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NEWS • ENTERTAINMENT • SPORT

Newbridge mother and child sleep in car for New Year

KIM O'LEARY
 editor@kildarepost.com

A Newbridge woman who says she is struggling to find emergency accommodation, and faces spending nights in her car, has issued an urgent appeal to Kildare County Council to

provide her family with a home in 2020. Speaking to The Kildare Post this week, Martha Ibe explained that she had previously lived in a house in Newbridge but experienced a number of issues.

SEE PAGE 4 FOR FULL STORY →



SHOCK OF BLUE FOR PANTO'S CHARLIES

Charlie Fadden and Charlie O'Donovan took part in the recent Prosperous Dramatic Society Christmas panto *The Grinch*, which took place at Prosperous Theatre. See more pictures on page 42.

PHOTO: TONY KEANE

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NEWS

Newbridge woman and child facing homelessness

KIM O'LEARY
editor@kildarepost.com

A Newbridge woman who says she is struggling to find emergency accommodation and faces spending the night in her car has issued an urgent appeal to Kildare County Council to provide her family with a home in 2020. Speaking to The Kildare Post, Martha Ibe explained that she had previously lived in a house in Newbridge but experienced a number of issues.

At present, she and her six-year-old daughter have spent several nights in emergency accommodation in a hotel this week. However, they face sleeping in a cold car at night as they struggle to find secured emergency accommodation every night.

"I'm on the road since last year, I've slept in graveyards before in the last year. Earlier this week myself and my daughter have had

to go for emergency accommodation in a hotel. I've been ringing the council all the time every single day to find us emergency accommodation. My daughter starts school in January and we've nowhere to go, this can't continue. We need help, we need a home and sleeping in a car in 2020 is not where we want to be," said Ms Ibe.

With temperatures dropping, enduring the cold nights is becoming increasingly tough, particularly as Ms Ibe says that she also has breathing issues. Ms Ibe claims that she has filled out or provided all of the required paperwork and is on Kildare County Council's housing list.

When contacted by The Kildare Post, Kildare County Council's housing department replied that it was not in a position to comment on individual cases.

"At this stage, I don't want emergency accommodation every night, we just want our own home," Ms Ibe said.



A mother claims she and her six year old are facing sleeping in a car this week and that she has been sleeping in emergency accommodation for the past week. PICTURE: FILE PHOTOGRAPH POSED BY M ODELS

INSIDE

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Kildare celebs to star in DWTS
PAGE 8



Plus all our regular weekly columns: Stylicious, Health, Cinema, Cookery, Motors, Sport, and more

Call for lorry ban in Straffan village

Kildare County Council has been asked to consider a HGV ban through Straffan village.

Councillor Naoise Ó Cearúil will raise the issue with officials at the next local municipal meeting.

Councillor Tim Durkan will also ask the council to provide an update in relation to completing the footpath connecting Straffan Gate housing estate with Straffan National School.

Councillor Durkan will also request that the council investigate the possibility of providing a lollipop person for both schools on the Celbridge Road, Maynooth.

The public representative also wants the provision of cycle lanes and footpaths on both sides of this route.

The politicians have tabled motions on these issues for the next meeting of the Clane-Maynooth Municipal District being held in Naas on Friday of next week.



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CRIMEBRIEFS

Shocked M7 drivers call 999 because of dangerous motorist

Following several calls of dangerous driving to gardaí, a vehicle was stopped and a driver failed for cocaine and alcohol on the M7 on Monday evening last. The vehicle was intercepted on the motorway by officers after 5pm. Laois/Offaly Gardaí shared the image of the reading from the drug testing machine.

Gardaí said the driver was currently disqualified from driving for six years. The driver was subsequently charged with a number of offences and will be attending court.

Meanwhile the Offaly Roads Policing Unit stopped a car at a Mandatory Intoxicant Testing (MIT) checkpoint. A driver failed a road side drug test and registered positive for cannabis. The motorist had no insurance or driving licence either. The driver was charged and will appear before the courts in the coming days.

Bookie shop staff threatened

Staff members at a bookie office in Naas were threatened by a man, who was later arrested by local gardaí. The incident took place on December 18, not long before 6pm. According to gardaí a 27-year-old from Sallins was arrested outside the premises, having abused and threatened staff and refused to leave.

The man was intoxicated and aggressive when arrested.

Man drunk on M7 slipway

A man in an intoxicated condition was detained by gardaí after walking while intoxicated on a motorway slipway in Naas. The man, 45, was seen by motorists walking on the slip road leading to the motorway near junction 9 (southbound) on the town's outskirts. It happened on December 17 shortly before 4pm.

Estimated €250, 000 worth of stolen bikes seized

Gardaí found an estimated €250,000 worth of suspected stolen bikes in a container over the Dublin border in Newcastle on St Stephen's Day.

Gardaí in Pearse Street conducted a search on Thursday, December 26, of a container at allotments in Newcastle, and located 116 bicycles suspected to be stolen property. A search warrant was obtained by gardaí from Pearse Street following ongoing investigations into the theft of bikes in the city centre.

Dublin Fire Brigade assisted gardaí in obtaining entry into the 40 foot container and located pedal cycles of all makes and models. All items in the container were seized pending further technical examination. Gardaí from the Street Crime Unit in Pearse St will endeavour to identify the rightful owners of the cycles in due course; items that are not returned to owners will be circulated via media in the coming weeks. Investigations are ongoing.



LEFT: Dearbhail Downey with her daughter Robyn Lyn at the Moat Theatre Christmas Craft Fair on December 22

ABOVE: Amber Larkin O'Connell at the Ceremony of Light at Naas Harbour to remember those who have passed or are missing at Christmas on December 21

BELOW: Naas Scouts Niall Heaney, Robert Cutlet, Conor Sievwright and Domhail o'Neill at the Ceremony of Light at Naas Harbour

PICTURES: Aishling Conway



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NEWS

Upmarket Naas shoe shop to close

ROSE B O'DONOGHUE
editor@kildarepost.com

Forfootsake, the individualistic shoe shop opened in March of last year at North Main Street, Naas, is to close.

The business was launched last year having previously been run as a website (www.forfootsake.ie). The service was renowned for its unique, upmarket and stylish footwear for men, some made from Italian calf leather but notably, quality European footwear.

"It is regrettable, but the store is not commercially viable" said owner Charles McEvoy. "Forfootsake is a niche market retailer of handmade shoes. Some, maybe too eclectic for Naas shoppers.

"However, for those who have purchased, I would like to thank them and other well wishers for their support. I have no regrets and will continue to sell online at forfootsake.ie".

He continued: "I would also like to wish my fellow retailers success in 2020. Retail is difficult and somewhat of a vocation".



Unique European quality footwear for men at Forfootsake, which will close on January 18, 2020



Forfootsake at North Main Street, Naas to close

Speaking to the Kildare Post, he appealed to locals: "I do have a call to action for local residents. Too often I've witnessed the evisceration of towns due to the establishment of retail parks.

"Retail parks have their uses, but towns are the heartbeat of the community. I would urge the residents of Naas and its surrounds to support the retailers of this town and not to allow any further decline. They need your support to sustain a moderate income. None of them are here to become

millionaires.

"It would be a tragedy for Kildare to lose any more of its retailers. You have excellent butchers, jeweller, pharmacies, menswear, ladies fashion, shoes and much much more. Please do not underestimate the great value in retaining the heartbeat of the town — protect the small retailers, please!"

Some landmark businesses such as Mattimoe's, Conroy's Menswear, The Candied Walnut restaurant and Donal's were among the

businesses to close in recent years, albeit new coffee shops and stores have opened in Naas town since.

Forfootsake also stocked a selection of designer casuals and accessories, along with designer lines in ladies handbags via the BagLady. Charles coincidentally opened his first business in Naas at the store which previously housed a vape shop roughly opposite Fletcher's landmark pub.

Charles got his love of footwear and style from his grandfather who wore handmade Italian shoes and

travelled to his home in Italy every year to secure his shoes.

It was a further coincidence that Giuseppe Mirolo, who settled in Ireland in the 1930s, worked in the same store over 60 years ago when he installed the terrazzo floor which was an iconic floor of the 1950s and 60s and even into the 70s in many Irish pubs, take-away outlets and hospitals throughout Ireland. It was Mirolo and two Italian friends who were largely responsible for this phenomenon.

Furthermore, Giuseppe Mirolo worked on churches and cathedrals creating the works of mosaic art to be seen today. But every Sunday he discarded his working clothes and dressed in the finest suit, borsalino hat, silver tipped cane and completed the look with carefully chosen handmade shoes — which is where Charles' interest in style was ignited.

Forfootsake.ie will continue to operate online, but in the meantime, bargains are to be had at the Naas shop which will close on January 18 next.



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Naas Racecourse kicks off National Hunt Season 2020 on Sunday next

Racecourse of the Year to host top class racing, style and family fun

Naas Racecourse kicks off National Hunt Season 2020 with Lawlor's of Naas Grade One Novice Hurdle and Winter Ladies Day on Sunday next, January 5. The day will feature top class racing and will include lots of activities for families and children, along with some sizzling style prizes to be won.

Naas Racecourse will be providing complimentary entertainment with a magician performing from 2.15pm to 3.15pm in the onsite Inspire Child Development Creche, along with a face painter present on the day too.

There are seven races on the card on Sunday with the first race off at 12.50pm. Admission tickets are €15 for adults and children under 18 go free.

FIRST MAJOR FIXTURE OF 2020

The Grade One Lawlor's of Naas Novice Hurdle is the first major race of 2020 and will have a total prize fund of €90,000. It is a great indicator of what horses are set to make waves on the racing scene over the remainder of the season. Indeed, Gordon Elliott confirmed Envoi Allen for the feature race and is

sure to be one to watch.

BEST DRESSED LADY

Model, best-selling author and nutritionist Rosanna Davison will be the celebrity judge for the Best Dressed Lady competition on the day.

All ladies will receive a complimentary glass of mulled wine in the Ladies' Pavilion on entering.

The best dressed lady on the day will win a luxurious suite stay at Lawlor's of Naas Town Centre Hotel, €1,500 worth of hairdressing and accessories from Alan Keville for Hair and a €1,500 voucher from the Residence Day Spa



Model, best-selling author and nutritionist Rosanna Davison who will be the celebrity judge for the Best Dressed Lady's competition at Naas Racecourse on Sunday PIC: INPHO/MORGAN TREACY

in Naas.

There will also be hair and spa vouchers from the two fashion partners for four runners up on the day as well as a voucher for lunch for two in Lawlor's Bistro.

Rosanna will be supported in her search for stylish, 'winter glam' outfits by a representative of each of the fashion sponsors and by Anna Fortune, Commercial Manager of The Kildare Post

and Leinster Leader, which is the media partner for the race day. See further details on Sunday's racing in Sport with this edition.

For more information, see www.naasracecourse.com

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NEWS

Two Kildare celebs on Dancing With The Stars this weekend

KIM O'LEARY
 editor@kildarepost.com

It's that time of year again as 12 Irish celebrities take to the dancefloor with their professional dance partners as the fourth season of Dancing With The Stars Ireland kicks off this Sunday, January 5. This year's celebrity contestants include two Kildare natives, B*Witched singer Sinead O'Carroll, originally from Newbridge, and television presenter Brian Dowling, who is a native of Rathangan.

Both the stars were announced to take part in RTÉ's popular dance competition and other household names also hoping to scoop the coveted crown as winner of DWTS 2020 include XPOSÉ presenter Glenda Gilson, 2FM presenter Lottie Ryan, Fair City actor Ryan Andrews, former Miss Universe Ireland Grainne Gallanagh, Olympic gold medallist Michael

Carruth, Love Islander Yewande Biala, singing priest Fr Ray Kelly, Nationwide presenter Mary Kennedy and Kilkenny hurler, Aidan Fogarty.

The show will see the return of presenters Nicky Byrne and Jennifer Zamparelli, while Brian Redmond, Lorraine Barry, and Julian Benson will return as the judges set to put the celebrity dancers through their paces.

Speaking ahead of the show's first episode on Sunday, Brian Dowling and Sinead O'Carroll both said they were very excited to be taking part in the popular show.

"I'm super excited because everyone knows the show, it's on all over the world and to get to dance on one of the biggest shows on television is phenomenal. But I am more nervous about this than anything else I've done as it's based on your ability to learn a new skill. At my age,

I'm in my comfort zone, so I'm really pushing myself with this," said Brian Dowling.

He added: "When I reached 40, I told myself I was going to start doing things I usually say no to and this is one of those things! But it's a great opportunity and I always think the older you get, the less opportunities become available to you, so my new lease of life is to say yes a little more and to things that challenge me, that's the plan."

Meanwhile, Sinead O'Carroll said she has wanted to take part in Dancing With The Stars Ireland for several years. "I'm just super excited; I've wanted to do this for the last few years so the fact I'm doing it now is surreal. My kids are so excited, they just told me I have to be good so the pressure is on from them I suppose!"

Dancing With The Stars Ireland starts on RTÉ One this Sunday, January 5 from 6.30pm.



Brian Dowling from Rathangan is looking forward to undertaking a new challenge



Sinead O'Carroll from Newbridge, formerly of girl group B*Witched

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NEWS

Ireland continues to drink as much today as it did a decade ago

KILDARE POST REPORTER
 editor@kildarepost.com

As a new decade dawned in 2010, Ireland's drinking population was working its way through 11 litres of pure alcohol per capita — this corresponds to 46 bottles of gin or close on 500 pints per person on average.

Back then, claims Alcohol Action Ireland, Ireland as a society, and with an agreed political consensus, had begun to examine how it could establish meaningful alcohol controls to curb the demand and supply of alcohol. It was an opportunity for Ireland to recalibrate its hazardous relationship with alcohol.

Eight years later in October 2018, after much debate, the Irish government finally enacted the Public Health Alcohol Act, the first measures of which only became law last month (November 2019). This closes what can be best described as

a 'lost decade' when over 10,000 lives have been unnecessarily lost to alcohol related illness and incident.

"Regrettably, ten years on, we have made no progress in reducing our overall consumption, as we still make our way through 11 litres of pure alcohol per capita," said Eunan McKinney, Head of Communications and Advocacy, Alcohol Action Ireland.

"60,000 children fell victims to the tsunami of alcohol marketing and commenced drinking this year, and all the while, over 200,000 children went to bed every night in homes where alcohol was the persistent source of trauma" he added.

As a new decade is now about to dawn, KcKinney appealed to readers to renew their efforts to really tackle the appalling impact of alcohol on Irish society.

"Targets established in legislation to reduce our

consumption by twenty percent remain plausible but are far from being obtained. Low risk guidelines on alcohol consumption demonstrate we must be targeting a forty percent reduction, if we are to manage the significant public health risks arising".

McKinney was vocal in his criticism that vital decisions, "currently being put off or being stalled by vested interests, will have to be made by this government or by a new government that we will likely soon elect."

He stated minimum unit pricing of alcohol products, which offers significant gains for public health, must be implemented.

"Spurious economic rationale cannot be allowed to trump the health of a nation. Content of alcohol advertising, a broadcast watershed and the accurate labelling of all alcohol products must be commenced with urgency,"

he said.

In conclusion, he noted: "A decade has been lost and many lives unnecessarily ruined.

"We must grasp the

promise of a new decade and make a serious commitment to tackling our problem head on: ensuring that our youth can fulfil all its potential with creativity and enterprise, and

that those, stifled by the never-ending parade of drink, can begin to enjoy a society where alcohol is not always present to mask our responsibilities."



Thousands of children are traumatised on a daily basis through incidents caused by alcohol consumptions claims Alcohol Action Ireland. PICTURE: FILE PHOTOGRAPH

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NEWS

KCC refuse permission to demolish creche in Newbridge housing development

HENRY BAURESS
editor@kildarepost.com

Kildare County Council has refused planning permission to remove a creche at a Newbridge housing development and replace/convert to a housing unit.

Perwood Holdings Limited had applied for permission on October 25 last to demolish a creche which it said it had built last April at the White Oaks development at Rickardstown. It had already been granted permission to build 96 houses in a 2016 permission there.

The site is bounded on to the south by Sarsfields GAA and by Newbridge Hotspur Football Club to the east.

The report of the planner, who inspected the site on December 12, said the creche appeared to have been built but was not in use.

The report also said it did not appear that there was any pre planning consultations between Perwood and the council.

Perwood told the council that it had begun building in 2017 and expected to have the houses ready by the end of 2019.

It said that last March it had asked Coonan Estate Agents to try and find a buyer for the creche but so far, they had been unsuccessful in doing so.

Perwood said that Cluid, an approved housing body which provides social housing, were on



Cluid said it did not have a commercial need for or an ability to acquire a creche. PICTURE: FILE PHOTOGRAPH

target to buy the 96 houses but that Cluid did not have a commercial need for a creche on the site. Cluid would, said Perwood, benefit from an extra house.

Perwood said there were many other childcare facilities in Newbridge — it provided a list of 19 — and another was being built in The Paddocks development at

Morrinstownbiller, which was 750 metres from the White Oaks developments.

A letter from Cluid dated October 25 to the council said that it had either bought or was in the process of buying all 96 houses at the White Oak development.

David Murphy, Cluid's New Business Development Manager,

said Cluid did not have "a commercial need for or the ability to acquire" a creche. However, the council planners recommended refusal saying the removal of the creche would set an "undesirable precedent" and would be contrary to the Childcare Facilities Guidelines 2001. Permission was refused on December 17 last.

Canoeist gets Sportswoman of the Year Award

Kildare canoeist Jenny Egan was honoured at the annual Irish Times Sport Ireland Sportswoman of the Year Awards which were held in Dublin recently.

A member of the Salmon Leap club in Leixlip, Egan won the Sportswoman of the Month Award for May.

She had a sparkling start to the 2019 season which saw her claim two World Cup medals in the space of a week.

In her first 5,000m race of the year, at the opening World Cup of the season in Poznan, the 32-year-old missed out on gold by less than a second.

A week later she was back on the World Cup podium again, this time in Duisburg.

She crossed the line just behind Australian pair Alyce Burnett and Alyssa Bull.

She finished the season at Number One in the canoe sprint world rankings.

Minister for Sport Shane Ross said 2019 saw Irish sportswomen doing the country proud on the national and international



Pictured (from left) Deirdre Veldon, Deputy Editor, The Irish Times, canoeist Jenny Egan and Lynne Cantwell, Chair of Women in Sport Committee. PICTURE: NICK BRADSHAW

stage.

He added: "I would like to acknowledge Sport Ireland and the Irish Times for staging these awards which recognise the incredible contribution of Irish women in sport."

"I would like to congratulate all of today's winners and also pay tribute to their families and all of the coaches and support teams who have helped them to reach the highest levels of sport."

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NEWS

N7 service station applies for extension and café facilities

HENRY BAURESS
editor@kildarepost.com

The owners of the Maxol filling station on the N7 near Kill have applied to Kildare County Council (KCC) for planning permission to redevelop the amenity and to add a café area.

Maxol applied on December 16 last with a decision due from KCC on February 18, 2020.

The applicants propose more than double the gross floor area on the 0.45 hectare site, which lies off the N7 southbound road. The current shop/food area is 246sqm but it is proposed to increase this to 531 sqm.

The new proposal is for a 100sqm shop, a 9.5sqm off licence and three restaurant/café areas, including a drive through.

It is planned to increase the number of car spaces from 19 to 37, which will include four electric vehicle charging points.

There has been a filling station on the site for decades with the earliest application made in 1973 for a canopy filling station.

Numerous developments have been granted permission although a 1998 application for a redevelopment



including a new shop was refused by Kildare County Council.

The applicants are proposing that fuel will be available 24/7 at the site with the retail/café/restaurant/drive through operating from 6.00-24.00 (Monday to Thursday) and for 24 hours from Friday to Sunday.

Maxol's consultants estimate that traffic in and out at peak times, morning and evening, will increase by around a third.

It cites Transport Infrastructure Ireland figures stating that the N7 had an average trips (AADT) of 83,898 this year, up 3.2% from 81,290 in 2018 and 82,979 in 2017.

The proportion of heavy goods vehicles in this traffic was 8.3% this year compared to 7.8% in 2018 and 7.2% in 2017.

The public has until January 28 to make submissions on the planning application.



Planning permission has been submitted to KCC to extend the current premises at the Maxol service station on the N7 southbound, with a café included



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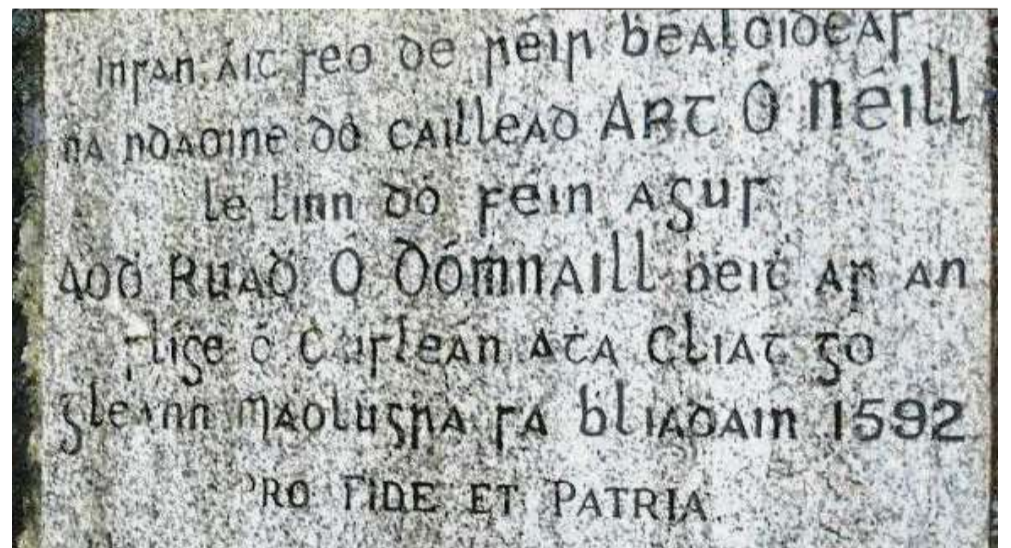


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Walk in memory of Art O'Neill of the Wild Geese



Monument to Art O'Neill

ROSE B O'DONOGHUE
editor@kildarepost.com

Walkers from across Co Kildare and Wicklow are invited to join a walk on Sunday next, January 5, to commemorate Art O'Neill who died in 1592.

One of the Wild Geese, O'Neill along with his brother Henry and Red Hugh O'Donnell had escaped from Dublin Castle and were making their way on foot across the Wicklow hills toward Glenmalure.

Art O'Neill however, had an injured leg and amidst a harsh winter, died on the journey. His brother and O'Donnell survived.

Michael Lawlor of Ballymore Eustace has extended an open invitation to walkers who'd like to join the walk, from Glenree (near the King's River, above Hollywood) to O'Neill's commemorative stone at Oak Wood, Co Wicklow.

"Anyone who wants to join is welcome, just come to Paddy Murphy's car park, Ballymore Eustace at 9.30am on Sunday next. We'll car pool and then drive to Glenree where the walk will commence. "It should take about an hour and a half to get there, and please, walkers be advised as we're crossing boglands, wear wellingtons or suitable footwear and appropriate weather proof clothing."

No dogs allowed on the walk.

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LIFESTYLE



KWWSPCA

ANIMALS IN NEED

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NOAH'S ARK FANTASTIC WINTER SALE – THURSDAY, JANUARY 2 AT 10AM

Noah's Ark, the KWWSPCA's Charity Shop in Newbridge, will be opening again at 10am on Thursday, 2 January, with a fantastic half price sale. You may be tired shopping after the Christmas rush but there are lots of amazing new year bargains to be had.

Noah's Ark is located in Cutlery Road, very close to the side entrance of Whitewater Shopping Centre in Newbridge. It is managed and operated entirely by volunteers, there are no paid employees, so almost all the income from the shop goes to helping animals in need. Bargain hunters, take note, from 10am on Thursday, January 2!

BEST WISHES FOR THE NEW YEAR

The KWWSPCA and all the animals in its care would like to send everyone our best wishes for the New Year.

UPDATE ON BETH AKA BELLA

This little kitten, formerly Beth and is now called Bella, enjoyed her first Christmas in her lovely new home.

Bella had been living rough on the streets of Newbridge, around and under the Christmas crib in the main, struggling to stay alive. With the help of several concerned people, and the KWWSPCA Community Cat Care Unit, she was finally trapped and has now gone to live in her lovely new home with Tina and her family.

THANK YOU!

Thank you to the Department of Agriculture, Food and the Marine. The KWWSPCA would like to thank the Government's Department of Agriculture, Food and the Marine for its grant of €25,000 to the Society to help towards the cost of its work.

This grant is very much appreciated and will be put to very good use.

DOG OF THE WEEK – NOELLE

Noelle came into the care of the KWWSPCA just before Christmas from the Kildare Dog Pound. She went into foster care for the Christmas holidays but is now at the KWWSPCA Animal Shelter near Athgarvan, waiting for her forever home. She is a small Jack Russell terrier and is about four years old.

She gets on well with other dogs, is house trained. She can be a bit nervous around children and so we would not recommend her to a home with young children. She is a great explorer, so she would need to go to a home with a very secure garden as she is likely to go wandering off on adventures if she got the chance!

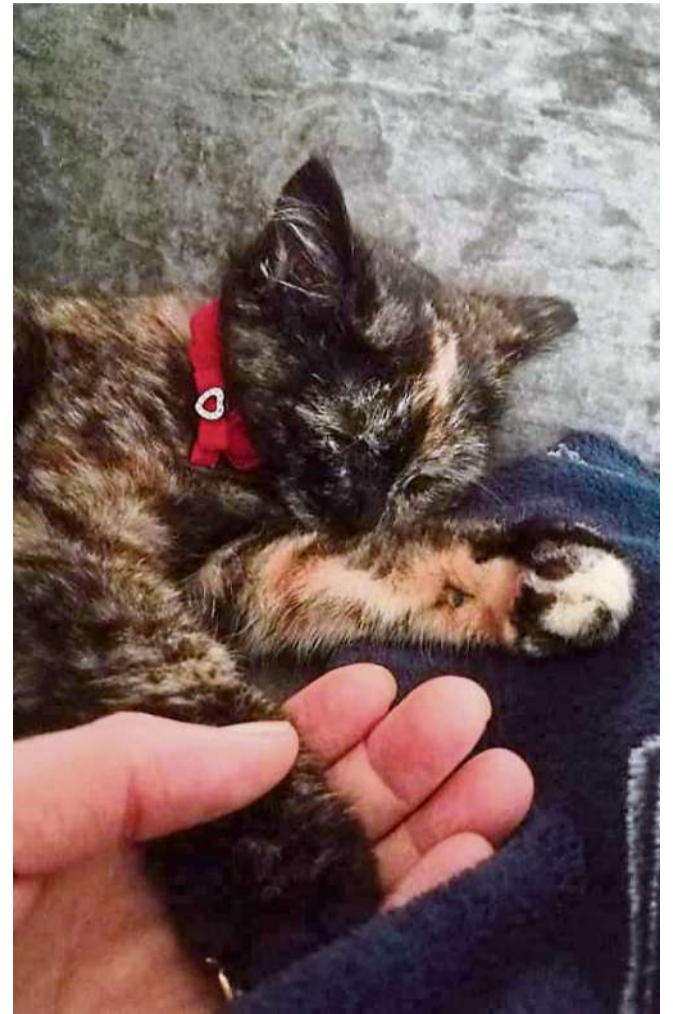
For more information about Noelle, please call 087 127 9835 or email kwwspca@gmail.com. We ask for an adoption fee of €150 when we rehome a dog but the dog will have been fully vaccinated, microchipped

and neutered before going to its new home.

"Thanks once again to the readers of the Kildare Post and KildareNow" said Sally McCaffrey of the KWWSPCA. "Keep an eye on our social media for updates on our work, missing animals and those needing rehoming."

The Kildare & West Wicklow Society for the Prevention of Cruelty to Animals (KWWSPCA) is a Registered Charity (Number CHY 6280) that investigates and deals with reports of cruelty and neglect to animals of all sorts; family pets, wild animals and birds, and horses, ponies and donkeys, throughout County Kildare and West Wicklow. The Society is run entirely on a voluntary basis, there are no paid employees.

KWWSPCA HELPLINE - 087 127 9835
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RIGHT: Adorable kitten Bella
BELOW: Dog of the week Noelle



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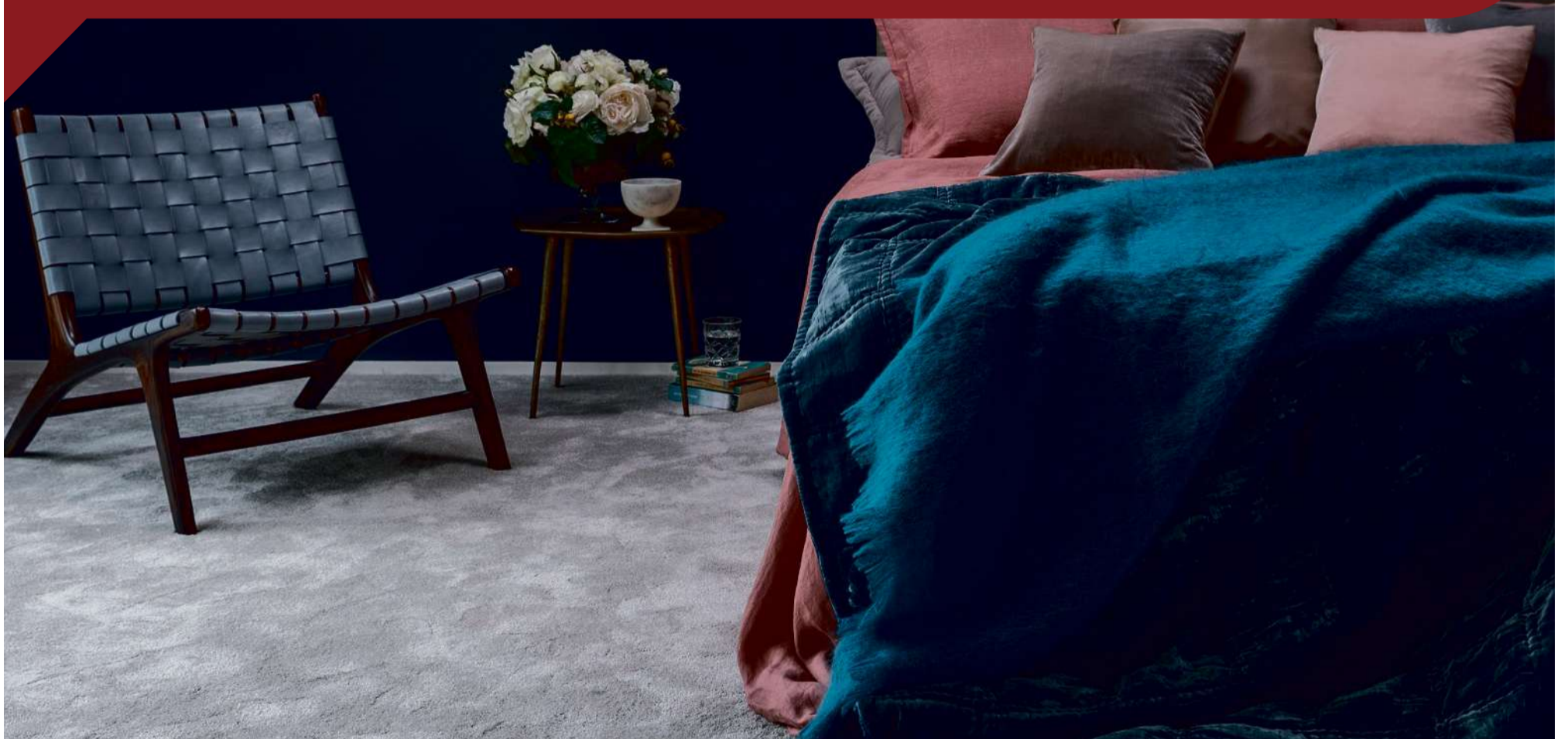
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NEWS

Make fitness your 2020 goal with local Operation Transformation events

SENAN HOGAN
editor@kildarepost.com

RTE's Operation Transformation show will be hosting fitness events in County Kildare and around the country in coming weeks.

The brand new series starts on RTE One TV on Wednesday, January 8, at 9.30pm.

Operation Transformation is running Nationwide Walks in conjunction with Sport Ireland and the Local Sports Partnerships.

Last year, the walks took place in over 80 venues across 26 counties.

Over 100,000 people have taken part in all Operation Transformation walking events since their inception.

NAAS WALK

One of the 2020 Nationwide Walks is taking place in Naas town on Saturday, January 12. The event will start at Kildare Co Council's Aras Chill Dara HQ at 11am and also finish at this location.

Meanwhile, the Ad Break Challenge for the forthcoming series with fitness expert Karl Henry will focus on the county of Offaly in coming weeks and will be



RTE's Operation Transformation presenter Kathryn Thomas (centre) with the show's resident experts

filmed in Emmet Square in Birr on this Saturday at 4.30pm.

Other towns to feature over January and February will be Birr, Clara, Banagher, Moneygall, Kinnitty and Tullamore.

Henry said: "We want to see you all out there representing your town, and kick starting the New Year with us!"

Meanwhile, Ballymore Operation Transformation

officially commences next Tuesday, January 7 at 8pm in Paddy Murphy's for the first weigh in.

It costs €10 to join with €1 per week thereafter. The six week programme will include activities

organised by various team with activist Elizabeth Deegan's team usually the one to beat!

An average of 75-80 contestants compete every year and all profits are in aid of the local GAA club.



Nessa and Lily Whelan, Katelyn Thompson and Kay Webberley at the Carols by Candlelight with Celine Byrne in Naas Parish Church on December 21



Naas Parish Priest, Fr Liam Morgan, and Tom Keightely



Caroline Browne, Anna Gaughan

CAROLS BY CANDLELIGHT AT NAAS PARISH CHURCH

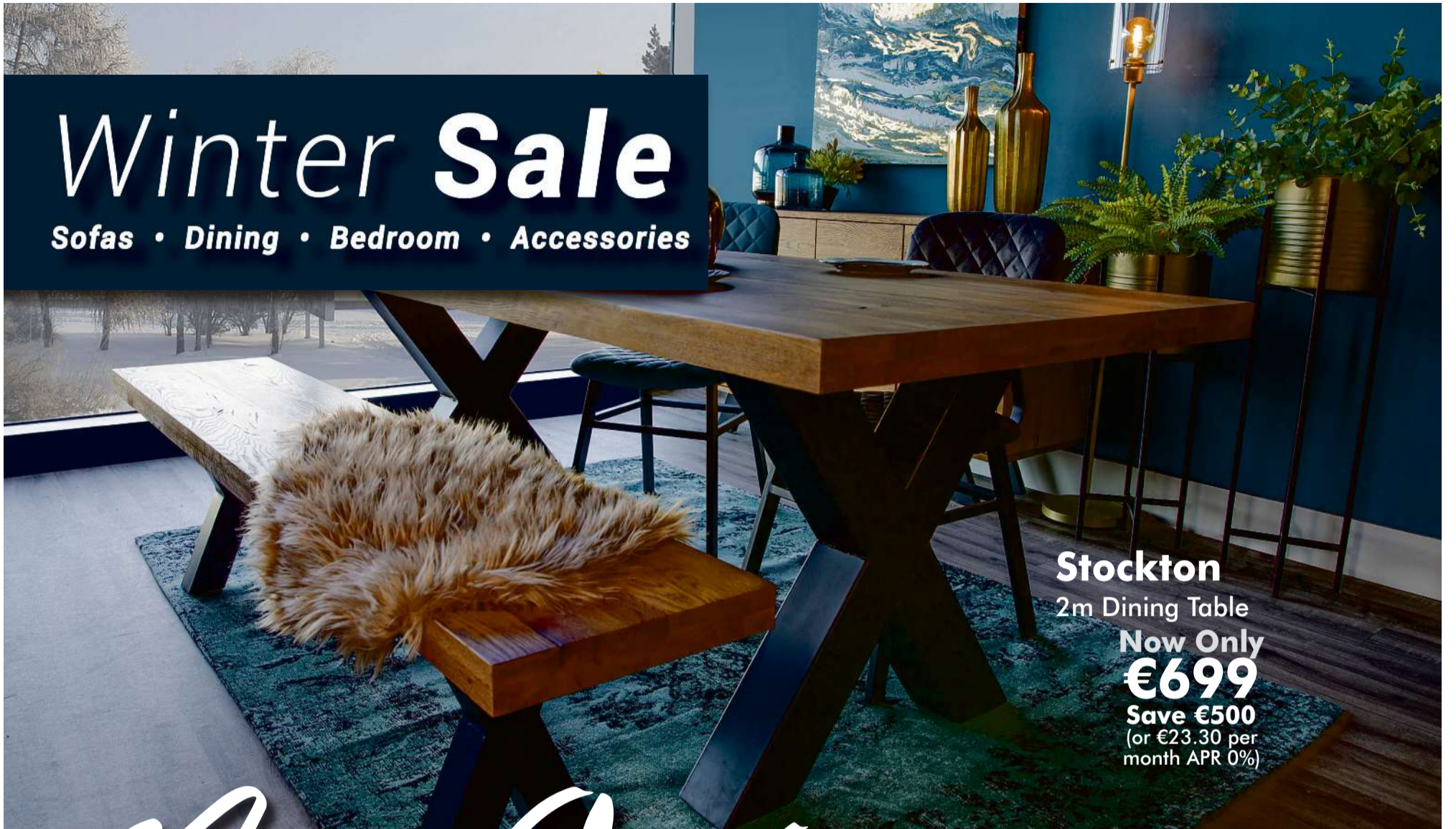
Pictures: Tony Keane



LEFT: Eileen Whelan, Anne Pyne.

RIGHT: Rooney family, Stephanie, Grace, Laura, and Rob





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LIFESTYLE



Emma Gibson, Callie Ryan, Carter Fagan, Amadeus Youth Choir.



Alan Hore and Gerry Cassidy



Fr Paul Dempsey and Fr. Joe McDermott

NEWBRIDGE PARISH CAROL CONCERT

Pictures: Tony Keane



LEFT: Luisa Gomez, Conor Kilduff, Tommy Brennan and Martina Kelly



Laura White, Ellen Egan, Shauna Stafford, of the Amadeus Youth Choir

MOVIE OF THE WEEK

Little Women

Following the lives of four sisters, Amy, Jo, Beth and Meg, as they come of age in America in the aftermath of the Civil War. Though all very different from each other, the March sisters stand by each other through difficult and changing times.

DIRECTOR:
Greta Gerwig

STARRING:
Saoirse Ronan, Emma Watson, Meryl Streep

GENRE:
Drama

RUN TIME:
135 minutes

RELEASE DATE:
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NEWS

Bank customers warned over festive fraud risk

SENAN HOGAN
editor@kildarepost.com

Bank of Ireland has advised its customers that fraudsters may use the festive period to send fake mobile phone texts claiming to be from the bank.

The financial institution said scammers may send texts with links to fraudulent websites to trick you into providing your online banking details or card details.

Fraudsters are hoping consumers may be more relaxed over the festive holiday and be less likely to be suspicious of scams.

A Bank of Ireland spokesperson said: "Remember, Bank of Ireland will never send you a link asking you to confirm your personal banking details."

A statement issued to customers added: "Beware of text messages claiming to be from your bank, asking you to confirm financial or personal information.

"Often they claim that urgent action is needed or there will be negative consequences.

"They may ask you to click on a link

directing you to a website, or to provide a number to call in order to 'verify' or 'update' your personal current account.

"Fake links lead to fake websites where you may be asked to provide personal information.

"The fraudster then uses that information to transfer money from your account."

Last month, Detective Chief Superintendent Patrick Lordan of the Garda National Economic Crime Bureau (GNECB) said that gardai were concerned at the growing number of new scams that are arising and the targeting of consumers as Christmas approaches.

The public were warned about online loan scams whereby unlawful websites look to take advantage of financially vulnerable people.

The websites offer loans online and within minutes of making an online application for a loan, the applicant will be immediately contacted and will be informed that their loan application is successful. They will then be asked to pay a fee in advance of the loan being issued. This is a scam. No loan will be issued and the customer loses the fee they have paid



in advance.

Gardai also warned about Invoice Re-Direct Fraud — which is a method of targeting a company by creating a fake invoice or identifying a genuine invoice in the name of a supplier with whom the target company is doing business.

The invoice is sent to the target company asking for the payment for the product or service to be lodged into an account controlled by the fraudster.

This is causing considerable losses to business throughout the country, gardai said.



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Emma, Niall, and Ciodhna Duffy



ian Murnane, Pat Dowling.



Lily Moran, Lisa Murphy, Mary Moran, pictured at the Goal Mile which took place at Naas GAA on Christmas Day

CHRISTMAS DAY GOAL MILE IN NAAS

Pictures: Tony Keane



LEFT: Alan and Carriann Devitt, Lena and Garrett Clancy



RIGHT: The O'Connor family from Naas



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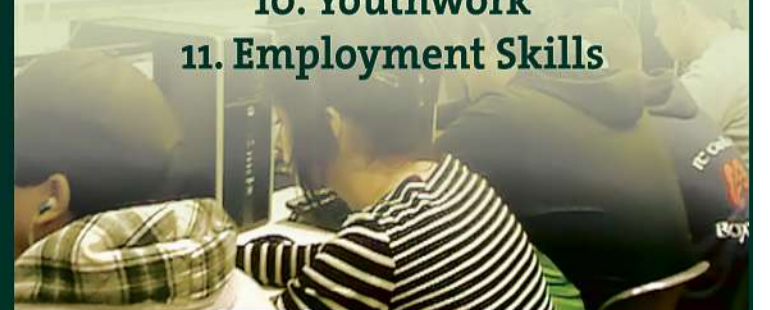
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LIFESTYLE

The ancient roots of making New Year's

As 2020 approaches the majority of us will make a raft of New Year's resolutions.

Surveys consistently reveal that there are ten promises that regularly appear every time.

In order they are

- 1: Dieting or eating healthier (71%)
- 2: Exercising more (65%)
- 3: Lose weight (54%)
- 4: Save more and spend less (32%)
- 5: Learn a new skill (26%)
- 6: Quit smoking (21%)
- 7: Read more (17%)
- 8: Find another job
- 9: Drink less (15%)
- 10: Spend more time with family and friends (13%).

ONLY 8% SUCCEED!

According to research on the issue, about 60 per cent of us readily admit to making New Year's resolutions, but just around 8 per cent succeed in achieving them.

Apparently one of the main reasons that so many of us fail to keep New Year's pledges are that they are not specific enough.

Experts on the topic have contended for example that resolving to exercise more or lose weight are easy ways to set yourself up to fail. This is because vague promises to yourself do not set out ways to mark your progress and so you are likely to lose motivation in the year ahead.

Another hurdle faced by those making resolutions is that they are often framed with negative language. For example, when people

resolve to stop wasting money or eating junk food it can backfire because it makes them think heavily about the very thing they're trying to stop.

We've all been there and we also maybe tempted to believe that making New Year's resolutions is a modern phenomenon. But the practice is actually thousands of years old

BLAME THE BABYLONIANS

The ancient Babylonians are said to have been the first race to make New Year's resolutions around 4,000 years ago.

They were also the first people to hold recorded celebrations in honour of the start of another year. However, the Babylonian year began in mid-March when crops were sown and not in January.

This was marked by a huge twelve day religious festival known as Akitu when a new king was crowned or loyalty to the current monarch was reaffirmed. Part of the festival was making promises to their gods to pay their debts and to return any objects they had borrowed. If the Babylonians kept their pledges then their gods would favour them kindly – if they didn't then they would incur the wrath of their deities.

JULIUS CAESAR CALENDAR CHANGE

Ancient Rome also

followed a similar practice. This began when Julius Ceasar reformed the calendar and made January 1 as the start of the new year around 50 years before the birth of Christ. January was named after the Roman god Janus – a two-faced god whose spirit inhabited doorways and arches. The Roman's, believing that Janus looked backwards into the old year and forward to the new year at the same time, offered sacrifices to the god and made promises of good behaviour for the coming twelve months.

Ancient Egyptian culture was closely tied to the Nile River, and it appears their New Year corresponded with its annual flood. According to the Roman writer Censorinus, the Egyptian New Year was predicted when Sirius—the brightest star in the night sky—first became visible after a 70-day absence.

Better known as a heliacal rising, this phenomenon typically occurred in mid-July just before the annual inundation of the Nile River, which helped ensure that farmlands remained fertile for the coming year. Egyptians celebrated this new beginning with a festival known as Wepet Renpet, which means "opening of the year." The New Year was seen as a time of rebirth and rejuvenation, and it was honored with feasts and special religious rites.

Not unlike many people today, the Egyptians may



The god Janus was the focal point of ancient Rome's New Year traditions

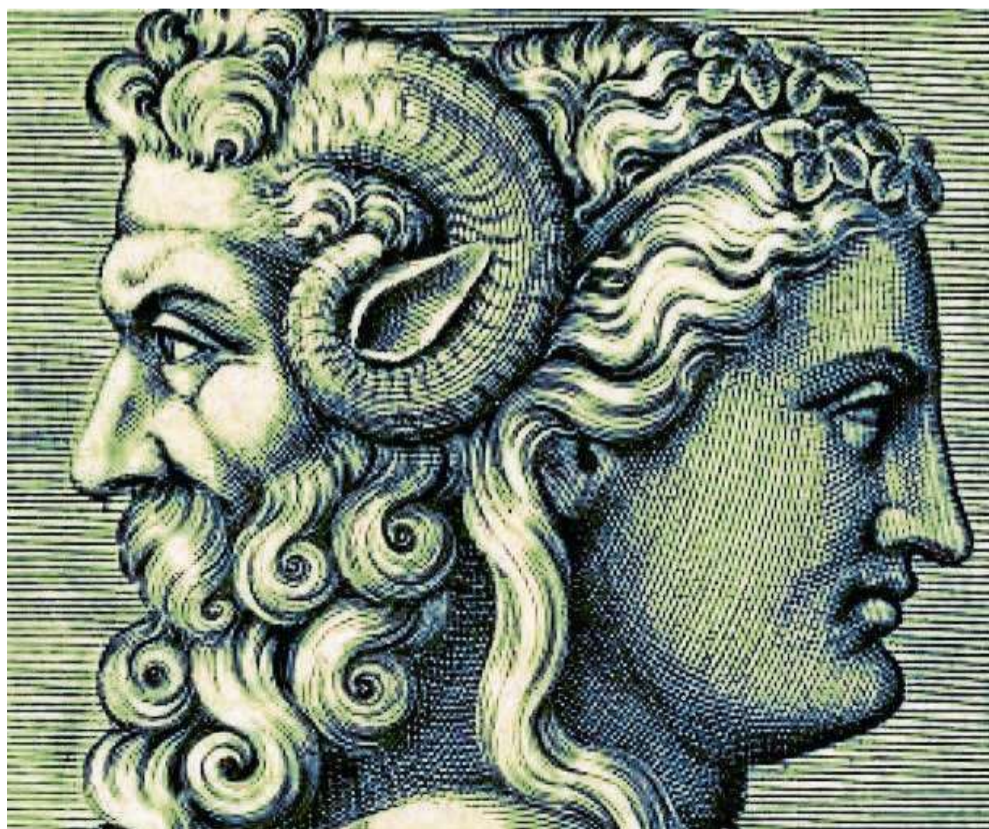
have also used this as an excuse for getting a bit tipsy. Recent discoveries at the Temple of Mut show that during the reign of Hatshepsut the first month of the year played host to a

"Festival of Drunkenness."

This massive party was tied to the myth of Sekhmet, a war goddess who had planned to kill all of humanity until the sun god Ra tricked her into drinking herself

unconscious. In honour of mankind's salvation, the Egyptians would celebrate with music, revelry and copious amounts of beer.

CHINESE NEW YEAR



The founder of Methodism John Wesley founded a Christian alternative to rowdy New Year traditions in 1740



The colourful Chinese New Year celebrations are known globally

resolutions and why they mostly fail!



One of the oldest traditions still celebrated today is Chinese New Year, which is believed to have originated over 3,000 years ago during the Shang Dynasty. The holiday began as a way of celebrating the new beginnings of the spring planting season, but it later



The ancient Babylonians are regarded as the first race to celebrate the New Year around 4,000 years ago

became entangled with myth and legend. According to one popular tale, there was once a bloodthirsty creature called Nian—now the Chinese word for “year”—that preyed on villages every New Year. In order to frighten the hungry beast, the villagers took to decorating their homes with red trimmings, burning bamboo and making loud noises. The ruse worked, and the bright colors and lights associated with scaring off Nian eventually became integrated into the celebration.

Festivities traditionally last 15 days and tend to center

on the home and the family. People clean their houses to rid them of bad luck, and some repay old debts as a way of settling the previous year’s affairs. In order to encourage an auspicious start to the year they also decorate their doors with paper scrolls and gather with relatives for a feast. Following the invention of gunpowder in the 10th century, the Chinese were also the first to ring in the New Year with fireworks.

Since Chinese New Year is still based on a lunar calendar that dates back to the second millennium BC, the holiday typically falls in late January or early February on the

second new moon after the winter solstice. Each year is associated with one of 12 zodiacal animals: the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

NOWRUZ OR 'NEW DAY'

While it is still celebrated in Iran and other parts of the Middle East and Asia, the roots of Nowruz (or “New Day”) reach far back into antiquity. Often called the “Persian New Year,” this 13-day spring festival falls on or around the vernal equinox in March and is believed to have originated in modern day Iran as part of the Zoroastrian religion. Official records of Nowruz did not appear until the 2nd century, but most historians believe its celebration dates back at least as far as the 6th century B.C. and the rule of the Achaemenid Empire. Unlike many other ancient Persian festivals, Nowruz persisted as an important holiday even after Iran’s conquest by Alexander the Great in 333 BC and the rise of Islamic rule in the 7th century A.D.

Ancient observances of Nowruz focused on the rebirth that accompanied the return of spring. monarchs would use the holiday to host lavish banquets, dispense gifts and hold audiences with their subjects. Other traditions included feasts, exchanging presents with family members and neighbors, lighting bonfires, dyeing eggs and sprinkling water to symbolize creation. One unique ritual that arose around the 10th century involved electing a “Nowruzian Ruler”: a commoner who would

pretend to be king for several days before being “dethroned” near the end of the festival. Nowruz has evolved considerably over time, but many of its ancient traditions—particularly the use of bonfires and colored eggs—remain a part of the modern holiday, which is observed by an estimated 300 million people each year.

As paganism gave way to Christianity, early devotees of Christ began to use January 1 as a day when thinking about mistakes made during the previous year and resolving to do better in the next twelve months.

In 1740, the founder of Methodism, John Wesley created the Covenant Renewal Service which was held on New Year’s Eve on New Year’s Day. These ceremonies were also known as watch night services and included scriptural readings and hymn singing as an alternative to the rowdy celebrations held elsewhere.

The practice remains popular within evangelical congregations, especially in African-American Protestant churches and denominations where watch night services on New Year’s Eve are often spent praying and making resolutions.

However, despite the religious roots of the practice, today New Year’s resolutions are mostly a secular practice. Now, most people make promises to themselves focusing purely on self-improvement and even as we type here – a whole new regime of keep fit classes, Operation Transformation, hill walking, etc are scheduled as the country goes mad on yet another post Christmas keep fit bender!



The ancient Egyptians brought in the New Year with a huge festival

NEWS

Naas Food Bank distributed 160 food hampers for Christmas

Sina Theil and others perform at the Church on Main Street, Naas

A nice crowd gathered at the Old Dara Cinema on Sunday, 22 December to raise much needed funds for the ongoing work of Naas Main Street Food Bank. One hundred and sixty food hampers were distributed to local families, families in genuine need of assistance at Christmas.

Sina Theil, Ireland's up and coming country star, performed along with Austin O'Keefe and Lee Murphy who were further supported by Dave Fury, Colin Kenny and rising star, local artist Gemma Cox.

Previously, volunteers also collected at Tesco, Naas for two days, and the charity was high in praise of the generosity extended.

While Naas Bank gave out 160 Christmas hampers to local families, an average of 80 come to the food bank on a



Brenda Prentice, Newbridge with John Sheehan, Naas and his granddaughter, Danielle Sheehan

weekly basis for support for the service which is organised by a dedicated team of volunteers.

Naas Food Bank is in existence since 2013 and has given out over 25,000

hampers during that time. It is supported by many local businesses and individuals. The organisers would like thank all who have donated food, time and money to the work in 2019.



Aubrey McCarthy, The Elms with Grace Murphy, Ken and Heather Kerrigan, Rose and Joe Flynn, all from Newbridge enjoying the fundraiser for Naas Food Bank.



The McCarthy family at the Sina Theil gig



Performer Sina Theil with Keith Flynn



John Norton, John Merrick, Phil Ehinlaiye, Brenda Prentice and Batta Ehinlaiya in festive spirit at the Church on Main Street, Naas on Sunday, December 22

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The Other Side of the Coin

Treating Headaches with Acupuncture Part 1

Sharing the ancient wisdom that is Chinese medicine



Migraine is defined as a complex constellation of symptoms effecting the nervous system, gastrointestinal tract and vascular systems.

The highly debilitating nature of recurrent migraine attacks and the limited effectiveness of medications, all of which give rise to unpleasant side effects, bring many patients to acupuncture for treatment.

A recent article reported that Migraine is the 6th most common condition presenting to acupuncturists.

In a study of student doctors in Norway, 63% said they would refer patients with migraine for acupuncture. Thus both public and professionals are becoming aware of the benefits of this form of treatment.

Western Medical Diagnosis

Migraine is the most frequent cause of recurrent headaches. It consists in an initial constriction of the

head arteries followed by vasodilatation and distension of the vessels which causes a throbbing pain.

The main symptoms are a severe and throbbing pain on one or both sides of the head, aversion to bright lights (photophobia), nausea and possibly vomiting. The attacks usually follow stress, eating cheese, chocolate, drinking red wine and using the contraceptive pill.

Chinese Medical Diagnosis

In terms of Traditional Chinese Medicine (TCM), there are different types of headache, external wind-cold or wind-heat both cause headaches but are not classified as migraine.

In Chinese medicine headaches are rarely given one name or label to describe a type of headache, the word migraine as we know it does not exist in Traditional Chinese Medicine.

In Western medicine a disease is conveniently given a label or name and all people



presenting with a persisting headache which is considered by the doctor not to be life threatening are usually diagnosed as having migraine.

In Chinese medicine people presenting with so called migraine symptoms would be categorised under four or more patterns of disharmony. We will discuss the two main patterns for migraine in Traditional Chinese Medicine (TCM)

Liver Yang Rising - This is probably the most common of all interior headaches. It arises when the Yang or positive energy of the liver rises upward creating an excess of energy in the head.

It is natural for the liver energy to flow freely but in

diseased circumstances this movement can become excessive and give rise to headaches. The most frequent cause of this type of headache is emotional.

Emotions of anger (whether it is manifested or repressed), frustration or resentment over a long period of time can cause the excessive rising of Liver-Yang - The liver is connected to the emotion of anger, a good example of this would be when someone consumes too much alcohol they get angry and lash out, simply because alcohol irritates the liver triggering the emotion of anger.

The liver yang rising type of migraine headache is often seen in high blood pressure sufferers.

The syndrome of liver-yang rising can be caused by (a) liver-blood deficiency (b) liver-yin deficiency (c) liver/kidney-yin and kidney-yang deficiency and would have to be further diagnosed and sub divided into a,b,c, to find the root cause of why the liver energy is rising.

Once this is established only then can a proper treatment plan and prescription of acupuncture points and herbs be chosen.

In Chinese medicine when we talk about the liver we are not referring to the liver organ, but instead the subtle energy state of that organ.

Stasis of Blood- This type of pattern is seen only in very chronic headaches. In the case of headaches stasis of blood in the head may be caused by trauma.

This may be due to an old fall or accident, often one which the person has forgotten about.

If a headache always occurs on the same spot without fail,

stasis of blood from trauma should be suspected. Headache from stasis of blood is very severe and intense.

It is stabbing or boring in character and patients will often describe it as a "nail being driven into the head" The pain is fixed in its location.

This type of headache is more common in old people or in women associated with blood deficiency and dryness.

What to expect with a Treatment

The first visit to an acupuncturist is a consultation, you may or may not get treatment on that first visit.

The initial consultation is most important to enable the practitioner to gather all the information and collate it with the tongue and pulse diagnosis from this a treatment plan is devised and a prescription of acupuncture points will be chosen.

Kim-Dip.Ac. Lic.Ac. C.Ac. China MQP is a registered licensed practitioner of Chinese Medicine. Treatments are VHI, LAYA healthcare (formerly Quinn), Hibernian Health (Vivas) and HSF Healthplan approved. E mail kim@naturalhealthireland.com or write to the Natural Health Centre, Millfield, Buncrana, Tel. 074/9362606, From North 00353749362606 or to the The Traditional Chinese Medical Practice, 5 Academy Court, Oliver Plunkett Rd., Letterkenny, Tel. 0863981882, from North 00353863981882. Visit the Website www.naturalhealthireland.com

Home COOKING

by Barbara Collins



INGREDIENTS

6 rashers smoked back bacon, rind trimmed off
1 tbsp rapeseed oil
1 large onion, peeled and chopped
1 carrot, peeled and chopped
2 celery sticks, chopped
2 garlic cloves, crushed
150g red lentils, rinsed and drained
400g tin chopped tomatoes
1 litre (1 3/4 pints) vegetable stock

LENTIL AND BACON SOUP

Now that the weather has taken a more autumnal turn, it is time to reach into the storecupboard for pulses to make hearty soups. This one is one of my favourites. It is quick and easy and makes you feel safe and nourished which is what a soup should do.

METHOD

Cut the trimmed bacon into 2cm pieces. Put the rapeseed oil in a large saucepan set over a low-medium heat and add the bacon, onion, carrot and celery.

Cook gently for 10 minutes, until soft and sweet. Stir in the garlic and cook for 5 minutes more.

Add the red lentils, followed by the tinned tomatoes and stock. Bring to the boil then reduce the heat slightly. Cover with a lid and leave the soup to simmer for 25-30 minutes, stirring occasionally, until the lentils are very soft and the soup has thickened.

If it looks too thick or starts to catch on the base, add a little water. Season to taste, remembering the bacon and stock are already quite salty. At this stage you can liquidise the soup, if you like, or leave it chunky.

LIFESTYLE



Fintan, Saoirse, Eimear, Fionn, and Róisín Darling, pictured at the Community Christmas Eve Breakfast at St Conleth's Day Centre, Kildare TOWN



Helen and Phillip Hennessy with kids, Conor, Grace and Robyn

Out & About

CHRISTMAS EVE BREAKFAST AT KILDARE DAY CARE

Pictures: TONY KEANE



Sean and Lisa Keogh



Sr Mary, and Sr Rita Minihan of Solas Bride

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Paul, Katelyn, Róisín, Óisín Hyland and Conor Corrigan



Joe Flanagan, Fr. Gaspur Habara, Marie Flanagan, and Fr. Adrian Carbery



Liz Jagger, Carmel McDermott, Stella Lunny and Raymond Lynch cut Thank You cake from McAuley Place



Mary French, Eileen Coyle and Anne Butler



John Perry, Anne Downey and Sue Ennis

Out & About

NAAS BRIDGE CLUB PARTY AT MCAULEY PLACE

Pictures: Paul O'Rourke



Joan French, Phyllis Kelly and Kathleen O'Keeffe

Imelda Brophy, Jo Mahon and Bridie Saunderson



Loretta Murphy, Gay Moore and Mary Smithers



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ADVERTORIAL

Crossings Toyota Naas introduce their new Brand Ambassador, Gail Murphy of Gail's Rails!

Crossing Toyota Naas have partnered up with Gail Murphy of Gail's Rails – Kildare's very own image consultant, fashion blogger and social media influencer, introducing her as their Brand Ambassador for 2020.



A delighted Gail collects her fab new Toyota C-HR from the Crossings Toyota Naas

A local celebrity in her own right with her strong online presence, Style Studio and master classes, Gail hails from Dublin but has been living in Kildare for the last 15 years and has the motor industry in her blood. Her father works in the motor trade, her brother is a talented mechanic and her son is working his way up the ranks as a mechanic, following in the family footsteps.

In another life, she herself worked as a service receptionist at a Toyota dealership so when she was approached by Crossings Toyota Naas with the proposed partnership, it was a natural fit!

A white Hybrid C-HR delicately detailed with her logo, keys in her hand and a big smile on her face, she took straight to social media to

make the announcement.

Gail wrote: "One of the most amazing pinch me moments happened to me—I have officially become Brand Ambassador for Crossings Toyota Naas for 2020! December 16 was a very proud



Gail Murphy of Gail's Rails, new Brand Ambassador to the Crossings Toyota Naas

PICTURES: AISHLING CONWAY

day for me and the Toyota brand is very close to my heart".

Style and sustainability are at the heart of Gail's business, and so the partnership between herself and Crossings Toyota Naas — promoting their range of Hybrid vehicles made perfect sense. Toyota Hybrids are self charging so you never have to plug them in, fuel efficient—running on a petrol/electric engine and produce less harmful NOx and CO2 emissions than petrol and diesel.

If you want to see how Gail gets on with her new C-HR, you can follow her on her social media channels for updates.

But if you want to test drive one yourself, you'll have to call into Crossings Toyota Naas on the Sallins Road. #HOMEOFHYBRID



Liam Fitzpatrick, Dealer Principal at the Crossings Toyota Naas with Shane Brennan, General Manager and Gail Murphy of Gail's Rails, their new Brand Ambassador!

CROSSINGS
TOYOTA, NAAS



#Home of Hybrid in Kildare



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STYLEFILE

ROSE BARRETT O'DONOGHUE

Your weekly Fashion and Beauty News fix!
 For PR or general enquiries, contact us at editor@kildarepost.com



Marco Moreo leopard loaders, for anyone with a fetish for leopard print!

Fabucci Fine Footwear, Naas – where you'll walk out with stylish bargains!

The post-Christmas sales. We love and hate them in equal measure. You'll have to be quick to get the final best bits, and often we buy items of clothing and footwear which simply don't suit, and were purchased simply because they screamed "70% off!"

Impulse buys during seasonal sales are like a virus: you get all excited at the 'value', the temperature rises and then, a few days later, you're feeling 'sapped' and broke and you realise, you don't even need or like the purchases.

If you're looking for quality buys, for stylish footwear or accessories that will take you from January to December next, and likely become staple wardrobe pieces for the next decade, start in a quality store.

Fabucci of Naas can guide you in the right direction. You'll find nothing but the best buys here. A purchase is an investment in yourself and your style. No gimmicks, no cheap slogans to get you in, just quality, stylish footwear with reductions to make the investment even sweeter!

Deirdre of Fabucci synopsis the new year value on offer:

"Marian's navy leather ankle boot are made in the softest nappa leather and are a staple that will serve you for many seasons to come, now at €135.

"Una Healy's tan suede block heel ankle boots, now €56, are the pair you'll wear from now right through to the spring with your boyfriend jeans and then later in the season, with your floaty floral print dresses for a summer picnic or a beach barbeque.

"Our next best buy are our Alpe taupe suede ankle boot, now €96. Wear with everything from denim to midi dresses again. These are such a cool way to channel Western inspired styling".

Deirdre continued and introduced a favourite style staple, the loafer.

"Unisa classic loafers with detail comes in black and navy leather, and are a steal at €79.

"If you've a penchant for leopard, Marco Moreo's patent loafer with leopard detailing is an easy way to make a statement and now retailing at

€145."

She continued: "One of the biggest colours for Spring Summer 2020 is pink. Mark my words, these Amy Huberman pink leather boots, Charade, in candy will definitely be your value per wear boot, right into the summer season — cost €96."

Shoebot still on trend

The shoebot trend is going nowhere and most of the team at Fabucci swear by these Gabor black suede shoebots with hidden platform sole now €88 — but note, they will be snapped up quickly!

White boots, according to Deirdre, are now a wardrobe staple. Marian offwhite leather ruched ankle boot are a must, and are now reduced to €119.

"The silky soft leather hugs the ankle like a pair of gloves, and don't worry, if you can't get into Fabucci in the next few days, then browse their fabulous sale buys online at www.fabucci.ie

Fabucci Footwear, 10 The Moat Mall, Naas, Co.Kildare. Phone 045 874 721 — where the real bargains are to be found!



Wow: Una Healy tan suede ankle boot (Pure Shores)



Unisa black shoes, stylish and team up well with jeans or an office skirt worn with opaque tights

STYLE FILE



Gabor black suede shoeboot, another classy addition to your footwear



Marian offwhite pointed shoeboot available at Fabucci – so comfortable, it's like fitting your feet into a glove



ABOVE: distinctive Marian navy leather ankle boot with classic buckle detail
BELOW: ALpe Taupe suede shoe boot



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LIFESTYLE



The Conway Family from Naas, pictured at the candlelight remembrance ceremony at Naas Harbour on December 21, for those who have passed away or are missing at Christmas



Ceremoy of Light at Naas Harbour

Out & About

CANDLELIGHT REMEMBRANCE CEREMONY AT NAAS HARBOUR

Pictures: AISHLING CONWAY



Richie, Catherine, Me and Richie Whelan



Maureen Conway with her daughter KatieAnn Conway Gordon



Sebasitan Kinlan



Suzanne, John and Brendan O'Connell with Brian Larkin



Caoimhe Maher



Vanessa and Suzanne O'Connell with Skye, Ruby and Amber



Deirdre and Tara O'Neill

LIFESTYLE



Aisling O'Sullivan, Patrick, Daniel, and Sam Fagan, with dogs 'Chop' and 'Bailey', pictured at the Curragh Dog Walk in aid of Kildare Animal Foundation last Sunday, December 29



Gertie Freeman at the start of the Annual Curragh Dog Walk

Out & About

CURRAGH DOG WALK IN AID OF KILDARE ANIMAL FOUNDATION

Pictures: TONY KEANE



Part of the huge crowd setting off for the Annual Curragh Dog Walk 2019, supporting the Kildare Animal Foundation, Sunday, December 29



Orla and Geraldine Kelly and pet dog 'Bobby'



Cian Moore with 'Rupert' and 'Blue'



Houlihan family, David, Sophie, Cillian, and Tracey, with pet dog 'Stanley'



Annual Curragh Dog Walk 2019



Part of the huge crowd

INTERIORS

ALL THINGS INTERIOR

LOUISE HIGGINS



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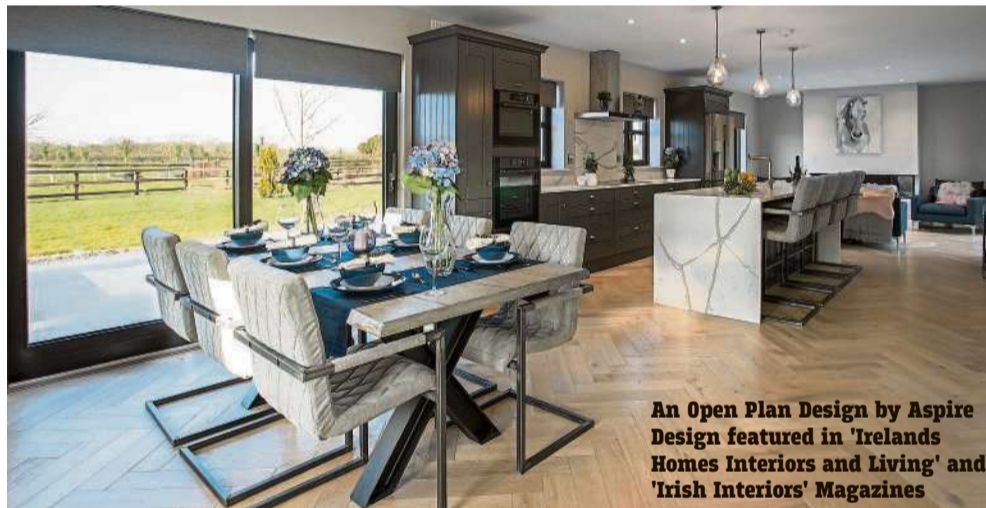
Highlights from the past year



Award Winning Open Plan Penthouse by Aspire Design



Award Winning Master Bedroom by Aspire Design



An Open Plan Design by Aspire Design featured in 'Irelands Homes Interiors and Living' and 'Irish Interiors' Magazines



Louise Higgins, Creative Director of Aspire Design



At the end of every year I love to reflect on my professional highlights from that year and set myself some goals for the following year.

This year was a whirlwind of adventure for me in the world of Interior Design. I was blessed to win many awards in 2019 and work with some fantastic clients to create some amazing homes. There are so many great highlights from this year that it is hard to condense it into one column but here are my favourites.

WINNER OF BEST OF HOUZZ DESIGN AND SERVICE AWARD 2019

2019 started off on a high as I was delighted to win two "Best of Houzz" Awards for both Design and Customer Service on Houzz®, the leading platform for home renovation and design. Massive thanks to all my lovely clients who took the time to write such kind testimonials for me on my profile on the Houzz website. We were chosen by more than 40m monthly unique users that comprise the Houzz community from among more than 2.1m active home building, renovating and design industry professionals.

VICE PRESIDENT OF THE INTERIORS ASSOCIATION

I was elected Vice President of the Interiors Association for 2019. This was a great honour as I have been a member of the Interiors Association for over 12 years and have worked on the committee for the last 3 years. As Vice President my role was to promote the Interiors Association and help raise the profile of the Interior Design industry in Ireland. I loved working in this role helping to build membership and promote the high calibre of Interior

Design professionals that we have in Ireland.

WINNER OF IRISH ENTERPRISE AWARDS 2019

We were also delighted to win an Irish Enterprise Award for Best Interior Design Consultant – County Kildare. The Irish Enterprise Awards 2019 recognises the outstanding achievements of companies and business enterprises based in the Republic of Ireland. Boasting a network of industrious business professionals and organisations committed to achieving business excellence, the Republic of Ireland is home to a variety of ventures worthy of praise.

INTERIORS COLUMNIST WITH THE KILDARE POST

As an interior designer I am a very creative person and as a result I have lots of creative avenues that I love to pursue. The Kildare Post have given me a fantastic opportunity to share my passion for Interior Design with you, but also to explore my love of writing. I'm looking forward to writing many more columns for 2020 and I would love to hear any of your suggestions so please do get in touch.

WINNER OF HOME & GARDEN AWARDS 2019

Aspire Design also won the 'Build Home and Garden Award 2019' for Best Luxury Home Project (Ireland): Open Plan Living Space Penthouse. This was my winning showhouse design that I had designed for TV3's Show House Showdown and I was delighted to have it receive

further recognition.

INTERIORS CONTRIBUTOR FOR ANTHOLOGY MAGAZINE

As mentioned, I love to write and am very blessed to write consistently for national lifestyle magazine 'Anthology'. I have written many Interior features on 'Paint Finishes', 'Creating a Well-Dressed Bed', 'Refresh your Home for Spring', 'A Kitchen that Works' 'Winter Warmers for your Home' and many more. I was also delighted to have some of my Kildare residential projects featured in 'Irelands Homes Interiors and Living Magazine' and in 'Irish Interiors'.

INFLUENCER AWARD

In November 2019, I was awarded an influencer award from Houzz. The "influencer" badge is only given to the professionals whose advice and knowledgeable posts are the most appreciated by the Houzz community. This was a fantastic way to finish off another amazing year.

As you can see, I have had a remarkable year and I am extremely grateful for every opportunity that has come my way. Thanks again for taking the time to read my column. Wishing you all a peaceful, healthy and prosperous New Year. Remember if there is a topic that you would like covered in 2020 then please drop me a line.

Thanks, Louise — winner of TV3's Showhouse Showdown, 086 399 9926; info@aspiredesign.ie

EU Business news

Irish Enterprise Awards 2019



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PROPERTY



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Gorgeous four bed bungalow in Donadea

KIM O'LEARY

editor@kildarepost.com

This spacious four bedroom bungalow close to Donadea has lots of potential for future expansion on a 1 acre site for an asking price of €365,000. 'Hazelwood,' Lower Hodgestown, Donadea, Co Kildare, is a four bedroom bungalow residence on approximately one acre.

Located just 1km from Donadea Forest Park and 9 km from the university town of Maynooth, it is within easy reach of the capital via the M4 or by rail from either Kilcock or Maynooth.

Built in the early 80s' and extending to approx 1,510 sq ft / 140 sq m, the accommodation inside includes; four bedrooms (including a master ensuite), a large living room, bright open plan kitchen come dining room, bathroom and rear porch. There is also a

detached garage and car port to the side.

Outside the property benefits from an extensive tarmac driveway with ample parking for several cars, and there is also a detached garage and car port to the side. To the rear there are extensive gardens with mature hedging as well as a raised decked area. Whilst in need of some modernisation Hazelwood offers enormous scope and potential for the successful purchaser to create their dream home in this unrivalled rural location yet close to urban conveniences and the magnificent state owned 650 acre Donadea Forest Park which provides a wonderful amenity for the family to enjoy 12 months of the year.

Early viewing is highly recommended; for more information contact Sherry Fitzgerald Brady O'Flaherty.



Stylish house in Naas for €375,000



KIM O'LEARY

editor@kildarepost.com

This stylish four bedroom detached home in Naas will certainly appeal to families as it boasts an outdoor games room and proximity to local amenities for an asking price

of €375,000. Number 16 Morell Green, Naas, is a spacious a home with a modern décor that has been meticulously maintained by its current owners.

Inside the property comprises of a modern kitchen, dining room, sitting

room, guest wc, four good sized bedrooms, one of which is en suite, and a lovely family bathroom. Outside the house benefits from mature, landscaped gardens with a patio area to the rear, a side gate, as well as an outdoor games room in the back



garden.

16 Morell Green is situated in a quiet cul-de-sac, and it is ideally situated on the ever popular Monread Road. A vibrant part of the town and home to many leading retail outlets which include Tesco, Argos, Woodies, Smyths

Toystore and much more.

The town itself is a hive of activity and an array of amenities can also be found there including shops, schools, pubs, restaurants and much more.

Access to the motorway is less than a five minute drive

making this a great purchase for any commuter.

Viewing of this property is highly recommended.

VIEWING

For more information please contact Kelly Hudson Properties on 086 199 0010.

MOTORING

SKODA predict an optimistic view

The total number of new cars sold in 2019 fell by 6.8% to 117,031 units compared to 2018. ŠKODA Ireland is projecting a slightly more optimistic result in 2020, with 120,000 passenger vehicle sales forecasted. Despite this year's decline there is still a very healthy appetite for vehicles with 12.9% more used car imports registered in 2019 compared to 2018.

The biggest challenge for the industry over the last 3 years was the staggering 307,900 used imports that indirectly affected the new car market. With the introduction of the new government NOx tax from 1st January; used imports will not be as advantageous as was previous. Take for example: a 2016 ŠKODA Superb 2.0 TDI 4x4 170bhp; regardless of purchase price and excluding currency fluctuations this vehicle is subject to a further €2,400 NOx Tax in addition to Vehicle Registration Tax (VRT)! This is likely to increase the cost significantly of importing a used vehicle.

In the last 12 months the sale of electric vehicles has increased nearly threefold! 3,443 Battery Electric Vehicles (BEVs) were delivered in 2019 compared to 1,233 in the same period last year. The demand for BEVs will only increase in line with consumer awareness of climate change and new model introductions from various brands. Diesel powered vehicles accounted for 47% of all vehicle sales in 2019 with 54,505 customers opting for Diesel in 2019. With electric vehicle technology, especially battery range and infrastructure still in development; petrol and Diesel vehicles will likely account for 85% of new vehicle sales in 2020.

Plug in Hybrid Vehicles (PHEVs) are seen as a



Grey was the most popular choice of colour for new cars purchased in 2019

stepping stone to an electric future and provide the best of both worlds, with the ability to drive on pure electric power in isolation - or in combination with a modern petrol engine. PHEVs have seen significant growth in the last 12 months with 1,343 vehicles delivered in 2019, an increase of 85% on the same period last year. ŠKODA Ireland are predicting further PHEV sales growth in 2020 with 250 deliveries alone planned

of their new Superb iV PHEV.

Automatic transmissions were once exclusive to premium vehicles but are now becoming much more prevalent in the Irish market. Between 2016 and 2019 automatic vehicle sales have grown by 55% to 38,705 units last year. One in three new cars sold in 2019 was an automatic. This growth can be attributed to changing customer behaviour and improved transmission

technologies such as the efficient 7-speed DSG automatics offered in ŠKODA vehicles.

Colour trends have changed little in the last 12 months. The most popular

vehicle colour of 2019 by a considerable margin was grey (43,495) followed by black (21,010). Colour trends have changed over time however! White, for example remains a very popular

colour, with 17,353 vehicles delivered in 2019 - an incredible 2,205% increase compared to a decade ago when only 753 customers purchased a white vehicle in 2009!



Plugin Hybrid Superb PHEV

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for car sales in the year ahead

Commenting on 2019, John Donegan, Brand Director ŠKODA Ireland said, "The ŠKODA brand has enjoyed its most successful year in the Irish market climbing to fifth position with 9,300 vehicles delivered to customers. The introduction of the new

SCALA and the recent launch of the new ŠKODA KAMIQ provide us with an increased offering for our customers. The industry is changing at a faster pace than ever before. Electrification, digitalisation and alternative mobility solutions will provide challenges and opportunities

for our brand in the coming years. I would like to thank our dealer network and customers for their support and custom in 2019 and wish them a prosperous New Year".

Contact SKODA Naas at Sheehy Motors, Newbridge Road, Naas at 045 906 600.



Electric vehicle SKODA division IV 2020

SKODA brief on 2019 car sales and review of the year ahead, 2020

New car sales fell by 6.8% in 2019

2020 new passenger car market expected to reach 120,000 units

Staggering 307,900 used vehicles imported in last three years

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AS THE NEWS HAPPENS

LIFESTYLE



Daire Kelly, Ava Hopkins, Alexandra Patchell, Ciara Deasey-Millar and Sophie Byrne, pictured at the Prosperous Dramatic Society's Christmas panto, The Grinch, at Prosperous Theatre

Out & About

THE GRINCH PANTO IN PROSPEROUS

Pictures: TONY KEANE



Abbi Coulahan, Emily Cullen, Zara Shannon



Poppy Trotter, Grace O'Brien, Grace Raymond, Annabel Walsh, Mairéad Hanlon



Karl Keogh as The Grinch



Emma Keogh, Sheena Rowland



Gemma Brennan, Amey Noone



Adam Berry, Max Crossan, Ben Doyle, Dylan Massey



Cast members, Zoe Shannon, Lucy Boylan, Martha Perris



Emma Ferguson, Ella Farrelly, Dearbhla Healy

Kildare teams return to competitive action this weekend

ROBERT CRIBBIN
 editor@kildarepost.com

The Christmas and New Year break has come and passed and as a result, Kildare senior footballers will return to the field when they take on Carlow in Round 3 of the O'Byrne Cup on Saturday afternoon.

The game which will take place in the Institute of Technology Carlow is essentially a dead rubber with Longford already sealing their passage into the next round after wins over the mentioned Kildare and Carlow.

From a Kildare point of view, it gives Jack O'Connor one final chance to try out lads in a competitive sphere before the National Football League begins at the end of the month.

Over the past few weeks a number of the more established players from last year's panel have been released back to their clubs with some of the new lads impressing in training and matches.

The likes of Liam Healy, Con Kavanagh, Shea Ryan, Chris Byrne and Jack Robinson have all stood out as O'Connor aims to nail down his squad for the National

League.

The likes of Padraig Fogarty, Chris Healy, Eoin Doyle and Aaron Masterson are all expected to return to the squad in the coming days and weeks as things go up a notch on training.

In the grand scheme of things the result matters very little on Saturday but a good performance would be a positive as Kildare look to end their O'Byrne Cup campaign on a high.

KILDARE U20S

Elsewhere, the Kildare Under 20's are also in action when they face Laois in the John Kerins Cup at Manguard Plus Hawkfield on Saturday evening next.

The condensed League format now occurs much earlier in the year after the Championship switched back to its original spring time slot.

Kildare lost all their League games last year under the tutelage of Gay Campbell so the manager will be looking for an upturn in fortunes over the next few weeks as they play Meath and Dublin as well as Saturday's opponents.

The squad has been put through its paces over the last number of weeks and to get three decent workouts ahead

of the Championship next month will be invaluable.

DJ Earley was recently announced as captain and alongside Darragh Kirwan and Shane Sullivan, the three senior stars have dropped back to the U20s for the time being. Clane's James Behan and Kilcullen's Páidí Behan are the joint captains in a squad that is very well touted with Naas' underage prowess showing in the numbers they currently have involved.

Gay Campbell's side took on Davy Burke's Wicklow in a challenge game last Sunday where the game ended in a draw as Kildare continue their preparations for an early season test with the O'Moore County.

It was Laois of course that knocked Kildare out of last year's U20 Championship so Saturday night's game will give them a good barometer on where they currently stand.

Fixtures:

Saturday

Kildare v Carlow: O'Byrne Cup Round 3 in Institute of Technology Carlow at 2pm

Kildare v Laois: John Kerins Cup Round 1 in Manguard Plus Hawkfield at 6pm.



ABOVE: Kildare's Jack Robinson holds on to possession as he turns inside Wicklow's Wayne Doyle during the O'Byrne Cup game. Robinson and Kavanagh (below) will be two of the key players that Jack O'Connor will consider for Saturday's game against Carlow



LEFT: Kildare's Con Kavanagh wins possession during the Leinster GAA Series O'Byrne Cup game against Longford played at St Conleth's Park, Newbridge

RACING WITH HORSE RACING IRELAND

Leopardstown serves up festive feast of racing for Kildare punters

It was a St Stephen's Day to savour for Henry de Bromhead and Rachael Blackmore as the pair teamed up to win the two feature races at a lively Leopardstown. The feature Grade 1 Racing Post Novice Chase was billed as a match between Laurina and Fakir D'Oudairies but Blackmore forgot to read that script on Notebook who jumped like an old pro on the way to victory at odds of 7-1.

Notebook, who is now three from three over fences, kicked clear with Fakir D'Oudairies on the home turn and a giant leap at the last sealed the deal. He registered a one and a half-length victory and is now 5-1 favourite form 16-1 with Paddy Power for the Racing Post Arkle at the Cheltenham Festival.

Aspire Tower was also slashed for his Cheltenham target as the 18-length winner of the Grade 2 Knight Frank Juvenile Hurdle is now just 8-1 for the JCB Triumph Hurdle.

Just like at Punchestown for his impressive hurdling debut, Blackmore sent Aspire Tower straight to the front and he powered clear up the home straight to beat Wolf Prince.

There was a fairytale finish to Adrian Keatley's career as an Irish trainer as the Classic-winning handler sent out Drumconnor Lad to land the Bet Through Racing Post App Handicap Chase. He will move to Manton across the water in the New Year in pursuit of more opportunities.

We saw an extremely impressive winner in the opening Bet With The Tote Maiden Hurdle as 7-1 shot Cedarwood Road scooted clear in the hands of Davy Russell for an 11-length success over Jungle Junction. He took could have Cheltenham on the agenda after

such a power-packed performance for young Meath trainer, Gearoid O'Loughlin.

Mt Leinster won the Thorntons Recycling Maiden Hurdle for Willie Mullins and Paul Townend, while the Noel Meade-trained Fauguernon landed a gamble in the Holden Plant Rentals Novice Handicap Hurdle. There may have been a star on show in the concluding Meetings That Matter INH Flat Race as Risk Factor delivered for Joseph O'Brien and Tom Hamilton.

Jack Kennedy unwrapped two of Leopardstown's best gifts on Friday as he won the Paddy Power Chase for the first time on Roaring Bull having earlier landed the Grade 1 Paddy Power Future Champions Novice Hurdle on Abacadabras.

What made the victory on Roaring Bull all the sweeter was the fact that it looked so unlikely for so long. Barry Geraghty looked destined to land another big pot following Epatante's emphatic Kempton success on Thursday as Fitzhenry surged to the front halfway up the run-in, but there was to be one more twist in the tale as Kennedy swooped in the final 50 yards on the 16-1 shot to score by half-a-length.

Abacadabras cemented his claims for the Supreme Novice Hurdle following a stylish eight-length success in the first Grade 1 of the day. Heaven Help Us was the only one to put any sort of resistance to Abacadabras but Kennedy always had matters under control and sprinted clear after the last. Gordon Elliott's new novice hurdle star is now 7-2 favourite for the Cheltenham Festival opener.

There was a shock in the other Grade 1 on the card, the Paddy's Rewards Club "Loyalty's Dead, Live



For Rewards" Chase, as the hugely-exciting Chacun Pour Soi had no answers to A Plus Tard after a pulsating duel up the home straight. It continued the red-hot form of Henry de Bromhead and Rachael Blackmore who won both graded races on Thursday.

The feature race, the Grade 1 Savills Chase served up a thriller at Leopardstown on Saturday as Delta Work was delivered late by Jack Kennedy to deny Rachael Blackmore on Monalee by a head. It was billed as the best staying chase of the season so far and it certainly lived up to its billing as five of the field were still in with every chance approaching the final fence. Monalee kicked a couple of lengths clear after the last but Kennedy showed his hand last and came up with a royal flush. Delta Work is now 10-1 from 25-1 for the Magners Gold Cup at Cheltenham. Delta Work was the second leg of a glorious Grade 1 double for Kennedy, Gordon Elliott and Gigginstown.

Earlier on the card, Apple's Jade rolled back the years to land the Grade 1 Frank Ward Memorial Hurdle for the third year on the trot. Supported into 6-4 joint-favourite before the off, Apple's Jade set out to make all and she did just that under a confident Kennedy ride. She kicked clear off the final bend and pulled a staggering 17 lengths between herself and the evergreen Unowhatimeanharry at the line.

The Pertemps Network Handicap Hurdle went the way of the Robert Widger-trained Treacysenniscorthy, while Willie Mullins sent out the 1-2 in the Ballymaloe Foods Beginners Chase as Easy Game swooped late to deny Allaho.

That left Abacadabras to coast

into contention rounding the home bend, getting to the front at the back of the last, but the win wasn't achieved without Jack Kennedy getting somewhat serious. Elliott was quick to put that down to Abacadabras being babyish rather than anything else, and noted the fact that the Gigginstown-owned novice has history for not doing a lot when he gets to the front in his races. "Jack said that when he got to the front he didn't do a stroke again. He was the exact same with Lisa O'Neill when he won a bumper at Galway earlier in his career," said Elliott.

Sharjah stole the show at Leopardstown on the final day of the Christmas festival, just as he did 12 months ago, as he won back-to-back runnings of the Grade 1 Matheson Hurdle under Patrick Mullins. Willie Mullins looked to hold all the aces heading into the final Grade 1 of the week, but punters expected last year's Supreme winner Klassical Dream to come out on top as he was sent off the 10-11 favourite. Favourite backers had their fingers burnt, however, as he stumbled badly at the fourth hurdle and almost got rid of Paul Townend. He trailed home last

of the five runners.

It was left to stablemate Sharjah to sprint clear after the last under a confident Mullins and he stormed to a three-and-three-quarter length victory over Petit Mouchoir at odds of 9-2.

Sharjah was trimmed into 10-1 from 25-1 for the Unibet Champion Hurdle by Paddy Power afterwards, while Klassical Dream was pushed out to 10-1 from 7-2 following his disappointing display.

There were only three runners for the Grade 1 Neville Hotels Novice Chase, but the quality was high and it served up a thriller as Battleoverdoyen resisted the late surge of Champagne Classic by a length, with 38 lengths back to Lord Schnitzel in third.

Stormy Ireland made every yard of the running to land the Grade 3 Advent Insurance Irish EBF Mares Hurdle under Paul Townend, with Elfile completing a 1-2 for Willie Mullins.

The concluding O'Driscoll O'Neil Insurance Brokers INH Flat Race went the way of 8-11 favourite, Eric Bloodaxe for Joseph O'Brien and Tom Hamilton.



ABOVE and ABOVE RIGHT: Trainer Adrian Keatley with Drumconnor Lad which won at the Leopardstown Christmas Festival on St Stephen's Day

UPCOMING FIXTURES

DUNDALK - FRIDAY, JANUARY 3, 2020
(FIRST RACE 5.30PM)

CORK - SATURDAY, JANUARY 4, 2020
(FIRST RACE 12.20PM)

NAAS - SATURDAY, JANUARY 5, 2020
(FIRST RACE 12.50PM)

Naas RFC win Lalor Cup

**NT MIDLANDS FINTAN
LALOR CUP 2020 FINAL**

**NAAS J2 14
PORTARLINGTON 5**

Played in very windy conditions, both sides were up for this challenge with forwards determined to display their power and discipline in the Lalor Cup final.

Naas attacked from the off, taking advantage of whatever benefit arose from the cross field gale. The opening 10 minutes saw a period of strong ball carrying by the Naas pack, defended by a very controlled Portarlington defence. Phase after phase of powerful carries by the Cormac Sheridan, John Waters and Gearoid Comber were repelled. Strong foraging by Jared Owens and Barraigh O'Halloran made sure that the ball carriers were well serviced, however Port held out.

Naas saw the opportunity to take advantage of the resulting space out wide enabling Thomas Dore to get over for a try, Paddy Brickell

converted and make it 7-0.

The second half mirrored the first with a fierce battle for superiority among the forwards. The wind shifted slightly allowing Port to gain significant clearances from inside their 22. Unfortunately on a few occasions they overdid it, kicking the ball dead, but this tactic forced Naas to carry the ball back on each occasion. Playing in Metro 4 Naas were used to the games where the ball was moving freely among the backs. This experience proved important as having dragged the Portarlington defence in close to the breakdown, the Naas backs were able to flash the ball wide to make critical ground.

Naas eventually scored their second try when Cormac Sheridan broke clear from a now dominant pack to score a try to the left of the posts. Paddy Brickell again converted to make it 14-0.

Portarlington fought back with an unconverted try scored by scrum half Paul Mannion.

With ten minutes remaining the game took on a



Naas' Paddy Brickall switches his pass to the on running Tom Dore during the 2019 Lalor Cup Final against Portarlington

new life with very strong carries from the Port substitutes. A yellow card for Naas gave Port more impetus as they battled to get another score however the Naas back row, supported by very committed tackling by centres Andy Kelly and Oisín Tyrell repelled Port's best efforts.

The final score was 14-5 giving Naas their sixth success in the Lalor Cup.

The Fintan Lalor Cup was presented to the winning captain Sean Nolan by Fintan's brother Dominick.

NAAS: Thomas Dore, Chris

McCarthy, Oisín Tyrell, Andy Kelly, Matt Burke, Paddy Brickell, Gavin Murphy, Bryan Gallagher, Sean Nolan, Eoin Tierney, Cormac Sheridan, John Waters, Barraigh O'Halloran, Jared Owens, Gearoid Comber, Niall Gorry, Andrew Sweeney, Niall Rooney, Paul Carroll, Jack Coyle, Niall Divan, Conor Sheridan.

Portarlington: Andrew Evans, Anivel Storey, Stephen Mulhall, Ross Doyle, Simon Doggett, Kieran Hyland, Paul Mannion, Aaron Maher, Fintan Murphy, Conor Houlihan, Keelan Hunt, Owen O'Donnell, Darren O'Connor, Sean Mooney, Stephen Oakley, Reece Cuddihy, James Brennan, Mark Petriw, Jack Walsh, Andrew Wilkinson.



Naas' Sean Nolan has his drive held up short of the line during the Lalor Cup Final against Portarlington RFC

Naas RFC secure the double with Osborne Cup win

**NT MIDLANDS OSBORNE
U18 CUP FINAL**

**NAAS 12
CILL DARA 5**

While the rain stayed away there was an absolute gale blowing across the pitch, as the Osobrne Cup final got proceedings under way on Saturday at Cill Dara.

On occasions Naas were able to release their backs and on one of these rare breaks the ball was worked wide to Ryan Foley chased along the touchline to score in the corner. Kicking into the cross wind, Jamie Osborne's conversion fell short. This was the the only score of the first half.

The second half saw the Cill Dara forwards come more into the game and control much of the play. Their support play enabled them to bring the play into the Naas 22 for much of the half. The more powerful home side carried the ball at close quarters forcing Naas to defend every metre.

Naas met the challenge with determined defence, particularly on those occasions where the ball went to ground. Danny Walsh and James Choiseul in particular were outstanding.

Cill Dara drew first blood in the second half on 47 minutes when the pack carried the ball inside the Naas 22, before Senan Brannock broke wide to score close to the corner flag. Again the wind frustrated the kicker.

At 7-55 the commitment of both sides was clearly seen as both upped their game which saw both sides pressing to gain any small advantage.

The fitness of the Naas squad shown in the final quarter as they continued to fight for every ball. Having got into the Cill Dara 22 they were held out by a determined defence. The game moved across the field with over 15 phases. Ultimately Naas penetrated the stubborn Cill Dara defence with a skip pass from Oscar Crawley going to the fast moving full back

Andrew Osborne. Andrew escaped the final tackle, cutting back, to touch down about 15 metres in. Despite the wind Jamie Osborne kicked an absolute monster to make it 12 - 5, the final score.

NAAS: Andrew Osborne, Sam Dunne, Sean Farrell, Jamie Osborne, Oscar Crawley, Shane Penrose, Ben Noone, Jim Downey, Cael Early, James Choiseul, Andrew Mc Cormack, Rob Shaw, James Cosgrave, Danny Walsh, Niall Smith, Ryan Foley, Dan Furlong, Shane Quinn, Ben Kehoe, Ultan Casserley, Ben Higgins, Kevin Reid, Joe Kehoe. Conor Parsons and Conor Gallagher.

CILL DARA: Tom Martin, Aaron Nolan, Rory Conway, Luke O'Toole, Corey Hughes, Shane O'Loughlin, William Doran, Josh Boyce-Donohoe, Dylan Mc Hugh, Niall Burke, Killian Hanly, Thomas Staunton, Liam Mc Keown, Senan Brannock, Oisín Michael, Thomas Mc Cullagh, Joseph Prendergast Aidan O'Brien, Jack Rock, Conor Martin, Cathal Mc Kernan.



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**UK-bound
Curragh
trainer
Keatley has
winner at
Leopardstown
- Page 44**



ELLIOTT HOPING FOR MORE FESTIVE SUCCESS AT NAAS

Trainer Gordon Elliott at Naas Racecourse before Christmas.

PHOTO: INPHO / MORGAN TREACY

SENAN HOGAN
editor@kildarepost.ie

Trainer Gordon Elliott will be aiming to continue his strong Christmas form into the New Year with Envoi Allen headlining the entries for the Grade 1 Law of Naas Novice Hurdle on Sunday next, January 5.

Envoi Allen, who won the Champion Bumper at Cheltenham last season, remains unbeaten in his career and is the highest rated novice hurdler in Ireland at the

moment.

The five-year-old heads a list of eight entries for the first Grade 1 race of 2020.

Elliott said: "This race has been his target since the middle of December and we are very pleased with him. Everything has gone smoothly over the last few weeks and it's nice to see that his form has been working out at various points over Christmas."

Elliott continued: "It has been a great Christmas and I'm looking forward to starting off the year by

running Envoi Allen in a race like this and fingers crossed it will be a nice start to the year."

Davy Russell partnered Envoi Allen to victory in both his hurdling starts to date and is looking forward to renewing that association on Sunday.

"Envoi Allen is a big strong horse with a lot of ability. Gordon has done a fantastic job with the horse and everyone seems happy with him at home," Russell commented.

"His form is rock solid and we are really happy with him. It's a pleasure

to be around him," added the jockey.

"Naas is a very good racecourse and a tough racecourse so you need a very good horse to win around there. I have no doubt that Sunday will be a true test."

Willie Mullins won the Lawlor's Of Naas Novice Hurdle with Next Destination in 2018 and looks likely to send course and distance winner Elixir D'ainay back to Naas on Sunday and he has also left in another JP McManus-owned runner, Janidil, who would be

looking for a fourth consecutive win. Longhouse Poet and French Dynamite are two notable inclusions for Martin Brassil and Mouse Morris respectively. Longhouse Poet was second to Elixir D'ainay at Naas before winning his maiden at Navan, while French Dynamite made a winning racecourse debut at Thurles last month.

A seven race card is due to get underway at 12.50pm on Sunday and further details are available at www.naasracecourse.com.

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