
Pictures: Gareth Williams

STYLE AND FASHION



with Celia
Holman Lee



How stunning is the shoulder detail on this exquisite evening dress by Virginia Bridal?

Back to basics for fundraiser

IT was a wonderful evening of style and sophistication at the Magic of Christmas fashion show in aid of St Munchin's College, which was held at the Strand hotel.

A number of the top fashion shops in the region showcased their Christmas collections to a packed house of fashionistas. Among the fashions that were showcased were some fabulous Christmas dresses in beau-

Coats made a big impact - some mid-length in colours of mustard and black and the car coat

tiful colours of berry and poppy red. Styles included body contour and bell sleeve. Coats made a big impact - some mid-length in colours

of mustard and black and the car coat which is very popular this season came in a variety of colours. Muted metals, shimmering silvers and glimmering golds were all part of the Christmas party look in evening wear, dresses and tops.

Shoes came in a variety of colours and styles but it was the shoe boot and boot to the knee that stole the show. It was a wonderful night of fashion in Limerick and a credit to all involved.



Nicola Loughnane models an outfit from Ameer's a



Ciara O'Halloran models a black dress from Gretta Gibbs

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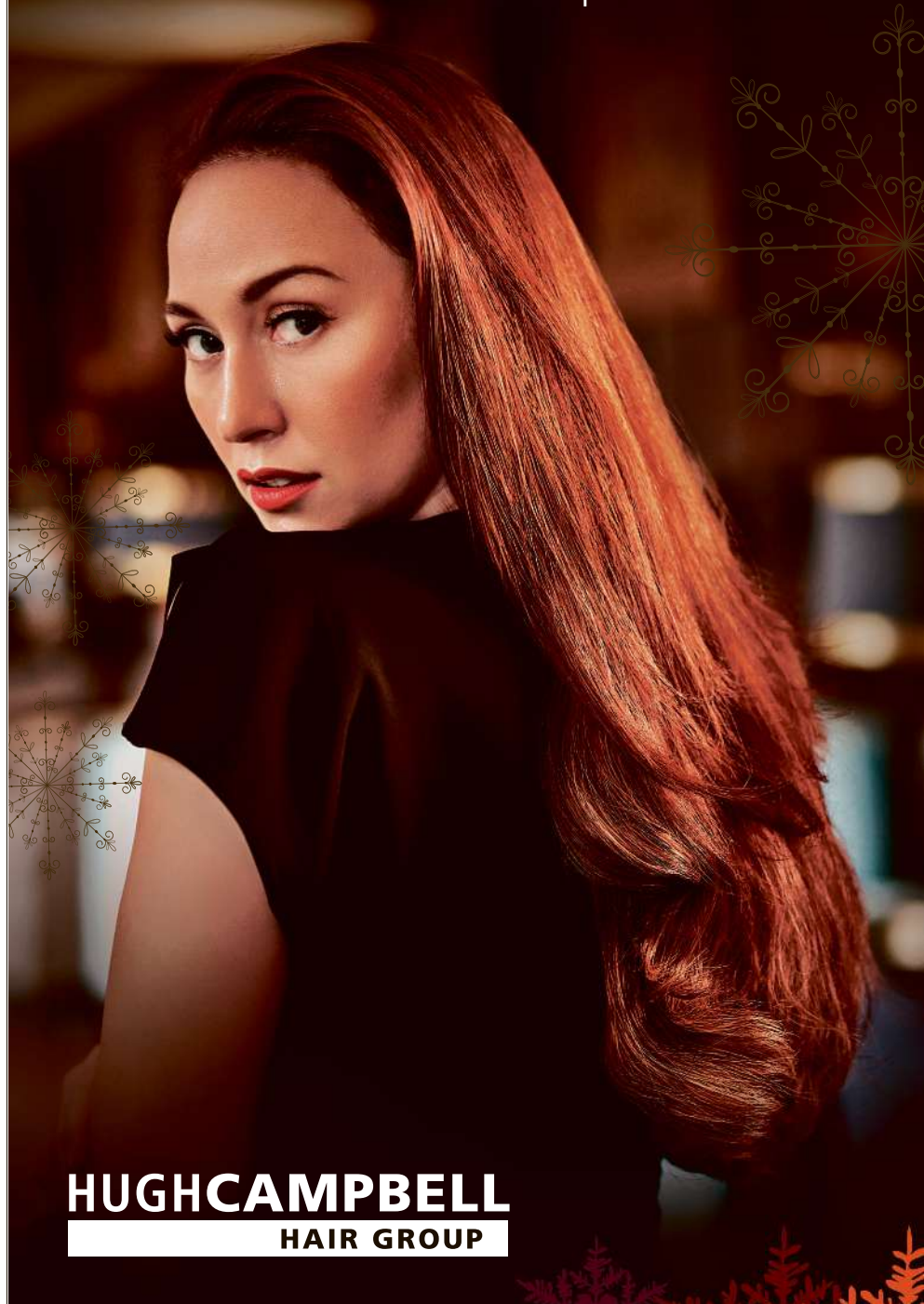
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Here's a real festive winner: red dress from O'Donnell Boutique

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FASHION, FITNESS & HEALTH



MANABOUTTOWN

with Patrick
McLoughney

How to dress for your

GOT a chest like The Rock but the arms of Justin Bieber? Or maybe you've got cobra lats but your waist's barely there? If you think the idea of dressing for your body shape is all a bit Weight Watchers magazine, think again: we men may have fewer curves than women, but our bodies – varying from beanpole to built like a gladiator – need the same figure-specific approach to style.

FIRST UP, SOME GENERAL ADVICE:

1. Planning on major gains (or fat loss, for that matter) in the next few months? Stall your size-specific styling until you've seen results to save spending on clothes that won't fit the new you.

2. When shopping, remember stateside brands often size wider and boxier than their European cousins.

3. Know when to pass on trends. You might be the most fashion-conscious player rugby has ever seen but there's no way in hell you're going to squeeze your quads into skinny Nudie jeans.

4. Find a tailor. Seriously. While you can minimise issues with fit by heeding the following advice, you won't get a glove-like fit until your wardrobe's had a few nips and tucks.

THE TRAPEZOID

If your body is defined by a reasonably broad set of shoulders and chest and a gentle taper from the top down through the waist, hips and legs, then you might want to consider moonlighting as a mannequin. Why? Because you're pretty much the Vit-



No matter if you are Chris Hemsworth, picture above, or more like James Corden, pictured right dressing to fit your body shape is the best way to look your best

ruvian man. At least as far as off-the-rack clothing manufacturers are concerned. You're well-proportioned – as long as your head hasn't doubled in size yet – and so needn't worry much about adding to, or detracting from, particular parts of your body. What this means is that you can try your hand at pretty much every trend, cut and seizure-inducing print and probably still look good.

THE INVERTED TRIANGLE

Men with a chest and shoulders significantly broader than their waist and hips are – although likely no strangers to a barbell and in pretty good shape – still technically off-kilter and so can benefit from a few fit fixes to bring them closer to a Trapezoid's proportions. Your main aim here is to add bulk to your midriff and

lower body, while slimming down the size of your upper torso slightly.

TRY WEARING:

Horizontal stripes. Particularly from the chest down, as they'll broaden your comparatively narrow waist.

Regular V-neck T-shirts. Note that we're specifying 'regular' here – extreme V-neck tees have no place in your wardrobe unless you earn your crust appearing in a Shore-related reality TV show. Regular V-necks narrow your chest slightly while drawing the eye down and away from the broadest part of your frame.

Slim-fit shirts. But remember to size up – chances are you have a body you've worked hard for, so celebrate the fact by showing it off without screaming about it.

Straight-leg trousers and jeans. Many slim fits will work, too, but nut-crunchingly skinny legwear only serves to accentuate your slimmer lower half, giving the appearance that you skip leg day. Even if you don't.

Patterned legwear. Placing the party firmly at the bottom of your look with camo shorts or checked trousers distracts from your comparatively broad upper torso.

Avoid:

Structured tailoring. Suit jackets and blazers with shoulder padding and wide (especially peak) lapels will only emphasise your mass up top. Steer towards unstructured silhouettes to streamline your frame instead.

Scoop necklines, as well as prints, colour pops and/or

detailing on the shoulders – all of which will focus attention on your wide shoulders and negatively skew your look's balance.

THE RECTANGLE

Usually tall and thin, rectangular body shapes have shoulders roughly the same width as their waist and hips. Since this can often appear samey, you'll need to create an illusion of structure – using clothing to widen the shoulders while also adding the effect of a subtle taper from your top down.

Try Wearing:

Horizontal stripes. Especially across your upper torso as they'll add brawn where there likely isn't much.

Structured tailoring that's tweaked to suit you. Once you've found structured blazers and suit jackets that add size to your shoulders, have your tailor take them in slightly at the back to emphasise your waist.

Layered looks. A button-down shirt and fine-gauge crew neck jumper is a no-fail pairing that'll add instant bulk to your frame.

Scarves. A neatly tied or draped scarf is an easy way to add a point of difference to your look, as well as flesh out your upper torso.

Prints, colour pops and detailing across the chest and shoulders. Pops of brighter colours up top or details like epaulettes will expand the dimensions of your frame.

Avoid:

Double-breasted jackets. Unsurprisingly, tailoring cut in the shape of a rectangle does little to nothing for rectangles. Try a single-breasted style with plenty of structure in the shoulders instead.

THE TRIANGLE

This isn't a euphemism for fat. While, yes, your body will probably appear more triangular if you've been hitting the lager and curries heavy, many of us are simply predisposed to being larger around the waist and hips and relatively narrow up top. But, although being triangular doesn't necessarily mean you're in bad shape, it does mean most clothing is engineered in proportions that are virtually the exact opposite of your body's. Which means you've got your work cut out for you in finding flattering clothing.

Try Wearing:

Vertical stripes. This pattern's streamlining effect lengthens and slims down your silhouette. Horizontal stripes, on the other hand, only help if they're from the chest up.

Jackets with structured, rather than slouchy, shoulders. The former (an overcoat, for example) will square off your frame, while the latter (a relaxed bomber) only exaggerates your already sloping shoulder line.

Single-breasted suits.



LOOK OF THE WEEK

Wool Rich Remus Uomo suit

THIS week's look of the week is from Noel's Menswear on Bedford Row and Wickham Street. Your's truly is modelling a Wool Rich Remus Uomo three piece slim fit suit, retailing at €349, a Remus Uomo grandfather shirt, retailing at €59.99 and Remus shoes, retailing at €119. I'm always blown away by the amazing brands that Noel's carries (Barbour, Fred Perry, Eton, Ralph Lauren, Ted Baker, Hugo Boss, Lacoste, just to name a few) and their stock is excellent and cater to gents of all ages. Pop in to the team in Noel's Menswear and check them out for yourself. Photo by Paudie Bourke.

FRAGRANCE OF THE WEEK

Coach for Men

MY fragrance of the week is Coach for Men. Coach may have become known for its modern dinosaur-embellished apparel in recent years, but the New York label's fragrance collection cuts a decidedly classic figure. Coach For Men is the work of Anne Flipo and Bruno Jovanovic, two respected noses behind scents for the likes of Burberry, Hugo Boss and Paco Rabanne. A modern fragrance which combines fresh, energetic top notes and a skin-like warm sensuality in the amber, woody base notes. You'll find Coach for men in Brown Thomas and Debenhams for around €75 (100ml).



FASHION, FITNESS & HEALTH

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body shape

These lack the waist-centric bulk of double-breasted styles, allowing for a more relaxed, slimming fit. Also, if your triangular frame is in fact owing to extra poundage, then find tailoring that's structured at the top but has plenty of drape (cotton, wool-blends and linen) – this kind of suiting won't constrict around problem areas like your gut, seat and thighs.

Brighter colour panels and detailing across the chest and shoulders. These help broaden your narrow upper torso. For even better figure-fixing, try crew neck tees, sweats and jumpers with colour panels across the chest but a slimming darker colour like black, dark grey or navy around the mid-section.

Avoid:

Fitted polo shirts and roll necks. Both of these styles – although smart – slenderise the neck and shoulders while accentuating any roundness in the waist.

Brighter colours and busy prints. Unless you use them as above, or work them into your outfit as accents in the form of glasses, pocket squares, socks and trainers. Bold belts will only draw attention to your

halfway point.

Skinny fits and extreme tapers. Narrow legwear draws the eye to the centre of your body. Since this where you're likely roundest, you'll want to swap these out for straight- and wide-leg fits that better distribute size throughout your silhouette.

THE OVAL

While there's a tendency for those of us past our prime to acquire an oval shape, some of us round out as early as puberty. Oval shapes appear round, particularly at the centre of the body, with shoulders and lower legs looking slimmer by comparison. To undo some of an oval shape's negative effects, you'll need to add structure and width to shoulders to square them off but streamline and slim down the body from the chest through to the knees.

Try Wearing:

Vertical stripes. Like a Triangle, an Oval can benefit from a vertical stripe's slimming effects – try a shirt or pinstripe trouser.

The right length. Pay

extra attention to sleeve and trouser length as any excessive gathering of fabric will only result in shortening the limbs.

Fitted, loosely tapered trousers. These will flatter your legs without making them appear excessively narrow or shapeless in the way skinny, tightly tapered or wide-leg styles would, respectively.

Avoid:

Horizontal stripes, busy prints or contrast colour pops. Unless they're judiciously placed at – and restricted to – your narrower areas.

Statement or coloured belts and double-breasted tailoring. See: Triangle.

Boots, if you're a shorter-limbed Oval. These will make your legs appear even shorter.

At the risk of sounding like a broken record, fit is everything. It's the difference between looking good and 'could do better', and has the power to make budget high-street pieces look superior to designer versions. Ignore its importance, and your style instantly suffers.

FASHION

SELECTED are coming to the Crescent SC

EXCITING NEWS: One of my favourite brands SELECTED are coming to Limerick. SELECTED Homme/Femme appeal to the modern and fashion-conscious men and women of today. SELECTED is a fashion-forward and contemporary unisex brand.



SELECTED Femme represents a strong, metropolitan woman. She is fashion forward with an edge. Her wardrobe is a contrast between seductive and sophisticated items. Ex-

clusive qualities as well as textured and eye catching details enhance the unique and luxurious feel of the SELECTED Femme universe. The grand opening is this Thursday November 23 at 11am at the Crescent Shopping Centre. It's all happening with Goodie bags for first 100 customers and 25% off for customers.

AND FINALLY



Vote Number 1

THE Hi Style awards are this Saturday and voting is still open so once again if you enjoy this article every week or my online content or you know me personally then I have a little favour to ask.... If you could take a minute to email 'Patrick McLoughney - Male Model of the Year' to vote@no1.ie I would really appreciate it. Thank you.



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Christmas party dress challenge

LAST year I set a pre-Christmas challenge to get party dress ready in the lead up to the festive season. Whilst I'm a big believer in creating a long term healthy lifestyle, for some people I know that short term challenges and goals work best to keep them on track. So with just five weeks till Christmas, here's my Christmas party dress challenge 2017!

Simply there are 4 rules:

RULE 1: CLEAN UP THE DIET

Right it's time to get serious about your diet. With only weeks to go you need to start now to reap the benefits. Are you willing to give it 100% effort? It will mean the following:

Do not skip meals. That's a sure fire way to ensure you hold onto body fat. By doing that you are messing up your metabolism when you should be aiming to correct it.

Eat 5 small meals a day - this will make sure your metabolism stays fired up. Three meals and a couple of snacks is perfect.

Try to steer clear of carbs in the evenings. Don't avoid carbs altogether - just try to get them in earlier in the day to make sure you are using them when they are most needed.

Steer clear of artificial sugar alto-



Leanne pictured in this stunning dress from Ivory Closet back in July

gether.

Drink plenty of water.

And if you really want to get serious about it, try avoid alcohol as well. It'll be worth it when you slip

into your party dress on the night.

Have a cheat meal (to keep you sane) but not a cheat day. Don't go overboard splashing out on thousands of calories. Think about what

you fancy and treat yourself to it at the end of the week in one sitting then leave it there.

Lastly vow to steer clean of all those tins of roses and quality streets till Christmas Eve! I do this every year - it cuts out the mindless eating just because there are goodies and treats everywhere and it make them taste even better come Christmas!

RULE 2: GET SOME WORKOUTS IN

If you have a gym membership - use it. Ask one of the fitness instructors for a plan and go to the gym with a purpose. Never arrive at the gym not knowing what you are going to do. That way, nothing will actually get done. If a plan is not an option - book into a class, try something new and challenge yourself. If you are enjoying what you are doing in the gym - whether its a class, a challenge, a program or social meet - you will stick with it. Make time for it. Get up an hour earlier or get home an hour later. Make it your time. If you don't have a gym membership look up some fitness moves you can do at home, get outside (I know it's cold) but wrap up and take a power walk or a jog, you'll be warm in no time! Don't leave the workouts till January. Instead think of how far you could be along your fitness journey by the time January

comes around. Start now. You will not regret it.

RULE 3: STICK IT OUT AND MARK YOUR PROGRESS

More often than not we give up on something at the first blip. Don't. Sit down and create a calendar marking out the days till your chosen date. At the end of each day give your self a percentage. Divide it into say 15% segments. Your five small meals will add to 75% and allow the remaining 25% to your workout. Score yourself. If three of your meals were completely on point but you skipped your two snacks and got a workout in - you'd score 70%.

Aim for that 100% every time. Share you scores on social media. Tag me and let me in on the progress!

RULE 4: REWARD YOURSELF:

For the next few weeks - each time you get a workout in - pop €1 into the "Christmas Party" jar. When the night finally arrives you'll have a little cash to get the perfect lippie, get that up style you wanted or treat yourself to a little shellac manicure for the night. It sounds a little funny but having a physical reminder of your hard work will make you feel amazing.

WHAT I'M LOVING THIS WEEK

The Good Food Outlet

OVER the weekend I popped in to The Good Food Outlet with my lovely friend Siobhan O'Hagan. What a range they have! Ready made healthy meals, Kerrigan's butchers famous turkey burgers, juices, protein snacks, supplements, frozen foods and more. Based on the Ballysimon Road the outlet is the perfect pitstop for healthy options that are super convenient. A really perfect place to call into if you need a healthy option in a hurry. It's going to be my go-to over the next few weeks as I begin panto at UCH. Perfect ready made meals to heat up to keep me eating good foods with a hectic schedule.



The Ladies Who Lift Workshop

WE held yet another Ladies Who Lift Club workshop over the weekend in Kilarney in Co. Kerry and oh what fun we had. Fitness chat, technique demos, HIIT workout, Q&A and goodie bags for all the ladies involved at the Aquila Club in the Gleneagle Hotel. It was super to have such a great turn out for the day and to get so many ladies on board to see the importance of weight training.

RECIPE - Sweet potato soup

WHAT YOU NEED

- ½ cup cooked red lentils
- 1 sweet potato (peeled and cubed)
- 3 carrots (peeled and chopped)
- 1 parsnip (peeled and chopped)
- 1 onion (peeled and chopped)
- 3 garlic cloves (peeled and chopped)
- 1 tsp turmeric powder
- 1 tsp cumin powder
- Pinch of chili powder
- ¼ tsp sea salt
- 2 cups low sodium vegetable broth, warm
- ½ inch piece of ginger, peeled and grated
- 1 tsp coconut oil
- Fresh parsley, 1 teaspoon coconut milk, to garnish

WHAT TO DO

- Heat the oven at 165°C/329°F.
- Line a baking sheet



with baking paper, add the sweet potato, carrots, parsnip, onion, and garlic, season with salt, chili, turmeric, and cumin, add the coconut oil and toss to combine.

Roast for 20 minutes then transfer into the blender.

Add the warm vegetable broth, grated ginger, and cooked red lentils into the blender and process to obtain a smooth cream.

Serve warm, garnished with fresh parsley.



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Tackling a big Irish problem

PINK October is gone and we're almost over November as well, two initiatives raising awareness of cancer. Both are helpful because increased awareness means diagnosis and interventions are made earlier making for better outcomes.

The disease is still hugely prevalent, however, with lung cancer showing the most frightening statistics. It's great to hear advertisements on the radio about getting a persistent cough checked.

With more than 165,000 people living with and beyond cancer today in Ireland what should also be advertised is how to prevent cancer. It is not only smoking that causes lung cancer, for example. I also work with many patients who, while

being far from obese, are still subject to outdated dietary advice saying to eat often and keep blood sugar levels up with fruits and cereals; instead of helping us to get over the two main drivers of cancer formation, that actually promotes them.

A normal cell goes through a cell cycle of being born, being active, repairing damages, dividing for up to 56 times and finally cell death. At each checkpoint of this cycle genes can boost or suppress growth. These genes can be mutated and inherited, but in most cases the genes are not mutated, just read and interpreted wrong and that's what leads to overgrowth. Nutrigenomics is the science that explore how the foods we eat interact with our gene expression.

There are many chemicals



More than 165,000 people living with cancer today in Ireland - and living beyond it

that cause DNA mutations: those found in cigarettes and any smoked or burned foods, carbohydrates heated above 120 degrees and so on. These can lead to lung and gastrointestinal cancers. Artificial hormones, chemicals found in foods and cosmetics

have strong hormonal disrupter effects, causing hormonal cancers. But the root cause is not always so clear cut, and the two drivers that affect all cancer types is inflammation and high blood sugar levels.

Inflammation promotes

oncogenes - genes that boost growth and interfere with normal cell death (apoptosis) - regardless of where chronic inflammation is rooted. For example, patients with ulcerative colitis have a higher risk of developing colon cancer, while psoriasis is linked to skin cancer, chronic cough to lung cancer. Diabetes and obesity however raise the risk of all cancer types due to systemic inflammation.

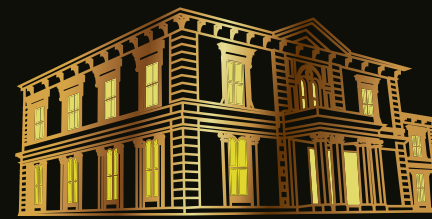
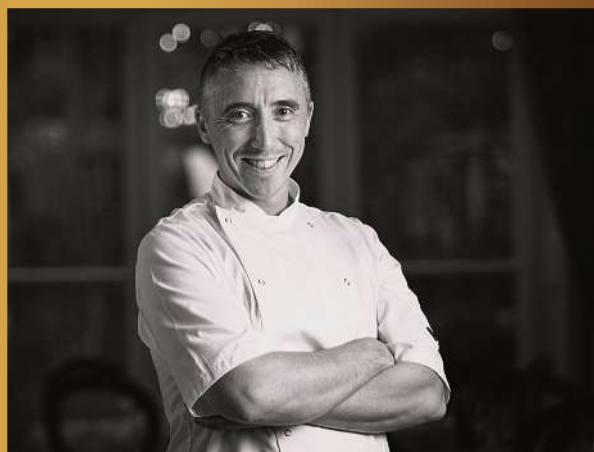
High blood sugar levels activate several inflammation and growth promoting genes, that produce for example tumor necrosis factor alpha (TNF) - a master inflammation booster, and insulin growth factor 1 (IGF-1), promoting uncontrolled cell division. Suppressing this inflammation with drugs however interferes with the only system that is able to

fight cancer: the immune system.

Therefore, to cut cravings and have energy, do not eat often and small including sugary snacks - quite the opposite. Move away from carbohydrate-rich breakfasts and tuck into a hearty egg-based one if you wish to avoid sugar cravings later in the day. Avoid snacking - or rely on protein and fat based snacks such as nuts, seeds, hummus or guacamole with vegetable crudites. Eat three well balanced meals and eat only during 8 hours in the day (e.g. 9am to 5pm) which allows your body to fast and repair for the rest of the day. Strong coloured vegetables, herbs and spices can decrease inflammation - but if you struggle with any chronic inflammatory condition, get to the root of it!



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POSITIVE PARENTING



Celebrating children's rights on Universal Children's Day

Universal Children's Day is officially celebrated on Monday, November 20, but people around the world are holding events all this week.

Universal Children's Day marks the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child. Ireland ratified the Convention on the Rights of the Child in 1992.

Why is this so important? It recognises, on a global scale, that children have special rights and all children deserve to have those protected. Everyone has a role in protecting the rights of children: governments, schools, communities, families and parents. Parents, as the first carers and protectors of children, have a special role to play. Below is a summary of some of the rights included in the Convention and ideas as to how parents can help protect those rights.

Children have the right to care and to be part of a family. All children need love and affection—for babies, parents and carers show this by holding them close and responding quickly to their needs. As children grow older, they still need as much love and affection, although this may look different. Babies need to be held and



Yoga instructor Aisling at the morning event in the Crescent Shopping Centre to celebrate Universal Children's Day

talking, reading and playing with your child. As they grow, this continues, but parents also have an important role in ensuring their child attends school and advocating for their child if any issues arise

Children have the right to play. This is how children learn, and all children should have access to open, safe spaces where they play, explore and spend time with their friends.

Children have the right to use their voice and have it heard. Children, of all ages, have the right to express their views on what happens to them, and, as far as is possible, have their views respected. Parents play a pivotal role in listening to children and supporting them to express their views.

This is just a taste of some of children's rights. If you would like more information on the UN Convention on the Rights of the Child, please see www.itsyourright.ie for a child-friendly explanation. Discussing this with your child can be a great way to explore your child's understanding of their rights and the rights of all children. It can open up a discussion of how family and government should support the rights of children in Ireland and around the world. If you are struggling as a parent in supporting the rights of your child, please see www.loveparenting.ie for a range of services that can help you.

cuddled often; teenagers need to know that you are still there to provide safety and a warm hug even if they seem to be pulling away

Children have the right to food, clothing, a safe place to live and to have their basic needs met. If, as a parent, you struggle to provide any of

these things for your child, the government has a responsibility to support you and your child to meet their basic needs.

Children have the right to an education. Education is essential so that all children can reach their full potential. In the early years, this means

Top Tips - to Help Your Child use their Body in Healthy Ways

To celebrate Universal Children's Day on November 20, the team at loveparenting.ie, Parenting Limerick and ABC Start Right held a Baby and Toddler Master Class in the Crescent Shopping Centre. Baby Yoga can be a great way to have a lot of fun with your child while helping them develop body awareness, use their body in healthy ways and manage stress through breathing, awareness, meditation and healthy movement. Below are some top tips to help you and your child develop these skills at home.

- For small babies, tummy time is really important to help them develop their neck, head and upper body strength which they will need to crawl and pull up to standing
- Music and dancing is a great way to get children of all ages moving and laughing. With babies, singing nursery rhymes, doing funny movements and shaking a rattle can be great ways for engaging them in movement. For older children, clearing some floor space, playing some music and having a dance party gets you all moving, being creative and having fun together
- Becoming aware of their breath and using their breathing to manage emotions is a great skill to teach children. Practice being still and noticing your breath in times of calm with your child; if your child gets angry or frustrated, remind them of how to use their breath to calm down and guide them through it
- Run, Jump, Skate, Cycle... It doesn't have to be organised sport, but help your child to get in the habit of doing short bursts of exercise that raise their heart rate. This kind of exercise not only helps us keep our bodies strong, but it releases hormones that help us manage stress and make us feel better.



LIMERICK'S CHRISTMAS GIFT GUIDE



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PICTURE SPECIAL



PICTURES CAN BE PURCHASED FROM THE LIMERICK LEADER AT 54 O'CONNELL STREET OR FROM PICTUREORDERS@LIMERICKLEADER.IE

SCIENCE WEEK AT UL: ANIMAL MAGIC ROADSHOW GOES DOWN A TREAT



The University of Limerick hosted a Animal Magic Roadshow interactive presentation with hands on experience involving live animals as part of its Science Week programmes for primary and secondary school students. Getting a little too close for comfort with a Boa constrictor at the Animal Magic Roadshow was Kate Breslan, St. Conaires National School, Shannon PICTURES: ALAN PLACE



Caoimhe McKay getting quite close with a bearded dragon



Getting a little too close for comfort with a Boa constrictor at the Animal Magic Roadshow, was Lily Copely, Crusheen National School



Getting friendly with a Boa Constrictor at the Animal Magic Roadshow was Freya Evans St. Conaires NS, Shannon



Aleks Urbanski pets the bearded dragon

PICTURE SPECIAL



Niamh Rodgers and Aidan Sage, St. Conaires National School, Shannon



Oran Mulqueen St. Conaires National School, Shannon



Aleks Urbanski and Caoimhe McKay, holding a Burmese python



Hannah Cusack, St. Conaires National School, Shannon



Sarah O'Donnell, Ruan Ketelaan and Stephen O'Brien, Crusheen National School



Niamh Rodgers St. Conaires National School, Shannon



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Richard Lynch

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Spotlight on abuse

Purple Up Limerick rally against violence against women

THE Purple Up Limerick rally will take place this Friday, November 24 to put a spotlight on men who have abused women as part of the International 16 Days of Action Campaign.

People in Limerick will wear purple and carry purple flags and banners to meet at the junction of Thomas St. and O'Connell Street in the city centre, by kind permission of the Council, for a rally at 12 noon to 2pm with a spotlight on men who abuse 1 in 5 women in Ireland.

Two hundred and twelve lights will be lit with the name of each of the 212 women who have died violently in Ireland in the last 21 years.

At 12:30pm the National Moment of Silence will be observed in memory of those stolen lives. Many men's and women's groups and clubs, from all over the county are coming. The Northside Men's Shed members have made placards. The Men's Sheds members from around the county will attend the event wearing MAN UP t-shirts. Purple balloons will decorate the area, purple hats, scarves, coats, and sashes will be worn. City Hall, Merchants Quay, will be lit up in purple on the day.

The aim of the 2017 'Purple-Up Limerick' campaign is to highlight the prevalence of violence against women in Limerick and stand in solidarity with those who are affected by abuse and violence in their close relationships and by doing so turning the spotlight on abusers and sending a message to them that Limerick will not tolerate abuse of our women and girls.

The Purple Up Limerick rally is action Limerick Local Area Network on Violence Against Women (LAN) is taking as part of the International 16 Days of Action Opposing Violence Against Women.

Show your support of this international campaign and join in solidarity against violence against women, so Limerick and the world can work

Two hundred and twelve lights will be lit with the name of each of the 212 women who have died violently in Ireland in the last 21 years

towards the elimination of all forms of violence against women. Shops, schools, credit unions, banks, offices and organisations are asked to dress their windows with purple balloons and crepe paper streamers which are available in Purple Up Packs, and display posters supporting the Campaign. To avail of a Purple Up Limerick Pack please contact Deirdre Barrett at development@ad-aptservices.ie or call 061 412354.

Eleven companies awarded for special achievements at Regional Business Awards

Roadbridge was hailed Overall Business of the Year at the 2017 Limerick Chamber Regional Business Awards. The awards, sponsored by LIT, were announced at the Limerick Chamber President's Dinner at the Limerick Strand Hotel.

Over 400 of the region's top business leaders and government officials attended the annual dinner and awards ceremony which featured a keynote address by Niall Gibbons, CEO Tourism Ireland.

Presenting the Overall 2017 Business of the Year award, Limerick Chamber President Ken Johnson, praised Roadbridge for its innovative approach and continuous investment in its staff and services and noted that "Roadbridge is a forward-looking company that has achieved significant growth through completing major projects in the transport, renewables and energy, utilities, commercial, industrial waste management and



The Purple Up Limerick rally will take place this Friday, November 24 to put a spotlight on men who have abused women as part of the International 16 Days of Action Campaign



At the Limerick Chamber Regional Business Awards - Donal Creaton, HOMS who won the Best Large Business Award, Conor Gilligan of Roadbridge who won Overall Business of the Year and Ken Johnson, president Limerick Chamber PICTURE: SHAUNA KENNEDY

leisure sectors. "

In addition to the 11 business awards contested on the evening, a special President's award was presented by Pres-

ident Ken Johnson. Congrats to all.

Chris Kelly pins down position as Limerick's Best Young Entrepreneur 2017

Chris Kelly from Pinpoint Innovations has been chosen as Limerick's Best Young Entrepreneur 2017 (IBYE) at a gala ceremony in the Strand Hotel.

Chris has also been selected as the Best Start-Up Business during the event which was attended by Mayor of the City and County of Limerick, Cllr Stephen Keary, Minister of State at the Department of Finance Patrick O'Donovan and guest speaker Colm O'Brien, CEO of Carambola Kids.

IBYE is a programme run by the 31 Local Enterprise Offices (LEOs), including LEO Limerick with the support of the Department of Business, Enterprise and Innovation and Enterprise Ireland. The competition is open to people between the ages of 18 and 35 with an innovative business idea, new start-up or established business.

Now in its 4th year, IBYE has an investment fund of up to €2 million and there is a €50,000 county investment fund on offer to local winners and runners-up in Limerick.

The overall winner was 20-year-old Chris Kelly from Clarina, Co Limerick. His company is Pinpoint Innovations Ltd, which has developed Tracworx in collaboration with the peri-operative care team at the University Hospital Limerick. Tracworx is a patient tracking system that creates a holistic patient journey, driving hospital efficiencies, ultimately leading to better patient care.

Chris said: "I was delighted and shocked to win the Best Start-Up Business award and I was absolutely ecstatic when I was announced as the overall winner. The prize money is going to be huge for our busi-

To see lots of great Limerick videos, look under the 'Media' section in our website, www.ILoveLimerick.com



Steps are playing at Thomond Park on Friday, July 6, 2018 and tickets are on sale now



Tony Cusack, Director, Emma O'Driscoll, Princess Sukyaki, and Jason Ronan, Aladdin at the launch of Limerick Panto Society's 'Aladdin'

Aladdin flies into the Lime Tree

LIMERICK Panto Society was founded in 1985 with the purpose of creating and keeping Panto tradition alive in Limerick. The group is busy preparing for this year's production Aladdin, which will be staged, at the Lime Tree Theatre from December 28 to January 7, 2018. This year the Society lost one of its founder members, John Finn – John penned the original script for Aladdin.

John was a warm and generous man and many tributes have been paid to him since his sad passing. The Panto Society are devastated by his loss and while it is a difficult time for all involved – John would say, "The Show must go on". John was a man of many talents – he wrote the script, painted the set, drove the truck, made the teas and coffees and of course he starred in nearly all of the previous productions. He has left a huge vacuum in the local theatrical scene but in particular in the Panto Family. They dedicate this year's production to his memory and assure his family that they will continue to build on his fantastic legacy.

This season's offering will be the society's 33rd annual production has commenced in January 1986 with Cinderella. Tim Cusack will again play the Dame 'The Widow Twankey' and my lovely friend Emma O'Driscoll as Princess Sukiyaki. Panto newcomer Jason Ronan will play Aladdin and Paul Fitzgerald of Limerick's Live 95FM plays the Genie of the Lamp.

The Society continues its policy of supporting children's charities and this year the Charity Night is in aid of The School for the Deaf. For tickets and info visit www.limetreetheatre.ie.



The overall winner, and crowned Limerick Best young Entrepreneur for 2018 is Chris Kelly at Ireland's Best Young Entrepreneur (IBYE) Limerick county final that took place at the Strand Hotel

PICTURE: SEAN CURTIN/TRUE MEDIA



Richard pictured with author Hugh McMahon who has just released his book 'Tall Tales from Limerick City'

PICTURE: FRANCES WATKINS/ILOVELIMERICK

ness. We will be scaling up, add a few more members to our team, so fingers crossed it will add benefit to Limerick as well."

Category winners will go forward to represent Limerick in the regional finals on Tuesday, January 16, 2018 in Ballygarry House Hotel, Tralee, Co Kerry where they will compete with the winners from Kerry, Clare and Tipperary for the right to compete in the national finals.

The National Finals will take place on Sunday, March 4, 2018 at Google HQ and the winners of the competition will share in an investment fund of €100,000.

'Tall Tales from Limerick City' by Hugh McMahon

By ilovelimerick correspondent Frances Watkins

Last week, 'Tall Tales from Limerick City' by Hugh McMahon was launched at Shannon Boatclub on Sarsfield Bridge. The book is a collection of 122 illustrated stories of folklore, history and humour from Limerick.

There are five chapters in the book describing the history, places, religion, people and sport. Some of the stories are based on real historical events, others are anecdotal and some stories are rather fanciful hearsay. Every page features a different illustrated story and the collection cover a range of topics; from mythological prehistory to modern events. The book is an accessible and entertaining collection, which

will appeal to anybody, interested in the local history and folklore of Limerick.

Hugh McMahon is an artist, art teacher and art therapist born in Limerick in 1976. He was raised in Coonagh, north side of Limerick City and he studied painting in Limerick School of Art and Design (LSAD) and has produced two other comic books of local folklore and humour 'Limerick Folktales' (2014) and 'Limerick Slang' (2016).

'Tall Tales from Limerick City' retails at €10 and is available from O Mahony's Bookshop, Crescent Bookshop, Copy That, Henry Street and Wild Ireland, Nicholas Street. See www.hughmcmahon.com.

Steps Tour comes to Thomond Park this July

A Steps gig has been announced for Friday, July 6, 2018 at Thomond Park with tickets on sale now. Steps will be joined by boyband Blue and pop sensations Aqua. The gig is part of Steps Grand-slam 2018 tour, which will be taking place in the UK and Ireland next summer.

The tour follows the release of Steps' latest album 'Tears On The Dancefloor' which was released to mark their 20th anniversary of working in music. Lisa, Claire Richards, Faye Tozer, Ian 'H' Watkins and Lee Latchford-Evans have been twenty years at the epicentre of British pop.

Steps are joining the long list of acts that have previ-

ously played at Thomond Park including Bruce Springsteen, Pink, Bob Dylan, Rod Stewart and Elton John amongst many more. These huge acts bring thousands of music fans to Limerick and are wonderful events in terms of atmosphere and creating revenue for the city. The Bruce Springsteen concert in 2013 generated around €2 million alone for Thomond Park. The stadium can host around 26,000 music fans with both pitch standing and seated options. See www.stepsofficial.co.uk.

And finally...

If anyone wants to keep tabs on what I am up to around Limerick, you can find me on Facebook as Richard Lynch and Twitter @Richanthon. If you have a good news story about Limerick I could share on this page, you can contact me via email at Richard@ILoveLimerick.com.

Look forward to hearing from you!

**Love to you all
Richard (Richanthon) x**

PICTURE SPECIAL

LIMERICK SCHOOL OF ART AND DESIGN: CONFERRING CEREMONY



Pictured at the LSAD conferring ceremony were Professional Master of Education Art & Design with Digital Media graduates Lisa O'Neill, Rebecca McDermott, Katie Deegan and Aoife Sullivan

PICTURES: ALAN PLACE



Pictured at the conferring were BA (Hons) in Art Printmaking and Contemporary Practice graduates Ciara Barker and Roisin McCabe with BA (Hons) in Fine Art Sculpture and Combined Media graduate, Courtney Sharos



Pictured at the conferring were BA (Hons) in Fine Art Photography and Lens Based Media graduates, Lisa Collins and Becca Conway



Pictured at the conferring were BA (Hons) in Fine Art Printing and Contemporary Practice graduates Sorcha Finan Peyton and Carmel Bergin



Pictured at the conferring was BA (Hons) in Fine Art Printmaking and Contemporary Practice graduate, Brenna Hourigan, Bruff with her nieces, Ronin (7) and Fearne (2) Tierney



Pictured at the conferring were graduates Saerlraith Molloy, Ciara Drennan, Paddy O'Dywer and Rachel Myles

Motors

www.limerickleader.ie/motors

SKODA

Real ambition from the new Karoq

TRISH WHELAN

CarAndTravel.ie

SKODA'S Karoq, the second model in the brand's SUV offensive, will arrive here in early December in time to order for January 2018.

Prices start from €27,715 for the entry level model.

Features include new technologies such as a digital information display and a new 1.5 petrol engine will be part of the line-up for the first time in a Skoda.

Karoq sits just below the Kodiaq in the brand's line-up and offers big space and functionality for five people. Size-

wise, it is larger than the Skoda Yeti which it replaces.

Customers have a choice of engine variants ranging from 116bhp to 150bhp with three DSG offerings as well as a 150hp 4x4.

Petrol engines are a 1.0 116hp and DSG; and a 1.5 150bhp. Diesels are a 1.6 116hp and DSG; and a 2.0 with 150bhp 4x4, and 4x4 DSG.

The optional Vario-Flex seats can be adjusted forward and back, folded or completely taken out allowing for the boot space to increase to a huge 1,810 litres.

There's also an umbrella beneath the passenger seat

and the option of an electric tailgate.

It comes with a host of new technologies including driver-assistance systems and full LED headlights. A first in a Skoda is the digital instrument panel which allows the driver to view numerous pieces of information at the touch of a button. The top navigation systems, Columbus and Amundsen, offer a Wi-Fi hot-spot. A wireless phone charger can be added.

Two trims are offered: Ambition and Style.

Standard on the Ambition trim are 17-inch alloys, an 8-

inch touch screen Bolero radio, 2-zone air conditioning, rear parking sensors, Smart Link+ and chrome roof rails and window surrounds.

The style trim adds 18-inch alloys, 9.2-inch Columbus touch Screen Sat Nav, Sim card slot for Skoda Connect, a rear view camera, DAB radio and keyless entry with Start/Stop button.

At the car's launch, Mark Mulvaney, PR manager at Skoda Ireland said this is a hugely important vehicle for them moving into 2018 and one they see taking Skoda's SUV range to the next level.



The new Skoda Karoq is the replacement for the older Yeti model and will aim to take market share away from similar sized SUVs like the Nissan Qashqai and Hyundai Tucson


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

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Informal enquiries regarding the above post can be made to Declan Deegan at 061- 485821. Job Description and further details for this post is available from the Human Resources Department on 061-201708 or Milford Care Centre website www.milfordcarecentre.ie Interested applicants should submit a letter of application and an up to date Curriculum Vitae (unbound) including names, addresses and contact details of three referees not later than 4.00 pm on Friday, 1st December 2017 to Declan Deegan, Head of Human Resources, Milford Care Centre, Castletroy, Limerick. Short-listing will apply. Applications may also be emailed to recruitment@milfordcarecentre.ie

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SPORT

Tuesday, November 21, 2017

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Van Graan takes the reins at Munster

MUNSTER RUGBY NEWS

By COLM KINSELLA
e-mail: ckinsella@limerickleader.ie
Twitter: @ckSportLeader

MUNSTER'S new head coach Johann van Graan has joined up with the squad after completing his time with South Africa.

Van Graan presented the South African players with their match jerseys ahead of their autumn international victory over France in Paris on Saturday evening.

Tweeting about van Graan's departure from the Springboks, the South African Rugby Union wrote: "Johann van Graan, the Springbok lineout coach, presented the team with their match jerseys on Friday in Paris. He joins Munster from next week after a six year stint with the Boks."

Van Graan will take charge of Munster for the first time in their Guinness PRO14 clash with Zebre at Stadio Sergio Lanfranchi on Sunday at 1.30pm Irish time.

Munster currently sit in second place in the PRO14 table, 12 points behind leaders Glasgow Warriors. While Munster have won five of their opening eight fixtures this season, Zebre sit second-from-bottom in Conference A after recording two wins from their opening eight fixtures.

Munster centre Chris Farrell made his Ireland international debut in Saturday's hard fought win over Fiji at the Aviva Stadium.

Farrell said: "I enjoyed it as much as I could. It feels amazing to have my debut. It took a little detour to get here. I went around the world, went to France (Grenoble) and came back (to Munster), but it was always in my goals to come back, and hopefully get a chance to play at this level."

"Thankfully that came. I just need to build on that. Because one cap is nothing. It's all about building on that, and hopefully putting in a few more performances."

Meanwhile, Munster report that ticket sales for their crucial Champions Cup clash against Leicester Tigers at Thomond Park on Saturday, December 9, 7.45pm, have surpassed the 20,000 mark.



Kevin Downes of Na Piarsaigh celebrates with team-mate Kieran Daly, left, after the AIB Munster GAA Hurling Senior Club Championship Final

Double vision needed for Na Piarsaigh and Limerick

HURLING ROUND UP

By JEROME O'CONNELL
e-mail: joconnell@limerickleader.ie
Twitter: @JeromeSport

LIMERICK senior hurling manager John Kiely and his Na Piarsaigh counterpart Shane O'Neill are to devise a plan of action for the next three months with 10 players common to both panels.

Newly crowned Munster club hurling champions Na Piarsaigh now wait 12-weeks for their All Ireland club SHC semi final with Ulster champions Slaughtneil on Saturday February 10.

If Na Piarsaigh overcome the Derry champions, they will be Croke Park bound on March 17 to play Cuala (Dublin), Kilcormac-Killoghey (Offaly) or Galway duo Gort or Liam Mellows.

For the next three months, as the Caherdavin men prepare for their semi final, the Limerick senior hurlers will also swing back into action with the Munster League most likely on Wednesday nights throughout January and the Allianz League commencing on January 28.

Limerick are working with a 38-man panel at present - 10 from Na Piarsaigh.

saigh.

Among that 10 are first time call-ups for U-21 players Conor Boylan and Tommy Grimes.

There is also a return after a cruciate ligament injury for Kevin Downes. The towering full forward is one of 12 Na Piarsaigh players that won a fourth Munster club SHC medal on Sunday.

While the Caherdavin men are favourites to add another All Ireland title next March, Downes isn't looking beyond the semi final.

"It's not the exciting thing to say but we take it one game at a time - we got caught be-

fore, in 2011 and '13. We are going to have to take this one more game at a time. It will be in February and conditions could be anything and no matter who you are playing at this stage it will be a serious test," said Downes.

"It's an All Ireland semi and we are no fools and we won't look past that," he stressed.

"We will enjoy this for as long as we are allowed but then we will be chomping at the bit for February," said Downes.

He revealed that his personal journey back from injury made Sunday's

provincial titles all the "sweeter".

"It's very sweet and personally it makes it sweeter after the year I had. Doing a cruciate can be a lonely road, doing a lot of work on your own - looking out at guys training and you are in the gym on your own doing what seemed like stupid exercises at the time. I was back in May-June and it was mid-Summer and I needed games and it can be frustrating with some good days and some poor days - it's great now to have games under my belt and looking forward to more," said Downes.

SCHOOLBOY SOCCER NOTES & FIXTURES



The O'Neill Family Geraldines U-14 Most Improved player of 2017 was won by Daniel Palache, pictured receiving his award from Michael O'Halloran and Des Fitzgerald



Harry Bennis is pictured receiving Sonny Coughlan Memorial player of 2017 from Geraldines Club chairman Dave Connolly and Joe Pond Deputy Mayor of Limerick

Aisling Annacotty

U/15: Our U15Ateam returned to League action on Saturday with a 4-1 win over Mungret. Despite a heavy pitch the home side played some very attractive football but having squandered some early chances found themselves behind having failed to deal with a corner from the visitors. An immediate response saw Christopher Nwanko upended in the Mungret area and Chris dusted himself off to coolly slot the first of 2 penalties, the second given for a foul on Eoghan Burke following a strong run into the penalty area. However, the best moment of the first half was yet to come when following a splendid interchange between Kai Joyce and Ronan O'Dwyer, Jack O'Connor dispatched a clinical header from 8 yards to give the home side a 3-1 lead at the break. The second half saw Mungret push hard to get back into the game but the chance was lost when they missed a penalty midway through the second half. The game was then put to bed when Christopher topped off an outstanding day, finishing from close range to complete his hat-trick and seal the victory for the home side. Those to do well included Conor Arthur, Alex Keehan and man of the Match Chris Nwanko.

Geraldines

RACE EVENING: On last Sunday evening in the Track Bar the club held a very successful Twilight Race Evening which was a family fun day as all the younger children enjoyed their face-painting. As on the race front the ten races proved to be a total hit with some top class finishes and a lot of those present went home with some extra euros in their pockets. The club would like to thank all who made this such a brilliant evening and the following were our race sponsors: Limerick Paint Supplies, Clareview Motors, The Moose Bar, Shannon Ices and Tony Murphy, Carphone Installations Christy O Connor, The Track Bar, Aidan Frahill Motors, Tony McElligott Motors and Joe Cussen of Cussen and Associates. A big thanks also to all who took out Adverts in the race programme and to all who bought horses this was very much appreciated. The club would like to thank John Tobin of the Track Bar for hosting this superb night as we rounded off this fund-raiser in great style with music from the Garrywen Ramblers all in all a massive thanks to all who played their part in this top class evening and night. **ON FIELD:** On the playing front it was a rather quiet Saturday morning with only one competitive game and two non-competitive games. The clubs U9s hosted

Janesboro and once again it was great to see both sides turning on the style on a damp and dreary morning as we lined out as follows: Evan Byrne, Aaron McNamara, Jay Walsh, Dean Connery, JJ Curtin, James Davies, Nathan Kelly, Conor Neill, Sean O Dwyer, Luke O Shea, Will Drewrey and Owen McNamara. **U/11:** The U11s also saw action as this side who are all still playing in the ten grade played an impressive Aisling outfit in Garryowen and we notched one goal through Ryan Hogan. This is a great learning curb for this side as they are enjoying their football as the following was our line-up: Liam O Regan, Sean Lagzdins, Keith Mullins, Aoife Fitzgerald, Josh Nestor, Micheal Donnellan, Josh Davies, Sean O Donoghue and Oisín Clancy. **U/13:** It was out to the county for the clubs U13s as we played Mungret in this mid-table clash. On a heavy pitch both sides must be complimented for the fare they served up. In the opening salvos of this game both outfits had openings and mid-way through this half we went one down as the home sides centre forward slotted a mid-area effort by Liam O Byrne. After this we went close and just prior to the break we got on terms as Stephen Cropper, Jake Quinn and Liam Chambers all played their part in the build-up with the lathers sublime ball being latched onto by Conor McMahon who from 18 yards dually

flashed it to the net. On the turnover it was end to end but some top class net-minding from each custodian saw them keeping their goal intact for the entire second half as in the end a share of the spoils was the fairest outcome. **LOTTO:** The club lotto is on-going tickets are just €2 each and can be got from many sources. The club would like to thanks Fords Chipper on John Street as once again they provided their best for our recent schoolboy awards as their top class food was much appreciated by all. **DATE FOR DIARY:** Some dates to be pencilled into the diaries in the coming weeks as the club will be Bag Packing in Dunnes Stores in the Parkway on two Thursdays those being December 14th and 21st from 10am to 6pm and if anybody can free up some time on either day it would be great to give a helping hand at the bag packing. The club will host a Children's Christmas Party on Sunday December 17th in Jerry O Deas from 3pm to 6pm, tickets for same are €5 and can be got from Laura Mulqueen. **SYMPATHIES:** Finally all in the club would like to express its deepest sympathy to the Butler Family on the sad passing of Joe Butler better known as Josie. He was part of a Dines team back in 1954 that won the league and North Munster Cup, to his wife and family we extend our deepest sympathy.

SCHOOLBOY/GIRL LEAGUE FIXTURES

Saturday, 25 November
SFAI, U-12 SKETCHERS CUP, ROUND 3
 Killarney Celtic v Caherdavin Celtic 12.00 Killarney
 Geraldines v Shannon Town 11.am Garryowen; A. Keogh

SFAI, U-13, TROY CUP, ROUND 3
 Carew Park v. Corbally United 11.am Carew Park Mike Monaghan

U-14, SFAI GOODSON CUP, ROUND 3
 Killarney Celtic v Shelbourne 2.pm Killarney
 Caherdavin Celtic v Summerville Rovers 11.am Greenhills; D. Power

U-8 RED GROUP
 Shelbourne 1 v Regional United 1; 9.45 Shelbourne Park
 Pike Rovers v Aisling Annacotty 1; 9.45 Pike Grounds;
 Aisling Annacotty 2; v Carew Park 9.45 Newtown Park
 Lisnagry 1 v Mungret Regional 1; 9.45 Scanlon Park

U-8 BLUE GROUP
 Newport Town v Limerick FC 9.45 Newport;
 Fairview Rangers v Janesboro 9.45 Fairgreen;
 Aisling Annacotty 3; v Caherdavin Celtic 9.45 Newtown Park;
 Corbally United v Geraldines 9.45 Athlunkard;

U-8 GREEN GROUP
 Star Rovers v Regional United 2; 9.45 Lee Estate;
 Parkville v Aisling Annacotty 4; 9.45 Knockalisheen;
 Caherconlish v Shelbourne 2; 9.45 Caherconlish;
 Moyross United v Mungret Regional 2; 9.45 Moyross;
 Lourdes United v Lisnagry 2; 9.45 Hyde Rangers Pitch;

U-10 RED GROUP
 Aisling Annacotty 1; v. Mungret Regional1; 11.am Newtown Park F. O'Neill
 Regional United 1 v Aisling Annacotty 2; 11.am Dooradoyle; A. Whelan
 Limerick v Carew Park 11.am Hogan Park; A Walsh
 Fairview Rangers1; v Pike Rovers; 11.am Fairgreen; B. Higgins

U-10 BLUE GROUP
 Aisling Annacotty 3; v Coonagh United 12.30 Newtown Park F. O'Neill
 Parkville v Caherdavin Celtic 11.am Knockalisheen; D. Brosnan
 Corbally United 1 v Ballynanty Rovers 11.am Athlunkard; J. McNamara
 Shelbourne 1, v Newport Town 1; 11.am Shelbourne Park J. Curran

U-10 GREEN GROUP
 Moyross United v Corbally United 2; 11.am Moyross; T. Joyce
 Janesboro FC v Mungret Regional 2; 11.am Pearse Stadium; M. Kirby
 Aisling Annacotty 4; v Lisnagry1; 2.pm Newtown Park F. O'Neill
 Geraldines, v Regional United 2; 1.pm Garryowen; A. Keogh

U-10 BROWN GROUP
 Pike Rovers 2 v Aisling Annacotty 5; 11.am Pike Grounds; J. O'Halloran
 Lisnagry 2 v Shelbourne 2; 11.am Scanlon Park J. Clancy
 Star Rovers v Caherconlish 11.am Lee Estate; T. Mannion
 Corbally United 3 v Mungret Regional 3; 12.30 Athlunkard; P O'Brien
 Regional United 3 v Bridge Celtic 12.30 Dooradoyle; T. Mannion

U-12 PREMIER LEAGUE
 Aisling Annacotty B v Regional United 2.pm Annacotty AWP; J. Galvin
 Aisling Annacotty A v Mungret Regional A 3.30 Annacotty AWP; J. Galvin
 Fairview Rangers A v Newport Town A 12.30 Fairgreen; B. Higgins

U-12 DIVISION ONE LEAGUE
 Corbally United A v Bridge Celtic A 2.pm Athlunkard; P O'Brien
 Granville Rangers v Pike Rovers A 11.am Glenbrook; D. Weldrick
 Shelbourne A v Lisnagry 12.30 Shelbourne Park J. Curran

U-12 DIVISION TWO LEAGUE
 Parkville F.C v Mungret Regional B 12.30

Knockalisheen; D. Brosnan
 Mungret Regional B v Fairview Rangers B 12.30 Mungret; A. Galvin

U-12 DIVISION THREE LEAGUE
 Shelbourne B v Corbally United B 2.pm Shelbourne Park K. McNamara
 Newport Town B v Aisling Annacotty D 11.am Newport; J. Mulligan
 Mungret Regional C v Caherconlish 11.am Mungret; A. Galvin

U-14 PREMIER LEAGUE
 Regional United A v Mungret Regional A 12.30 Dooradoyle; A. Whelan
 Aisling Annacotty A v Fairview Rangers A 11.am Annacotty; M. Bourke
 Newport Town A v Corbally United A 12.30 Newport; J. Mulligan

U-14 DIVISION ONE LEAGUE
 Aisling Annacotty C v Carew Park 11.am Kilonan; L. Hughes
 Aisling Annacotty B v Geraldines 12.30 Kilonan; L. Hughes
 Corbally United B v Parkville F.C 12.30 Athlunkard; J. McNamara
 Janesboro v Newport Town B 12.30 Pearse Stadium; M. Kirby

U-16 PREMIER LEAGUE
 Mungret Regional v Granville Rangers 2.pm Castlemungret; D. Downing
 Regional United A v Aisling Annacotty A 2.pm Dooradoyle AWP; R. Broe
 Fairview Rangers A v Corbally United A 2.pm Fairgreen; B. Higgins

U-16 DIVISION ONE LEAGUE
 Ballynanty Rovers v Aisling Annacotty C 11.am Shelbourne Park G. Clancy
 Newport Town v Geraldines 2pm Newport; J. Mulligan
 Corbally United B v Aisling Annacotty B 2.pm Athlunkard; J. McNamara

Sunday, 26 November, 2017
U-12, SUBWAY INTER LEAGUE
 Limerick Desmond League v. Limerick District Schoolboy League; 2.pm Rathkeale

Limerick Desmond League v. Limerick District Schoolboy League; 3.pm Rathkeale

SFAI, SUBWAY, U-15, INTER LEAGUE
 Limerick District Schoolboy/Girl League v. Clare League 11.30 UL (AWP)

RESULTS

Saturday, 18 November, 2017
U-13, SFAI SKETCHERS CUP, ROUND 3
 Aisling Annacotty A 2, A K United 1
 Corbally United v Carew Park (off)
 Shannon Town 2, Pike Rovers 1
 Avenue United 6, Janesboro 0
 Limerick 1, Shelbourne 5
 Regional United 4, Nenagh 5

U-15, SFAI, EVANS CUP ROUND 3
 Camp juniors 2, Janesboro 0

U-13 PREMIER LEAGUE
 Aisling Annacotty B v Mungret Regional A; off

U-13 DIVISION ONE LEAGUE
 Caherdavin Celtic v Newport Town A; off
 Parkville A v Ballynanty Rovers; off
 Bridge Celtic A 9, Summerville Rovers 1

U-13 DIVISION TWO LEAGUE
 Shelbourne B v Fairview Rangers B; off
 Mungret Regional B 1, Geraldines 1
 Regional United v Janesboro off
 Lisnagry v Corbally United B; off

U-13 DIVISION THREE LEAGUE
 Granville Rangers v Newport Town B; off
 Corbally United C v Regional United C; off

U-15 PREMIER LEAGUE
 Fairview Rangers A v Newport Town A; off
 Summerville Rovers v Caherdavin Celtic; off
 Aisling Annacotty A 4, Mungret Regional 1

U-15 DIVISION ONE LEAGUE
 Corbally United A, v Newport Town B; off
 Shelbourne F.C v Aisling Annacotty C; off
 Aisling Annacotty B 2, Regional United B 4
 Fairview Rangers B v Corbally United B; off

LDSL Delegate Meeting
 A Delegate Meeting will be held on Monday, 20 November, 2017, in Mungret Regional F.C Club commencing at 7.30pm. It is imperative that all Clubs affiliated are represented at this meeting; Clubs not represented will be fined as per rule

BASKETBALL - NATIONAL LEAGUE WEEKEND REVIEW



Celtic Pride: Matt St Armour of LIT Celtics goes to the basket in his side's win against Titans Galway last weekend

Limerick Celtics secure third win

BY LEADER REPORTER
e-mail: sport@limerickleader.ie
Twitter: @LimkLeaderSport

IT was a mixed bag for LIT Celtics last weekend as they won one game and lost another in the Mens Division One basketball league.

LIT Celtics had a good win over Galway Titans on Saturday night in St Munchin's College.

A large crowd turned up to cheer on the Limerick Mens team and were treated to a great evening of fast and skilful basketball.

From the tip off, LIT Celtics were firing on all cylinders with Jordan Hehir and Tommy Walsh accounting for the opening 12 points.

Celtics were working hard on both ends of the floor and the workrate was definitely paying off on the night with the Limerick men growing in confidence and extending their first quarter lead to 14 points.

Double men's player of the month, Matt St Armour, was

once again causing havoc for the Galway side and with Cian O' Reilly, Emmett Brown and Ciaran Woods knocking in open scores the Limerick side finished the half on a 52 to 32 scoreline.

Conor Byrne, Aidan Holden, Dylan O'Dwyer and John Bridges added some more fine scores in the third quarter to extend the Limerick lead to 30 points and with Jordan Hehir, Tommy Walsh and Matt St Armour scoring inside an outside the arch, the LIT Celtics finished off a fine display with a 94 to 67 win.

Top scorers for LIT Celtics on the night were Matt St Armour 36, Jordan Hehir 22 and Ciaran Woods 13.

The following night, the LIT Celtics went to Ballincollig to take on their Munster rivals.

The Cork side have only lost one game this season and showed on the night why they are second in the table to unbeaten Neptune.

Matt St Armour 39, Tommy

Walsh 20 and Cian O'Reilly 10, were best for Celtics on a night when they trailed 49-32 at the half, before closing the game to 95-83 at the final whistle.

Next up for the Celtics is an away tie on December 9 against Paris Texas Kilkenny.

Meanwhile in the Women's Division One league, UL Huskies defeated Meteor 69-65 to go to 3-2 record from their opening five games.

Rachel Sheehan once more starred for the UL side with 36 points, while Orlaith Woods and Abbie Jeffrey both scored 10 each.

The Huskies now sit in fourth spot on the table just three points off of first spot currently occupied by Fr Matthew's of Cork who remain unbeaten.

Next up for the Huskies is a December 17 clash with Swords

UL HUSKIES 69-65 METEORS

Top scorers UL Huskies: Rachel Sheehan 36, Orlaith Woods 10, Abbie Jeffrey 10
Top scorers Meteors: Kate O Flaherty 20, Eimear Martin 19, Shannon Brady 12
Half time score: UL Huskies 32-33 Meteors

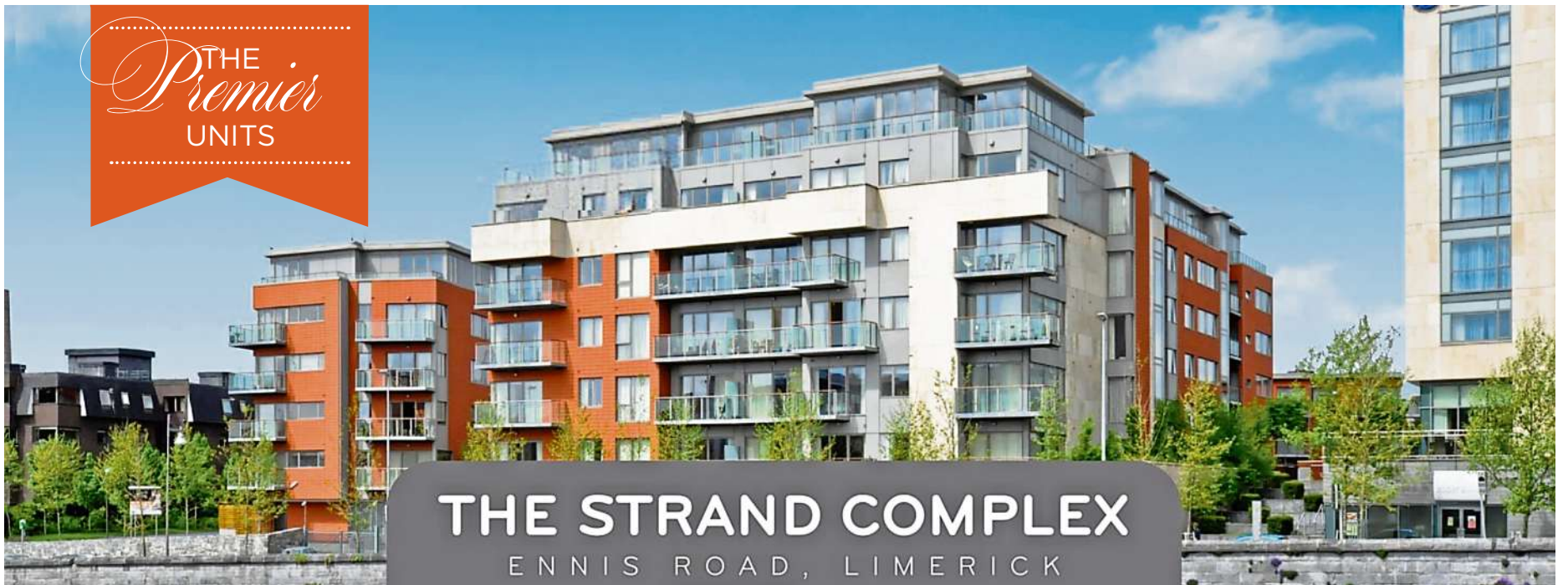


Jordan Hehir LIT Celtics shoots a three in their win over Galway Titans last weekend

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