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NEWS • ENTERTAINMENT • SPORT

Console probe doubt

SENAN HOGAN
editor@kildarepost.com

A major investigation into the spending of funds at the disbanded Console charity is not expected to continue following the death of its founder Paul Kelly at his Kildare home.

The former chief executive of the suicide prevention charity was found dead in his home in

Clane on Sunday evening.

Console was shut down in 2016 after a major scandal over how the charity was spending public donations as well as state funds.

The Kildare Post has learned that as Mr Kelly was the sole focus of the investigation, no further action is expected to be taken due to his death.

STORY CONTINUED ON PAGE 4 →



THE ECSTASY AND THE AGONY OF POLITICS

Cathal Berry, Ind, left, who beat sitting Fianna Fáil TD Fiona O'Loughlin, right, in a nailbiting fight for the final seat in Kildare South; Sinn Féin's Réada Cronin, centre, celebrates after coming second to claim a seat in the Kildare North election. Don't miss our general election 2020 coverage on pages 5 to 10 inside. PICTURES: PAT TINSLEY

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Contact us

EDITORIAL

Rose Barrett O'Donoghue
News Editor / Multimedia Journalist
editor@kildarepost.com



Senan Hogan
Content Manager
senanhogan@kildarenow.com



Louise McCarthy
Senior Multimedia Journalist
louisemccarthy@kildarenow.com



Aishling Conway
Photographer
photos@kildarepost.com



COMMERCIAL TEAM

Anna Fortune
Commercial Manager
086 728 8898
anna.fortune@kildarepost.com



Cathryn Kelleher
Multimedia Account Manager
086 7288 778
cathryn.kelleher@kildarepost.com



Michael McHugh
Multimedia Account Manager
045 408 200
michael@kildarepost.com



GENERAL ENQUIRIES

Kildare Post
Unit W5D, Cherry Place,
Ladytown Business Park,
Naas, Co Kildare, W91 W26T
T: 045 408 200
www.kildarepost.com
www.kildarenow.com

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NEWS

Probe into Console charity not expected to continue after death of founder



CONTINUED FROM PAGE 3

In June 2016, it emerged Mr Kelly had run up credit card bills of hundreds of thousands of euro on items such as groceries, designer clothes and foreign trips.

A Garda statement said: "Gardaí in Clane attended at a house in Alexandra Manor, Clane on Sunday night, February 9, 2020.

"The body of a man (early 60s) was discovered and his body was removed to Naas Mortuary.

"A post mortem will be conducted in due course and a file will be prepared for the Coroners Court."

Mr Kelly resigned from the charity shortly after the scandal broke, and it was wound down shortly afterwards.

The Office of the Director of Corporate Enforcement (ODCE) had opened an investigation into the Console controversy, but to date no charges had been brought against any individuals.

The State corporate watchdog previously secured a High Court order in July 2018 to allow investigators examine material on computers taken from the suicide counselling charity.

The ODCE said it was unable to comment yesterday. However it's

understood that the investigation solely centred on the role of Mr Kelly and as he is deceased this means that the file will be closed with no further prosecutions likely. The ODCE was established under the Company Law Enforcement Act 2001 to enforce and encourage compliance with company law.

It is a completely independent body and is required to keep its duties confidential.

This confidentiality is to ensure that investigations into possible breaches of law are carried out without the possibility of interference from any party.

CRIMEBRIEFS

Man assaulted

Gardaí are appealing for witnesses after a man was assaulted and robbed in the Castletown Drive area of Celbridge on February 5 at 11.10pm.

The man was walking home and was struck on the head from behind. He fell to the ground and was robbed and assaulted.

Tools stolen

Kildare gardai are appealing for information after €7,000 worth of tools was stolen from a new build in Derrinturn on February 7 at 6pm.

The injured party is building a house in the area and returned to find a window had been smashed and the tools were taken.

Contact Naas gardai if you have any information about the raid or if you are offered the tools for sale.

Break-in

Gardaí are appealing for witnesses after the Yankee Candle store in Ladytown Business Park was broken into on February 9 at 1.10am.

The premises was entered after intruders cut a hole through a door and a large quantity of stock was stolen.

Gardaí are appealing to anyone who saw or heard anything suspicious at the time. Contact Naas gardai with any information.

Generator stolen

Naas gardai are appealing for information after a generator was stolen from a Naas housing development overnight from February 10 to 11.

Contact gardai if you are offered a generator for sale or have any information about the raid.

INSIDE

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GENERAL ELECTION 2020

Newbie TDs may have key role in new government

SENAN HOGAN
editor@kildarepost.com

The election of Sinn Féin TDs in Kildare North and Kildare South as well as an Independent in Kildare South would have been unthinkable six months ago — but it came to pass in a general election which rocked the political establishment this week. Nobody could have predicted the winners and losers when ballot boxes were opened at the Count Centre in Punchestown on Saturday morning. The Sinn Féin vote in Kildare North in particular almost trebled at the weekend compared to the 2016 General Election.

It was a stunning success for Sinn Féin leader Mary Lou McDonald and her new Dáil deputies, Reada Cronin and Cllr Patricia Ryan.

And with McDonald as possibly the first female

Taoiseach of the country, the Kildare TDs could have a prominent role in any new government.

This coalition may also include Dr Cathal Berry who came from nowhere a few weeks ago to being elected a TD and possibly will be a member of the next government.

The medical doctor and ex Army Ranger managed to squeeze out the fancied Fianna Fail stalwart Fiona O'Loughlin for the final seat.

With catchy slogans like 'Pick A Berry' — the TD had raised over €30,000 with online donations of €10, €20 and €50 from the public.

People had asked "Cathal who?" when posters started to appear on lamp posts on the streets of Monasterevin and Kildangan during the middle of January.

Then around 150 people attended Berry's campaign launch in the Keadeen Hotel

in Newbridge on January 23 where he was endorsed by former Tanaiste and attorney general, the Independent senator Michael McDowell.

His campaign team was made up of friends and former Army colleagues who never worked on an election before and had very little experience in politics.

The surge in support from Sinn Féin was completely unexpected at least as far as the media was concerned and the bookies.

In Kildare North, former TD Frank O'Rourke was a another victim of the Sinn Féin wave of support.

Kildare will also be represented in the 33rd Dáil by Social Democrats co-leader Catherine Murphy, Fine Gael's Martin Heydon and Bernard Durkan and James Lawless of Fianna Fáil as well as outgoing Ceann Comhairle Sean Ó Fearghail of Fianna Fáil.



Getting out to vote...

Bridie Connelly, aged 92 years old, pictured clutching her polling card as she makes her way via her wheelchair to the local polling station in Kildare town on election day. The photograph was taken by her son Martin.

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GENERAL ELECTION 2020

A good day for some, a hard day for others

ROSE B O'DONOGHUE
 editor@kildarepost.com

Politics is a harsh career, often referred to as a 'blood sport'. For a Dáil deputy, there's an exhaustive schedule of debates, Dáil votes, delegations to be met and their issues discussed, and for Kildare deputies, there's the daily (tedious) commute. But aside from the duties of public representatives, there's

also the need to attend all major meetings, celebrations, sporting and fundraising events in their respective constituencies.

Prior to this election, Kildare South TD Fiona O'Loughlin would have been seen as one who, even in high heels, seemed to cross the constituency from corner to corner in any given week. Cllr Mark Wall, too, is a visible presence in Athy and surrounding communities. It

seemed to be his time, his turn to claim a seat in Kildare South, as previously held by his father Jack.

The momentum, it seemed, was with Fianna Fáil and Sinn Féin as pre-election polls indicated Fine Gael and Leo Varadkar were losing support. A week later, those polls were turned on their head with Sinn Féin listed at the top in terms of voters' popularity, and it was Micheál Martin and his party who

dropped marginally while Leo Varadkar recouped slightly.

Storm Ciara was outblown by the results of the general election as boxes were opened on Saturday and the count began. It was Sinn Féin all the way and from the onset, Kildare North and South constituencies mirrored the national trend.

With Catherine Murphy of the Social Democrats topping the poll in North Kildare, Reada Cronin (SF)

and her running mate in Kildare South, Patricia Ryan were clearly going to take a seat each. It was looking dodgy for outgoing deputies Bernard Durkan (FG) and Frank O'Rourke (FF) but when Anthony Lawlor (FG) was eliminated in the fourth count, his transfers saw the veteran Bernard safely home. It is 39 years since he first stood for election and the man seems unstoppable!

With the swing to Sinn Féin and a very respectable vote for Vincent P Martin of the Greens, Emmet Stagg's return bid to Leinster House did not materialise.

And so it's one Social Democrat, one Sinn Féin, one Fianna Fáil (James Lawless returned) and one Fine Gael deputy off to the 33rd Dáil.

In Kildare South, the count finalised with the eighth count, albeit FF's Fiona O'Loughlin conceded defeat during count seven. It was a bitter sweet victory for Independent Cathal Berry when he realised that O'Loughlin, a good ally of the Defence Forces during her tenure at Leinster House, was going to lose to him.

Martin Heydon of Fine Gael was comfortably returned and he paid tribute to both Cllr Mark Wall and Ms O'Loughlin, both of whom he had served with at council and Dáil level respectively. He acknowledged the commitment of the FG councillors across the counties for their campaign work and of course, the support of his 'amazing wife, Brianne'.

Both Wall and O'Loughlin paid tribute to their supporters, their party and were magnanimous in defeat. Cllr Wall returns to his council work whilst O'Loughlin stated it was time to reflect and she was privileged to have fought for the people of Kildare South at Leinster House, particularly in the areas of education, equality, etc.

We were unable to contact Frank O'Rourke at the time of going to press but with Frank's pragmatic view of life, he is no doubt already putting the experience behind him and looking at his next venture.



With 39 years experience under his belt, Bernard Durkan (FG) and newly elected Reada Cronin (SF) at the count centre on Monday last. PICTURES: ROSE B O'DONOGHUE



Safely returned in North Kildare, James Lawless (FF) and Martin Heydon (FG) in Kildare South



Cllr Aoife Breslin supporting her party colleague Cllr Mark Wall at the count centre last week in Punchestown. Mark's sons Eoin and Mark junior



Family support: outgoing Fiona O'Loughlin (FF) with her mother Mary and extended family



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GENERAL ELECTION 2020

Successful TDs relieved after making it to 33rd Dáil

Fianna Fail's James Lawless — who received 7,029 first preference votes and was elected without reaching the quota — believed his hard work over the past four years benefited him.

He said after his election on Monday: "I always communicated well and am available for people."

Deputy Lawless remarked that the electorate had voted for change in 2011, 2016 and now the 2020 general elections.

He added: "The question is, what changes do people want? We must answer that over the coming months."

Returned Fine Gael TD Martin Heydon said he was honoured and hugely humbled to be re-elected.

Thinking of other electoral casualties, he explained: "I have colleagues across the country who didn't make it. I will take stock of

that, but right now from my perspective, I'm happy to continue representing the people of Kildare and Laois".

He also had a few words for the candidates in his own constituency: "Commiserations to Fiona O'Loughlin whom I worked with for the past four years, and special mention to Cllrs Mark Wall and Suzanne Doyle whom also I served with on the council. These are three public reps who've served their area with huge distinction".

Re-elected Fine Gael TD Bernard Durkan, now aged 74, said that he walked longer than he ever did in an election campaign.

Deputy Durkan, who has had a number of difficult election battles since first entering the Dáil in 1981, said he had a great team of workers and found people very pleasant. He added: "Kildare people are very



Kildare North Social Democrat candidate, outgoing TD, Catherine Murphy (right), pictured with family members, Yvonne, little grandson Óisín (aged four months), and Michéal O'Halloran. PICTURE: TONY KEANE

nice, affable and friendly."

Regarding the campaign, he said: "People think you should down (as you get older) but there is no such thing as slowing down in politics. You must work and enjoy it as a vocation."

Kildare North TD, Catherine Murphy, who topped the poll just

like four years ago, said the key issues on the doorsteps were health, housing, garda resources and transport.

She first entered politics after becoming a Leixlip Town Commissioner in 1988.

In 2005, she was elected to the Dail during a byelection which

resulted in Fianna Fail's Charlie McCreevy appointed as a European Commissioner.

She insisted voters wanted an improvement in services in their communities.

She explained: "We have been building houses and playing catch up with services."



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GENERAL ELECTION 2020



Kildare South Sinn Féin candidate, Patricia Ryan, was pictured with her supporters and family members at the Punchestown count centre last Monday.



Tallyman, Shane Pryor, and DJ Moore, Naas



Tallyman, Paddy Kennedy

GENERAL ELECTION 2020 COUNT AT PUNCHESTOWN

Pictures: TONY KEANE



LEFT: Kildare South candidate, Mark Wall, Labour, with his family, Cathal, Michelle, and Eoin



RIGHT: Kildare South FG candidate, Martin Heydon with his wife, Brianne, and sons, John, Martin D, and Pádraic



Kildare North FF candidate, outgoing TD, Frank O'Rourke, pictured with his team

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Kildare North FF candidate, outgoing TD James Lawless, with his family, mum Mary MacDonald, wife Ailish, and daughters, Naimh and Caoimhe

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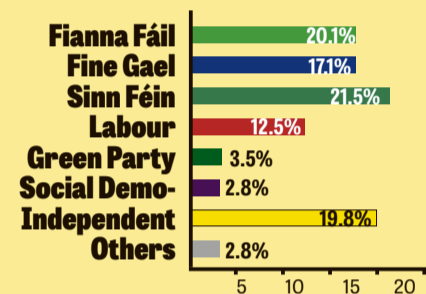
GENERAL ELECTION 2020

KILDARE SOUTH

	Count 1	Count 2	Count 3	Count 4	Count 5	Count 6	Count 7	Count 8
P Ryan (S Féin)	10155	10461	10719	11072	11295	12152		
		+306	+258	+353	+223	+857		
M Heydon (F Gael)	8069	8120	8218	8567	9010	9651	11676	11710
		+51	+98	+349	+443	+641	+2025	+34
C Berry (Ind)	5742	5961	6176	6501	6876	8270	10693	10940
		+219	+215	+325	+375	+1394	+2423	+247
F O'Loughlin (F Fáil)	5927	5985	6043	6176	8177	8936	10370	10425
		+58	+58	+133	+2001	+759	+1434	+55
M Wall (Labour)	5899	5974	6142	6648	6984	7484		
		+75	+168	+506	+336	+500		
F McL Healy (Ind)	3616	3730	3938	4221	4471			
		+114	+208	+283	+250			
S Doyle (F Fáil)	3580	3665	3703	3782				
		+85	+38	+79				
R Maher (Greens)	1639	1754	2144					
		+115	+390					
L Hayden (Soc Dem)	1338	1474						
		+136						
A Mhic Gib (Aontú)	697							
R UíBhroin (PBP)	598							

Total Electorate - 77,719
Invalid Ballot Papers - 440
Valid Poll - 47,260
Quota - 11,816
Number of seats - 3

PERCENTAGE SHARE OF THE VOTE

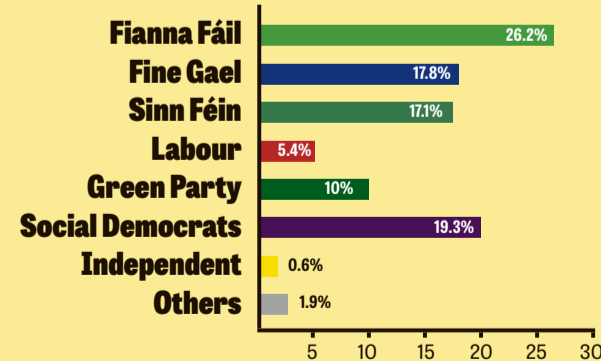


KILDARE NORTH

	Count 1	Count 2	Count 3	Count 4	Count 5	Count 6
C Murphy (Soc Dem)	9808	10180	11008			
		+372	+828			
R Cronin (SinnFéin)	8705	9192	9508	9623	9732	11079
		+487	+316	+115	+109	+1347
B Durkan (F Gael)	5447	5522	5910	6006	8521	10258
		+75	+388	+96	+2515	+1737
J Lawless (F Fáil)	7029	7146	7357	7417	7909	9357
		+117	+211	+60	+492	+1448
F O'Rourke (F Fáil)	6336	6596	6945	7035	7238	7956
		+260	+349	+90	+203	+718
VP Martin (Greens)	5100	5473	5901	6211	6674	
		+373	+428	+310	+463	
A Lawlor (F Gael)	3621	3693	3871	3920		
		+72	+178	+49		
E Stagg (Labour)	2751	2853				
		+102				
P Mahon (PBP)	861					
D Monaghan (Ind)	197					
S Ó Riain (Renua)	967					
W Swords (Ind)	123					

Total Electorate - 81,884
Invalid Papers - 382
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Number of seats - 4

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NEWS

Gardaí arrest man over €250,000 drugs seizure in Kildangan

SENAN HOGAN
 editor@kildarepost.com

Gardaí are questioning a man aged in his late 30s as part of an investigation into a major seizure of drugs in Kildangan.

Officers seized cannabis with an estimated street value of €252,000 after a search carried out at a house near the south Kildare village on Saturday.

The operation was carried out by gardaí attached to Kildare Drugs Unit and detectives at Kildare Garda Station. Gardaí said the search was part of an ongoing investigation into the sale and supply of drugs in County Kildare.

The search team also seized a large cocaine press with scales as well as bagging and packing machines.

A garda spokesman said: "As part of an investigation into the discovery of €250,000 worth of cocaine Gardaí have arrested a man in his late 30s.

"The man is detained at Kildare Garda Station under Section 2 of the Criminal Justice (Drug Trafficking) Act, 1996."

Investigations are continuing. The latest operation follows a number of seizures across County Kildare in December.

During the past month, gardaí seized cannabis herb with an estimated street



The drugs were found in a search carried out on Saturday last. File Photo

value of €70,000 in Kilmearney.

Also in December, €160,000 of cocaine and €20,000 of cannabis was recovered in Ballymore Eustace.

Gardaí further seized cannabis worth €11,000 in Monasterevin as well as cannabis herb with an estimated street value of €2,500 in Newbridge.



Officers from Kildare Garda Station were involved

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Anger at illegal Curragh dumping



Large-scale illegal dumping on the Curragh Plains has been condemned by locals.

A video sent to the Kildare Post shows a number of mounds of materials abandoned at the scene such

as construction rubble, wooden planks, discarded Christmas trees and plastic sheeting.

A local flock of sheep can be seen rummaging around the waste.

The location of the dumping off a public road at the Sunnyhill end of the Curragh.

A resident, who recorded the video said: "This is a regular occurrence and

needs to be highlighted and action taken.

"These people should not be allowed to break the law and get away with it."

Kildare Co Council has been contacted about the

incident.

Meanwhile steps are underway to conserve and manage the Curragh Plains on a professional basis for the enjoyment of visitors and the local community.

The 5,000-acre Curragh Plains are one of the largest expanses of semi-natural grassland in Europe.

Tenders were issued

earlier this month by Kildare County Council for the 'provision of Multi Disciplinary Project Team Services' for the Curragh.

Successful bidders will be asked to deliver a 'comprehensive Conservation Management Plan and Interpretation/Branding Plan.'

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NEWS

Kildare woman trapped in China

KIM O'LEARY
editor@kildarepost.com

A County Kildare woman stranded in one of China's largest cities due to coronavirus has said that she is "struggling" to find transportation to return home to Ireland.

Hannah McGrath is originally from Maynooth and she teaches English at a school in the city of Nanjing, capital of China's eastern Jiangsu province. Hannah

has self-quarantined in her apartment and she said that the city is "locked down and under quarantine" with those suspected of being infected by the deadly respiratory disease being rounded up by authorities and barriers in place preventing people from leaving the city.

In recent days Hannah has self-quarantined in her apartment in the city.

She said: "The holidays were extended because of the

coronavirus and schools in Nanjing might not be open until March, it's not been so bad but being confined to your apartment is hard mentally, you can't even go for a walk outside. I've had groceries delivered to my door over the last few days, I've not been in contact with other people."

"On Thursday, February 13 I'm hoping to catch a flight out of mainland China to reach Dublin, but I'm struggling to find transit



Hannah McGrath

weeks since the coronavirus outbreak has been chaotic and worrying for them as a family.

"We're terribly worried and it's a scary as a parent knowing that she's in China when this coronavirus is spreading. Everything was fine until all hell broke loose with this virus and it's turned everything upside down for everyone in China. We're all keeping our fingers crossed that she comes home to Ireland soon, hopefully on Friday," said Grace.

Meanwhile the family intend to liaise with the HSE and other government bodies when Hannah returns home, as they do not know if she will be quarantined or not. "She could be quarantined here in Ireland or elsewhere, we just don't know yet," explained Grace.

More than 1,000 people have died globally from the coronavirus with more than 360 cases reported outside of mainland China, although no such cases have been reported in Ireland the HSE has said it has measures in place such as isolation rooms and masks to be distributed to GPs across the country.

taking people from mainland China. I want to try avoid Hong Kong because everyone there is under quarantine, but the word is not many airlines are taking people from mainland China. The price for flights has increased exponentially over the last few days, it's either break the bank or have three stops and now it's looking like I'll have to pass through Beijing to reach Europe, maybe stopping in Frankfurt or Moscow before I reach

Dublin. Hopefully I won't have to go near London because a lot of people coming from mainland China are quarantined there now. It's been rough but we'll get there hopefully," explained Hannah.

Meanwhile, back home in Maynooth Hannah's family are praying that she will come home safe.

According to her mum Grace McGrath, who is a choreographer for Naas Musical Society, the last few

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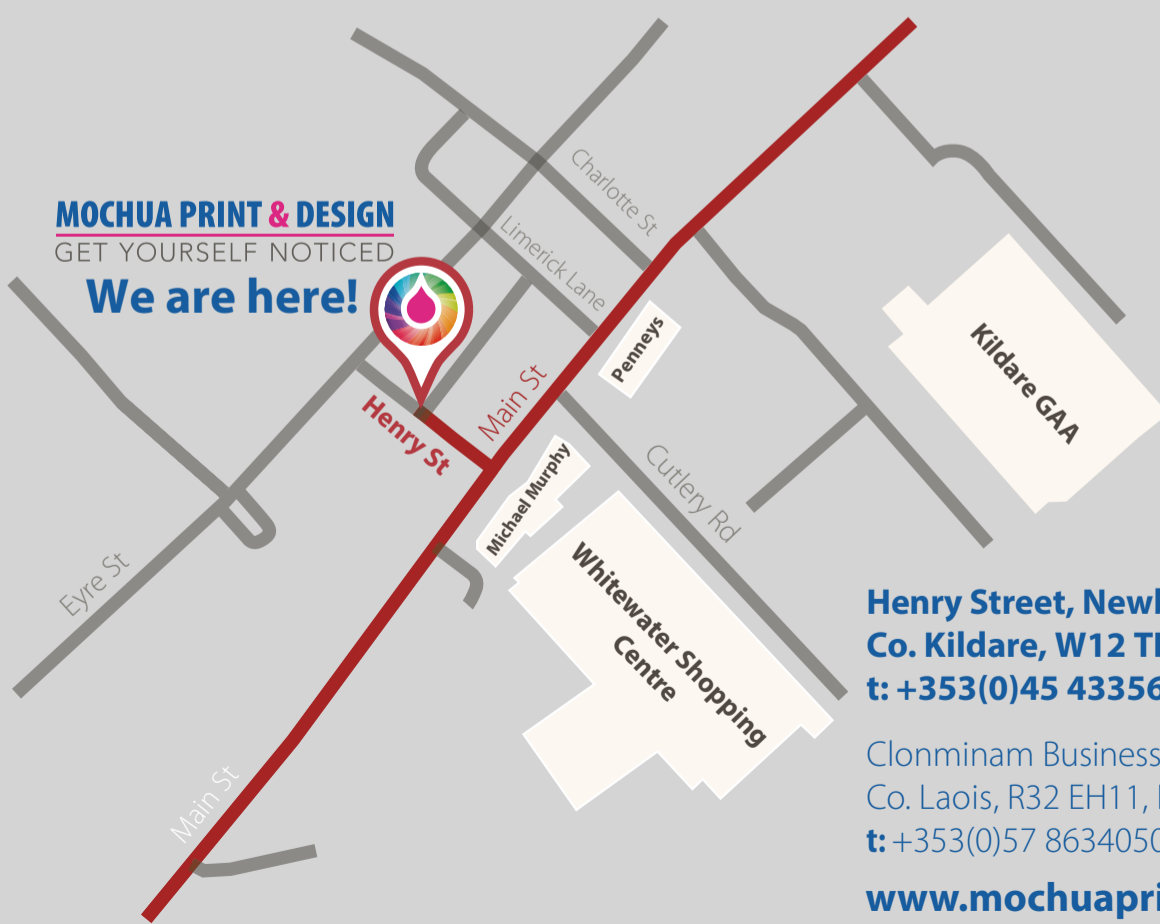
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NEWS

Call for safety measures to reduce dangers at busy junction

SENAN HOGAN
 editor@kildarepost.com

Kildare Co Council has been called on to improve safety at a dangerous junction near Naas.

Several collisions have occurred

at a crossroads located where the L2031 local road from Flood's Cross joins the R445 dual carriageway at Ladytown.

Cllr Noel Heavy wants the council to outline its programme and schedule for improving safety

with roadmarkings and lighting at the junction.

The issue will be raised at the next meeting of Kildare-Newbridge Municipal District held on February 19.

The junction, which is located

close to the council's Ladytown yard, has seen a number of accidents occur in the past.

On each occasion, the busy road has to be closed to traffic and tailbacks result in the area.

In November 2018, a collision

occurred between a car and a truck between 7am and 7.30am in the morning and caused traffic congestion.

A saloon car, which overturned, later had to be lifted onto a recovery truck by emergency workers.



The aftermath of a collision near the R445 junction in November 2018 in which a car overturned and had to be removed from the scene by emergency services



The junction where the L2031 local road meets the busy R445 dual carriage route between Naas and Newbridge



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Monasterevin public meeting

PAULA CAMPBELL
editor@kildarepost.com

Councillor Kevin Duffy has announced a public meeting is to take place in Monasterevin Community Centre on Thursday February 20 at 8pm.

The purpose of the meeting is to discuss the proposed soil recovery facility at Ballykelly, Monasterevin. Kildare County Council has recently received a planning application to establish an inert

soil waste recovery facility to provide for the importation of ca. 1,047 million tonnes of natural inert waste.

The site is located at Ballykelly near the proposed Barrow Blueway project, Ballykelly GFC, Ballykelly Distillery project and residential and agriculture uses.

Speaking this week, Cllr Duffy said "I am arranging a Town Hall meeting for all interested parties to meet and discuss the proposed project, advantages, disadvantages,

and what planning observations if any we as a community should lodge with Kildare County Council for their consideration in the determination of the proposed project. I would like to stress that the meeting is not to take one side in relation to this project but to have a balanced and honest discussion about the implications such a development will have on Monasterevin." He added that he has written to ask the company making the application to attend.

PUBLIC MEETING TO DISCUSS THE PROPOSED SOIL WASTE RECOVERY FACILITY – HAVE YOUR



Have your say meeting to discuss proposed soil waste recovery facility



The group who all rolled up their sleeves for the big spring clean up at the Curragh Racecourse recently

Big spring clean up at the Curragh

PAULA CAMPBELL
editor@kildarepost.com

There was a great turn out for the recent Kildare Town Tidy Towns and the Heritage Centre litter pick on the Curragh Plains for spring.

They were joined by Tidy Town groups from Newbridge, Milltown, Kilcullen and Monasterevin as a positive start to 2020 on Saturday January, 25 and just before the Feile Bride which started on January 31 in Kildare town.

"A huge thank-you goes out to the volunteers that came out on the day," said Tom McCutcheon of the

Heritage Centre.

Kildare County Council organised the correct disposal of rubbish collected, while the Curragh Racecourse provided parking and refreshments on the day.

"We would also like to acknowledge the assistance from the staff in the Department of Defence," he added. "The idea was to raise awareness of this unique landscape and that if we want it to be there for future generations that we need to take better care of it now."

He added that while the Department of Defence is the caretaker, the community have a

responsibility to play in its protection. "If everyone who uses the Curragh followed the Curragh code, then this wonderful facility would be in better stead."

Under the Curragh code the following activities are forbidden: scrambling by motorcycles and quads; the driving of vehicles over the plains (outside designated roads) and the dumping of waste material of any kind; horse riding, except for licenced training in authorised areas and the erection of unauthorised signs. "So maybe we can all play our part in improving and preserving this wonderful amenity."

KTCS first year boys football match win

KILDARE POST REPORTER
editor@kildarepost.ie



Kildare Town Community School team celebrate their win

Congratulations to the first year boys from Kildare Town Community School, whose gaelic football team won the Br Hubert Shield last Friday, February 7, in Hawkfield.

In a competitive first half KTCS out played and out fought St Paul's Monasterevin. This was reflected in the half time score of 1-5 to 0-2.

Ben Ryan was a stand-out player scoring 1-2 however this reflected the hard work and effort of all the team who were playing in tough weather conditions. Rory

Stynes was excellent in defence and Kyle Donoghue stood out in the forwards.

The second half continued KTCS' dominance where the team scored 3-6 to 1-1 to prove worthy winners against determined opponents.

This dominance was evident with five of the six forwards scoring in the second half. Their school would like to thank all the players for their hard work and dedication throughout the year and hope this is the first of many titles.

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Council seek costs of quarry closure

PAUL O'MEARA
editor@kildarepost.com

Kildare County Council is seeking to have costs associated with the closure of the quarry at Ballysax repaid.

Replying to a query from Cllr Fiona McLoughlin Healy, Kildare County Council director of services Eoghan Ryan noted that the quarry is closed following a High Court action.

Speaking at a KCC meeting he added that the council is

currently pursuing its significant legal and administrative costs.

The issue of illegal quarries was also highlighted on an RTE Investigates programme late last year when it was alleged that some owners are not fully conforming with operation regulations.

Kildare County Council says that complaints alleging illegal quarry activity must be investigated under legislation and any legal

action taken must be based on evidence.

Cllr Vanessa Liston asked KCC about measures put in place to tackle illegal quarries and to repair any environmental damage caused.

Mr Ryan said evidence based cases are needed to satisfy the courts "as to whether activities complained of are unauthorised and reliable, expert evidence must be produced in court."



Ballysax quarry, above

Unfortunately, he added, investigations can be slow moving and KCC doesn't have the power or the capacity to promptly shut down any unauthorised development or unauthorised quarry.

He said the remediating impacts can be very expensive to KCC and the

taxpayer.

"The council makes every effort to ensure (these) costs are attached to court decisions which the council wins but the realisation of these costs can be dependent on the financial circumstances of the developer."

He added KCC continues to examine how best to advance its investigations but under current legislation "there is now quick fix available" to permit the council to shut down alleged illegal quarries — even if it can be proven that the sites are illegal.

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NEWS

Kildare's Brian Dowling makes history with first same-sex dance on TV show

KIM O'LEARY
editor@kildarepost.com

Irish television history was made on RTÉ One on Saturday when Kildare native Brian Dowling and Kai Widdrington — and then Lottie Ryan and Emily Barker — took to the floor as same-sex professional and celebrity dance partners, in a first for *Dancing with the Stars*.

It was *Switch Up Week* on Saturday night's groundbreaking show, which meant that all the celebs got to dance with a different professional dancer.

Both Rathangan native Brian Dowling and Newbridge woman Sinead O'Carroll won praise from the three judges.

Former *B*Witched* star Sinéad O'Carroll and her switch up partner John Nolan performed a Viennese Waltz to *Guilty* by Paloma Faith.

Sinéad scored a total of 27 points from the judges, which proved to be the night's top score.

The moment viewers and audience members alike were waiting for came when Brian Dowling got to fulfil his dream of dancing with a same-sex

professional for the first time ever on the show.

Wearing matching suits, Brian and Kai Widdrington danced the quickstep to *Take That's Out of Our Heads*.

Afterwards an emotional Brian admitted he had never been so nervous in all his life.

Speaking of the dance's significance for LGBTQ people living in Ireland, Brian said:

"I've always believed actions speak louder than words—just giving the opportunity to dance with a man says everything. But if watching this helps just one person watching the show, all the pressure, all the stress and all the rehearsals will be so worth it." In another television first, Lottie Ryan and Emily Barker teamed up to deliver a high energy Charleston to *Woman Up* by Meghan Trainor. There were no eliminations this week and the celebrities will return to their original pro-dance partners as they prepare for the start of the dreaded dance offs - which will begin on next week's show, which airs in its traditional Sunday evening slot on RTÉ One at 6.35pm.

Brian Dowling who performed last week with professional dancer Kai on last week's *Dancing with the Stars*



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The KWWSPCA monster book sale in aid of the KWWSPCA Shelter Fund is being held on Friday 14 and Saturday, 15 February next,

from 11am to 5pm at the Town Hall/Heritage Centre in Kilcullen. The range of books on offer is very wide with a large number of novels catering for all tastes as well as non-fiction books, such as cookery books, travel books,

biographies, etc. Lots of children's books, some classics and many sold at just €1 each!

FOSTER HOMERS FOR CATS

"We are still looking for people who would be willing to foster older cats on a short term basis until forever homes are found for them," said Sally McCaffrey of the KWWSPCA.

"We can keep them at our shelter but they do much better if they are in a home where they will get much more individual attention. The KWWSPCA pays any veterinary costs for the cats and can provide food, bedding, cat litter and cat crates if needed, as well as being on hand to give advice and to take the cat back if it does not work out".

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kwwspca@gmail.com. All cats will be vaccinated, neutered or spayed and given a worm and flea dose before going to their foster home.

CAT OF THE WEEK - THEO

The very handsome Theo is about five months old and looking for his forever home; he just loves human company and can't love you enough! He will make an excellent pet for a very lucky family. Theo was in the vets last week getting all his veterinary treatment done and is ready now for his new home. Theo comes under our kitten scheme and a home check applies. Please contact 085 1000783 if you would like to offer him a home. There is an €80 rehoming fee when we rehome a cat or a kitten, but they will have been neutered, vaccinated and treated for worms and fleas.

DOG OF THE WEEK - SPRITE

Sprite is just one of four very attractive lurchers that are looking for new homes. Sprite is 2.5 year old male lurcher and gets on very well with the other dogs at the KWWSPCA shelter. He loves his walks and loves to share social time in our garden with our other lurchers, Toby, Ellie and Ronaldo.

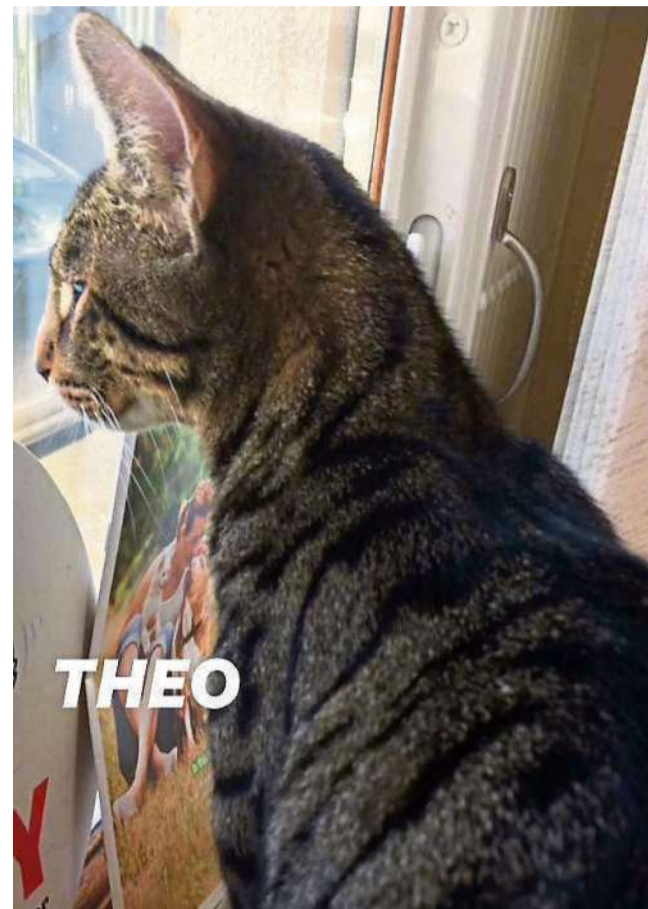
Sprite is a very affectionate and friendly fellow, loving human company and would love to go to a fairly active home where he has a decent amount of space to run and stretch his legs, and where his new family would take him for plenty of walks because he loves getting out and about and meeting new people. He would not like a home where he is left for long periods on his own, and he would fit in well to a home where there is another friendly dog who would like company.

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Sprite is neutered, microchipped (number 972274000534276), and vaccinated.

With expressions of interest, please email kwwspca@gmail.com or contact 087 127 9835.

We ask for a minimum donation of €150 to partly cover his veterinary expenses, a collar tag and dog licence are required to complete an adoption, a home visit applies and a secure garden is required.



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. We are

registered with the Department of Agriculture, Food and the Marine with the Registration Number IPT200001C and all the animals we offer for rehoming originate from Ireland.

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191 NISSAN LEAF SV PREMIUM
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191 NISSAN QASHQAI SV PREMIUM
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181 NISSAN QASHQAI SVE
Was €27,445/Now €25,445



171 NISSAN QASHQAI SV PREMIUM
Was €22,945/Now €20,945



191 NISSAN X-TRAIL SV PREMIUM
Was €34,945/Now €32,945



181 NISSAN QASHQAI SVE
Was €27,445/Now €25,445



191 NISSAN QASHQAI SV
Was €26,945/Now €24,945



172 NISSAN JUKE SVE
Was €19,445/Now €17,445



171 NISSAN QASHQAI SV PREMIUM
Was €22,945/Now €20,945



151 X-TRAIL SV
Was €21,945/Now €19,945



181 NISSAN JUKE SV
Was €20,945/Now €18,945



191 NISSAN MICRA SV 1.0 PETROL AUTOMATIC
Was €19,945/Now €17,945



181 NISSAN JUKE SV
Was €16,945/Now €14,945



171 NISSAN PULSAR SV
Was €16,945/Now €14,945



171 NISSAN JUKE SV
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162 NISSAN JUKE SV
Was €17,995/Now €15,995



171 RENAULT CAPTUR
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151 KIA CEE'D EX
Was €14,945/Now €12,945



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LIFESTYLE



Leah Kehoe Doyle, Aleia McGann and Shannon Murtagh from Patrician Primary Newbridge, pictured at the schools chess competition at Scoil Bhríde, Kildcullen, last Tuesday



Savanna Foley and Rebecca Chen from Scoil Eimhin Naofa



Hannah Hickey and Jake King Brunell from Scoil Bhríde, Kildcullen

SCHOOLS CHESS COMPETITION AT SCOIL BHRIDE, KILCULLEN

Pictures: AISHLING CONWAY



LEFT: Harry Wells and Prince Nnabuihe from St Patricks NS Newbridge



RIGHT: Ben O'Neill and Elliott Corrigan from Scoil Bhríde NS, Kildcullen



Karl Power and Naoise Walsh from Kildangan NS

MOVIE OF THE WEEK

SONIC THE HEDGEHOG

DIRECTOR:
Jeff Fowler

STARRING:
Jim Carrey, James Marsden, Ben Schwartz

GENRE:
Fantasy, Sci-Fi

RUN TIME:
120 minutes

RELEASE DATE:
February 14

Sonic tries to navigate the complexities of life on Earth with his newfound best friend - a human named Tom Wachowski. They must soon join forces to prevent the evil Dr. Robotnik from capturing Sonic and using his powers for world domination.





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SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



1987: Cathal Malone's wife Patty with her Mother Sheila, sister Jennifer and niece Pamela near Ballymore with Wicklow mountains in the background - sent in by Cathal Malone

What is Snapshots?

We have all become used to scrolling through the galleries of photos on our smartphones but what about those much-loved print photographs stashed away in the attic, in a box under the bed or in that "miscellaneous" drawer in the kitchen? Are they destined to be forgotten forever in the digital age?

Well, it's time to dig them out and show them some love.

We want readers to take a photo of those much-loved print photos and send them to us. Whether it was taken a few years ago on an instant camera or a few decades ago, we want the photo that stands out for you.

It can be from a social event, a landscape shot, a funny pic or even a holiday snap - we want them all. Yes, even those dodgy "look at the state of my hair" debs photos!

SEND US YOUR PHOTOS

We want you to dust off the golden oldies, take a picture of your old picture and email it to us.

We will feature your pictures in both our print and online editions. In addition to running your images on KildareNow.com and our social media pages we will also carry two pages of your images every week in the Kildare Post.

POLL

We will run a poll every week on the Kildare Now website and our weekly online readers can vote for their favourite image of the week. Two winners will go forward every week, leaving six of our readers images going forward to the grand finale with a chance to win our amazing prize package. The overall winner as voted by the public will win the fantastic prize.

It's not too late to enter. All you have to do send your photos to snapshotskildare@gmail.com and we will do the rest!

VOTE FOR YOUR FAVOURITE NOW!

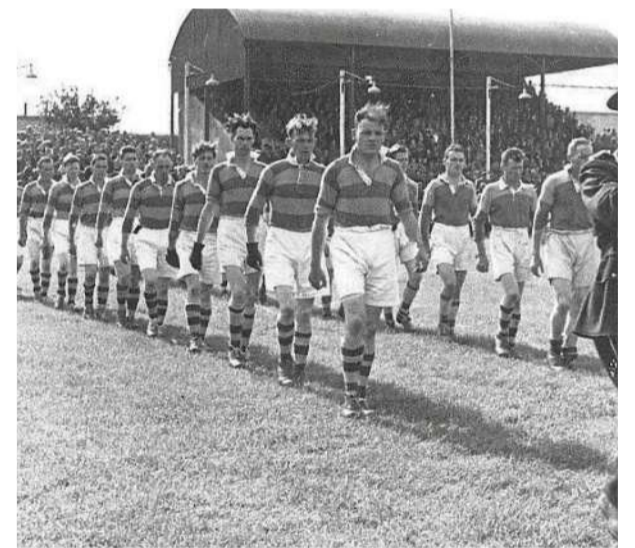
Log on to www.KildareNow.ie to cast your vote for your favourite picture from this week's entries



Christine Finglas sent this great shot in of her son dressed up as Jesus for Halloween



Liam Geraghty Chairman of the County Board (1947/69) presents the Senator Cummins Cup to Kevin Burke. Sent by Henry Murphy



Ballymore and Carbury parade in 1953 behind the Ballymore Eustace Wolfe Tone Brass and Reed Band. Sent by Henry Murphy

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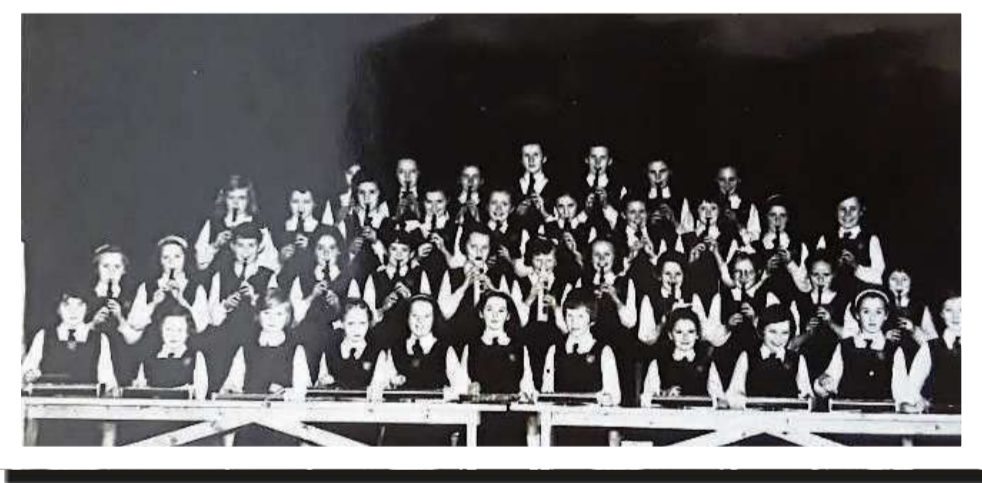
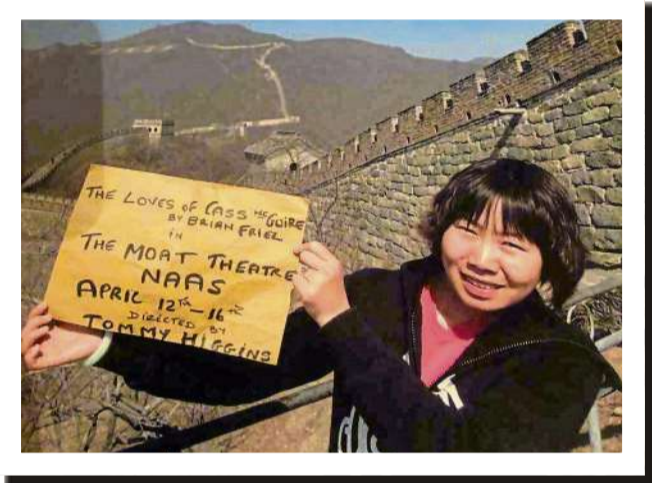
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SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



The opening of new Holy Family secondary school school Newbridge 1967. Sent in by Anna Woods as a press clipping. Picture was originally taken by H D Swift.



ABOVE LEFT: On St Patricks Day 2011 Paddy Travers hired a Guide to take him out to the Great Wall where he planted some Shamrock. He was a member of the cast of The Loves of Cass Maguire who were in the process of rehearsing for the production to be staged in the Moat from 12th - 16th April 2011.
 ABOVE: St Conleths Primary school circa 1971 sent in by Anna Woods
 LEFT: 5th or 6th class. 1964-65 Feis Ceoil from St Conleths taken by Anna Woods

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LIFESTYLE



Wedding Cakes by Lisa Celebration Cakes, pictured at the Clanard Court, Athy, wedding showcase last Sunday



Richard Lawler from Lawler Chauffeur Service on Sunday last outside the Clanard Court Hotel

Out & About

CLANARD COURT HOTEL HOST WEDDING SHOWCASE

Pictures: AISHLING CONWAY



Wedding Cakes by Lisa Celebration Cakes



Wedding Cakes by Lisa Celebration Cakes



Wedding Cakes by Lisa Celebration Cakes



Sive Dunney (Love Sive's Flowers) Sive Dunney (Love Sive's Flowers)



John Forde (52nd Street Wedding Band)



Lorraine McSorley with Seamus and Archie Phelan



Wedding Photographer/Videographer Mario Vaitkus



Avril O'Connell with Clíodhna and Chris Bray



Ali Davis and Gar Fitzgerald (Panic Animal)



Ceremony Room at the Clanard Court Hotel, Athy



Niamh Grumley and Caroline Noons (Bridal Hall, Ballybrittas)

STYLISHIOUS



*Living life on
the veg!*

Penney's introduce a new
capsule range - a vegan
range for women now
available in Penneys stores

Leather dress €20
Bag €12

STYLEFILE

ROSE BARRETT O'DONOGHUE

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



Living life on the veg: Penneys introduce a new vegan range for women!



Lotto hoodie with pockets €30



Women's coat with zip pockets and fake fur collar €30

Penneys have recently launched a capsule womenswear vegan range for SS20. It's fun and funky, with leather look separates – biker jacket, trousers, mini dress, jumpsuits, bags, etc. But they're all vegan pieces, no animals were killed to create this range! Penneys now offer more choice for their ever-changing, animal friendly, diverse customers.

The Penneys vegan collection consists of 11 fashion forward styles, using materials free of animal materials or derivatives.

The collection consists of a mix of PU and sustainable cotton and makes the perfect

capsule wardrobe for all, no matter what your style.

The pieces can be easily slotted into your existing wardrobe whether you are vegan or not. Key pieces are the PU black mini dress, a timeless black biker jacket, and a cool-girl jumpsuit. There are also two fun, slogan tees in the collection with one positively stating the 'The Future is Vegan'.

These can be easily worn with the pencil skirt or tailored trousers in the range to create a head to toe look. Given the prices range from only €6 up to €30, here's a new fresh range that won't break the bank or see any animal cruelty in the name of fashion!



T-shirt €6; trousers €19



Versatile jumpsuit now available at Penneys

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Great leather look from the new vegan range:
Trousers - €19; jacket €30



Penneys chunky shoes, only €15



Go grunge, vegan grunge! Bag €12, dress €20

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LIFESTYLE



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Managing the herpes virus

WHEN your system is run down by stress or illness, your unwelcome tenant might also pop up its head.

The herpes virus, once contracted will never leave your system, just hide in the ganglions of your nervous system, waiting for the right conditions to show up as cold sores, shingles – even recurrent meningitis; that is inflammation of the membranes (meninges) surrounding your brain and spinal cord.

The herpes virus is a contagious virus that can be transmitted from person to person through direct

contact. Some people may never have a breakout but might be silent carriers. An estimated 69% of people under age 50 are carriers. Anyone can be infected at any age, women and those with a weakened immune system are more likely so.

Blistering sores are common sight of outbreaks – but not necessary at every time. Itching, burning and flu-like symptoms might be the only complaints. As for any viral infections, currently there is no cure for herpes. Antiviral medications can help people infected with the virus reduce the risk of



No cure: Long term the only solution to herpes is prevention of outbreaks, which should include lifestyle modifications and dietary changes

transmitting it to others. The medications also help to lower the intensity and frequency of outbreaks.

Long term, the only solution is prevention of outbreaks, which should include lifestyle

modifications and dietary changes. Stress and being run down are common triggers, so you need to learn stress relieving techniques and prioritise self-care. Avoid overwork – or manage your time better and don't

over-exercise. Make sure to get to bed early and turn off screens at least two hours beforehand. When you sleep your immune system can repair your body and fight infections.

The dietary solution is a bit tricky – especially if you are vegan. A healthy plant-based diet is rich in an amino acid called Arginine, which is great for the cardiovascular system, but it also feeds the herpes virus. Grains like wheat, oats, rice and nuts, seeds, beans contain a high ratio of this amino acid. Pork and chocolate have the same issue. Arginine must be way out-balanced by Lysine – another amino acid, which suppresses the virus. If you eat a very varied diet you have a better chance of getting it right. You cannot go wrong by filling up on vegetables and herbs first and foremost – these will reduce

inflammation and feed your good gut bacteria, which in turn strengthen your immune system. Choose more lysine-rich foods, such as fish, eggs, high-protein dairy products as quark, halloumi cheese, Greek yoghurt and plain whey protein powder.

You could also take L-lysine supplement daily, along with Zinc, Selenium, cod liver oil and probiotics. Your immune system need these nutrients to make natural killer cells which fights viruses and damaged cells. If you deal with a lot of stress, call upon some adaptogen herbs to help you cope better and relieve your immune system. One of the best herbs for this is Astragalus – the great immune and energy booster. As always, check for contraindications and find the root of your weakened immunity!

LIFESTYLE



Mairead and John Leamy with Laura O'Hara and Caroline Murphy pictured at the Newbridge Musical Society table quiz at Coffey's, Newbridge, last Friday evening, February 7



Angela Ryan and Fran Kehoe



Jess and Paula Rooney with Liz McDonagh

NEWBRIDGE MUSICAL SOCIETY TABLE QUIZ AT COFFEY'S PUB

Pictures: AISHLING CONWAY



LEFT: Keith Walsh (RTE presenter) with Aine and Conor Kilduff



RIGHT: Emma Kilduff and Adam Trundle



Ava, Debbie, Yuina and Danny Trundle

FINANCIAL PLANNING



PAGES 37-42: Pension planning, investing for your future, what has your Credit Union to offer, etc

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PRIORITISE MONTHLY OUTGOINGS



- Essential to help trim wasteful and needless expenditures.

CHILDREN'S EDUCATION

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It's not the default, it's your fault

LIAM CROKE
editor@kildarepost.com

They didn't even try to find out what additional non-pension funds he had access to which would supplement his income, and nothing about his partner, and her pension.

He was trusting them with his money, for the rest of his life, but they were very light on what he should do. Their advice was, to invest into a default fund they had created, and he'd be fine. Their sales pitch was that he would have nothing to do, the fund managers would do everything, and his portfolio would automatically be re-balanced every year, and he had nothing to worry about.

Make no mistake and be in no doubt, he wasn't outsourcing the management of his fund, to investment managers, he was outsourcing the management of the fund to himself.

The biggest problems with default funds in my opinion, is their one size fits all approach, and their inflexibility. They don't take into account each investor's unique situation. He was being lumped into

a fund with other 50 something year olds. Which means you would have people invested in the same fund where they only have one thing in common i.e. their age.

But, they could, and they will have completely different income needs at retirement, different sources of other income or debt, different health and life expectancies, and different risk tolerances.

One 58-year-old of them might still have a mortgage and need to put kids through college and can only afford to retire at 64 and need an income of €3,500 and the other might have no mortgage, no kids, and might want to never work again, retire at 59 and only needs €1,500 to live off.

Two completely different people, with different circumstances, but both are in the same fund just because they were born in the same year.

They are also fixed and rigid and don't respond to external conditions. And they don't know what age you want to retire at. They assume you're going to work until you're 65 but very few people can predict their retirement date with certainty.

It could be forced on them unexpectedly because of ill health, or delayed because of income expectations.

There is a mis-understanding that default schemes de-risk your portfolio when you're coming close to retirement, but that's simply not true either.

Whether you know it or not, default funds can still have a high % of equity holdings which are high risk, close to or even when they hit retirement age.

And, if you want to retire at 58 for example, default schemes won't recognise this and if there's a crash, the equity content in your fund could still be high, higher than it needs to be, and as a result your fund size could be significantly impacted.

Let what happen in 2008 and 2009 be your constant reminder of this, when people retiring discovered to their horror that they lost 30% of the value of their fund!

If you're being advised to pick a fund based on your age, and what your basing your income in retirement on, then the very best of luck to you. My advice would be, to start dousing your policy documents and annual benefit

statements with holy water and keep a candle lit over them.

A better alternative, to default funds, in my opinion is to, have your fund actively managed by firms other than your previous pension administrator.

Firms who don't take the lazy approach, offering only a limited number of off the shelf type funds.

You need a firm who can choose from 300 different funds, not just three or four, and who take a holistic approach to financial planning, where they'll pay the greatest attention to detail in the specific areas that concern you most.

The firm you need, are those who will create what's called an investment policy statement (IPS) and for people who don't know what this is (that probably includes 99% of financial advisers as well by the way) is an investment plan for your pension and is devised in conjunction with you.

It provides clear guidance which help to make informed decisions. It serves as a roadmap to make sure an individual's targets are met, and ensures mistakes are avoided along the way.

The IPS sets out how often their fund is reviewed, how much is

invested, what other sources of income are available at retirement, how much is invested in different asset classes, what their risk profile is, at what age the person continuing to work becomes optional, what are the minimum and maximum returns acceptable each year which would trigger a rebalancing of the portfolio, it specifies the benchmarks other funds are compared against, what changes are required if lifestyle, financial or health changes occur etc.

As well, constructed IPS keeps the individual focused on their long term objectives when markets gyrate wildly in the short term, but most importantly in my view, it gives them peace of mind, that there is logic behind their plan.

An IPS does not exist with default funds. The stakes are high, and you don't want to get this wrong.

Not knowing what your future cash flow requirements are, and choosing a default fund, or only what a tied agent can offer is ignoring critical differences in every client's individual needs and is putting their funds and their income in jeopardy.

Don't let this happen to you.



DON'T LEAVE YOUR FAMILY'S FUTURE TO CHANCE. ALWAYS HAVE A "PLAN B"



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Plan B Life strives to educate our clients on the benefits of sound Financial Planning practices by regular and annual service calls. We will always work with integrity to build our business upon trust with our clients

TIK TOK and Re-Birth!

In the last few days, there has been a seismic change in the political landscape of the Republic of Ireland. The vote campaign by the Sinn Féin Party was a phenomenal success. It concentrated on looking for the youth vote, use of 'TIK TOK', to the disenfranchised, the disengaged and those who felt they were going nowhere with the post economic surge after the great recession here.

When there is change like this there is a quiet period of celebration followed by a mature reflection of why it all happened! Undoubtedly the strategy by Sinn Féin was fundamental to the success and they obviously learnt from the local election debacle last summer. If it were First Past The Post, which they are used to doing in the North of Ireland, they will indeed probably be in control of the Irish Government now. It has to be said if there is a requirement

for change. This must be addressed with due diligence.

Although there is a new awakening and a re-birth I would caution that, although the parties of the centre right Fine Gael in particular and Fianna Fáil to a lesser extent, they should not be dismissed out of hand. The last ten years were very rough in Ireland and we managed to escape out of a dissolution as a nation thanks, in the large part, to Foreign Direct Investment.

This brings me to an important point. If you remember back up to 1994, Ireland was punching above its weight in the Eurovision Song Contest. We were winning frequently over a thirty year period. We were top of the range with regard to our imaginative skills and it was recognised that we were in the top echelon from a Eurovision point of view. Then in 1989 the Berlin Wall fell, the Soviet system collapsed and European

countries broke open again into their own. Since then it is now widely seen that these countries are well capable of winning the Eurovision song contest because they were trapped within the Soviet system and could not have expressed themselves to the same extent as us.

The socialism experiment, which was hailed for the first start of the 20th century post World War 2, finally collapsed. Now these countries are winning all around. Similarly, FDI will move to these countries as labour is cheaper and they speak perfect English as a second language.

In the meantime, the left wing parties of Ireland, as is their democratic right, could start making a major play towards a very socialist system. If you look at parts of the manifesto of the left parties, and in particular Sinn Féin, they are talking about higher tax on business and upper income earners

which will include companies who are happy to be here through Foreign Direct Investment. These companies are paying substantial salaries to young Irish people who possibly voted for Sinn Féin.

If they do realise and did so they should note also that they voted to put their jobs in jeopardy if Foreign Direct Investment pulls due to substantial taxes being passed on them to pay for a public purse which is to stretch out as far as €25 billion over the next number of years.

You cannot pay money out unless you have money coming in. Taxes have to be relevant and from real money earned. Punching hard business people, who employ locally lots of young people and indeed elderly people will hurt the local economy. It's not the way to go about it.

Eventually Sinn Féin, if they do form part of the government, will have to

listen up to businesses and start thinking for real.

They are very justified in their housing concerns but again it will take developers to help them put it together as well. They should not want to go on a building spree too rapidly as this will could burst a bubble here. With the onslaught of Brexit and the 11 months hiatus period over there, this has not yet come down on top of us imports will get dearer and exports could lose out if the precious sterling goes down. This is to be expected. Boris Johnson will take his briefcase towards the United States of America and others to procure deals for Great Britain. We are a vulnerable small country in the European block. We have given Brexit substantial attention during the term of the last coalition. In fairness to Sinn Féin they are Euro sceptics, in my book to be welcomed, but I do think that as time progresses they will

be reasonably part of the European in-house comradery. It is incumbent on us as a nation now to make sure our economics are right and not just go for a free for all in tossing out of money just for a populist thinking. The major areas will indeed have to be looked at no matter who gets into power.

Yes go for housing and health. But watch out for jobs in due course, because when the economy gets sour, and it will, every number of years this will lead to mass unemployment. Who will pick up the tab then?

"Socialism is the spending of other people's money until the money runs out!"

Have you noticed the recent small article in the papers regarding the Aviva and Irish Life? They are dumping office property portfolios into cash. This is reminiscent of a 2006 run on a popular bank once upon a time. A rebirth has to be taken with a very mature attitude.



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Croí Laighean Credit Union: local loans for local people



Last year Croí Laighean Credit Union issued almost 8,000 loans to our members. With seven full time lenders across our network, this means that we can approve loans for our members within hours. Over the last 12 months we have approved 99 per cent of all loans for local people and businesses throughout our common bond.

Croí Laighean Credit Union and our dedicated loans team are proud of the positive impact our services are making on the lives of our members and our community. One of the beliefs that we hold dearly is

to ensure the loan services we offer members fit their individual needs. The personal face to face time that our members receive with our dedicated loans team is what sets us apart from other financial institutions.

MEMBER SERVICES CENTRE IN COILL DUBH

Croí Laighean Credit Union has opened a Member Services Centre in our Coill Dubh Branch. The Member Services Centre is a dedicated telephone service and our team average 2,800 calls per month and ensure that 100 per cent of calls are answered or called back within one hour. Members can have

questions answered, access services and apply for a loan through the centre.

This leads to a simple loan application process and a quick turnaround time with our loans decisions. Our Members Services teams have handled nearly 600 loans over the last six months.

Commenting on the success of Croí Laighean's lending, Catherine Boyce, Lending Manager said: "There has been a significant enhancement to our loan service offering in the past number of years and it's important to note that we don't just lend small personal loans. We lend everything from travel loans, student loans, to bigger home improvements loans, mortgages, business loans and community loans. I would encourage existing



Andrew Forde (Member Service Officer) Catherine Boyce (Lending Manager) and Charlene O'Shea (Lender) at Croí Laighean Credit Union

members and new members within our common bond to call us or pop into any of our seven branches and have a chat with our local loans staff". In 2019, Croí Laighean Credit Union issued 37

million in loans and in 2020 we have more to lend!

ABOUT US

Croí Laighean Credit Union now has over 38,000 members in our common bond which stretches from

Rhode, Co. Offaly in the West to Leixlip, Co. Kildare in the East. We now have seven branches: Edenderry, Coill Dubh, Clane, Leixlip, Allenwood, Carbury and Prosperous.

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You may not have to look far to save on mortgage

The chances are good, that you spend very little time thinking about your mortgage. Which is strange because, if you have one, it's likely to be your biggest monthly outlay.

And if you don't know how healthy yours is, you could be paying thousands more in interest payments and more years paying it, than you need to.

We can become very complacent with our mortgage - a fact borne out in a study carried out by the Competition and Consumer Protection Commission (CCPC) which discovered that a little under 50% of mortgage holders knew what rate they were paying.

That's pretty shocking, because if you don't know what it is, you have no reference point to measure whether it's good or bad against. And no idea, whether you need to move providers or stay with your existing one and just get a better deal from them.

I was watching Operation Transformation recently, and thought losing weight and reducing your mortgage rate weren't that dissimilar, and we could learn some lessons from the leaders of the programme.

The first being how they begin their weight loss journey, and that's to stand on the weighing scales. It's their starting point and it should be yours as well. If you want to lose interest and loan repayments, you need to step up on the mortgage scale and weigh your interest rate.

Are you in the fit and normal range with a rate of between 2.3% and 3.2%, or is your mortgage mass index (MMI) in the overweight range which is above 3.2% but below 4%, or is it obese at a rate above 4%? Regardless of what range you fall into, now's the time to review your mortgage.

I heard a radio advert last week from a mortgage broker encouraging people to consider moving their mortgage to a different provider, something they would obviously help them with. In the advert they suggested the process was a very simple one which surprised me because, my experience of moving your mortgage from one lender to another is anything but.

That's not to say you shouldn't - it may make perfect sense, and you could have a very good experience if you do - but it's important to know what the process is like, what's involved, what the timeline involved from start to finish is etc.

According to the Central Bank, the number of mortgages being switched as

You needn't necessarily switch mortgage providers to save a lot of money



a percentage of total outstanding private dwelling mortgages is less than 1%. If it's very easy to move providers, why is this number so low?

There are a number of reasons why people see the move as a big complex undertaking, e.g. uncertainty over the savings achieved over the lifetime of their mortgage; time spent involved in the process, like gathering documents, getting their property revalued, employing a solicitor to deal with legal work and so on.

Regardless of whether it's easy or difficult moving lenders, it has the potential to save you thousands of euro and fast-track your ability to become mortgage-free and one you shouldn't discount. I believe your starting point about whether you should stay with your current provider or not, will come down to what they can offer you and how does that match against others?

Yes, you could trim your rate by moving lenders, but your existing lender could also help with some interest rate loss as well, particularly if your rate is a variable one.

If you're one of the c. 227,500 mortgage holders in Ireland who have a standard variable rate you are probably paying more than you need to. And you don't have to look past your existing lender because they probably have much better fixed or loan to value rates.

Let's take an example of one lender - Bank of Ireland. They have a standard variable rate of 4.50% if your loan to value is >80%. But they have a five year fixed offering of 3.90%. The difference in monthly repayments between both on a loan amount of €400,000 over a 25-year term is €205.

That's an annual net saving of €2,460. The difference in total interest paid back between both is €40,202.



Your existing lender could also help with some interest rate loss

DID YOU KNOW?

Elizabeth Warren one of the front runners in seeking the Democratic nomination to run against President Trump later this year, is a bit of a financial adviser. In 2005 she wrote a book called, All Your Worth: The Ultimate Lifetime Money Plan. I've read it and it's excellent.

If you didn't need that saving of €205, because you work a cash flow surplus each month, if the savings were applied as an overpayment each month, you would reduce the term on this mortgage by three years five months, reducing your interest payments a further €35,570.

By adopting this strategy, you are also reducing the effective rate of interest you are being charged to 3.35%.

So, you're not just reducing your mortgage rate by .60%, you're reducing it by 1.15%, and saving c. €75,772 in interest repayments in the process.

How long will it take to complete a form to move from a variable to a fixed rate and set up a standing order for that overpayment? I'd say about 15 minutes. It's really not difficult.

And if you can save €75,772 by doing something that takes 15 minutes, I think that's time well spent. You're saving €5,051 for every minute it takes you and if you can find a better return than that, please let me know.

There's potentially big savings up for grabs with your mortgage. Your starting point is knowing what your current rate is and seeing if it's fit for purpose or not? And is that purpose wanting to pay your mortgage off faster because of the lower rate, or is it because you need to relieve some cashflow pressure?

Your current lender maybe able to offer you a better rate that satisfies whatever your goal is, and when you know what it is, compare it against other lenders, and run the numbers. Unless there was a significant difference, I don't think you need to go to the trouble of moving lenders and all that's involved with that, but if there is and it's significant enough for you, then take action sooner rather than later.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I'm 53 years old and I was recently diagnosed as suffering from Coeliac disease. I was told by my GP that I may be able to claim tax relief because of my condition. Is this correct?

A. Anyone who suffers from Coeliac or any other dietary condition (e.g. diabetes) that forces them into altering the type of food they purchase, can claim tax relief on the cost of food at a rate of 20%.

And I think if you ask someone who has been buying gluten free food, they'll tell you how expensive it is compared to food containing gluten, and how important this tax relief is. It probably doesn't even compensate what the difference is. I read one study which stated gluten free food products were 83% more expensive than regular products.

So, if you're weekly shopping bill once cost for example €80, it's likely to increase to c. €146 and you need to factor this into your monthly budget. By claiming 20% relief, you can reduce this new cost by €29. You're still going to be paying about 46% more than previously, so the tax relief doesn't compensate fully but it's something at least.

To claim it back, you need a letter from your GP or consultant, confirming you are a coeliac. When you submit a claim to Revenue, you can only claim for expenses you have receipts for. So, whenever you visit a shop, keep your receipts because you need to prove you purchased wheat free products.

And please make sure you avail of this tax relief. When you run the numbers, you can see from a financial perspective how important it is. The best and quickest way to make this claim is using Revenues online service, myaccount. When you enter the site, click on complete income tax return, and inside the tax credits section, you'll see health expenses', and this is where you insert your costs.

Review: Compelling, dark family saga 'On Raftery's Hill' at the Moat this week

KIM O'LEARY
editor@kildarepost.com

Family dynamics are explored and tested in the Moat Theatre's powerful production of Offaly playwright Marina Carr's 'On Raftery's Hill' which runs this week until Saturday, February 15, from 8pm.

The Rafterys live in the house on the hill and their farm encompasses the best of land in this small Midlands community in Offaly. The prominent family of the area, they fed the neighbourhood during the famine and supported smallholders in times of unrest. But now dead animals lie rotting in the fields and the stink from the hill sweeps down to the valley as the family prepares for the wedding of youngest child 18-year-old Sorrel.

As rumours seep out in the Valley about young Sarah Brophy and her stillborn baby, the Rafterys on the Hill face extreme circumstances of their own and their carefully guarded dark secrets bubble to the surface. Dinah asks her father Red Raftery where he will stop. Author Marina Carr leaves us wondering where this epic tragedy started

and how it will end.

The ensemble cast from the Moat Club includes All-Ireland Drama Festival award winners with Gerard O'Shea, who plays Dara Mood Sorrel's love interest, the reigning All-Ireland best supporting actor, Conor O'Connell, who plays Ded Raftery, a former all-Ireland best actor, Conal Boyce (Red Raftery) winner of best supporting actor award on two occasions, and three-time winner of the best actress award Bredha Sexton (Shalome Raftery). Also sharing the stage are Eilish Rafferty (Dinah Raftery), Clodagh Cummins (Sorrell Raftery) and Michael McHugh (Isaac Dunn).

The play is directed by Lianne O'Shea, an all-Ireland best lighting winner.

'On Raftery's Hill' had its opening night on Tuesday, February 11 at 8pm in the Moat Theatre, Naas which quickly filled with those eager to see Carr's work brought to life as the play explores the complex subjects of sexuality, violence and power in this dark yet deeply compelling family saga.

The talented cast are very believable in their roles as the dysfunctional Raftery clan, with some truly comedic moments

from Bredha Sexton (Shalome Raftery) and family friend Isaac (Michael McHugh) that is sure to leave the audience in stitches. Meanwhile, Conal Boyce (Red Raftery), Eilish Rafferty (Dinah Raftery) and Clodagh Cummins (Sorrell Raftery) truly express their character's raw pain and rage in equal measures as each family member deals with challenging moments throughout the play, which is sure to pull at the heartstrings of viewers.

Also, a special mention goes to the excellent props and spectacularly created set onstage which brings to life for the audience a run-down, formerly grand farmhouse complete with staircase that is the Raftery's home. In 'On Raftery's Hill' the audience will reassess what they believe to be acceptable to family life, which makes for a powerful and emotional production touching on challenging issues of violence and sexuality.

The Moat has said some patrons might find some scenes distressing.

Marina Carr's celebrated play was first staged at the Town Hall Theatre Galway in 2000 in a co-production of Druid and the Royal Court Theatre.



On Raftery's Hill: Michael McHugh and Conal Boyce as Isaac and Red

Community Pool for West Wicklow put it up to incoming TDS

ROSE B O'DONOGHUE
editor@kildarepost.com

Irrespective of what candidates were elected to the 33rd Dáil to represent West Wicklow, a local pressure group intend to hold all elected deputies to their commitment to working for a community pool for the constituency.

Last week, saw the Community Pool for West Wicklow host a pre-election meeting in the Avon Rí, Blessington. Sixteen candidates had confirmed their attendance albeit Simon Harris had to cancel owing to poor health.

Among the candidates who addressed the meeting was poll topper, John Brady of Sinn Féin, Cllr Jennifer Whitmore (Social Democrats), Andrew Doyle and Billy Timmons of Fine Gael who were not returned. Green Party Steven Mathews and Fianna Fáil's Stephen Donnell battled it out for the last seat but it was Donnelly who secured the final seat (Mathews was chairing a meeting elsewhere).

Deirdre McCormack, Chair Community Pool for West Wicklow, stated it was a very

lively meeting, which ran for three hours overall.

"We had a huge attendance with other issues such as the N81, Crooksling, health and mental health also raised. Fifty questions were submitted by the audience in advance and we whittled those down to 35 but didn't get through them all on the night. We didn't spend enough time talking about the environment and neither was the 8th Amendment addressed.

"However, it was made clear to all the candidates that we expect the elected five TDS to work together on our behalf, for the people of West Wicklow. We expect them to commit to a meeting in a month with our representatives, and members of Wicklow County Council and Water Safety Ireland. We want to get this project moving!" she said.

After the initial meeting, Ms McCormack stated they wanted to establish a meeting every two months to progress the project.

"A lot of promises were made at our meeting last week," she added. "And we intend to hold them accountable!"



TOP: Locals at the attendance raised many questions with the GE candidates and made it clear the community will hold them to promises made on the night.

Right: John Brady (centre) of Sinn Féin who topped the poll in Wicklow with other candidates at last week's meeting in Blessington.

PICS: Liz White Photography



ADVERTORIAL

Newbridge Tiles & Bathrooms — for the perfect finish

Newbridge Tiles & Bathrooms was founded by Lukas Walor and his family. Lukas has lived in Newbridge for 12 years, and has a background in building and property renovation.

"Whilst renovating houses I found it difficult to source building materials

and tiles of quality. So I decided to build my own, beautiful showroom and bring modern solutions and variety to Ireland. Our customers deserve the highest quality, superb variety and the best possible price."

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Bathrooms is an official representative for the biggest and best Polish producers of building materials. We offer the highest quality materials at competitive prices: fashionable, superior quality tiles, modern bathroom systems, decorative stones and fabulous modern LED



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are offered in many shapes, styles and colours to fit any interior and exceed your expectations. You will enjoy superior quality and improved heating efficiency, together with stylish decoration.

"Modern decorative stone can give your sitting room, hall or bedroom a real touch of class and fancy finish to any interior. Our catalogues contain a variety of styles, sizes and colours to suit the demanding expectations of

our customers.

"We wish to encourage architects to use our modern solutions and the highest quality materials in order to improve the effectiveness and obtain the best modern finish of any inside or outside work.

"Your satisfaction is our goal, so call in today to find your dream interior finish in our Newbridge showroom.

"You'll be amazed by the variety and quality we offer!", concluded Lukas.

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Want to give your home interiors a luxurious makeover — but at an affordable cost?

Then Wren Fireplaces in Newbridge is the ultimate destination for choice of products, advice and service. Established in Newbridge 1979, Wren Fireplaces are highly regarded for quality products and excellent service. The extensive showrooms in the Newbridge Industrial Estate display a wide range of different fireplaces, electric, gas and solid fuel stoves in beautifully decorated convivial settings.

Also see there their excellent fabrication and design standards in the kitchen worktops, counter tops, stairs, architrave, wall cladding and vanity units on display in beautiful materials comprising best quality marble, granite, quartz, Silestone and more.

Attention to detail, superior workmanship and dedicated customer service are the hallmarks of the company.

Staff are highly skilled and extensively experienced in their areas of expertise.

FIREPLACES

Wren showrooms have the most comprehensive range of fireplaces you are likely to find anywhere, offering a wide range of design, ranging from the traditional to the

contemporary.

The correctly chosen fireplace will add character, style and a touch of luxury to your room.

Customised and bespoke solutions are also available. The installation team are HETAS-trained and highly experienced. Choose materials such as: limestone, sienna stone, honed or polished marbles, various granite, silestone, wood, cast iron etc.

ELECTRIC FIRES

Wrens have designed amazing new electric fire solutions suitable for any home but in particular much favoured by newer homes based on the requirements of heat recovery systems and those with fully airtight or passive air homes.

These beautiful new fires are on display now in their showroom where you can interact with the display to experience the variable design, colour and flame features. The displays, in fireplaces or feature wall settings, are really stunning and well worth a visit to the showroom, where you will also see the newer models and variety of electric fires available.

The electric fire solutions available are really exciting with the ability to transform any interior setting. The fires offer a stunning solution to either the home or commercial setting such as hotel,



restaurant, bar, designer office etc. Adding a perfect focal point to the area. You can tailor the electric fire to suit the interior decor of the room as most have variable flames in a choice of effects and colours.

Wren Fireplaces Ltd. can offer you a variety of electric fire by leading manufacturers and we can advise on the best options to suit your area.

Gas fires, solid fuel cassettes, freestanding stoves and pellet stoves: Wrens offer a huge range of cassettes, inset and freestanding stoves available in Natural Gas, LPG, Woodburning or Solid Fuel. Wrens

carry a huge number of stove brands and have access to more besides.

The showroom has a great number of displays in Gas, Wood and Solid Fuels, many of them lighting, so you can see their actual performance potential.

The sales team can advise on the size and type best suited to your room requirements and to your design style. A visit to the showroom is paramount if you are planning a new or replacement stove solution.

Worktops are the essence of shape, function and form joined into one to create the ultimate in style. Choose from a myriad of different

Granite, Marble, Quartz, Silestone and other stone materials on view in their showroom and in their stockyard, where full slabs are available for your consideration.

You will find their sales and consultation team are highly experienced to assist you on the colour and material selection best suited to your kitchen type and pre-ferred theme.

Contact Wrens now where their senior staff can offer invaluable advice on site on aspects to achieve the optimal finish to your renovations/refurbishments. Call 045 433742 for information.

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LIFESTYLE



Rose Barrett O'Donoghue (Editor Kildare Post & Kildare Now), Donna Barrett, Finola O'Brien, Gillian Macken, Joanne Rafter and Finnella Naughton, pictured at the Network Ireland Kildare Connect With Your Network event held on January 21 at the Killashee House Hotel



Jane Manzor and Grainne Slattery

NETWORK IRELAND KILDARE 'CONNECT WITH YOUR NETWORK'

Pictures: AISHLING CONWAY



Edel McClelland and Helen Fitzgerald (The Zip Yard, Maynooth)



Caroline Fernandes, Olive Mitchell Lee and Maria Bourke



Mary Fehily-Hibbs and Jenny Cunning



Alena C and Joanna Bennett



Juanita Mahon and Joanne Rafter



Michelle Furey and Paddi Mulholland

Transform your business from a dream to a fairytale success!

ROSE B O'DONOHUE
 editor@kildarepost.com

Niamh Sherwin Barry, co-founder of The Irish Fairy Door Company and The Content Fairy, will be the guest speaker and at event in Celbridge Manor on Tuesday, 18. Hosted by Network Ireland Kildare, the event will commence at 7.30pm and is entitled Tell Your Story, Bring your Brand Alive.

"Because of her experience and massive success with The Irish Fairy Door Company and her new consultancy The Content Fairy, Niamh Sherwin Barry has been mentoring SMEs all over Ireland on how to connect with their customers. She is adept at helping them to create really strong brand messaging," said Tara Lane, president of the Kildare ladies network group.

"For example, is your brand messaging on point? Are you telling your customers what they really need to know about your product or service?"

"Are you breaking through the noise online and really connecting with your customer? So many SMEs have not yet realised the

power of 'storytelling' for business. The ability to authentically connect with your customers is a fundamental part of business today," noted Tara.

"Our theme for 2020 is Grow with Network and this event is one of a series of events for our members and guests, to bring them excellent speakers who are experienced in growing a business.

"Niamh and the panel will share tips on how to identify what is unique about your business, the story behind the brand and how to deliver that message to your target market. We will also be able to network over tea and coffee and make new contacts. I look forward to welcoming everyone to the Celbridge Manor for a great evening of learning and making connections."

This event is run in association with the Local Enterprise Office Kildare and with the support of our Official Partners AIB and media partners, Kildare Post and Kildare Now. Tickets are free for members; €20 to non-members.

Places must be booked on eventbrite.com

Network Ireland Kildare: Niamh Sherwin Barry guest speaker at next event



Niamh Sherwin Barry of the Irish Fairy Door Co and the Content Fairy will be guest speaker at Network Ireland Kildare's next event on Tuesday

Network Ireland International Women's Day 2020

'Power Within' — February 28, 12 to 5pm

Join us in the fabulous Tulfarris House on Friday, February 28, to celebrate women in business and the power that we have within us! See Network Ireland Kildare on Facebook or bookings at www.networkireland.ie/event/network-ireland-international-womens-day-2020-power-within

HomeCOOKING

by Barbara Collins

DAIRY FREE BLACKBERRY AND LIME OAT CRUMBLE MUFFINS



Lots of people prefer to eat dairy-free these days but often the results don't taste as good. This muffin recipe from White's Oats is delicious and just happens to be dairy free. High in fibre, they work as breakfast muffins, lunch box treats and as an accompaniment to a cuppa. This recipe makes 12. You will obviously need a muffin tin. Enjoy!

INGREDIENTS

- | OAT CRUMBLE | THE MUFFINS |
|----------------------------------|----------------------------|
| • 100g Whites Organic Jumbo oats | • 275g self raising flour |
| • 50g cup brown sugar | • 100g wholemeal flour |
| • 25g flaked almonds | • 10g baking powder |
| • 40g pistachio nuts, chopped | • 150g brown sugar |
| • 100g coconut yoghurt | • 150g coconut oil, melted |
| | • 80g coconut yoghurt |
| | • 4 eggs, lightly whisked |
| | • The zest of 2 limes |
| | • 200g frozen blackberries |

METHOD

- Preheat oven to 180oC / (Fan 160oC) / Gas mark 4 and line the muffin tray with 12 paper cases.
 - Spoon the batter evenly into the muffin cases and generously top with oat crumble.
 - Bake in a hot oven for 25 minutes. Remove from the oven and set aside for 5 minutes before transferring to a wire rack to cool.
- Oat Crumble Instructions**
- In a large bowl, mix the oats, sugar, almonds, pistachios and coconut yoghurt together.
- The Muffins Instructions**
- In a separate bowl, mix the flour, baking powder,

Contact Barbara:- Twitter: @thegoodchinaset | Email: barbara@thegoodchinaset.com

KILDARE POST

PROPERTY

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T: 045 408200



Prime Naas town centre office premises on sale for €500,000

Jordan Auctioneers have just brought to the market a modern prime town centre high profile two storey office premises on the Dublin Road in Naas.

The subject property, currently Weatherbys Ireland, is situated in Tara Court, an exclusive office development superbly located on the Dublin Road (R445) the main arterial route connecting Naas Town Centre with the M7 Motorway and within easy walking distance of all amenities.

Naas is the county town and principle service centre for the wider hinterland. Naas has experienced significant commercial and residential development in the recent past, influenced by its proximity to the

M7 Motorway and Dublin city. The town, which has a population in excess of 20,000, is the administrative capital of the county accommodating vital services with major local employers including Kildare County Council, Kerry Group, HSE, Green Isle Foods and AIB.

The property comprises a high profile position at the front of the two storey purpose built office block within the development. Internally, the property mainly provides reception, large open plan office accommodation, partition office and canteen on the ground floor with three partition offices, large open plan office, comms room and toilet block located on the first floor.

The building is fully fitted out to a high spec in accordance with its use. Externally, the property benefits from 10 car parking spaces accessed via an electronic barrier.

The subject site is zoned 'retail/commercial' in the Naas Town Development Plan 2013 - 2019.

The property is ideal for a professional owner occupier or as an investment property, with good interest in the property already, it having only come on the market in the last week.

The property is for sale by private treaty with Jordan's issuing a guide price of €500,000 for the entire.

Additional information is available through Stephen Talbot on 045 433550.



The commercial building for sale in Naas

Rathangan stud farm sells for almost €1.2 million

Historic: Residential stud with history dating back to the mid-1700s and top quality land

Coonan Property Maynooth, Naas and Celbridge have sold Millgrove Stud at Bracknagh in Rathangan.

The 55-acre property was sold for slightly under the guide price of €1,200,000.

Millgrove Stud has a long and successful history dating back from the mid-1700s and is now a very attractive two-storey property with small basement storage area.

It is attractively set back from the road and surrounded by mature timber in an enclosed woodland setting. There is a superb tranquil walkway through the woods down by the river bank and the main entrance is through a recessed entrance and gravelled avenue.

Millgrove Stud is a delightful residential stud farm in excellent condition situated in a quiet rural parkland setting on the Figile River.

The charming period residence includes conservatory porch; three reception rooms; office; kitchen with Aga cooker and ancillary facilities, five principal bedrooms; all ensuite and two staff bedrooms.

The yard includes 42 boxes and ancillary facilities including cattle handling facilities.

The land is all top quality, laid out in 11 divisions with post and rail fencing and tremendous shelter with water laid on.

The Figile River is a tributary of the River Barrow and has excellent coarse fishing and there are over 1,200m frontage on the river. Studs in the general area include The Irish National Stud, Kildangan Stud, Kildaragh Stud and Sheshoon Stud.

The property is situated just outside the village of Rathangan on the Kildare/Offaly border, 11 miles from the Curragh, 5 miles from Rathangan, ½ hour to Naas, one hour to Dublin.

MORE INFORMATION

For further information contact Philip Byrne/Willie Coonan of Coonan Property 01 6286128.



The residential Millgrove Stud and its lands fetched almost €1.2 million

Attractive dormer bungalow with stables in Kilcloon



An attractive detached property is for sale at Pagestown, Kilcloon, with Coonan Property. Pagestown is in County Meath and convenient to Maynooth.

Pagestown is an outstanding four bedroom detached dormer bungalow that extends to approximately 232 sq m. (2,500 sq ft). The property is beautifully positioned on a 0.75 acre site.

Its generously

proportioned internal accommodation, which extends to all rooms, is both bright and spacious with delightful views over the gardens and surrounding country side.

EXCELLENT CONDITION

The property is finished to a high standard and presented in excellent condition throughout. This property also has a small paddock to the rear with two

stables and a tack room.

It is located in a peaceful country setting and close to Kilcloon village, yet convenient to Maynooth Town Centre only 9kms away.

Viewings are highly recommended.

The guide price is €525,000, and the home is for sale by private treaty. For further information contact 01 6286128 or email: edwardc@coonan.com.



Kilcock property goes under the hammer for €210,000

This semi-detached four bedroom house in Kilcock goes under the hammer at a forthcoming online BidX1 auction with a guide price of only €210,000.

The two-storey property in the Village Green residential area has a gross floor area of 139 sq. m (1,496 sq. ft).

There are gardens to the front and rear and off street parking is available. The

online auction takes place on February 19 at 10am and a refundable bidding deposit of €4,500 is required by bidders.

SOLD AS SEEN

BidX1 said the home is sold as seen and is suitable for cash buyers. Prospective buyers are invited to visit during scheduled viewing times.

The subject property can

be accessed via Bridge Street on to the Village Green development from the south.

Local amenities include St Joseph's National School, Scoil Dara Kilcock and Kilcock Primary Care Centre with retailers including Tesco, Supervalu and Lidl all nearby.

Transport links include Kilcock Train Station, the M4 Motorway and frequent Bus Eireann services (115 & 115C).



FOR SALE

27 Milford Park, Ballinabranna, Carlow, R93 EY15.



"Beautifully presented 4-bedroom detached bungalow is presented to the market in pristine condition throughout. No. 27 is set on a high vantage point within the Milford Park development and benefits from panoramic views of surrounding countryside from private rear garden. The property offers generous accommodation including master bedroom en suite & a host of other features including thermostatic heat controls. This is a must see home in this popular development"

Guide Price on property is €254,900

Contact Kehoe Auctioneers 059 91 31678

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
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Romantic touches for your home

As St Valentine's Day falls this week, I thought we would explore romantic décor to give you some inspiration on how to add some romantic touches to your home.

Romantic interiors can be created using different styles depending on your taste - elegant and glamorous, cosy and whimsical or dark and sultry. Here's a brief overview on some styles.

ROMANTIC SOFT FLORALS

Soft elegant florals can look so pretty in any room and the elegance of their intricate floral detailing give a soft romantic ambience to your room. Wallpaper or fabrics is a lovely way to introduce elegant florals to your space. You can either opt to wallpaper your full room or a feature wall. Add soft silks or opulent velvets to enhance the overall scheme.

DARK AND SULTRY

If soft and feminine isn't really your vibe you could consider going dark and sultry for a dramatic look. When working with darker interiors it's important to layer your scheme to ensure you add depth and interest. This picture of modern bedroom with its black walls, animal hide rug and orb lighting pendant is a great example of a sultry bedroom



Flowers and Candles

scheme. The candles in the fireplace add a romantic touch whilst its ambient light help soften the scheme.

ROMANTIC HIDEAWAYS

Nothing says romance like a weekend getaway. So whether you're inspired by a rustic cabin in the mountains or a stylish Parisian apartment, you can try to recreate this look in your home. For a rustic cabin, think of deep pile rugs, open fires and layers of cosy cushions in linens, wools and velvets.

To recreate the Parisian apartment, think classic and chic with elegant full-length silk curtains and luxurious velvets.

Tall ceilings and architectural detailing help enhance this romantic interior.

BLUSH PINKS

Subtle dusky pinks and rose hues are a soft way to add some romance to your room. Think full length silk curtains for that feeling of opulence mixed with layers of soft velvet upholstery to create an inviting romantic setting that is not too feminine. This living room uses soft pinks for curtains to give an elegant romantic touch to this home.

ROMANTIC TOUCHES

The bed takes centre stage in any bedroom. For romantic interiors consider a four-poster bed or a soft luxurious velvet upholstered headboard for added comfort and style. A free standing twin bath will also add a romantic touch to any home.

ROMANTIC ACCESSORIES

For less expensive options consider framing a meaningful photo, adding some mini bouquets to unexpected areas such as a bathroom, bedside cabinet etc, lighting a fire and adding some scented candles.

I hope you all have a romantic week. If there is a topic you would like covered in one of my weekly columns then please drop me an email with your suggestions.

Thanks, Louise — winner of TV3's Showhouse Showdown, 086 3999926 or email info@aspiredesign.ie.



Blush pinks with Sarouk Prints by Romo from Aspire Design



Free Standing Twin Bath



Parisian Living



Romantic bedroom with gardenia fabrics by Romo from Aspire Design



Romantic Florals with gardenia fabrics by Romo from Aspire Design



Romantic table setting

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IN THE GARDEN

WITH JO

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Screening plants can create structure and seasonal interest in your garden

Some of our most popular items on the nursery are specimen trees used for screening. As well as creating structure and seasonal interest in the garden, screening trees provide valuable privacy and can also be used to hide 'undesirable' views. Mature trees, espalier trees and evergreen trees are all ideal for screening naturally.

The most popular trees used for screening often have a clear stem of about two metres, with a full head of foliage above. This is particularly effective for blocking a view from overlooking neighbours and also useful for customers who want to meet a hedge or keep an attractive wall in sight. Feathered trees provide screening from the ground up with full growth from top to bottom. At Caragh Nurseries, we specialise in both.

Evergreens are usually the preferred choice for screening as they will provide full cover all year around. Planting densely in a double row will also provide as much cover as possible.

Ten of the most popular

trees used for screening and privacy are listed below:

Photinia Red Robin - fast growing, relatively cheap and provides additional colour.

Prunus Lusitanica (Portuguese Laurel) - develops small white fragrant, flowers in spring and little red berries develop later in the year.

Pinus Sylvestris (Scots Pine) - excellent tree for poor soils, especially dry soils.

Thuja Plicata (Western Red Cedar) - similar looking to Leylandii but not quite as fast growing so easier to maintain, Thuja have thick, olive green foliage that creates a dense privacy screen.

Osmanthus (Sweet Olive) - dark, glossy green foliage and small, white, intensely fragrant flowers which are traditionally used in China to flavour tea and a variety of culinary products.

Olea Europea (Olive) - slow growing and reasonably compact so are ideal for a small garden or on a terrace and their evergreen green-grey foliage is a great lift to a garden.

Phyllostachys Aurea / Nigra / Spectabilis (Bamboo) -

versatility, pest resistance and easy to grow.

Evergreen Jasmine - espaliers can create a complete screen like effect with the added bonus of beautiful scented white flowers.

Fagus Sylvatica (Beech) - a tree with the added benefit of giving some coverage in the winter months without the price tag of the evergreen options.

Ilex Nellie Stevens (Holly) - a lovely holly with deep dark leaves, which is self-pollinating so guarantees an abundance of berries in the Autumn/Winter.

We have a wide range of stock available for viewing on site at the nursery and also at our Nursery Park just across the road.

We welcome visitors and are open 8am - 5pm on Monday to Friday and 9am - 5pm on Saturday's.

If you would like to book a time for a design consultation at the nursery, or for more information on stock we have available, please call us on 045 879 170.

We look forward to hearing from you!



Thuja trees are ideal for screening and privacy while also being quite an attractive feature in your outdoor gardens



Green glade covered with grass in park



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PROPERTY

Longstone and Bellingsfield on view this weekend

Developed by award-winning developer Ballymore and located in the popular town of Naas, the stylish three and four bedroom homes at Longstone and Bellingsfield combine with stunning landscaped green areas to deliver two developments that are perfect for growing families.

Light and space are maximised, with generous ceiling heights at ground floor that complement the interior layouts which have been designed to suit a modern lifestyle.

The homes at Bellingsfield and Longstone are designed to offer features such as stone work tops, utilities and luxury bathrooms as standard. These homes are also premium energy efficient, features include: high levels of thermal

insulation, A+ integrated appliances and air to water heat pump systems. The energy efficiency of these homes will lead to lower energy consumption and lower running costs.

Ideal for commuting, Bellingsfield and Longstone are both conveniently located for travel into Dublin City Centre by car or public transport. These homes also benefit from being surrounded by some of Kildare's most regarded schools and sports clubs, supporting a range of needs for every age group.

Bellingsfield: Prices start from €315,000 for a 3 bedroom home and €365,000 for a 4 bedroom home.

Longstone: Prices start from €345,000 for a three-bedroom home and €390,000 for a four-bedroom

home.

All of Ballymore's homes are available to purchase through Help to Buy, a government initiative designed to help first-time buyers with raising the deposit needed to buy a new home. Buyers may be entitled to claim back income tax up to the value of €20,000 through this scheme.

Each home is designed to Ballymore's high-quality specification and premium finish, showcased in the show houses which will be on view at both Bellingsfield and Longstone this Saturday and Sunday from 12pm until 1.30pm.

For more information contact local selling agent CME Estate Agents on 045 89 77 11 or visit www.longstonenaas.com and www.bellingsfield.com



The Longstone development



Bellingsfield homes



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January was a disappointing month for new car sales



BREDA CORRIGAN
Member of Irish Motoring Writers' Association (IMWA)

The Society of the Irish Motor Industry (SIMI), has released the official '201 new vehicle registration figures for January along with their Motor Industry Review Update 2020.

New cars registrations for January are down 3.5% (31,251) when compared to January 2019 (32,370). Light Commercial vehicles (LCV) are up 2.1% (5,666) compared to January last year (5,548). HGV (Heavy Goods Vehicle) registrations are showing an increase of 8.8% (385) in comparison to January 2019 (354).

Used car imports saw a

26.4% (6,623) decline in January when compared with January 2019 (9,003).

WELCOME REDUCTION IN CO₂ EMISSIONS

Despite a decline in new car registration an important stat of note was the reduction in CO₂ emissions. The average CO₂ emissions (108.33g/km) relating to a new car sold in January 2020 reduced by 5.8% on the comparison (115.04g/km) to the same time last year. Diesel continues to remain the most popular engine type (42.1%) following by petrol (39.6), hybrid (13.6%) which gained a significant increase in market share along with electric (2.9%) and plug-in hybrid (1.8%). New electric car registrations increased with 898 registered in January 2020, compared to 799 January 2019.

STRONG ECONOMY PREDICTION FOR 2020

The SIMI Review highlights that the Irish economy will perform strongly in 2020. This should



be supportive of consumer spending. However, the Irish consumer is still behaving in a relatively cautious manner. Personal spending power remains under pressure from increasingly expensive big-ticket spending items such as rents, mortgage repayment, health insurance and dwelling insurance.

Apart from the economic aspects, there are a number of non-economic factors that are likely to be influential in 2020.

EXPERTS HAVE THEIR SAY

Commenting on the new vehicle registrations figures Brian Cooke, SIMI Director General said: "January is the most important selling month for new cars. In this regard, it is very disappointing to see a reduction in new car sales compared to January last year, the fourth consecutive year in which there has been a fall. On a more positive note, there has been a reduction of nearly 6% in the average CO₂

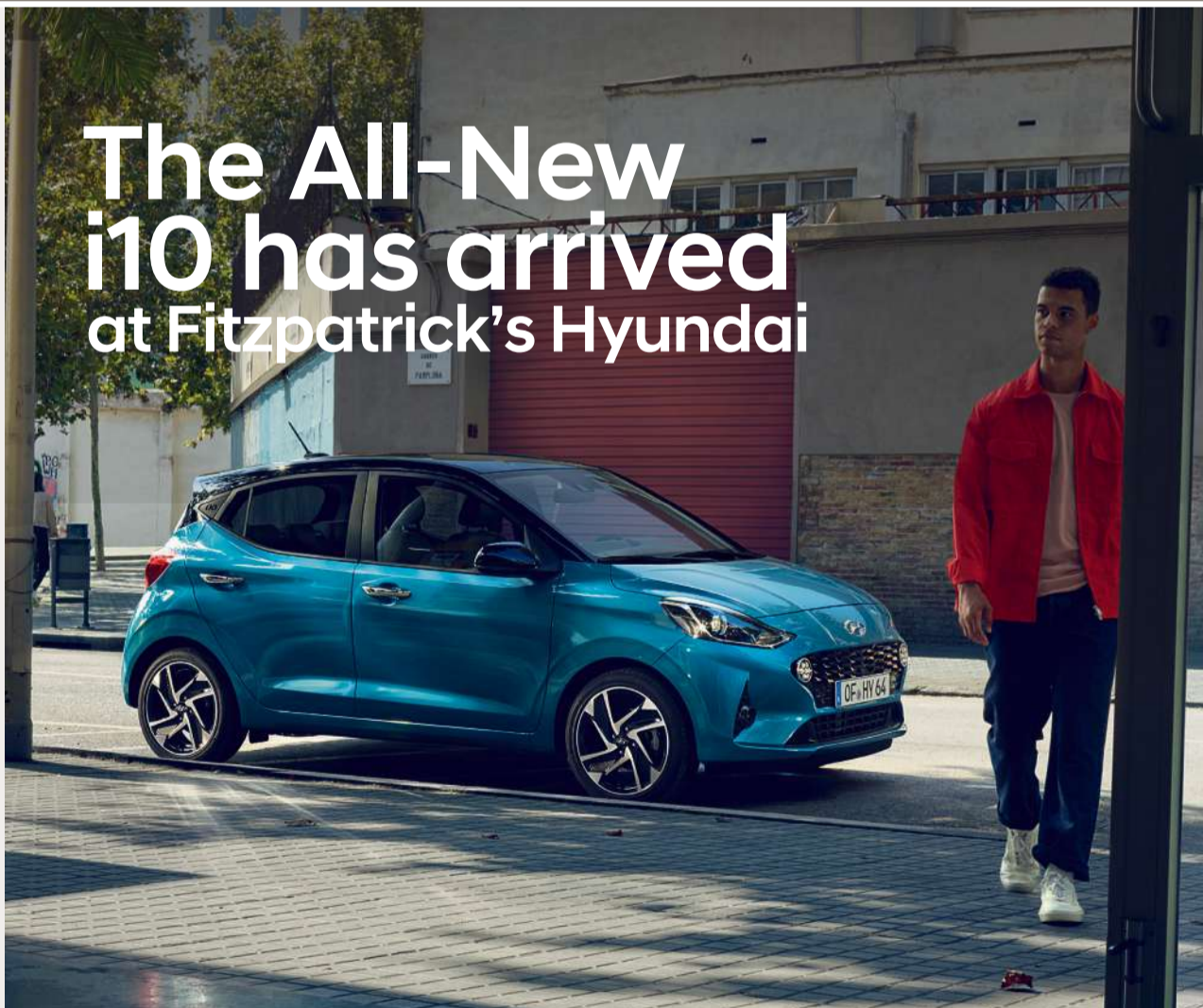
emissions from new cars registered in January, underlining the Industry's commitment to reducing emissions from new cars.

"The industry is fully committed to further significant reductions in emissions in the years ahead. New cars ultimately displace the oldest most environmentally damaging cars in the National Fleet and in order for Ireland to benefit fully from these technology improvements the new car

market needs to be much stronger than it currently is and Government policy should support this. January also saw a significant decline in used imports, and while it may be too early to tell, the introduction of the NO_x charge on January 1st appears to have reduced demand for older used imports."

Jim Power, economist and author of the SIMI Report said: "The economic fundamentals will in theory be supportive of new car registrations in 2020, but as has been the case over the past three years, used imports and consumer caution will likely have an impact. Other factors that could undermine the market is deep uncertainty and confusion about the environmental implications of different types of cars. These uncertainties are not helping new car sales. For 2020, 111,245 new car registrations are projected, which would represent a decline of 5% on 2019."

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www.fitzpatricksgarages.ie



*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #i10 Classic. Retail price €14,245. Finance amount €9,746.75. 36 monthly repayments of €139.77. Total cost of credit €904.11. Optional final payment of €5,555.65. APR 3.9% as at 9th January 2020. Minimum deposit €5,248.25. Lending criteria, conditions apply. Available at authorised dealers for models booked and registered by 31st January 2020. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. *Price excludes dealer delivery and related charges. Offer applies to 201 i10 Classic booked and registered by 31st January 2020. Model shown for illustrative purposes. WLTP Co2 120-127 g/km. Fuel consumption 5.3-5.6 l/100km

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MOTORING

Peugeot Partner is Ireland's best-selling van



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The Peugeot Partner van, Continental Tyres Irish Van of the Year 2020, is Ireland's best-selling van to date in 2020. Capturing 8.9% share of the critical January market, Partner van sales grew +35.9% year-on-year. Peugeot's total LCV market share grew by +28.1% in the month, driving the lion-brand up into third position in the Light Commercial Vehicle sales podium, from fourth place in January 2019, to now command 11.5% of the overall LCV market.

Colin Sheridan, Sales and Marketing Director at Gowan Distributors, Peugeot Importer in Ireland, said: "Our LCV performance in January 2020 has been very strong, as demand for the award-winning Partner,



Expert and Boxer van continues to soar, backed by growing interest in our 308 and 3008 car derived vans. We now look forward to the arrival mid-year of the new all-electric e-Expert van,

whilst the new e-Boxer will follow before year end."

Boasting a modern, robust exterior styling, the Partner van is the first light commercial vehicle in the range to receive the

acclaimed Peugeot i-Cockpit interior comprising a compact steering wheel and heads up instrument panel.

The Peugeot Partner, a former International Van of the Year winner, is available

in a choice of six trims to ensure business needs are met: Access, Active, Active Plus, Professional, Professional Plus and Grip trim.

Standard equipment from

the Access model includes USB, Bluetooth and Jack connectivity, 15" wheels, spare wheel, driver and passenger airbags, overhead storage, rear panelled doors and full steel bulkhead.

Two major innovations can be found on the extensive options list: the Overload Indicator for safe loading within the maximum authorised payload and Surround Rear Vision, which provides blind-spot camera vision or rear view vision when driving (standard on Professional Plus trim).

Three diesel engines are available: a 1.5 BlueHDi diesel 75bhp 5-spd manual; a 1.5 BlueHDi diesel 100bhp S&S 5-spd manual, a 1.5 BlueHDi 130bhp S&S 6-spd manual, a 1.5 BlueHDi 130bhp S&S automatic 8-Speed S&S. Available in two lengths, payloads range from 650KG to 1,000KG and up to two Europallets can be accommodated.

The Partner range retails from €16,935 plus delivery related charges, or ex-VAT from €13,806 plus delivery. Contact Conlans Peugeot, Kildare Road, Rathangan for all your Peugeot new and used vehicle enquiries.



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Book a test drive

New Fiesta van delivers on comfort



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Ford took the head-turning design, smart technology and fun-to-drive dynamics of the new Fiesta passenger car, and combined it with the practicality, durability and generous load space that Ford vans are renowned for, in order to produce the all-new Ford Fiesta Van. The smallest van in the marvellous Ford van line-up offers a generous 0.96m³ of rear load space, while four usefully placed tie-down points and a full load floor rubber mat, means you can transport items safely and securely without worrying about them moving around as you drive.

DYNAMIC PLATFORM

As it is based on the dynamic Fiesta supermini, it will come as no surprise to learn that the Fiesta Van is a very enjoyable van to drive in every respect. Inside, the Fiesta Van discards the

standard car's rear seats, seatbelts and parcel shelf, and replaces them with a flat load floor liner that stretches forward to a part-mesh steel bulkhead located just behind the front seats.

The load area in the Fiesta Van measures 1,281mm by 1,283mm, and is capable of taking a maximum payload of 511kg, while access to the load area is via the standard Fiesta tailgate rear door. This opens 948mm wide and 613mm high, so loading items is a relatively easy task.

TWO TRIM OPTIONS

There are two trim levels available in the new Fiesta Van. The entry-level 'Trend' model comes well specified, with standard items such as body coloured front & rear bumpers, power heated door mirrors, daytime running lights, rear spoiler, mini overhead console, tyre pressure warning system, Hill Launch Assist, Ecoselect, Stop/Start system, DAB radio with four speakers, Bluetooth, USB connection, remote audio controls, MyFord dock, and a 4.2" multi-functional coloured display. Key features in the range-topping 'Sport' trim include 16" 8-spoke alloy wheels, manual electric



air-conditioning, body-coloured 'Sport' front and rear bumpers, black 'Sport' honeycomb front grille, chrome exhaust extension, keyless start, electric windscreen de-fogger, dark headlining cloth, and a Thatcham Category 1 alarm system. Additionally, a host of optional extras are available in order to personalise the new Fiesta Van to each customer's individual needs.

ENGINE OPTIONS

Petrol and diesel engine

options are available in the Fiesta Van, with all but the entry-level petrol engine coming with a slick six-speed manual transmission. The 1.1-litre petrol engine produces 85PS, and is only available in five-speed manual guise, while the 1.0-litre EcoBoost (petrol) engine produces a whopping 125PS. Diesel engine alternatives consist of a 1.5TDCi (Turbo-Diesel) with 85PS, or a 1.5TDCi with 120PS for swift acceleration and outstanding fuel economy.

VAN ON REVIEW

My review vehicle was a New Ford Fiesta van 1.5TDCi 85PS in 'Trend' specification, and was fitted with two very useful (and reasonably priced) options – driver and passenger heated seats (€100), and a 'Driver Assist Pack 1' (dual power heated foldable door mirrors with puddle lamps, and reverse sensors) for just €200.

On the road, it was clear to see (and experience) that the Fiesta van is the best-handling van that

money can buy, with entertaining driving dynamics, and terrific steering response taking centre stage. The Fiesta Van turns in quickly and securely into corners, and it is a very spirited machine to drive along a twisty road, or while cruising on a motorway. In terms of safety, the Fiesta van shares the same five-star Euro NCAP score as the passenger car edition, and this includes an impressive 87 per cent score for adult occupant protection.

PRICING

The new Ford Fiesta van is on sale now, and with prices starting from just €15,000 (including VAT, but excluding delivery), it really does represent remarkable value for money – Breda.

Contact Finlay Motor Group, Naas for all your Ford enquiries. Call 045 431725.



Ford Fiesta

- 1) DYNAMIC SUPERMINI VAN
- 2) TWO TRIM LEVELS
- 3) PETROL OR DIESEL ENGINES
- 4) 5-STAR NCAP SAFETY
- 5) ON SALE NOW

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TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

PATRICIAN SECONDARY SCHOOL, NEWBRIDGE

SCHOOL SECRETARY REQUIRED

The Board of Management of Patrician Secondary School, Newbridge invites applications from suitably qualified persons for the post of School Secretary. Experience of accounting systems, general office administration and the ability to work as part of a team is essential.

An application form may be obtained by applying in writing to:

The Secretary, Board of Management, Patrician Secondary School, Newbridge, Co. Kildare. Or by email to patmoloney@patriciansecondary.com

Completed application forms must be submitted no later than 5.00 pm on Friday 28th February, 2020.

Applications will only be processed which have been submitted on the school's application form. No CVs or application letters should be submitted.

Short listing may apply.

The school is an equal opportunities employer.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I SHAY DOHERTY intend to apply for RETENTION PERMISSION for development at this site at RAHEEN, RATHCOFFEY, CO. KILDARE.

The development will consist/consists of: RETENTION PERMISSION FOR EXISTING SINGLE STOREY FRONT PORCH AND RETENTION OF EXISTING FRONT FAÇADE WINDOW ARRANGEMENT AS CONSTRUCTED AND ALL ASSOCIATED SITE WORKS. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

Prepared by DEREK WHYTE planning/engineering /architecture 0866001194

PLANNING NOTICES

KILDARE COUNTY COUNCIL

We, Evan & Ruth Kane intend to apply for planning permission for a development on this site at Firmount West, Clane, Naas, Co. Kildare. The development consists of (A) the erection of a single storey extension to the side (east) and rear (south) elevation of existing single storey house (B) installation of 1 no. window to the east elevation of the existing house and (C) installation of a proprietary waste water treatment system and soil polishing filter and all associated siteworks. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Valerie Boland, intend to apply for PERMISSION and RETENTION PERMISSION for development at Monasterevin Road, Kildare Town R51WC82.

The development will consist of, Retention permission for additions to existing dwelling. Additions include; (i) single story garage adjoining rear of dwelling, (ii) single story brick sunroom adjoining side of dwelling, (iii) single story brick entrance hallway. Permission for, (i) A two storey extension to the rear of the dwelling to include a car port at ground floor level and habitable accommodation at first floor level over the existing garage and new car port, (ii) new waste-water treatment system and associated percolation area. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Richard Ormsby, intend to apply for retention permission for development at this site Fairy Flax, Blessington Road, Naas, Co. Kildare.

The development consists of the single-storey extension to the rear of the house and all ancillary site works. Planning permission is also sought to widen the existing entrance. The planning application may be inspected, or purchased, at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours, and a submission, or observation, in relation to the application may be made to the authority, in writing, on payment of the prescribed fee, within the period of five weeks beginning on the date of receipt by the authority of the application. D.C. Turley & Associates, Planning Consultants 045-876220.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

LISA MALONE intend to apply for PERMISSION and RETENTION PERMISSION for development at this site at BARRETTSTOWN, NEWBRIDGE, CO. KILDARE.

The development will consist/consists of: PERMISSION FOR SUB-DIVISION OF EXISTING SITE FOR THE CONSTRUCTION OF A ONE AND HALF STOREY DETACHED HOUSE WITH DORMER ELEMENT, SINGLE STOREY DOMESTIC GARAGE, SECONDARY EFFLUENT TREATMENT SYSTEM, RECESSED ENTRANCE AND ALL ASSOCIATED SITE WORKS. RETENTION PERMISSION FOR THE TEMPORARY USE OF MOBILE HOME ON SITE FOR A PERIOD OF 2 YEARS. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. Prepared by DEREK WHYTE planning/engineering / architecture 0866001194

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Sheila Talty Deane, intend to apply for development at Trax Restaurant, Friary Road, Naas, Co. Kildare. The development will consist of a proposed change of use of the existing building from a Restaurant to a 4 Bedroom private dwelling to include the provision of a single bedroom in a proposed new internal mezzanine floor level, the addition of 2 new arched windows/doors to the north facing Gable of the original building, the addition of new windows to the north facing elevation of the existing flat roofed extension, new windows to the rear/east facing elevation of the existing flat roofed extension and new windows and doors to the south facing elevation of the existing flat roofed extension, along with a series of new heritage type rooflights over the central volume, together with all associated site works. The premises is listed on the Record of Protected Structures in the current Kildare County Development Plan 2017-2023 under Reference No. NS19-054. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

We Jennifer & Trevor Lazenby intend to apply for permission for development at this site at Grangemellon, Athy Co. Kildare. The development will consist of the erection of a milking parlour and collecting yard with slatted tank, cattle handling area, dairy, machine room, farm office, meal bin, concrete yards and ancillary works. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. The Planning Authority may grant permission subject to or without conditions or may refuse to grant permission. www.farmbuildings.ie

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I Pat Barrett intend to apply to Kildare County Council for Retention Permission at No. 1 Caspo Centre, Lane beside Town Hall, Abbey Street, Naas Co Kildare for change of use from previously granted under planning ref 01500062 office use of ground floor unit to residential apartment. That the planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

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SPORT



Awards Night for Naas GAA Juvenile Club

Hurler of the Year and All Ireland winning captain, Séamus Callanan accompanied by the Liam MacCarthy Cup, paid a visit in recent months to Naas GAA Club. Along with Seamus there were a few of the club's local heroes including Jack Sheridan, James Burke, Conor Dowling and Rian Boran who brought the Tony Carew Cup.

MC on the night was Sky Sports TV's broadcaster Damien Lawlor. "We had a great night, thoroughly enjoyed by all", said James O'Dwyer, Naas Juvenile Hurling PRO.



O'Connor staying positive after latest Kildare setback

Jack O'Connor cut a forlorn figure after his Kildare side was well beaten by Armagh in the third round of the National Football League.

The 0-16 to 0-10 defeat was a big disappointment for Kildare and despite the horrendous conditions the Kerry man had no qualms about the game going ahead.

"After coming all the way up, we definitely wanted to play better but as you saw yourself, conditions weren't very suitable for football. But anyway, the better team won."

Kildare played against the wind in the first half and he knew that was likely to take its toll.

"Playing against the wind always takes a lot out of a team and you find that in the first ten minutes with the wind you are trying to find your legs and they started the second half very well to be fair and got three or four points so that was a hammer blow for us and in general, we battled away but Armagh handled the conditions better than we did," O'Connor said.

Away victories are looking notoriously difficult in this division thus far and that unpredictability means Kildare are still very much in the mix with three home games yet to come.

"We have a few players

doing well and a few under par currently but we still don't think the League is over us with eight points to play for and three games at home. It's about keeping the faith as teams are going to take a lot of points off each other because it's very hard to win away from home".

"We've lost two on the road now and there's only been one away win in the league so far and that tells a tale".

Kildare were unable to match Armagh's ferocious physicality despite playing much of the second half with a man more.

The home side certainly bounced back from their shock defeat to Laois in direct comparison to their opponents and for Jack O'Connor he needs to see his side improve ahead of a crucial run of games.

"I don't want to criticise the players but Armagh handled the conditions better than we did. They wanted a reaction and they got it but it was a disappointment that we (Kildare) couldn't match that. Armagh are a very formidable team but we need to be kicking more scores than we have in the last two games".

O'Connor concluded: "We need to batten down the hatches now and get ready for the next game".

GAA FIXTURES

SATURDAY 15

U20 Leinster Football Championship

Quarter Final

At St Conleth's Park, Newbridge, Kildare v Offaly Time: TBC. Ref: TBC.

SUNDAY 16

2020 Manguard Plus Minor Football League Div 1

At **Athy**: Athy V St. Laurence's 12:00, Ref: Damien Whelan

At **Naas**, Naas V Celbridge 12:00, Ref: Joe Dooley

At **Kilcullen**, Kilcullen V Clane 12:00, Ref: Declan Peppard

At **Maynooth, Maynooth V Sarsfields** 12:00, Ref: John McLoughlin

2020 Manguard Plus Minor Football League Div 2

At **Leixlip**, Leixlip V Raheens 12:00, Ref: Patrick Moore

At **Kilcock**, Kilcock V Sallins 12:00, Ref: Peter Farrell

At **Moorefield**, Moorefield V Balyna 12:00, Ref: David Houlihan

At **St. Farnans Park**, Newtown Gaels V Carbury 12:00, Ref: John Enright.

2020 Manguard Plus Minor Football League Div 3

At **Oliver Plunkett's**, Oliver Plunkett's V Rathangan 12:00, Ref: Ryan Moran

At **Eadestown**, Eadestown V Aylmer Gaels 12:00, Ref: Eamonn Kelly

At **Suncroft**, Suncroft V Fr. Prendegast Gaels 12:00, Ref: Fintan Barrett

At **Rathcoffey**, St. Edwards V Round Towers 12:00, Ref: Damien Reilly.

2020 Manguard Plus Minor Football League Div 4

At **Ballykelly**, Abbey Rangers V Ellistown 12:00, Ref: John Knight

At **Milltown**, Milltown V St Vincents 12:00, Ref: Ken Doyle

At **Confey**, Confey V Athgarvan 12:00, Ref: Fergus Devereux

At **St Kevin's**, St Kevin's V O'Tooles 12:00, Ref: Sham Moran

2020 Europcar Aldridge Cup Group A

At **Raheens**, Raheens V Naas 14:00, Ref: Conor Daly

2020 Europcar Aldridge Cup Group B

At **Round Towers**, Round Towers V Moorefield 14:00, Ref: Paddy McDermott

At **Celbridge**, Celbridge V Maynooth 14:00, Ref: Raymond Kelly.

2020 Europcar Aldridge Cup Group C

At **St Laurence's**, St. Laurence's V Clane 14:00, Ref: Owen Murphy

At **Carbury**, Carbury V Athy 14:00, Ref: P.J. Cummins.

2020 Europcar Aldridge Cup Group D

At **Sarsfields**, Sarsfields V Monasterevan 14:00, Ref: Paraic McGivern

At **Eadestown**, Eadestown V Castledermot 14:00, Ref: Eamonn Kelly.

2020 Europcar Keogh Cup Group A

At **Paddy Martin Memorial Park**, Ellistown V Straffan 14:00, Ref: Henry Barrett

At **Milltown**, Milltown V Suncroft 14:00, Ref: Jack O Connell.

2020 Europcar Keogh Cup Group B

At **Kilcullen**, Kilcullen V Sallins 14:00, Ref: Declan Peppard

At **Clogherinkoe**, Clogherinkoe V Ballymore Eustace 14:00, Ref: Killian Jones.

2020 Europcar Keogh Cup Group C

At **Nurney**, Nurney V Two Mile House 14:00, Ref: Stephen Foley

At **Maynooth**, Kilcock V Leixlip 14:00, Ref: Colin Kearney.

2020 Europcar Keogh Cup Group D

At **Rathangan**, Rathangan V St Kevin's 14:00, Ref: Thomas Smyth

At **Sean Tierney Park**, Allenwood V Ballyteague 14:00, Ref: Billy O Connell.

2020 Europcar Dowling Cup Group A

At **Castlemitchell GFC**, Castlemitchell V Robertstown 14:00, Ref: Niall Colgan

At **Rheban**, Rheban V Ardclough 14:00, Ref: David Coady.

2020 Europcar Dowling Cup Group B

At **Rathcoffey**, Rathcoffey V Cappagh 14:00, Ref: Liam Herbert

At **Athy**, Athy V Caragh 14:00, Ref: John Knight

2020 Europcar Dowling Cup Group C

At **Athgarvan**, Athgarvan V Ballykelly 14:00, Ref: Paul Donnelly

At **Kill**, Kill V Grangenolvin 14:00, Ref: Alan Lagrue.

Kildare jockey rides a double under the lights at Dundalk

Kildare jockey Ross Coakley rode his first winners of the year when recording a double at Dundalk on Friday night.

The rider landed both divisions of the 12f handicap, giving County Clare trainer John Christopher Hassett a breakthrough success in the opening leg on 14/1 chance Morph Speed.

The four-year-old battled well to see off 7/2 favourite Sharjah by a head but Coakley had a far easier time of it in the second division as 5/2 favourite No Trouble eased to a two- and three-quarter length win on the Noel Kelly-trained Caronda. It was the sixth double of Coakley's career and his third at Dundalk.

Aramax enjoyed the widest winning margin of the day in the 2m rated novice hurdle for Clane jockey Mark Walsh and Gordon Elliott.

The 7/2 chance led after the second last hurdle and went clear in great style to win by all of eight lengths from his own stable companion Recent Revelations.

Walsh enjoyed a second winner straight away as 4/5 favourite Entoucas had an easy time of it in the 2m maiden hurdle. The six-year-old, trained by Joseph O'Brien, only needed to be pushed out to get the better of the Elliott-trained Fakiera by five lengths.

Meanwhile Bellharbour Point-to-Point's fundraising efforts to support Pat Smullen in raising awareness

and money for pancreatic cancer trials is on target to raise €20,000.

The race meeting on Sunday, February 2, at the County Clare venue included many charity elements which culminated in the Pat Smullen Legends Race for Cancer Trials Ireland and saw many famous names from racing taking part in the event with all proceeds raised going to Cancer Trials Ireland. Paul Carberry, Adrian Maguire, Jason Titley, Willie Twiston Davies, Mick Winters, Trevor Horgan, and Tom Keating are just a number of those who took part.

Approximately a furlong from home, it looked like Jason Titley was going to come out on top, but Tom Costello launched a late challenge to power home and beat the Grand National winning jockey into second place. Adrian Maguire claimed the third spot in what was a photo finish between himself and Sam Curling, who had to settle for the fourth spot.

Paul Carberry finished back in fifth, while Mick Winters, who led for a good part of the event, finished sixth.

Smullen was in attendance and was delighted with the continued support shown for Cancer Trials Ireland following on from the fundraising held on Longines Irish Champions Weekend last September. He said, "It's just overwhelming, from



A first winner for John Christopher Hassett as Morph Speed (far side) sees off Sharjah to win under Ross Coakley at Dundalk

what we did over Longines Irish Champions Weekend to what the Bellharbour committee have done, it has just grown legs, it's really humbling.

"I want to reassure everybody that all the money raised will go directly to Cancer Trials Ireland, and hopefully it will do a lot of good work in the future."

Horse Racing Ireland launch summer Student Internship Programme

Horse Racing Ireland (HRI) have launched their 2020 summer student internship programme which returns for its seventh year.

There are a number of paid placements available, commencing in June 2020 and running for 12 weeks throughout the summer to the end of August.

The programme is open to all Third Level students in any college year of any course.

Students will benefit from mentoring by experienced professionals which will allow them to develop their practical skills in a fast-paced environment while gaining valuable experience of the work which goes on behind the scenes in the Irish racing and

breeding industry.

HRI Education and Training Manager, Grainne Murphy, said: "The student internship programme plays a key role in the strategic aim of HRI to attract new entrants into the thoroughbred racing and breeding industry.

"We hope that, for the successful applicants, this is the just first step to a fulfilling and rewarding career within this great industry."

Further details and the application form are available at www.workinracing.ie/internships. Closing date for applications is March 20, 2020.



Mark Walsh and Aramax on the way to a cosy win for trainer Gordon Elliott at Naas

Upcoming Fixtures

Clonmel – Thursday, February 13 (First Race 1.45pm)

Dundalk – Friday, February 14 (First Race 5.30pm)

Gowran Park – Saturday, February 15 (First Race 1.10pm)

Navan – Sunday, February 16 (First Race 1.50pm)

GAA

Naas CBS ease past defensive Moate side to reach final four

LEINSTER PP SCHOOLS BR BOSCO CUP QF

NAAS CBS MOATE

0-15
1-07

ROBERT CRIBBIN

Naas CBS maintained their quest for three Br Bosco Cup titles in a row after they ran out five point winners over Moate in the quarter-final last week. It's a scoreline that flatters Moate as the Kildare school were dominant for the majority of the game and it was only in the final few minutes that Moate got much of a response.

Naas were brilliant in the opening period and even more so when you consider Moate were ultra defensive in their tactics as the Leinster champions held an eight point interval lead. Naas weren't as good in the second half and they only scored four points but the hard work had already been done with the likes of Alex Beirne and Sean McLoughlin scoring heavily. The opening score of the

game came within 30 seconds of the start with Thomas Dunning knocking over a nice point on the turn for Moate. Naas faced with 15 men behind the ball at stages had to work their way through the Moate puzzle and they did this in style with three points in a row giving them the lead after Drew Costello from play and Sean McLoughlin with a pair of frees found the target.

Moate hit back with a free from Adam Donoghue but it was at this stage that Naas hit on the afterburners. A flowing move where Simon Murphy and James Dalton exchanged passes almost ended in a goal but Dalton saw his blasted effort rebound off the post.

Naas weren't deterred though and between the 13th and 32nd minutes they scored eight points on the trot. Alex Beirne was very much to the fore in this period getting four points with McLoughlin, Dalton and Sam Morrissey also getting on the scoresheet.

Jack Keenan then kicked a stoppage time point for

Moate but trailing 0-11 to 0-3 they had a mountain to climb in the second half. Naas didn't step off the accelerator either and they kept coming at their Westmeath opponents in the second half with Paddy McDermott joining Dalton in going close for goal when hitting the bar.

Paddy Kelly had a shot stopped on the line in the same move before McLoughlin finally pointed and in quick succession Beirne then followed up with a brace of points. Simon Murphy and Jack Keenan duly exchanged scores and remarkably Murphy's 49th minute point was Naas's last score.

Moate to their credit rallied strongly in the final ten minutes with points from Keenan, Bobby Conteh and Alan Malynn. By the end, Moate got back to within five points after Owen McCabe kicked in a deflected stoppage time goal.

Still though Naas were relatively comfortable victors and with plenty to improve on they can look forward to a

Leinster Semi-final in three weeks time against Marist of Athlone.

Naas CBS:

David Morrissey; Mark Maguire, Conan Boran, Ferran O'Sullivan, Paddy Kelly, Adam Malone, Paddy McDermott, Eoin Archbold, Drew Costello 0-1, Nick Sweeney, Alex Beirne 0-6 (0-2fs), Sean McLoughlin 0-5 (0-3fs), Simon Murphy 0-1, Sam Morrissey 0-1, James Dalton 0-1.

Subs used:

Will Purcell for Kelly 43 mins, Neil Ahern for Sweeney 43 mins, Joe Murphy for Dalton 51 mins, Eamonn Dunne for Maguire 51 mins, Brendan Quinn for McLoughlin 60 mins.

MOATE:

Mickey Lynam; Rory Mullins, Hobby Conteh 0-1, Phillip King, Ciaran Gaynor, Glenn Carolan, Adam Donoghue 0-1 (0-1f), Thomas Dunning 0-1, Owen McCabe 1-0, Luke Buckley, Tom Cloonan, Matthew Cox, Jack Keenan 0-3 (0-3fs), David Grenham, Conor Bracken.

SUBS USED:

Roan Sweeney for King h-t, Alan Malynn 0-1 (0-1f) for Grenham 45 mins.

REF:

David Sweeney (Laois)



Naas CBS Alex Beirne keeps procession as Moate Community School Tom Cloonan closes in during the Top Oil Leinster Schools Football A Championship played at Hawkfield, Newbridge

Lilies primed for Faithful exam in U20 championship clash

KILDARE V OFFALY PREVIEW
LEINSTER U20 FOOTBALL

ROBERT CRIBBIN

The Kildare U20 footballers kick start their Leinster Championship campaign when Offaly come to Newbridge on Saturday next at St Conleth's Park at 2pm. The Faithful county got the better of Louth on a 2-6 to 0-9 scoreline last weekend but the context of the 'wee county' missing two of their senior stars has to be taken into account.

Like Kildare, the neighbours from across the

border qualified for a feague final albeit at a lower level.

In comparison to this stage last year where Kildare had lost all their league games, the Lillywhites look in good shape after only going down to All Ireland favourites Cork in the John Kerins Cup Final.

Kildare got a good look at Offaly last week and noticed the defensive style they will bring to the game. They know that Shane O'Sullivan who has been shooting the lights out will be targeted so a bigger spread of scores may be needed elsewhere.

"Offaly are a well organised side and seem quite defensive but that's the

way the game has gone for a lot of counties. They have two or three pacy forwards that will break at pace and it will be a right big challenge for us with a conflict of style as well so we will have to be patient".

"They will cram up the middle and stop us getting frees. Shane O'Sullivan could be well marshalled so someone else may need to stand up it's as simple as that. Like the Meath game we'd be hoping to get a decent spread of scores as we will need that", Campbell said.

Kildare picked their final championship squad a few weeks ago with the likes of Karl Hartley and Luke Kelly coming into the fold and

there is a few injury worries to deal with ahead of Saturday afternoon.

Team Captain DJ Earley was in and out of the team during the League but after coming through a full training game last weekend he should be fit enough to lead the side.

"We are going well but we have a couple of injuries. Kyle Costello in goals has a fractured thumb so he will be doubtful for Saturday and Colm Joyce has a bit of a knee issue so he's a doubt too. Other than that, everyone is 100% with Karl Hartley and Billy Maher back training so more or less a clean bill of health".

"DJ Earley played a full training game for us last week so he is fine and it was an ongoing thing that needed managing but he's fine to play the match and there is no issue there.

"He's a big player and it's not just what he brings ability wise but he's also a great leader with the lads and he sets the tone in training with players looking up to him as he's been there done that and he's a great asset."

Gay Campbell and his management team are pleased with their preparation and feel like the players are in a good place as they look to make up for a first round defeat against

Laois in 2019.

"The League is preparation for the Championship but it's a good habit to get into winning form which gives the players more confidence and self-belief. We could have lost to both Dublin and Meath but we didn't so they'll take more from winning than losing and a lot of what we have tried has worked out for them."

HUNGRY

"The players are in a good place and they are hungry and looking forward to it. Those that were there last year feel the need to step up as they felt they left it behind them then".

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ALLIANZ NFL DIV 2 RD 3

ARMAGH
KILDARE

0-16
0-10

ROBERT CRIBBIN
sport@kildarepost.ie

For the second away game in a row, Kildare fell to defeat with Armagh emerging six point victors in the Athletic Grounds on Saturday evening last. The damage by Kieran McGeeney's men was done in the second period where they scored 0-8 against the gale force wind while Kildare only scored a solitary point in the first half.

Trailing by seven points at the break and putting in a huge defensive display, the Lillywhites looked in decent shape but the first half excursions seemed to take their toll and Armagh held them off with relative ease.

Armagh only finished with 14 men after Jamie Clarke was sent off in the early stages of the second half but in truth for long periods it looked like Armagh had that extra player.

The game arrived on the cusp of Storm Ciara and had to survive two pitch inspections before getting the go ahead. When it did throw in, both sides had changes with captain David Hyland and Tommy Moolick coming in for Kildare while the likes of Aidan Nugent, Aidan Forker and Jarlath Óg

Burns started for Armagh which made the hosts stronger if anything.

With the wind at their backs Armagh started with intent and Aidan Nugent kicked over a point from an offensive mark in the 3rd minute. Kildare were getting in the faces of the Armagh players and it looked to be working a trick when a booming Mark Donnellan kickout saw Jimmy Hyland win a break before Paul Cribbin kicked over the equaliser.

Jimmy Hyland and Mick O'Grady had further opportunities to score but missed the target and after a pretty wasteful opening quarter Armagh began to get their act back together when Stefan Campbell pointed them in front.

Quickfire points from Niall Grimley and Rian O'Neill soon followed before they created two glorious goal chances with Mark Donnellan saving the first from Nugent while O'Neill will still be wondering where Peter Kelly came from to make a goal saving block.

Kildare looked in good shape only trailing 0-4 to 0-1 by the half hour mark but four Armagh points in as many minutes pushed the margin out to seven with sub Jamie Clarke (2) as well as Campbell and Oisin O'Neill knocking over points. That's how the half ended but there



Paddy Brophy kicks a fine score despite the attempted block of Armagh Stefan Campbell during the Allianz National Football League Division 2 Round 3 game played at Athletic Park, Armagh. See Jack O'Connor interview on page 58.

was a flash point going into the dressing rooms with three or four Armagh players getting involved with Daniel Flynn before it all kicked off on the sideline.

The result of the bust up was Jamie Clarke being carded when the teams re-emerged and that would prove crucial as the Crossmaglen man got a second yellow two minutes later in an incident involving Jimmy Hyland. It was the opening ten minutes of the half that Armagh settled the contest with four points in a row pushing them 0-12 to 0-1 ahead after Rian O'Neill (2), Aidan Nugent and Stephen Sheridan all scored.

Kildare needed an urgent response and they almost got it when a Daniel Flynn effort was blocked on the line before Paddy Brophy and Callum Cumiskey then exchanged points.

Adam Tyrrell was introduced a couple of minutes later and he kicked two long range frees to get Kildare within nine before Daniel Flynn put over a sublime score near the sideline.

Every time Kildare garnered some momentum, there was always an Armagh response and a brace of frees from O'Neill and a point from play by Mark Shields kept them in the comfort zone. Kildare did finish well with points from Tyrrell, Brophy, Cribbin and Jack Robinson but the result was long settled as Armagh sauntered to six point success.

ARMAGH: Blaine Hughes; Paddy Burns, Aidan Forker 0-1 (0-1f), Mark Shields 0-1, Conor O'Neill, Stephen Sheridan 0-1, Joe McElroy, Niall Grimley 0-1, Oisin O'Neill 0-1, Callum Cumiskey 0-1, Stefan Campbell 0-2, Jarlath Óg Burns, Conor Turbitt, Rian O'Neill 0-4 (0-3fs), Aidan Nugent 0-2 (0-1 mark).

SUBS USED: Jamie Clarke 0-2 (0-1f) for Turbitt 26 mins, James Morgan for C.O'Neill 45 mins, Greg McCabe for Óg Burns 68 mins, Brendan Donaghy for Shields 69 mins, Aaron McKay for Cumiskey 71 mins.

KILDARE: Mark Donnellan; Shea Ryan, Mick O'Grady, Peter Kelly, Kevin Flynn, David Hyland, Con Kavanagh, Kevin Feely, Tommy Moolick, Paul Cribbin 0-2, Paddy Brophy 0-3, Keith Cribbin, Niall Kelly, Daniel Flynn 0-1, Jimmy Hyland.

SUBS USED: Neil Flynn for O'Grady h-t, Adam Tyrrell 0-3 (0-2fs) for J.Hyland 44 mins, Johnny Byrne for Kavanagh 45 mins, Jack Robinson 0-1 for Moolick 55 mins, Liam Power for N.Kelly 65 mins.
REF: David Coldrick (Meath)

'Beating Kildare is not something I'm greatly fond of' — McGeeney

ROBERT CRIBBIN
sport@kildarepost.ie

At the end of Saturday night's National Football League victory over Kildare, Armagh boss Kieran McGeeney met the assembled media for a lengthy discussion.

The most relatable aspect was at the very end as he took a glance to the Kildare representatives and admitted he takes no pride in getting one over his former employers.

That may be true but it's something Armagh have gotten used to; in his time as manager, they have beaten Kildare twice while only a last gasp Jimmy Hyland free denied it being three in a row. In fact Kildare haven't overcame the orchard county since 2007 when a Johnny Doyle inspired side took victory in Crossmaglen.

No wonder Armagh were in confident mood as we ventured across the border and McGeeney was relatively pleased with his side's performance in the context of losing a week previous to Laois.

"The leagues are our best competition and some of the games are top class. If I'd my way, I'd get rid of the pre-season competitions and have 14 League games" McGeeney said. "It really is a good indication of your team and it gives players a chance to bounce back very quickly and in fairness to our boys, we did that tonight."

It is remarkably 10 years since 'Geezer' brought

Kildare within a crossbar of an All-Ireland Final appearance but it appears Armagh have now leapfrogged Kildare in the pecking order after a couple of productive seasons. Armagh will now be most people's favourites to get out of Division 2 and achieve promotion but they aren't taking anything for granted.

"We have put in some great performances over the last two and a half years and last Saturday against Laois was probably our worst in that time but I think we are going in the right direction. Division 1 is a tough place to be though and if you make mistakes you get punished severely for it - like tonight, we had four goal chances and didn't score any of them. I think we are good enough to take that step but you have to be ruthless," McGeeney admitted.

The Armagh boss also had some words for Kildare in describing Daniel Flynn as one of the best athletes in the GAA and thinking it's a good sign that his team could beat a side that was in the Super 8's twice in the last five years. He was also of the opinion that despite the six point margin that there's not much between the sides.

"Our ability to take some scores against the wind stood to us and Kildare probably had the same amount of attacks in the first half but just didn't get the shots off. We're happy with the victory but there's still nothing between the two teams."

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GAA: McGeeney's men blow Kildare away in Orchard storm, pages 58, 60-61



After excessive rainfall earlier this week followed by snow and frost, two racing fixtures scheduled for Puncestown were cancelled

Storm Ciara causes havoc with sporting fixtures

ROSE B O'DONOGHUE
sport@kildarepost.com

Whilst the winds of political change have blown across the country this week, Storm Ciara, which raised a Status Orange wind warning, wreaked havoc with sporting

fixtures this week. Puncestown's scheduled card for Sunday last was cancelled and rescheduled for earlier this week. However, after two inspections on Tuesday morning, the fixture which included the Grade B Boylesports Grand National

Trial Handicap Chase, was called off for the second time. It will now be held on Tuesday next, February 18, and will close for fresh entries by 12 noon today, Thursday, February 13. Declarations to run must be made by 10am on Monday,

February 17. Fairyhouse has been rescheduled for Monday, February 2; fresh entries will close at 12 noon on Wednesday, February 19. Declarations to run must be submitted by 10am on Sunday, February 23 next.

GAA FIXTURES

Sunday saw several GAA fixtures being postponed due to the bad weather. All camogie matches, a number of Lidl National Football League matches, plus three Allianz Football League games were cancelled.

Last Sunday's postponed Division 3 Round 3 Lidl NFL fixture between Kildare ladies and Wicklow has been refixed for this Sunday, February 16. The game starts at 2pm and it will take place at Manguard Plus Hawkfield, Newbridge.

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161D55921	Yaris	1.5 Hybrid	Red	52,501	May-20	€180	€16,444	€5,755	€227	€52
161D37938	Yaris	1.5 Hybrid Luxury	White	12,000	Apr-20	€170	€17,444	€6,105	€241	€56
152W658	Yaris	1.5 Hybrid Auto	Grey	42,078	Jul-21	€170	€15,888	€6,085	€269	€62
181KE578	Auris	1.8 Luna Sport Touring	Bronze	30,205	Jan-22	€180	€24,888	€8,711	€344	€79
181KE335	Auris	1.8 Luna Sport Auto	Grey	31,232	Jan-22	€180	€23,444	€8,205	€324	€75
171WW956	Auris	1.2T Luna	White	54,150	Jan-21	€180	€18,888	€6,611	€261	€60
171WW837	Auris	1.8 Luna Auto	White	84,372	Jan-21	€180	€20,444	€7,155	€283	€65
192KE593	Corolla	1.8 Hybrid Luna Sport Saloon	Silver	9,063	Jul-23	€180	€30,444	€10,655	€421	€97
192KE592	Corolla	1.8 Hybrid Luna Sport Saloon	Black	7,064	Jul-23	€180	€30,444	€10,655	€421	€97
192KE589	Corolla	1.8 Hybrid Luna Sport Saloon	Silver	6,980	Jul-23	€180	€30,444	€10,655	€421	€97
192KE538	Corolla	1.8 Hybrid Luna	Silver	2,814	Jul-23	€180	€28,444	€9,955	€393	€91
191KE3270	Camry	2.5 Hybrid Auto	Brown	12,598	Jun-23	€190	€39,444	€13,805	€545	€126
191D37716	Camry	2.5 Hybrid Auto	Brown	11,068	Apr-23	€190	€39,444	€13,805	€545	€126
162KE756	Prius	1.8 Luxury Auto	White	44,469	Jul-20	€170	€23,444	€8,205	€324	€75
151KE4789	Prius	1.8 ZVW30 Auto	Silver	88,673	Feb-21	€170	€18,888	€6,611	€261	€60
191D271	C-HR	1.8 Sport Auto	Grey	50,000	Jan-23	€180	€29,888	€10,461	€413	€95
181D44547	C-HR	1.8 Luna Sport Auto	Grey	10,665	Jun-22	€180	€29,444	€10,305	€407	€94
181LS35	C-HR	1.8 Luna Auto	Grey	13,105	Jan-22	€180	€28,888	€10,111	€399	€92
181KE5096	C-HR	1.8 ICON HEV CVT Auto	White	14,851	May-22	€180	€28,888	€10,111	€399	€92
191LS547	Rav-4	2.5 Luna 2WD Auto	Red	23,297	Jan-23	€190	€36,888	€12,911	€510	€118
181MH733	Rav-4	2.5 Lunasport 2WD Auto	Black	51,385	Jan-22	€200	€29,888	€10,461	€413	€95
181OY783	Rav-4	2.5 Lunasport 2WD Auto	White	20,653	Feb-22	€200	€30,888	€10,811	€427	€99
181KE1198	Rav-4	2.5 Lunasport 2WD Auto	Grey	30,730	Jan-22	€200	€31,444	€11,005	€435	€100

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