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Thursday, March 19, 2020

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NEWS • ENTERTAINMENT • SPORT

Baby tested for Covid-19

SENAN HOGAN
 editor@kildarepost.com

A County Kildare baby is recovering today after becoming the youngest in the country to be tested for Covid-19.

Castledermot mum Aoife Somers rushed three-month-old Shauna to Tallaght Hospital on Saturday morning after she displayed symptoms consistent with the virus sweeping the country.

Aoife (27) then had an agonising 36-hour wait for the results only to be finally told that the test was negative for Covid-19.

Little Shauna had to wear an oversized face mask while she and



Aoife were in an isolation room in the hospital.

Aoife told the Kildare Post: "It was the scariest experience ever but I was so happy the test was negative."

"The hospital told me on Saturday that Shauna was the youngest child to be tested for the virus."

"I had to wear a face mask the whole time and Shauna was terrified of me."

Aoife and Shauna are now self-isolating to safeguard themselves against the Covid-19 virus.

Aoife also urged parents to watch out for symptoms of the coronavirus in children.



STORY CONTINUES ON PAGE 2 →

ABOVE and LEFT: Mum Aoife Somers faced an agonising wait for baby Shauna's test results

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ALTERNATIVE MARCH 17!

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CORONAVIRUS LATEST

'It was the scariest experience ever'

SENAN HOGAN

editor@kildarepost.com

CONTD FROM PAGE 1

Aoife revealed that on Friday last, Shauna started coughing, her temperature was high and she had shortness of breath — the classic symptoms of Covid-19.

She rang the HSE on Saturday morning and eventually got through to them.

They told her to bring the baby straight to the hospital where she explained the symptoms to medics and they carried out the test immediately.

She explained: "It takes 36 hours to get, so we were in quarantine in the hospital. It was just me, her and the four walls."

"It was awful but obviously you're in the best place."

"The hospital were brilliant, I couldn't ask for anything better. They were coming in with the masks on, the visors, the plastic suits and the shoes."

Aoife said that her experience should open other people's eyes to the risks of contracting the virus.



Mum Aoife Somers said her experience with baby Shauna should make others wary of contracting Covid-19

Aoife explained: "Thank God her results came back she tested negative but the next person might not be so lucky."

"So I'm asking you all to please share this to raise awareness of just how serious this virus is. Children

can catch this virus but thankfully none have just yet so please everyone follow the guidelines, wash your hands, isolate yourself and your family as much as possible — but if you must go out, do not bring your children and keep

a distance of two metres between yourself and others.

"And please please stay away from anyone who you know could be vulnerable, no matter whether they are young or old."

"We need to work together."

INSIDE

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Celebrating St Patrick's Day
PAGE 19



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

'The Green Bus' and Kavanaghs pull routes

Dublin Coach, better known to commuters as 'The Green Bus', suspended services at midnight on Monday due to the Covid-19/coronavirus outbreak. The company runs several routes in Kildare, including its airport route which serves Monasterevin, Kildare town, Newbridge and Naas.

Dublin Coach stated: "In the current environment, we all have to be fully aware of our responsibilities in relation to public health and wellbeing."

Another private operator, JJ Kavanagh & Sons, has also suspended most of its routes across Ireland, including several in Kildare. Its only route which will continue in this county is the 139 Naas to Blanchardstown route which also serves Sallins, Clane, Maynooth and Leixlip. Other public transport services are still operating.

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ABOVE LEFT: The Jackson family from Newbridge using the facilities and outdoor space at the lakes, Naas



CRIMEBRIEFS

Kildare town hairdressers broken into

A hairdressers in Bride St in Kildare town was broken into on March 12 between 3pm and 3.30pm while the premises was occupied. Intruders entered the back of the hairdressers and stole some cash and a handbag. Contact Kildare gardai with any information on 045 527730.

the drugs during the search. The investigation is ongoing.

Vehicles seized

Two vehicles were seized by Naas Roads Policing Unit as part of an operation on M4.

The vehicles were seized following a Naas Roads Policing Unit operation in recent days.

The Naas Roads Policing Unit detected 13 motorists driving on the hard shoulder of the M4 as part of an operation targeting motorists driving on the hard shoulder.

Two vehicles were seized by gardai, one vehicle lacked insurance or tax while the second vehicle lacked tax, insurance and was being driven by an unaccompanied learner driver.

No injuries in collision

Kilcullen gardai confirm that no body was injured in a collision on the M9 northbound between J3 Athy and J2 Kilcullen on Sunday last, March 15.

While several emergency vehicles attended the scene, neither driver sustained serious injury. Both were taken to hospital by ambulance "as a precaution only".

Athy National School raided

Kildare gardai are appealing for information after St Laurence's National School in Athy was raided on March 11 at 10.25pm. The raiders set of the alarm after they smashed four windows in the school.

They took off with a laptop and some cash.

Contact Kildare gardai with any information on 045 527 730.

€1,300 worth of drugs found in car near the Curragh

Kildare gardai found €1,300 worth of cannabis during a search of a car on March 11 at 11.30pm in the Curragh. Gardai stopped a car in the Brownstown area and found



ABOVE RIGHT: The reality of Covid-19, little Ri Lawless (7 months) with his dad Adrian Lawless waving a happy St Patrick's day to his great grandad Joe O' Rourke (88) of Old Grange, Monasterevin

FAR RIGHT: Daddy Paul Fagan from Hillcrest, Ballmore Eustace, with Lily Mae and Sam hosting their own parade! **RIGHT:** Betty O'Shea from Naas at Craddock House Nursing Home celebrating St Patrick's Day



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CORONAVIRUS LATEST

Video Doc option is available if medical advice needed

KILDARE POST REPORTER
 editor@kildarepost.com

Taoiseach Leo Varadkar has said elderly citizens and those with long term illnesses will be asked to stay at home for several weeks as the Government grapples with the mounting crisis posed by coronavirus.

In a televised address on St Patrick's Day, Mr Varadkar said that the disruption to everyday life could last into the summer.

He said the Government is now moving to put in place systems to ensure that elderly people who are asked to "cocoon" will have access to food and supplies.

Taoiseach Leo Varadkar has said elderly citizens and those with long term illnesses will be asked to stay at home for several weeks as the Government grapples with the mounting crisis posed by coronavirus.

He said that while the public wanted to know when

the coronavirus crisis would be over, they did not know yet.

He said the emergency is likely to go on well beyond March 29, possibly into the summer.

He said it will take years to recover economically but was confident that our economy will bounce back.

In Kildare, VideoDoc can be used to get medical advice without having to meet or engage with others.

But you have to download the VideoDoc to your mobile phone or laptop.

A fully qualified doctor will address your medical issues, and can further issue a sick note and prescription (via email).

This is a safe option for many to seek medical advice during the precautionary curtailments following the spread of Covid-19.

Given the demand on the services at the moment, if you log on, you're likely to be given an appointment time for your

consultation. This involves no travel or risk and costs less than a visit to a GP clinic.

VideoDoc is available from 8am to 8pm seven days a week.

KDoc provides out of hours GP services to Kildare and West Wicklow and can be contacted (evenings only) at 1890 599 362.

Persons seeking medical advice are warned not to come into the clinic at Vista Primary Allcare, Naas without an appointment, and to observe the recommendations for anyone who thinks they may Covid-19 symptoms.

PHARMACY DELIVERIES

Meanwhile, another company, Vista Allcare Pharmacy, Naas has offered a free prescription delivery service across the county. "In light of the current Covid 19, pandemic and the government recommendation to avoid unnecessary social



Getting advice on how to use VideoDoc at BallymoreEustace but you can download this app, and have a one to one consultation with a qualified physician

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interaction, Vista Allcare Pharmacy Naas, would like to offer a free prescription delivery service to all the people of Co Kildare," stated Ger Roche, owner of Vista Allcare which is based on the Ballymore Road, Naas (opposite the lakes).

"Customers can fax or email their prescriptions to the pharmacy, open 8am to midnight, and these will be prepared and delivered to you within 24 hours," he added.

This, he hoped, would alleviate the stress for persons who are housebound, or have underlying health issues and fear leaving the house in case

of contracting Covid-19.

Original prescriptions can be collected with the delivery, payments can be made over the phone.

For more informatino phone 045 881 146 : Fax 045 881 147, Email vista@allcarepharmacy.ie.

MENTAL HEALTH SUPPORTS

In another development, this time dealing with mental health, therapists from Primary Care Psychotherapy & Somatic Trauma Trainings, Naas have come together to offer online video/phone therapy to those of you who need it. People can call on 087 238 2978 and they will find

someone to talk with you.

Sessions are also available for adolescents.

Ms Gill said their team was ready to support people from the comfort of their own home, said Attracta. One can make contact with them through www.primarytherapy.ie or email info@primarytherapy.ie or phone by 045 896 690.

Other contact numbers for those with mental health issues are Pieta House in Lucan (01 6010000) or the Samaritans at Newbridge whose free number from any phone is 116 123.



X

CORONAVIRUS LATEST

Retail: Temporary closures and new rules on how we shop

SENAN HOGAN
editor@kildarepost.com

The retail landscape of County Kildare will change temporarily in coming days in response to Covid-19 as most non-essential shops are likely to close leaving only supermarkets and pharmacies open.

Retail umbrella body Retail Excellence has written to retail owners across Co Kildare to insist the closures are necessary to protect customers and staff from spreading or contracting the virus.

Supermarkets and pharmacies will also see changes with protective screens erected around tills and limitations on the number of customers allowed into premises at a time.

Retail Excellence Ireland David Fitzsimons chief executive said of retailers: "You are protecting your company and guaranteeing that when this is over, your

great people have a job to return to."

Mr Fitzsimons said in the coming days there will be significant layout reformatting of pharmacies and food stores.

These stores will have very clear guidelines regarding the number of customers in store, where they must stand and how they must pay.

A SuperValu store in Clane has asked customers not to bring children shopping—as part of overall efforts to reduce the spread of Covid-19.

A spokesperson said: "We know this goes against everything we are about as a family-friendly, community supermarket but we hope you understand we have to put these measures in place to help protect all our customers and our staff and their families."

The outlet also said that cashiers won't handle cash for health and safety reasons and that there will be quotas on products including wine

and beer.

The store said that older customers will be prioritized at checkouts during opening hours.

Meanwhile, a Naas pharmacy has erected protective screens and has limited customers to two at a time as it serves the community through the Covid-19 crisis.

Daly's Pharmacy in Naas also urged customers not to stockpile medication as supply chains are sufficient to cater for everybody.

A spokesperson said: "Nothing is more important to us than the health and safety of our customers and our staff."

"We are determined to remain open to serve the people of Naas throughout, and beyond, this pandemic."

Mr Fitzsimons said to retailers: "When this is all over we will host a party for you all. We will look back on what happened and celebrate how we got through it together."



Daly's Pharmacy in Naas has erected protective screens at its counter and has limited customers to two at a time as it serves the public during the Covid-19 crisis

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CORONAVIRUS LATEST

Bereaved families adjusting to new rules on mourning loved ones

SENAN HOGAN
editor@kildarepost.com

Families across Kildare who lose a loved one are adjusting to new rules restricting numbers attending funerals or other memorial events.

Mourners are being asked to stay from services and are being directed to webcams of churches where the funerals

are taking place or being asked to sign online books of condolences.

All death notices are now quoting HSE guidelines regarding public gatherings and stating that a private funeral will take place.

Death notices are also asking people to refrain from shaking hand or hugging.

HSE guidelines on

Covid-19 have restricted public indoor gatherings to less than 100 people who keep a social distance of up to 2 meters apart.

However many people are simply avoiding non-essential attendance at such events.

Funeral undertakers are carefully advising bereaved families and guiding them

through the new guidelines.

Death notices are regularly thanking people for their cooperation and understanding on the matter.

The HSE has published National Interim Guidelines for Funeral Directors on managing infection risks when handling deceased individuals.

The guidelines state that after death, the human body does not generally create a serious health hazard for Covid-19 infection.

"In the interests of infection control, all staff should use standard precautions as a matter of course, treating all human remains as though potentially infected.

"In the current situation waking in the domiciliary setting is not advised.

"It is likely that only a few key people close to the deceased will attend the funeral home. The coffin should remain closed. In exceptional circumstances where family members have not had the opportunity to view the remains in the hospital mortuary, the coffin can be opened. Staff must wear appropriate PPE to open the bag and fold it back leaving head, shoulders and arms exposed.

"The family should be advised not to kiss the deceased and should clean their hands with alcohol hand rub or soap and water if they touch the deceased."

The option of cremation is at the discretion of the family.

The restrictions will definitely remain in place until March 29 and it's expected that they will continue for some time after that, until the coronavirus is under control.



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CORONAVIRUS LATEST

'Warehouses are full of supplies, stocked in advance of Brexit'

ROSE B O'DONOGHUE
 editor@kildarepost.com

This is a difficult time for everyone," said Ciaran Conway, manager of Merrins Gala, Naas. "For the first time in my generation, we are faced with a situation where we all as a community must come together for the greater good."

"Every hour the situation is changing," he said. "In the retail industry, the key issues for Kildare retailers are: panic buying, restocking, staff concerns and trying to observe the restrictions re social distancing while delivering a service to the community and our loyal customers".

Regarding the panic buying witnessed last week, Mr Conway stated: "There is no logic at all to it. Too many people are getting their information from social media and following each other like sheep, rather than following reputable media outlets and newspapers."

As with other retailers

contacted last week, Mr Conway stated there was no shortage of food and goods.

"The shortage witnessed last week was as a result of panic buying — warehouses across the country were never more packed with supplies in advance of Brexit. There need not be any panic, the shelves are being restocked quickly and deliveries arriving regularly. So panic buying is totally unnecessary," he said.

However, he did note that as the situation continues, "it is likely there will be a shortage in some products over the coming weeks, this is only natural".

"So we must be mindful of elderly people who need supplies. What I am doing is keeping some items such as bread, Dettol and flour behind for those likely to need them most.

Mr Conway said that Merrins Gala, Naas, were hugely aware of the vulnerability of their older customers. "I've given our regular elderly customers my



mobile here so they can ring and ask for groceries if they run out, and we can deliver to them."

He also stated that shop staff were in the frontline of providing a service.

"We are also aware that staff are coming in and helping to run a business and putting themselves in a dangerous position, so it's a balancing act to get social distancing right and to protect both staff and shoppers. All staff wear gloves while at work".

Social distancing, he said, where people must keep 6.5 feet of a space between them and the next customer is a challenge.

"We can only hope people are taking the warnings seriously. Over the next few days, I believe we may see more extreme measures coming in to place in retail; we are ready to adopt these measures but only together as a community will we overcome this virus and get back to normal," he concluded.



Ciaran Conway, manager of Merrins Gala, Naas, at last year's Shell Life Grocery Management Awards. Ciaran states "There are warehouses full of supplies stocked in advance of Brexit. There is no need for panic buying".

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CORONAVIRUS LATEST

Closures in hospitality industry to stop Covid-19

KILDARE POST REPORTER
editor@kildarepost.com

Several Kildare hospitality businesses have closed because of the coronavirus, while shops are taking cautionary measures to help prevent the spread on their premises.

The well-known Keadeen Hotel in Newbridge closed on Monday adding: "This was not a decision taken lightly and we will endeavour to reopen at the safest and earliest opportunity."

Judge Roy Beans, the pub and restaurant in Newbridge was one of the first to close last week, while McDonnell's pub at Edward Street closed its doors on Sunday, March 15, at 6pm.

Proprietor Eric McDonnell said he is doing so "in the interest of all our customers and staff" and he

said he intends to reopen when it is safe to do so."

At the other end of the town Harrigan's bar, which is also a well known eatery, also closed on "Government advice" until further notice.

The Whitewater shopping centre is also open — though it is stressing the importance for customers to adhere to social distancing protocols.

A number of businesses in Naas have decided to close because of fears surrounding Covid-19.

McCormack's pub, the longest established family business in the town, made the decision to close on Sunday, March 15.

A notice in the front window said the decision to close was taken in the interests of staff, customers and the community.

A couple of doors away on South



Judge Roy Beans, right, and McDonnell's, top, pubs in Newbridge are among the many across County Kildare which have shut their doors in recent days.

PICTURES: TONY KEANE



Main Street the 33 South Main gastro pub has also closed "for the foreseeable future".

At the other end of the town Grace's pub, which also has a restaurant and Hayden's pub are now closed.

Kavanagh's pub, which is home to the Bouchon restaurant is also shut.

Most of the businesses have not indicated a re-opening date — though some may review the decision before next weekend.



It is thought the decision by some to close voluntarily before an official direction was introduced was prompted by concerns over images of people ignoring social distancing protocols at licenced premises in Dublin.

BUSINESS AS USUAL FOR THE KILDARE POST - KEEPING THE LOCAL COMMUNITY INFORMED

It will be business as usual for the Kildare Post during the current Covid-19 outbreak as we will continue to publish our newspaper and website at this time.

We have a series of contingency plans in place to deal with Covid-19 and we have the infrastructure in place to ensure staff can work from home if the situation arises.

We have seen a surge in traffic to our website in recent weeks as people endeavour to stay informed about the evolving situation with Covid-19 in their area.

We will continue to provide an up-to-the-minute information service online for our community while our newspaper will analyse and assess the ongoing situation on the ground.

Our advertising team is always available and can be contacted using the details below.

We are happy to assist local businesses with keeping our local community informed about opening times, offers and changes to business hours at this difficult time.

Log on to www.kildarenow.com for minute by minute updates.

Anna Fortune 086 7288898
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NEWS

Castledermot Lotto winners syndicate collect win

PAULA CAMPBELL
editor@kildarepost.com

A 27 strong Lotto syndicate from south Kildare celebrated recently after they collected a €146,875 Lotto prize which they won on Saturday, March 7 last.

Due to the COVID-19 developments, the 'Doyle's Pub Syndicate' from Castledermot took a sensible approach to their celebrations and sent a small delegation of three people to collect the cheque on their behalf at National Lottery headquarters in Dublin on Monday, March 16.

Collecting the cheque on behalf of her customers was pub owner and syndicate member, Jackie Deering who spoke of her absolute joy at seeing each of her customers and friends sharing in their Lotto win.

She said: "It's certainly been a week to remember for us all. All of the syndicate are thrilled at their win and while the original plan was to have all 27 members travelling to Lotto HQ in Dublin which would have been a life-time achievement for a lot of us, with the COVID-19 restrictions now in place, we have decided to be sensible and while there's only three of us celebrating here today, plan to have a proper celebration for all 27 of us once the Covid-19 virus restrictions have been lifted."

The wining Castledermot syndicate bought their lucky ticket at Behan's service station in Castledermot.

The long running lottery syndicate has been operating from Doyle's Pub in Castledermot for over 11 years celebrated in style afterwards with a few drinks at the



They 27 strong syndicate are all customers of Doyles Pub in Castledermot

pub on Sunday night, March 8 before the coronavirus social distancing directive came into effect.

"There are 27 of us," said Jackie who runs the pub with her husband Leo.

"It is just great and we had great craic celebrating it here yesterday

(Sunday)."

She said the group is made up of all locals and customers of the pub.

"The oldest is 83 years and the youngest is 31 years," she added.

"We've been doing it for the past 10 or 11 years. I have no clue yet how to spend it but there's plenty to spend it on, that's for sure."

They came close to hitting the incredible €4.8 million jackpot on offer.

Peter Behan, owner of Behan's service station in Castledermot said they have been in business for three generations of their family, adding of the syndicate "we couldn't be happier for them."

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Three new restaurants in the pipeline for Co Kildare

SENAN HOGAN
editor@kildarepost.com

Plans are afoot for three restaurants to open in Maynooth, Naas and Kilcock.

An international food chain has plans to open an outlet in Maynooth.

Bram's Gourmet Fries, which is based in the Netherlands, wants to locate a restaurant in the Circle K filling station in the town.

Plans for the outlet at the Carton Hall Service Station were submitted to Kildare County Council.

The proposed restaurant unit will include the sale of hot and cold food for consumption on and off the premises.

The designs comprise of a bespoke serving container, a doubled-decker seating container and storage container and a picnic bench

seating area with two parasols.

There is currently another Bram's outlet on the Malahide Road in Artane and most of the other outlets are in the Netherlands and Germany.

Meanwhile planning permission has been granted for a new restaurant on the Sallins Road in Naas.

The change of use of O'Brien's Sandwich Bar to a new restaurant was approved by Kildare Co Council.

The planning conditions denote that the restaurant will cater for fine casual dining with a collection of pre-ordered meals.

O'Brien's Sandwich Bar traded from the Unit 31 for several years until its closure.

Founded in the late 1980s, O'Brien's Sandwich Bars had up to 100 outlets worldwide at



The former St Joseph's School building in Kilcock is being converted into a shop and restaurant. PICTURE: GOOGLE MAPS

the height of their success.

Elsewhere, planning permission has been granted to convert a landmark building into a restaurant and shop.

St Joseph's School is located on School Street in Kilcock.

Also planned is an internal enclosed kitchen and a mezzanine overhead.

Solar panels and bicycle parking are also in the designs.

Large signage to front and sides of the new building are also proposed.

The landmark period building in the centre of the town dates back to the 1870s. It was a boys school for over 100 years until the mid 1980s.



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

Facebook: @evahillnutrition Web: www.evahillnutrition.com Email: info@evahillnutrition.com

Living in #positiveisolation

LAST week the schools closed, and we were advised to keep our distance and social contacts to a minimum – especially when it comes to children, who are vectors – not displaying symptoms, thus inadvertently possibly spreading the virus to the elderly and vulnerable.

Some started to call it “positive isolation” – and though I never thought those two words would make sense together, it does make sense now and it is the best we can do to support our healthcare workers, allowing them to care for those who need it more efficiently. And if you think about it, isolation can be positive. We just need to change our mindset about it.

After decades of increasing workloads, long hours spent away from home, the never-ending busyness that seems to have become fashionable – we are now forced to take a step back and really start to take



Eva says it's time to keep calm and be proactive

care of ourselves and each other. As it is written in Matthew 6:27; “Who of you by worrying can add a single

hour to your life?”. Indeed, worry can weaken our immune system's ability to fight infections, disturbing

our much-needed restorative sleep and does not solve anything. So, keep calm and be proactive.

There is a new supplement on the market that is perfect for such stressful times as these, making it my number one favourite at the moment - and it recently won the IPU Best Innovative Product of the Year Award: Bio-Kult Migréa. It contains fourteen strains of good bacteria to support your immune system - the only army that can protect you from viruses, and six of these may also reduce anxiety. These are coupled up with Magnesium and Vitamin B6 to calm the nervous system, help you to relax and sleep better. It is best to load up with immune supporting herbs and healthy foods such as this wonderful soup – and keep positive! This shall too pass...

Immune Booster Soup

- Good quality chicken legs and wings (with large bones broken)
- 1 tsp. olive oil
- 10 scallions sliced (or 4 small red onions)
- 6 cloves of garlic, crushed
- 1 green or red bell pepper (sweet), diced

- 1/3 cup fresh ginger, minced finely
- 1 brick (1/4 pound) tofu
- 3 cups of bean sprouts
- 1/4 tsp. cumin
- 1/2 tsp. turmeric
- 1/2 tsp. salt
- 2 Tbsp. balsamic vinegar (optional)

Brown the chicken in a little olive oil, then add them to a large pan of water and simmer for 4-6 hours to make a stock. Sieve the liquid and save the meat. Sauté the scallions, garlic, and pepper in olive oil – covered, shaking the pot from time to time, until they are softened. Add a splash of water to prevent spoiling the garlic. Add the spices and fry them for a minute, then add 3 cups of the stock with some chicken meat and the remaining ingredients. Simmer the soup for at least 20 minutes. Serve it hot and eat small amounts of it frequently. You may also add small amounts of Cayenne pepper if you can tolerate hot spices. There's nothing better to fight viruses than having a good sweat; spicy food, hot bath, followed by a good night's sleep.

The Grill Shack Hot Sauce is making mouths water!

Watch out for it on Aldi shelves

ROSE B O'DONOGHUE
editor@kildarepost.com

Don't you just love to hear good news and to feel positivity around certain people? Aidan Kelly is one of those people and in the face of the spread of Covid-19 and the subsequent health restrictions, he could well be moaning here about the temporary closure of his restaurant, The Grill Shack at Donadea.

"I'm gutted for my 10 staff who will be drawing the dole next week," said Aidan "But I know this will pass and we just have to get on with it!"

With extremely good nature, he stated he'd like to wish all mothers a happy Mother's Day for Sunday next, especially his mother Roberta.

A Kerry native, Aidan says above all, he wishes to express thanks to his wife, Aileen, mother of their two children Aoibhín and Laragh.

"We met in Dungarvan years ago, and eight years ago, we moved to Kill, Co Kildare". About 18 months ago, Aidan

opened a restaurant at Roche's, the 'sinking pub' at Donadea.

"It had been the smoking area but you know what the outside place had character so I looked at converting it into a restaurant. Now we have a quirky restaurant with a tree growing up through the roof, and another tree basically holding the structure up!

"People love the atmosphere and the menu, especially our sauces. Even up to Sunday, the phone was ringing for reservations but we to look at social distancing and even with spreading the tables and taking out a few, it wasn't feasible to keep going in these difficult times, putting staff and diners at risk. It was the practical — and right — thing to do".

But Aidan isn't idle at the moment. Having seen an advertisement by Aldi seeking applicants for their new 'Grow with Aldi', he applied and was one of 240 submissions.

It was the Grill Shack's original hot sauce which he proposed (which incorporates jalapenos and chilli) and

Aidan was one of the 100 applicants called for interview to the Heritage Hotel, Portarlinton, last year.

"I had eight minutes to pitch to a buyer and I'm happy to say our hot sauce is one of 40 new Irish lines going onto Aldi shelves on May 31!

"Our sauce has very little allergens, low on fat and sugars; it's vegan and vegetarian friendly but goes great with meat too, so it seems to suit everyone! And it's hot..."

"There was a great buzz about the success of the sauce, and it just seems to be on trend at the moment, as is the restaurant. But for the moment, the restaurant is closed. However, let me take this opportunity to say a big thank to the wider community of Donadea, they embraced the Grill Shack, and up until the virus spread, we're flying. Thank you all for your support, and again, happy Mother's Day to all mums out there, I don't know how you stay sane!"

For more information, phone 045 869 160: Email chefaidankelly@gmail.com



Aidan Kelly of the Grill Shack, Donadea whose hot sauce is going into Aldi stores on May 31



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"Mam Laraghs not sharing"
"Mam they won't let me play"
"Mam where did I put my phone"
"Mam where's my homework"
"Mam I don't care i wearing it"
"Mam can I have your phone"
"Mam get me juice"

"Mam can you bring me too"
"Mam my boyfriend broke up with me"
"Mam I dont want to go to bed"
"Mam I want a plait in my hair"
"Mam I dont to go to school"
"Mam I done, wipe my bum"
"Mam can I have money"
"Mam I want peppe pig"
"Mam Can I have sweets"

Look after your mammy

NEWS

Local family appeals for help to get son to Germany for cancer treatment

KIM O'LEARY
editor@kildarepost.com

A local family have set up a GoFundMe campaign to help get their son urgent cancer treatment in Germany in the coming weeks.

Twenty-three-year old Conor Woods, son of Ruth and Pat Woods of Kildare Window and Guttering, began suffering from severe headaches last November. Conor was told by doctors that his illness was a migraine and sinus pain, but he eventually collapsed and was rushed to hospital.

Conor underwent brain surgery to have an aggressive brain tumor removed, with Pat and Ruth by his side.

However, after many

further tests, scans and advice from the team of doctors, Conor will need to spend the rest of this year having treatment and recovering. He will be sent to Germany for nine weeks for proton beam therapy and also undergo aggressive chemotherapy.

The Woods family have set up a GoFundMe page asking for help to get Conor to Germany for his treatment, which costs €15,000. The family have already received €9,000 from kind donors.

Speaking to the Kildare Post, Conor's father Pat explained that the family lives in Stradbally but their family window cleaning business is based in Naas and Kildare town.

He said: "Conor is doing okay at the moment, we actually travel now with him to Düsseldorf Germany this week to start his proton beam therapy.

"He will need to stay there for six-to-eight weeks at the hospital as they can't delay any further. He then has a gruelling 20-week treatment of chemotherapy so a tough road ahead.

"Everyone who knows Conor wants to help in some way. It's difficult to do that when Conor has to stay in a different country for his treatment. One truly practical way of helping will be to contribute in paying some of his expenses that he will face from now until he is recovered."



Pat and Conor Woods

Naas artist Sina Thiel soars in country music charts

KIM O'LEARY
editor@kildarepost.com

It was a St Patrick's weekend to remember for Naas country singer Sina Thiel as her new album Reflections of

a Celtic Heart soared in the Irish country music charts.

Sina's second studio album was released on Monday night St Patrick's Day on all major download services (iTunes, Google Play,

Amazon, CDBaby) and charted straight at #2 in the Irish Country Album Download Charts, as well as climbing to #3 in the overall Irish Album Download Charts.

Furthermore, Sina's music has just surpassed 5,650 plays on radio stations all across Ireland.

With the current situation, the album tour which also included dates in Naas and Celbridge has been postponed and will be rescheduled as soon as possible.

Sina's new album celebrates her going into her fifth year in Ireland, as well as paying homage to the late Liam Clancy. The new single I Feel Fine Today is the latest release from the aforementioned album and charted at #1 in the Irish Country download charts.

The song follows-up from her success single Good to be Back Home, featuring Sabrina Fallon, which charted at #1 in the Irish Country Download Charts and was also #1 in the Irish Country Music Airplay Charts for around four



weeks.

It was also the most played song of all genres on Midwest Radio for about two and a half weeks.

Furthermore, Good to be Back Home also received daytime play on RTE's Radio 1 and featured on the much

sought after RTE Recommends list.

Originally from Germany, Sina started playing piano and writing songs at the age of seven; picking up the guitar at 18 she has since flourished into an accomplished recording artist.



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LIFESTYLE

Best-ever show hit by Covid-19 restrictions

ROSE B O'DONOGHUE
editor@kildarepost.com

I'm delighted to say I got to see Naas Musical Society (NMS) present their musical this year, *Sister Act*, before the last two shows were cancelled owing to Covid-19 restrictions.

I've seen several of their annual shows and NMS never fail to deliver the entertainment factor. This is the third year that the society's schedule of shows had to be cut short. Last year and 2018 saw heavy snow force the society to call off their final productions but

last week, it was the recommended guidelines on social distancing that forced them to abandon their last two shows. And, on one of those nights, would have been the adjudication for the Association of Irish Musical Societies (AIMS) awards. It's a shame — all that work, all that energy — and whilst they know they had the approval of the audiences, a favourable judging by AIMS is what every musical society aspires to.

ACE ACT!

This year, dear Lord, *Sister Act* was absolutely ace in terms of musicality, drama and comedy. The audience

laughed from minutes after the performance commenced till the final curtain came down. Andrew Docherty played the hard-hearted gangster Curtis, with Declan Curtis playing Ernie who took a bullet early in the show. But Curtis's henchmen TJ (Gearóid McGauran), Paul Dicker playing Joey and Alan Maleady playing Pablo were just so 'bad', they were brilliant. That's not bad as in tough, but bad as in pure goofy, pantomime almost!

Dearbail Downey playing the colourful Deloris Van Cartier has a tiny physique



Goofy gangsters - Paul Dicker, Alan Meleady, Andrew Doherty and Gearoid McGauran

but what a belter of a voice, and a comedienne to boot. Her role as the sassy Deloris was perfectly matched by Hannah Ryan as the demure Sr Mary Roberts. The exuberant Sr Mary Patrick was joyfully personified by Charlene Masterson and Julie Donnelly in the serious role of the mother superior.

But what about Joy Donohue as Sr Mary Lazarus? She excelled as the contrary little biddy in nun's clothing, coming out barking and biting like a rabid bulldog with a hangover. Throw in Joe

Egan as the compassionate and smitten Eddie Southstreet (Sweaty Eddie), John Dooley as the Monsignor with Sarah O'Driscoll and Siobhan Burke as Deloris's backing singers, and you've a cast that was clearly having a ball — and it showed everywhere.

Musicality was not lost to the comic delivery — the singing, the dancers, the sets, sound and lighting and the live orchestra were all superb. This was a class production and it's disappointing for them not to

have had their AIMS adjudication.

Even two nights' cancellations will hit the society hard.

"It costs a massive amount to stage a musical show, and this year's show, *Sister Act* was in the region of €40,000 to €45,000 at least," said Tina O'Kelly, secretary NMS. "The raffle and programme sales will be missed, along with ticket sales. While many tickets were pre-booked, we won't know till the theatre reopens how many people will seek refunds.

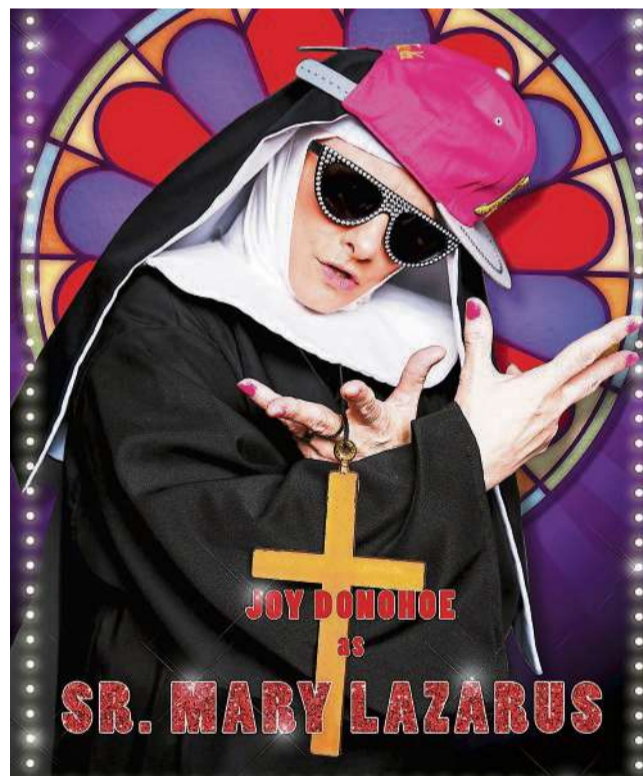
"From the society's point of view, this was the best show we've had in years both from the audience feedback but also between the cast themselves. The camaraderie was unbelievable, there was such an all-round feel good factor for performers and spectators alike. This year's show took a huge amount of practise and funding. We had two choral rehearsals and two dance rehearsals, it was double the amount of prep work of previous shows".

Ms O'Kelly stated it wasn't feasible to try and stage the show if and when the Covid-19 restrictions are lifted.

"The costumes were shipped over from Scotland and are going back; the live orchestra plus people managing sound and lighting never mind the cast, backstage and front of house crew!"

The society had held many fundraisers in advance of the show, a coffee afternoon, bag packing, carol singing along with generous sponsors and supporters.

It is disappointing they didn't get to stage all the planned shows but *Sister Act* by Naas Musical Society was one of the most enjoyable and entertaining shows I've seen in a long time. Special mention must go to Mona Conroy, who has had a tough year with the sad passing of her husband, Jack; Mona had to pull out of the show when a family member took ill suddenly.



Joy Donohoe as Sister Mary Lazarus



Hannah Ryan and Dearbail Downey. PICTURES: AISHLING CONWAY

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KWWSPCA shelter update on new centre location

The KWWSPCA has not yet been able to find a suitable site or premises to purchase for our new shelter. However, we are still very actively looking and are still raising funds to help pay for the new facilities for our rescue animals when we find the right location.

In the meantime, we are staying at our premises near Athgarvan for the foreseeable future and are open to visitors from 1 to 3pm, Mondays to Saturdays.

NOAH'S ARK TEMPORARILY CLOSED

The KWWSPCA's Charity

Shop in Newbridge, Noah's Ark, will be closed until further notice in the interests of the health of our volunteers and customers.

CAT OF THE WEEK - STILL CHARDONNAY

Our Cat of the Week last week, Chardonay, still does



Our Dog of the Week, lovely little Smartie. BELOW: Terrier Tilly Murphy from Dunlavin had a selection of outfits for St Patrick's Day yesterday but was not impressed with the social distancing curfew



Chardonay, still looking for a family home

not have a home. Is there anyone who would like to adopt this gentle kitten? Please call 086 175 1841 if you would like more information about her.

DOG OF THE WEEK - SMARTIE

Little Smartie is a small Jack Russell cross and is about 7-8 years old. He is initially a little timid when he meets new people but as soon as he becomes confident, he just wants a comfortable lap or couch to cuddle on. He would be very well suited to a mature person or couple, but he might not cope well in a family where there are small children.

Smartie is a clean little dog, and is quiet. He likes to be taken for a little walk and is good on the lead. He is neutered, vaccinated and microchipped (chip number

981020000574579), and is living at our Shelter where you can meet him between 1-3 pm Monday to Saturday, or outside of these times by appointment.

With expressions of interest please contact 087 1279835 or email kwwspca@gmail.com. We ask for a minimum donation of €150 to partly offset our veterinary and other expenses, a dog licence and collar tag are required to complete the adoption, and a home check applies.

KWWSPCA

The Kildare & West Wicklow Society for the Prevention of Cruelty to Animals is a registered charity (Number CHY6280) and is registered with the Charities Regulatory Authority (Number 20011048). DAFM Reg.

Number IPT200001C.

The Society investigates and deals with reports of cruelty and neglect to animals; 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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CELEBRATING A VERY DIFFERENT ST PATRICK'S DAY



Ally Owens, staff member at Craddock House Nursing Home in Naas where there was lots of colour and traditional food for St Patrick's Day

GREEN DAY: KILDARE PEOPLE DRESS IN THE NATIONAL COLOURS TO CELEBRATE ST PATRICK'S DAY



Anne Murphy practising 'self isolation' in her home in Dunlavin



Siofra Barry (7 months) looks festive in Kildare town



Mary Darker in a traditional costume is pictured with 'Darby O'Gill'



John Lynham in Ballymore Eustace getting into the spirit of the national feast day

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LIFESTYLE

Newbridge College Fashion Show a huge success

There was great style and glamour in the Keadeen Hotel in Newbridge on Friday, March 6, for the Newbridge College Fashion Show.

The fashion show was organised to raise funds for the planned TY volunteer trip to Jamaica with Mustard Seed Communities. Some 18 students were on the catwalk under the watchful eye of the Holman Lee Agency.

With 320 in attendance the atmosphere was electric. Sheila Zebedee, parent and organiser, said: "We are over the moon with the generosity and support from parents and friends. Over €24,000 was raised for Mustard Seed which provides homes for abandoned children with severe physical and mental disabilities."



ABOVE: Rugby player Joey Carbery at the Newbridge College Fashion Show, pictured with Ava and Robyn Flanagan, daughters of Louise Flanagan of Kalu.
LEFT: Pat O'Brien, Principal Newbridge College, Sheila Zebedee, Joey Carbery, Dervilla Gannon, managing director Mustard Seed Ireland

The Other Side of the Coin

The Treatment of Repetitive Strain Injuries

Sharing the ancient wisdom that is Chinese medicine



Repetitive strain is now today a very common injury among the workforce, it manifests over a period of time and goes unnoticed but gradually increases with intensity of pain until the joint can no longer function properly.

Rest and seeking out the services of a Traditional Chinese Medical (TCM) practitioner is the way to go if you want to get rid of this debilitating and chronic injury.

Most of us who do manual labour—and make no mistake, computer work is manual labour—we take our hands for granted.

Whenever we get those little aches and pains—tight wrists or fingers, sore necks, or stiff lower backs—we tend to shrug them off.

Or perhaps we do a little self-massage or rub in some arnica cream. But these minor discomforts are actually the first signals that our muscles, tendons, and nerves have weakened.

The crippling pain that comes with a full-blown repetitive strain injury (RSI) may not manifest for years. RSI has become one of the most pervasive conditions in the modern workplace, accounting for two-thirds of all nonfatal work-related injuries.

What is RSI?

RSI is actually an umbrella term for several cumulative trauma disorders caused by overuse of the hand and arm, RSI can prove particularly difficult for medical professionals to treat. RSI can affect the fingers, wrists, forearms, upper arms, shoulder, and neck.

The "repetitive" or "cumulative" tag means that the motion, when done in isolation, isn't severe enough to cause damage. But when done repeatedly, without sufficient recovery time, it fatigues muscles and tears soft tissues, causing swelling and pain, and it leads to conditions like carpal tunnel syndrome, tennis and golfer's



elbow, tendonitis, and Blackberry and Nintendo thumb, ohh and lets not forget iphone thumb.

Proper Positions

Because people are continually becoming more and more reliant on computers these days, here is some useful information regarding good hand position.

Learn and maintain a neutral position, with your middle knuckle and the centre of your wrist in a straight line. Your fingers should curve slightly, but

your wrists should stay straight. If you sit in a relaxed position and let your hands gently drop to your sides, they will naturally fall into a neutral position.

Now, maintaining this position, bring your hands to the keyboard.

As you type, keep your wrists straight and let your hands float over the keys while you move your arms to position your fingers. Let your elbows relax by your sides instead of "winging" outward.

Do not rest your wrists as

you type, and do not stretch your fingers or twist your hands to reach keys—move your entire hand.

Get up every now and then and clasp your hands together (palms facing outwards) and push your hands out in front of you stretching your fingers and wrists.

Do this a few times throughout the day to get the blood flowing back into those areas and this will also loosen out the joints.

Treatments

Some Western doctors say that RSI is irreversible, that is only because they do not have access to the age-old wisdom from China that is Acupuncture!

I regularly treat this condition in my clinics, the most common one's being tennis elbow, golfers elbow and carpal tunnel syndrome.

Tennis elbow usually affects the manual labour worker more whereas carpal tunnel the person on a computer. In the case of

carpal tunnel syndrome (inflammation at the wrist) Western doctors usually recommend an operation to widen the carpal tunnel, this is a quite drastic approach for a problem that can be quite easily resolved with a course of acupuncture.

I have seen over the years many people who have had this operation and the carpal tunnel syndrome slowly returned several months or so after the procedure.

I see this problem quite often and it really does respond very well to acupuncture treatment, but the big question as always is; "how many treatments do I need"?

Well this all depends on the severity of the problem and how long the person has been suffering, but in saying all that there should be quite good improvements after 5-6 treatments, enough to encourage the patient to continue with the treatment until a complete cure is achieved.

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NEWS

Battling an eating disorder is a costly business, says Kildare woman

The Kildare Post talks to a Kildare mum about the realities of coping with anorexia relapse

ROSE B O'DONOGHUE
editor@kildarepost.com

The first week of March 2020 was National Eating Disorders Awareness week which went largely un-noticed as the spread of Covid-19 became the national focus. But for one Kildare mother, Karen Blanche, battling anorexia nervosa, is a daily feat, along with placing a huge burden on her young family's financial budget.

Anorexia is an addictive, life threatening eating disorder Karen first presented with at 17 years of age but Karen is a happily married mum of two, and has always felt huge support and love from her husband.

"I was trying to lose weight when I was seventeen and getting stressed about the normal changes in growing up. I have had many good years, had a few minor relapses but overall I was well and healthy.

"In 2012, I got married and my

husband has always been very supportive of me. I have two lovely children aged three and six years, and life is, or should be, good. However, when I feel things are getting out of my control - I want everything to be perfect - I put myself under pressure and relapse. Emotional trauma like when my father died suddenly had a huge effect on me."

Karen recognised the signs of relapse and sought help early from her GP. She decided to speak out about her illness recently, because there were no support services across Co Kildare available to her, or any other persons with eating disorders.

"The start of March was national awareness week on eating disorders," said Karen. "When there is so much emphasis on talking openly about mental health issues and supports, I found there was

little or no help for me out there".

Karen recognised the signs of relapse and went to her GP in Co Kildare for help.

"He had very little experience with eating disorders and approached the HSE mental health care team in Kildare town but they had no therapists available. He pleaded with them as my physical and mental health was deteriorating rapidly. They saw me once in April 2019 and referred me back to the GP!"

She continued: "The bottom line was I had to wait till I hit rock bottom before I got help. My GP saw how my body weight had plummeted, my bloods were gone haywire, I was having palpitations - I wasn't in denial but I was in serious trauma".

There are incredibly, only three public beds at St Vincent's Hospital, Dublin to cater for persons who live with anorexia nervosa, bulimia,

binge eating or avoidant restrictive food intake disorder.

Karen's husband is self employed and works irregular hours. "With me out of work through my illness, we priced private treatment programmes and were shocked at the cost. Because of the concern for my failing health, I finally was admitted into St John of God's, Stillorgan. I was there for 16 weeks and the HSE subsidised my programme, which costs in the region of €50,000. We could not have afforded that."

Karen said she was extremely grateful having been subsidised for the programme in St John's. Since her return home in December last year, Karen says "it's a daily struggle" but she is getting there, and is grateful to the extended family and relatives for their support.

Treating an eating disorder merits monitoring by a multi-disciplinary team, as the conditions have underlying psychological issues, physical addictive traits, along with medical issues.

"Really, treatment requires the care of a GP, a psychologist, a



x

dietician, a psychiatrist and a social care worker," said Karen "but how can we afford that?"

Karen is driving to Dublin every week and attending a dietician and a counsellor.

"It costs €160 for the two sessions, along with petrol but it is really helping me. Since I left St John of God's, I had one appointment in February and one only in March so I need the additional supports."

The HSE confirmed "the National Clinical Programme for Eating Disorders does not have a specialist team in Kildare at this point".

BODYWHYS

Bodywhys is an organisation based in Dublin which offers support to families living with and supporting persons with eating disorders.

Speaking to the Kildare Post, Barry Murphy, Communications Officer with Bodywhys stated 74% of parents seeking help are supporting a daughter; 10% a son; 8% supporting a sister and 10% assisting a brother. So females present with a far higher proportion of eating disorders than males, in general. Fifty five percent of parents supporting are mothers, and 26% are fathers.

As part of the HSE's Model of Care for Eating Disorders, Bodywhys has introduced a new free Pilar programme for families supporting a loved one through their condition.

"It involves a four week course, two hours per week, for families and partners trying to understand and support a family member with an eating disorder," he said.

"We had a four week course in Co Cork in January, and one in Arklow. We will have another one in Galway and Carrick-on-Shannon in May next, with further classes in to be scheduled for Autumn. There has definitely been a deficit in mental health supports but the HSE Model of Care for eating disorders was

launched in 2018, and has a five year implementation timeline".

HSE Model of Care for Eating Disorders

According to the HSE.ie: "This Model of Care document describes the HSE's strategic vision for its provision of eating disorder services in Ireland in the future. It also represents the cornerstone of the HSE National Clinical Programme for Eating Disorders (NCPED) and is the HSE's commitment to providing services for people with eating disorders".

MORTALITY RATES

According to HSE website, eating disorders have the highest mortality and morbidity all of the mental disorders. "They affect a relatively young section of the population and have enormous socioeconomic cost. However, effective treatment can substantially improve clinical outcomes and promote sustainable recovery. The HSE has, therefore, prioritised eating disorder (ED) services as part of its National Clinical Strategy and Programme Division (CSPD), which aims to develop high-quality, person-centred, integrated care through a clinician-led, evidence-based approach to service reform.

"In keeping with this strategy,

this HSE Model of Care for eating disorder services has been designed to help the HSE to improve patient outcomes and safety by delivering the three main objectives of its clinical strategy:

- Improved quality of care delivery to all those with eating disorders
- Improved access to assessment and treatment
- Improved value for money and cost effectiveness.

EATING DISORDERS

Eating disorders have the highest mortality and morbidity of all of the mental health conditions (Arcelus, 2011), and it is estimated that they will affect between 1-4% of the population at some point in their lives (NIMH, 2016).

They are caused by a combination of genetic, biological and psychological factors and occur across gender, age, cultural, ethnic and socioeconomic groupings. Although not common eating disorders result in very high psychosocial and economic cost to individuals, families, healthcare and society when not treated or treated ineffectively (Butterfly Foundation 2012 and 2015).

The aims and objectives of the National Clinical Programme for Eating Disorders are:

QUALITY

To improve the clinical outcomes and recovery of people with eating disorders in Ireland through the provision of evidence based practices by trained, skilled staff.

To reduce the comorbidity and mortality associated with eating disorders through enhanced clinical risk management and early intervention.

To remain patient centred by including service user feedback and input in the development of our eating disorder services.

ACCESS

To support enhanced screening and early recognition of eating disorders in Ireland.

To provide timely access to consultation for referrers.

To reduce service user internal and external waiting times to initial

assessment and treatment.

To develop a stepped care model of service delivery based on different patient needs.

COST

To reduce the significant long term health, economic and psychosocial cost of eating disorders through early intervention.

To reduce the duration of illness and promote recovery through the provision of evidence based effective interventions.

To reduce dependence on inpatient admission (numbers / length of stay) where clinically appropriate, though the provision of alternative less restrictive options for intensive treatment such as day and group programmes.

To reduce relapse rates through all of the above measures.



Full Co Kildare library service available online

EVIE DICKINSON
 editor@kildarepost.com

Did you know that Kildare County Council Library Service provides a range of online services to library members completely free of charge?

With Kildare libraries closed due to the current situation with Covid-19, people may be concerned about not having access to books, DVDs or CDs.

Students who need materials for study, parents with children who are stuck at home with nothing to do, or anyone who would like some free sources of entertainment and education, they (KCC) have got you covered!

Mark Reid, Executive Librarian at Kildare County Council Library Service shared the following information with me so all the eager readers out there can benefit from the

eServices:

"Anyone who is a member of the library has access to a huge range of ebooks and audiobooks from the Borrow Box app.

The Borrow Box app from Bolinda is available on Android, IOS and Kindle devices, meaning you can bring the library wherever you go, 24 hours and 365 days a year!

"All you need is your library card number and PIN. Never be stuck for something to read, even in the middle of the night!

"From WF Howes, the library offers RB Digital eMagazines. There are over 300 available with everything from Hello! to New Yorker to Cosmopolitan to The Economist.

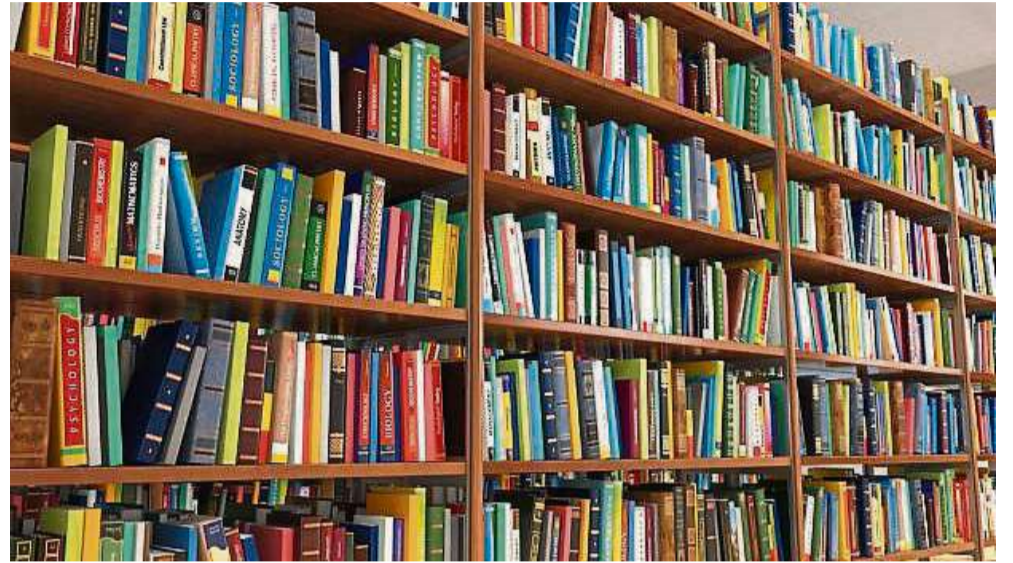
"There is something for all interests and all the latest editions as well as back copies are available. Again, there is an RB Digital app available from Apple Store and Play

Store so can be read from phone or tablet. There is also 1500 RB Digital eComics with titles from Marvel and IDW".

Interested in learning a new hobby and doing an online course? Then have a look at Universal Class with over 500 free online continuing education courses. These courses can be completed in your own time, at your own pace, with expert instructors giving you continual feedback.

Last year the library introduced a free music streaming service called 'FreeGal'. Download the app, search for Kildare Library service and you will have unlimited streaming of your favourite tunes. You can also download up to five tracks a week for offline playing.

Just this week, Kildare County Council library service has introduced PressReader, which gives members access to a huge range of local, regional,



You can have full access to all Co Kildare library services by using your library card and pin

national and international online newspapers and more eMagazines. Download the app and search for Kildare.

It's always good to expand your proficiency for foreign languages, KCC library service also has an online

language learning service called Transparent Language Online.

These resources can all be reached from <http://kildare.ie/Library/OnlineServices/> or visit librariesireland.ie

And once the libraries are open again, you can pop into any one of the 15 branch libraries in county Kildare and access library stock from all over the country, as it is all shared and there is a delivery service between all libraries.



Kildare celebrates Paddy's Day

LEFT: Little Ella May Byrne got her exercise and kept the mandatory social distance yesterday in Naas
BELOW: Celine McNamee with Terence Flanagan celebrating St Patrick's Day at Lowtown Lock, Lock No 19 on the Grand Canal



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LIFESTYLE



Linda Nolan, Margaret Jordan and Rani Granell enjoying the celebrations



Amy and John Hubbard, winner of the BME OT - Doty Couple award

BALLYMORE EUSTACE BIGGEST LOSERS ANNOUNCED!

Pictures: MARY DARKER

ROSE B O'DONOGHUE

X@limerickleader.ie

In advance of the Covid-19 restrictions being introduced, great celebrations were hosted at Paddy Murphy's, Ballymore Eustace, on Saturday, March 7.

As Pat Murphy told the attendance on the night, BME Operation Transformation group lost a total of over 74 stone during the 2020 campaign. Sean Kelly's Loss Leaders stole a last minute win from Liz Deegan and Die Lard who gave it their all and were literally, only pipped at the final post. Despite John Hubbard doing fantastically well in the individual stakes, it was a second win for Rita Garvey as she inched ahead in the final weeks of OT 2020.

Rita just shaded John, who was marginally ahead of Mary and Pat (O'Neill), Kerrienne, Gail, Stacey, Jimmy and Rani in the individual stakes. Rita, who was certainly not one of the biggest contestants to begin with, lost a total of 18.63% body weight.

Loss Leaders under Sean Kelly included Caoimhe Billings, Danielle Kelly, Dave and Sandra Butler, Eithne Hunt, Jacinta O'Rourke, Frank and Trish Murphy, Michael Bradshaw, Jimmy Kelly, Mary and Pat O'Neill, Pat Fitzpatrick and Pauline O'Flaherty.

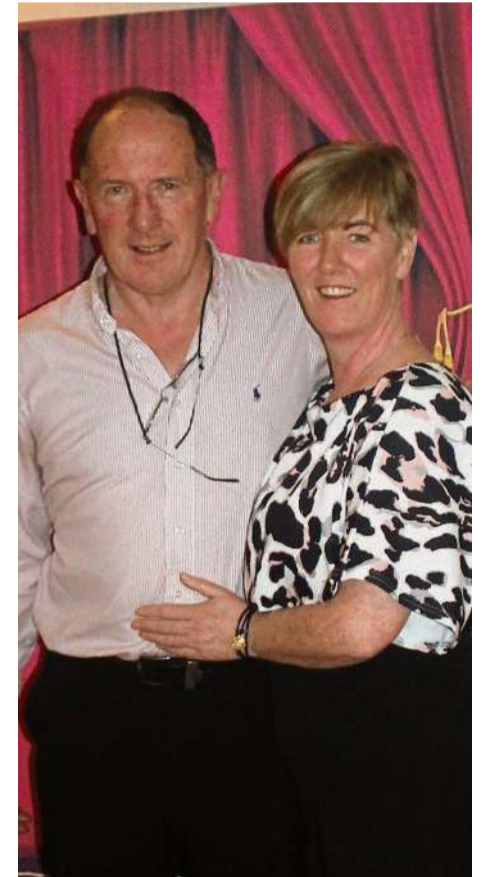
Lots of humorous prizes were given out on the night, among them: OT Doty couple — John and Amy Hubbard; Hero Award to winning team leader, Sean Kelly; Little Literary Gem to Henry Murphy; ABS So Cool, Andrea Furlong; The ComeBack Award went to Ann Murphy Daly; ABS Delight to Magic Mike (fitness trainer); Wonder Workout went to Linda Nolan; Foodie Finest went to Nicola Piggott; Lean Lad to Pat Fitzpatrick and the Wooden Spoon to Sharon Broderick! The event was great fun with lots of spot prizes.

Well done to Rena, Pat and Grainne Murphy and all proceeds were in aid of Ballymore Eustace GFC. Special mention must go to Rena and Grainne; there's a massive amount of work in recording the weekly weights, assessing the stats in the individual and team events, along with managing the 6% bets and of course, the prizes and award giving. Thanks were extended to Kerrienne O'Sullivan who sponsored the prizes.

Special mention to Elizabeth Deegan, who is always a driving force of BME OT. Elizabeth's mother Margaret sadly died the weekend of the awards — Rena, Grainne and Pat extend condolences to Elizabeth and the extended Deegan family.



Sean Kelly and some members of Loss Leaders, winners of BME OT 2020



Pat Murphy with Nicola Piggott, winner of the catering awards



A hug for Gail, who was one of the individual weekly winners at BME OT, from cousin Pat Murphy



James McCarron and Anne Murphy Daly

STYLISH TACTICALS



MIA turtleneck jumper in neon yellow only €10.79; skirt is €19.97; boots €15.97 - [iclothing.com](https://www.iclothing.com)

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STYLEFILE

ROSE BARRETT O'DONOGHUE

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



Wash away the Covid-19 fears with some online spending!

Lord knows, with further restrictions expected, maybe even a full 'lockdown' on the way, it's time for some retail therapy.

If you feel like refreshing your Spring wardrobe, check out iclothing's fresh take on print, proportion and colour in their spring-summer range.

Iclothing's new range so on trend. All the season's trends are reflected in their runway edit for spring. Just launched online, these affordable winners allow everyone wear spring's top trends.

The new animal print is micro sized and super smart.

Jazz polka dot ruffle sleeve split dress in black €44.95



Animal prints have long been a wardrobe staple for stylish women, but the trend is small for spring.

Puff sleeves were all over the catwalk this season – they have been a slow burner for a few seasons and iclothing.com are showing them in the Mollie dress.

These sleeves are the ultimate silhouette, no matter your age or size, because they exaggerate the hourglass figure.

Neon pink and all the highlighter-inspired neons are gracing the catwalks for spring 2020, from Tom Ford to Christopher John Rogers, and Courreges.

They may not be subtle, but these vibrant shades pair wonderfully with black, white, or tan or as iclothing.com style them, with you classic denim. If you only want a touch of the trend, opt for these neon trainers but the neon yellow turtleneck (on previous page) is loud and proud.

LIVELY RETRO LOOKS

Retro prints, reminiscent of 60s and 70s wallpaper, bring major colour and pattern to your spring looks. Prada, Marc Jacobs and Christopher Kane showcased psychedelic and bohemian print in the form of spring

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STYLE FILE

Cooper Jacquard midi dress in blush €49.95



dresses, while iclothing.com opts for a 60s floral print.

Combining the warmth of coral with the delicacy of pink, blush was the delicate shade on the catwalk this spring. This soothing, feminine hue is flattering to wear both day and night — perfect for evening affairs when it comes in textured fabrics, such as silk, sequins and tulle. This midi dress from iclothing.com, pictured above, translates the trend well.

Polka dots are a perennial so freshen up the trend by opting for an enlarged polka-dot print as seen at

Carolina Herrera and adopted for the high street by iclothing.com.

The enlarged sleeve is also on trend and super flattering as it makes the arm appear smaller in comparison.

Faded denim is a go-to shade this spring. This blue hue is as reliable and dependable as your go-to pair of jeans. This shade conveys comfort and ease and looks smart when paired with bold and vibrant colours or classic neutrals.

Iclothing.com reflects the shade in their best-selling, midi skirt and easy-on neutral knit. Crochet is

getting a cool update this spring. Think ultra-feminine dresses, polished suiting, and eveningwear that feels modern with a special touch of crochet. This white dress, below, makes it even more classic with its innocent colour contrasted with its oh-so-feminine shape.

Iclothing.com has the seasons accessories too. Square toes are a trend – let your little toe breathe with these animal print, go with everything sandal (below). Choose the on-trend animal print shoe boot for the lead into spring with the bonus of extra height.



Mollie animal print puff sleeve dress in stone €44.95



Galice printed midi skirt in steel blue €29.99 with Ril v neck jumper in white €26.99



Alina snakeskin trainers in white, €24.95



Winslow crochet occasion dress in white €99.95



Neon lace up trainers only €9.97



Alba open shoe boot in snakeskin €11.95



Cara jeans €49.99 – all clothes from iclothing.com



FASHION FIX

DEBENHAMS

PICTURES: AISHLING CONWAY



Star by Julian Macdonald animal print jersey dress €72.00
Shoes by Faith €42.00
Padlock grab bag by Faith €58.00
Rose gold leaf necklace by Mood €24.00



Principles brush print dress €52.00
Principles necklace €27.00
Navy shoes from Good for the Sole €43.50



Redherring lace up garden flowers dress €38.00
Pink Chariot croc shoes by Faith €30.00
One size pink demi grab bag by Faith €52.00

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FASHION FIX



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Maine jeggings €38.00
Jasper Conran pink crossbody bag €68.00
Ravie pink sock trainer by Principles €48.00



Principles spaced dot layered bell sleeve dress €52.00
Jasper Conran hat €130.00
White flowers necklace by mood €27.00
Black shoes Chloe by Faith, wide fit €42.00
Small envelope bag by Debut €32.00



Principles petite Georgia floral dress midi €58.00
Yellow crossbody bag €48.00
Nude shoes by Faith €30.00

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ALL THINGS INTERIOR

LOUISE HIGGINS



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Creative children's décor

As the Department of Education have implemented school closures this week because of Covid-19, I thought it might be nice to write a column on decorating children's bedrooms and playrooms. This could help occupy your children as you could spend some time planning an update for their bedroom or playroom.

Here I will share with you some of the beautiful collections from renowned story book illustrators Frann Preston-Gannon, Christopher Corr and Yuval Zommer who have created a stunning Picture Book Collection with Villa Nova which evokes childhood memories of whimsical story books brought to life by captivating illustrations. The collection comprises of wallpaper, fabrics, wall murals, scatter cushions, rugs, trimming and even wall stickers so you can do a complete redesign of your child's bedroom/playroom or simply add some scatter cushions or wall stickers.

This stunning collection allows you child to discover the wondrous creatures and faraway places that can be found in books and their imaginations. There is something in this collection to suit all tastes and

personalities to enable you child to express their creative side. Here is an overview of some of my favourites from the Picture Book Collection by Villa Nova.

FOR THE DOG LOVERS

Yuval Zommer graduated from the London Royal College of Art with an MA in illustration. The Bark Life collection by Yuval Zommer is perfect for canine lovers, this beautiful collection called Bark Life is very playful. Follow our lead and head to the park for playtime with the neighbourhood pups. All dogs love a walk, from sausage dogs to scruffy pups and best in show. Perfect choice for the little adventurer in your lie. Other designs by Yuval Zommer in the picturebook collections include Busy Buzzy, Apples and Pears and Duck Pond where you get a bug's eye view of Yuval's incredibly intricate illustrations. Embark on a world crawling with teeny lady bugs, fluttering butterflies and buzzing bees await. Splish splash in the duck ponds, leap with frogs, chuckle with chickens and explore the park with your canine chums.

POLAR BEARS AND SEALS

Arctic Antics designed by Frann Preston-Gannon, these playful prints bring us

on an adventure to the frozen Arctic as polar bears float happily on the ice above. Wonderful white polar bears and fun friendly seals surf along on icebergs, whilst beneath their icy toes and flippers shoals of fish play amongst the majestic narwhals.

RAINFOREST

Dusky Amazon is designed by Frann Preston-Gannon, who brings us on a visit to the lush and exotic Amazon rainforest with its fanciful birds and chattering monkeys. Deep in the Amazon rainforest the birds come out to play to splish and splash in the river and talk about their day. From the banks, graceful dragonflies hover from flower and hide in the jungle foliage.

TURTLE REEF

Turtle Reef is also designed by Frann Preston-Gannon. These playful prints bring us on an adventure to deep dive into the ocean and see the turtles in the sea dive and dance in swirling seaweed, whilst fish and seahorses twist and twirl and tiny turtles little flippers flutter through the ocean's tides.

BUDDING EXPLORERS

A graduate of The Royal College of Art in London, illustrator Christopher

Corr's work is about global travel, joy, colour and love of life.

The Island Hopping collection by Christopher Corr enables you to feel the blazing sun in your face as you take a trip around the world; explore the majestic Pink City in India, visit busy downtown New York and island hop around the Mediterranean. His design Island Hopping showcases a charming Mediterranean village with rambling villas, domed churches, slinky tavern cats and tiny fishing boats bob along on the ocean waves whilst colourful characters laugh and play.

I hope you have found this week's column interesting and that I have given you some inspiration when decorating your child's bedroom or playroom. If you would like to order any samples of fabric or wallpaper pictured here then please get in touch and we will be happy to order some samples to post to your home. Remember if there is a topic that you would like covered in my weekly interiors column then please drop me a line with your suggestions.

Many thanks, Louise — winner of TV3's Showhouse Showdown, 0863999926 or info@aspiredesign.ie.



Bark Life collection available from Aspire Design



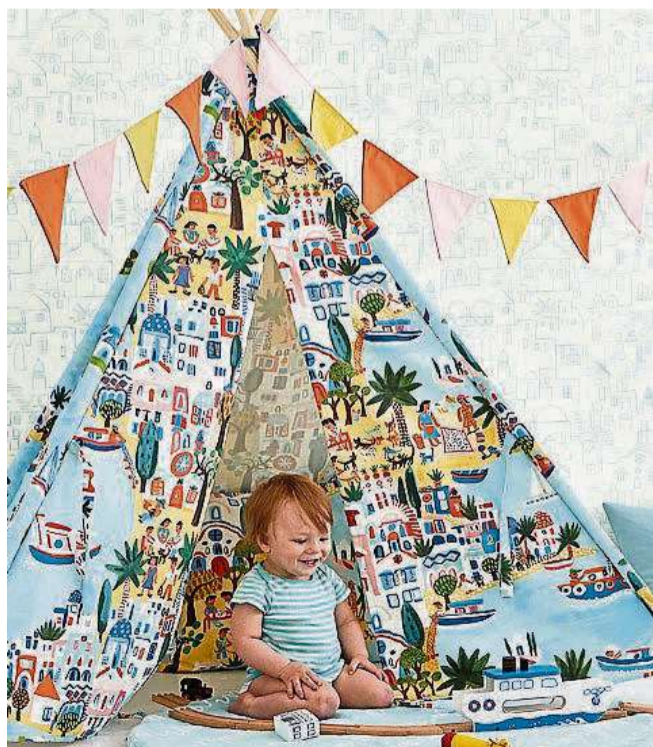
Dusky Amazon Wall Mural from Aspire Design



Arctic Antics from Aspire Design



Turtle Reef from Aspire Design



Island Hopping Fabrics from Aspire Design



Busy Buzzy Fabrics from Aspire Design

IN THE GARDEN

WITH JO

CONTACT JO AT CARAGH NURSERIES
 email: jo@caraghnurseries.ie web: www.caraghnurseries.ie



More variety in hedging will add some texture to a garden

I'm continuing my hedging column this week, so we're still focusing on evergreen hedging species this week. There is only a few weeks left in the bare-root season. Perhaps with the Covid-19 restrictions, you might consider getting out into the garden and enjoying the relatively mild weather we've been having.

Thuja plicata

Common name: Western Red Cedar, Pacific Red Cedar. The good news about Thuja plicata is that it is: a fast-growing hedging plant; evergreen hedging; tough and hardy; available in larger, mature sizes; wind tolerant; can shoot from old wood; a good alternative to the Leylandii that doesn't get so out of control. The speed of growth in a good year up to 60-75cm per year. Its eventual height if let to grow is up to 30m (100ft).

Thuja will grow in all soils except those that are waterlogged for long periods

in winter. Hardy down to -25°C.

Thuja plicata is a fast-growing conifer that creates an evergreen hedge. Thuja are extremely hardy and will tolerate strong winds. They grow in most soils (except for water-logged soils). Thuja plicata is a bit bushier than Leylandii in the pot or as a rootballed hedging plant but they are slightly slower growing than Leylandii so generally costs a little bit more for the equivalent height plant.

Leylandii and Thuja will form a very similar, dense hedge although Thuja will usually shoot back from old wood, unlike the Leylandii. Thuja have aromatic, fruity foliage when brushed against. Keep them trimmed once a year to the height and width you need and they will form a fantastic hedge.

Best of the offers for Thuja plicata:

Thuja plicata rootballed 175-200cm (6-7ft) €30, (planted 1.5 to the metre);

Thuja plicata rootballed 200-250cm (7-9ft) €45 (planted 1.5 to the metre).

Box Hedging

Botanical Name: Buxus sempervirens

Also known as Box, Common Box, Boxwood, Buxus, European Box

The pluses of box hedging: formal 'box shaped' hedging; low maintenance; makes a good small hedge; shade tolerant hedging plants; growth in a good year up to 20cm (8inches) per year. Warning — it can suffer from box blight, especially in damp conditions when waterlogged. It grows in any free-draining soil in sun or shade and it is hardy down to -25°C.

Its eventual height, if let, is 4m (12ft), but I have never seen it anywhere close to that tall and it can be trimmed to as low as 30cm (one ft) tall.

Box hedging is a slow-growing, evergreen hedging plant with small leaves. It is neat and compact in habit and makes a perfect small garden hedge. It has the benefit of being tolerant of shade.

Best of the offers for Box hedging:

Box hedging bare-root 20-25cm €2.80, seven to the metre.

Box hedging bare-root 40-45cm €4.50, five to the metre.

Holly

Botanical name: Ilex aquifolium as well as lots of other Ilex varieties.

Also known as common holly. Its pluses include: glossy green leaves, red berries in winter, evergreen, low-maintenance; prickly leaves for security. It can be grown as part of a native or field hedge. Its growth in a good year is 30cm (1ft) per year. Holly hedging plants will grow in any free-draining soil in full sun or light shade. Holly will grow in sheltered or exposed sites. Its eventual height if let over 10m (33ft) but can easily be kept trimmed. It is hardy down to -20°C.

It is an excellent evergreen hedging plant that has glossy, dark green, prickly leaves and



Leylandii hedging

red berries in the early winter. It is good as an intruder deterrent. It is low maintenance as it is slower growing. Holly clips well to create a dense, formal garden or field hedge and will regenerate from old wood if you need to cut it back.

In part three next week, we will complete the evergreen hedging next week, and then we move onto deciduous plants.



Holly with red berries adds great colour and can be a feature as well as a boundary hedge in your outdoor space



Thuja hedge is another good option for your property, especially if you want to frame an avenue or divide up outdoor areas

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Four-bed Newbridge house on the market

A superb semi-detached four-bedroom house at 3 The Grove, Liffey Hall, Newbridge, has just come on the market with Jordan Auctioneers.

Liffey Hall is a modern residential development of semi-detached and detached homes located just off the Athgarvan Road, a short walk from the town centre. Built approximately 18 years ago, the property extends to c. 133.8 sqm. (c. 1,440 sqft.) of spacious family accommodation and presented in good condition throughout overlooking a large green area.

This is an ideal family home with entrance hall on the ground floor leading to sitting room with fireplace and double doors leading to a dining room. Off the

diningroom is a kitchen/breakfast room, utility, family room and toilet.

Upstairs there are four bedrooms, three with built-in wardrobes, a family bathroom and ensuite.

Features include woodgrain/white PVC double glazed windows, gas fired two zone central heating system from a new condenser boiler, maintenance free red brick/dashed exterior, PVC fascia/soffits, PVC front door, rear garden with paved patio area, wooden deck and new Barna shed.

SALE DETAILS

The property is for sale through Liam Hargaden of Jordan Auctioneers on 045 433550 who is guiding €295,000.



Covid-19 precautions in place for this weekend's Matthews Auctioneers sale

An antiques sale featuring some 1,100 lots — including a fine portrait of the infamous Mrs Fitzherbert, the secret wife of King George IV — is due to take place at the Matthews Auctioneers premises in Kells this Saturday and Sunday, March 21 and 22.

Due to the outbreak of Covid-19/coronavirus, the following precautions have been put in place:

It will be a 'closed auction', meaning that the auction will be held (much like some championship football matches recently played) in a closed off area of the auction room. People will be still allowed individual access this Thursday and Friday (11am to 5pm) to view the auction but must respect a strict two meter social distancing space.

Catalogues will be free and left on the front desk for each



viewer's use. They will be expected to take their catalogue home with them and not leave it behind in the auction room.

The auction room will also be open on both auction days this weekend, Saturday and Sunday, 11am to 6pm, but the auction itself will be held in a closed off area, upstairs in the auction building with no public access. It will commence at 2pm each day as advertised.

BID PROCESS

Those wishing to bid will be allowed to do so in four ways:

1. By filling in an absentee bid form in the auction room. Bidders can also ring in their

bids by telephoning 046 9240568 / 049 8550055 / 01 8729555 / 086 8414421.

2. By going to the website www.matthewsauctionrooms.com and opening the 'Current Catalogue' page. Bidders can click the 'Bid' button beside the description for each illustrated Lot and enter maximum amount they wish to bid. We will execute your bid for you during the auction.

3. By telephoning the auctioneer at 046 9240568 and booking in a phone bid.

4. By going to www.easyliveauction.com and looking up Matthews Auctioneers Current Auction. Should you wish to bid just click on 'Bid Now' button and this bid amount will be registered to you.

LEFT: Lot 562 - a portrait of the infamous Mrs Fitzherbert in its original case

COLLECTION OF PURCHASES.

To maintain social distancing purchases can be

collected individually by each person at the auction room, but to still maintain social distancing of two meters.

The packing and postal delivery arrangements will also remain in place for small purchases. Larger deliveries can also be arranged by calling John Reilly & Sons on 086 1721676.

Cash payments will be discouraged with payment preferably by card or bank transfer.

The auction room will be open for collections and payments during the auction on Saturday and Sunday and for the slightly longer time-frame of three days after the auction - Monday/Tuesday/Wednesday (March 23 to 25), 10am to 6pm each day.

This will be to accommodate a probable slower rate of collections for this auction.



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<p>2018 HYUNDAI KONA 1.0</p> <ul style="list-style-type: none"> ■ T-GDI PREMIUM ■ 1.0 PETROL <p style="background-color: red; color: white; padding: 2px;">€17495</p> 	<p>2016 KIA PRO CEED 1.6 CRDI</p> <ul style="list-style-type: none"> ■ 2 ISG 3DR ■ 1.6 DIESEL <p style="background-color: red; color: white; padding: 2px;">€12995</p> 	<p>2016 VAUXHALL ZAFIRA 1.6 CDTI</p> <ul style="list-style-type: none"> ■ ECOFLEX DESIGN S/S 5D ■ 1.6 DIESEL <p style="background-color: red; color: white; padding: 2px;">€13995</p> 	<p>2015 VOLKSWAGEN GOLF</p> <ul style="list-style-type: none"> ■ SE TDI 2.0 150 PS ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€11995</p> 
<p>2016 FORD FOCUS ZETEC</p> <ul style="list-style-type: none"> ■ ZETEC S/S 120PS 5DR ■ 1.5 DIESEL <p style="background-color: red; color: white; padding: 2px;">€10495</p> 	<p>2016 BMW 3 SERIES 318</p> <ul style="list-style-type: none"> ■ F30 D SE 4DR ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€15995</p> 	<p>2015 SUZUKI SWIFT</p> <ul style="list-style-type: none"> ■ SZ2 1.2 ■ 1.2 PETROL <p style="background-color: red; color: white; padding: 2px;">€8495</p> 	<p>2015 VAUXHALL ASTRA</p> <ul style="list-style-type: none"> ■ SPORTS TOURER ■ TECHLINE NAV 1.6 ■ 1.6 DIESEL <p style="background-color: red; color: white; padding: 2px;">€8495</p> 
<p>2015 VOLKSWAGEN PASSAT</p> <ul style="list-style-type: none"> ■ 1.6 TDI S BMT 120PS 4DR ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€13990</p> 	<p>2015 VOLKSWAGEN PASSAT CC</p> <ul style="list-style-type: none"> ■ 2.0 ■ TDI CC BMT 140PS 4DR ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€11995</p> 	<p>2015 FORD FOCUS 1.5 TDCI</p> <ul style="list-style-type: none"> ■ ZETEC 120PS 5DR ■ 1.5 DIESEL <p style="background-color: red; color: white; padding: 2px;">€9995</p> 	<p>2014 KIA CARENS 2 1.7CRDI</p> <ul style="list-style-type: none"> ■ 114BHP ISG 7-SEAT ■ 1.7 DIESEL <p style="background-color: red; color: white; padding: 2px;">€10995</p> 
<p>2014 TOYOTA COROLLA 1.4</p> <ul style="list-style-type: none"> ■ D-4D 4DR TERRA ■ 1.4 DIESEL <p style="background-color: red; color: white; padding: 2px;">€12495</p> 	<p>2013 VOLKSWAGEN BEETLE</p> <ul style="list-style-type: none"> ■ 1.6 TDI ■ BLUEMOTION TECHNOLOGY <p style="background-color: red; color: white; padding: 2px;">€9995</p> 	<p>2013 KIA SPORTAGE GSE</p> <ul style="list-style-type: none"> ■ 1.7 DIESEL <p style="background-color: red; color: white; padding: 2px;">€10895</p> 	<p>2017 FORD TRANSIT CONNECT</p> <ul style="list-style-type: none"> ■ TREND 200 L1 1.5 75PS STAGE 6 ■ 1.5 DIESEL <p style="background-color: red; color: white; padding: 2px;">€11495 PLUS VAT</p> 



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<p>2017 MERCEDES-BENZ, C250</p> <ul style="list-style-type: none"> ■ AMG LINE ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€29995</p> 	<p>2017 BMW 318i</p> <ul style="list-style-type: none"> ■ SPORT TOURING ■ PETROL <p style="background-color: red; color: white; padding: 2px;">€20795</p> 	<p>2017 BMW X5 XDRIVE 50D</p> <ul style="list-style-type: none"> ■ M SPORT ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€68995</p> 	<p>2016 FORD MONDEO VIGNALE</p> <ul style="list-style-type: none"> ■ 2.0TDCI ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€20995</p> 
<p>2016 BMW 520 M SPORT</p> <ul style="list-style-type: none"> ■ (WHITE) ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€21890</p> 	<p>2016 AUDI TT S LINE</p> <ul style="list-style-type: none"> ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€21,900</p> 	<p>2016 BMW 520 M SPORT</p> <ul style="list-style-type: none"> ■ (BLACK) ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€21890</p> 	<p>2016 FORD, FOCUS</p> <ul style="list-style-type: none"> ■ TITANIUM X ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€13495</p> 
<p>2016 MERCEDES-BENZ</p> <ul style="list-style-type: none"> ■ C200 SE PETROL <p style="background-color: red; color: white; padding: 2px;">€18490</p> 	<p>2015 AUDI A6, S LINE</p> <ul style="list-style-type: none"> ■ 2.0 DIESEL <p style="background-color: red; color: white; padding: 2px;">€18,900</p> 	<p>2015 LEXUS NX 300H</p> <ul style="list-style-type: none"> ■ F-SPORT ■ HYBRID/PETROL <p style="background-color: red; color: white; padding: 2px;">€28995</p> 	<p>2015 LEXUS IS 300H</p> <ul style="list-style-type: none"> ■ F-SPORT ■ HYBRID/PETROL <p style="background-color: red; color: white; padding: 2px;">€19800</p> 
<p>2016 MINI COOPER D</p> <ul style="list-style-type: none"> ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€15995</p> 	<p>2014 BMW M4</p> <ul style="list-style-type: none"> ■ DIESEL <p style="background-color: red; color: white; padding: 2px;">€39995</p> 	<p>2010 MERCEDES-BENZ</p> <ul style="list-style-type: none"> ■ C200 PETROL <p style="background-color: red; color: white; padding: 2px;">€6995</p> 	<div style="text-align: center;"> <p>DON'T BE REFUSED CAR FINANCE ANY LONGER</p>  <p>CREDIT SCORE POOR</p> </div>

MOTORING

New Opel Corsa is a future-ready city car



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The highly-anticipated new Opel Corsa has arrived in Ireland. The future-ready German city-car belnd everyday driving fun with exciting big-car technology.

Available initially with petrol or diesel engines, the new Corsa range will soon be joined by a 100% electric version too. Impressively, the new Opel Corsa has already been awarded the prestigious title of AUTOBEST 'Best Buy Car of Europe' for 2020, with the Corsa being the first car to win the AUTOBEST award for three successive generations in a row.

New CMP architecture

The new Opel Corsa is built on new CMP (Common Modular Platform)

architecture, which is shared with parent company PSA Peugeot Citroën, and will be the third car in PSA's platform shake-up to do so — following on from the DS 3 Crossback, and the new Peugeot 208. The new Corsa's bodysell is 40kg lighter than the outgoing one — around 15kg has been saved by using PSA's all-aluminium engines, 5.5kg has been removed by revising the front seat designs, and the use of an aluminium bonnet saves another 2.4kg.

In total, Opel says the new



The all-new Opel Corsa



Corsa is up to 108kg lighter, with the lightest model weighing in at under 1,000kg. The new Corsa is 48mm lower than its predecessor, but has a 28mm longer wheelbase, leading to extra interior space, while a generous boot capacity of 309-litres can be expanded to an impressive 1,118-litres when the rear seat backs are folded flat. A lower driving position, in conjunction with an adjustable steering wheel column, will be pleasing to drivers who don't want to feel like they are driving a baby crossover.

Engine and trim options

Currently, engine options in the new Corsa consist of 75PS (74bhp, naturally-aspirated), and 100PS (99bhp, turbo-charged) 1.2-litre 3-cylinder petrol units, and a 102PS (101bhp) turbo-diesel unit. Depending on the engine and model chosen, transmission options consist of 5-speed or 6-speed manual, and an 8-speed automatic, with all new Corsa models having CO2 emissions lower than 100g/km, leading to annual road tax of just €180 across the entire range.

There is a choice of 5 trim levels in the new Corsa — SC, SC Premium, SRi, SRi Premium, and range-topping Elite, with even the entry-level model coming with a 7-inch colour touchscreen, Multimedia Infotainment (R4.0 IntelliLink) system, LED headlights with high beam assist, alloy wheels, air conditioning, cruise control with speed limiter, trip computer, driver's seat height adjuster, body-colour front and rear bumpers, remote control central locking, electrically operated front windows, electrically adjustable/heated door mirrors, lane departure

warning with lane assist, speed sign recognition, leather-covered flat-bottom steering wheel, driver drowsiness system, automatic emergency city braking, Anti-lock Braking System (ABS), six airbags, and folding rear seat backs with a 60/40 split.

My test car

My test car was a new Opel Corsa 1.2-litre (100PS) 6-speed manual in mid-spec SRi trim, which was finished in Hot Red two-coat metallic paint with a contrasting black roof and a-pillars for an ultra-modern look. Additional SRi standard features include sports-style front seats, Sport Mode switch, alloy-effect sports pedals, electrically operated rear windows, remote control security alarm system, sports front and rear body styling, LED front fog lights, LED tail lights, chrome-effect exhaust tailpipe extension, dark-tinted rear windows, rear parking distance sensors, 16-inch silver 'Hurricane' 4-twinspoke alloy wheels, and OpelConnect.

With 99bhp, and a healthy 205Nm of torque available, Opel's wonderful 1.2-litre petrol engine can sprint from 0-100km/h in just 9.9-seconds, and can achieve a top speed of 194km/h (where permitted), while consuming as little as 5.4-litres of fuel for every 100kms driven on a combined driving cycle.

SUPER-LIGHT STEERING

Opel's engineers have gone to great lengths to make the steering in the new Corsa super-light, while being much more responsive to driver inputs than ever before. The SRi's standard Sport Mode brings more sportiness to the steering,

while also offering a specific pedal mapping, and it even enhances the engine sound too.

The six-speed manual gearbox in my test car was smooth and precise, while the well-weighted clutch pedal provided just the right amount of bite.

A strong feel from the brake pedal ensures that the new Corsa has the ability to stop every bit as effectively as it accelerates, while the car's new suspension set-up protects occupants well from the effects of bad road surfaces. The new Corsa's cool, stylish interior has been updated with the very latest technology and innovation, and is spacious, functional, and ergonomically sound, while overall build quality is very impressive.

Verdict and pricing

When it comes to performance and efficiency, the new Opel Corsa is engineered to make every drive more enjoyable, and more affordable too. With its bold design, the new Corsa feels modern, dynamic and poised. Pricing for the new, future-ready, Opel Corsa starts at just €17,975, with my test car specification priced from €23,000. A 3-Year/100,000km warranty comes as standard on all Opel passenger cars for total peace of mind motoring.

Check out the new Opel Corsa at Fitzpatrick's Opel dealers, Naas www.opelnaas.ie and Carlow, www.opelcarlow.ie

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Brunch and bubbles for International Women's Day

TanOrganic hosted an International Women's Day brunch and bubbles morning with special guest Rosanna Davison at The Cliff at Lyons Hotel on March 6.

Guests included Noelle O'Connor, the Kildare woman who is the brand creator and founder of TanOrganic; the company's CEO Louise Martin; Suzie O'Neill of AYU Cosmetics; Pamela Laird of Moxi Loves, Niamh Hogan of Holos Skincare and Olivia Reilly of

Pharmed.

Each of the women who attended spoke honestly and openly about the highs and lows in business and what motivates them to keep going.

"The hardest part of being an entrepreneur is making decisions on your own. Sometimes you don't always make the right decisions but you learn from mistakes and that's what motivates me to keep going," said Noelle O'Connor.

"As a new mum, I'm learning each day how hard it is to find a balance between working and being a mum. But I'm getting into swing of it and learning to manage my time more efficiently," said Rosanna Davison. "My baby girl Sophia motivates me every day as I want her to grow up with a working mum and dad family unit. I have loads of exciting ventures in the pipeline and I can't wait to share them," added the former Miss World.



Rosanna Davison (nutritionist, author and model) at TanOrganic's International Women's Day Brunch & Bubbles Morning at The Cliff at Lyons Hotel, Kildare PICTURES: MICHAEL DONNELLY



Olivia Reilly (Head of customer engagement, Pharmed), Suzie O'Neill (brand creator and founder of AYU Cosmetics) and Pamela Laird (brand creator and founder Moxi Loves)



Niamh Hogan (brand creator and founder Holos Skincare), Louise Martin (CEO TanOrganic), Suzie O'Neill (brand creator and founder AYU Cosmetics), Olivia Reilly (head of Customer Engagement, Pharmed), Noelle O'Connor (brand creator and founder TanOrganic), Noelle O'Connor (brand creator and founder TanOrganic) and Rosanna Davison (nutritionist)



Louise Martin (CEO TanOrganic), Niamh Hogan (brand creator and founder Holos Skincare) and Noelle O'Connor (brand creator and founder TanOrganic)



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COUNTY KILDARE

COMMUNITY NETWORK

Applications for the following position are invited from suitably invited candidates:

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The Mid East Regional Innovation Think Space (MERITS) is a new, purpose built, co-working incubation and accelerator space in Naas, County Kildare for technology entrepreneurs and technology businesses. It will be an innovation location for those involved in the digital economy and internationally traded services based in the Mid-East Region.

Qualifications:

On the latest date for receipt of completed application forms, candidates shall have:

- 1) An Honours Degree (level 8) in Business or an equivalent relevant qualification.
- 2) At least 5 years appropriate post degree qualification experience in a "tech" or "digital" innovation, entrepreneurial, marketing or business development environment.
- 3) Experience of working with entrepreneurs and/or working in new service or product development teams in the commercial sector.
- 4) Knowledge of innovation and/or the entrepreneurship ecosystem for enterprises.
- 5) A full clean driving license and use of a car.

Remuneration: The annual salary is €75,000 to €85,000 over the duration of the three-year fixed term contract.

Enquires: Full job specification and application form is available from jmcnabb@kildarecoco.ie

Closing date: The latest date for receipt of a completed signed original of the application form is 12.00 noon on **Friday 3rd April 2020**.

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AS THE NEWS HAPPENS



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PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Roger O'Shea, intend to apply for retention permission for development at this site at: Old Grange, Fontstown, Athy Co. Kildare. The development will consist of:
a) The retention of minor modifications to the elevations at ground and first floor levels of as permitted dwelling which was granted permission under planning register reference no. 00/402. These minor modifications consist of changes to the window locations and window dimensions to the elevations of the as permitted dwelling b) The retention of 2 no. extensions (kitchen extension with an area of 27.8 m2 and playroom / study / WC extension with an area of 25.7 m2) to the rear of the as permitted dwelling c) The retention of a fuel store (for domestic use only) with an area of 44.0 m2 located to the side of the as permitted dwelling d) The retention of a domestic garage / store (for domestic use only) with an area of 91.8 m2 located to the site of the as permitted dwelling e) All associated site development 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 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. This application was prepared by O'Flynn Architects, Lower Eyre Street, Newbridge, Co. Kildare. (045) 433400.

PLANNING NOTICES

KILDARE COUNTY COUNCIL
Paul and Sinéad Noonan intend to apply for full planning permission for a development at Staplestown, Donadea, Co. Kildare. The development consists of construction of a single storey extension and alterations to existing house, new effluent treatment system and all ancillary 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 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
I Shane Nevin intend to apply for permission for development at this site, Tameric House, Tully Road, Kildare Town, Co. Kildare, R51 R997.
The development will consist of the renovation, refurbishment, extension and conversion of existing outbuildings to habitable accommodation, including construction of 2-storey extension to rear of building and infill extensions to front elevation and side return and alterations to existing elevations to accommodate new window and door openings. The accommodation will comprise of:
1) 4 no. 2-storey 2 bedroom dwelling units,
2) 1 no. 2-bedroom apartment on ground floor level,
3) 1 no. 2-bedroom apartment on first floor level.
The development will include all associated off street car parking at ground level, connection to existing services, vehicular entrance via existing entrance, associated landscaping design, and all ancillary 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 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. Signed on behalf of the applicant by DalyHudson Building Surveying & Architecture www.dalyhudson.com 045-531446

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Aine Duggan, intend to apply for permission for the proposed erection of a dormer bungalow, garage/fuel store and the installation of new septic tank with percolation area and is to include all associated landscaping and site development works using existing agricultural site entrance at Ballysax Little, The Curragh, Co. Kildare. 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, Robert & Keith Sharpe, wish to apply for planning permission to replace an existing vehicular entrance with a new recessed vehicular entrance and all associated siteworks at 1004 Cowpasture, Monasterevin, Co. Kildare. 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. Planning application prepared by Declan Kearns & Associates Ltd., Consulting Engineers, Tullywest, Kildare. 045 520642. www.dkassociates.ie

PLANNING NOTICES

KILDARE COUNTY COUNCIL
EDDIE and VERONICA STONE intend to apply for PERMISSION for development at this site at 2 NUGENT STREET, STATION ROAD, KILDARE TOWN, CO. KILDARE. The development will consist/consists of:
CHANGE OF USE OF EXISTING VACANT GROUND FLOOR RETAIL UNIT TO ONE BEDROOM APARTMENT, AMENDMENT OF FRONT FACADE 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.

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Michael Connors, am applying to Kildare County Council for full planning permission for the following: (a) new single storey extension to rear of existing dwelling house to include minor internal modifications, (b) new domestic garage to be located in the rear garden, (c) connection to existing services on site and all associated site development works at 817 Piercetown, Newbridge, Co. Kildare. 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, Kevin Smith, intend to apply for permission for development at this site Coolavaacoose, Carbury, Co. Kildare, W91 E06W
The development consists of:
A) Retention sought for relocated of front door, garage conversion, and new windows to rear of house
B) Permission sought for - Phase 1: Single-storey extension to front of house, with new porch and upgraded sewer water treatment system. Phase 2: Single-storey bedroom and en-suite extension to rear of house and all other 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Dympna Byrne, am applying to the above mentioned for retention permission for a single storey extension to the side and rear of an existing single storey dwelling and all associated site works at 1611 New Line Grove, Kilmead Athy, Co. Kildare
The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the office of the planning authority 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 submission 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.

Signed: PDS & Associates. www.pds.ie

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Luke Connors, am applying to Kildare County Council for full planning permission for a new domestic garage to be located to the rear of existing dwelling house, connection to existing services on site and all associated site development works at 807 Piercetown, Newbridge, Co. Kildare. 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
KEITH and KATHRYN TROY intend to apply for PERMISSION and RETENTION PERMISSION for development at this site at 11 PARKLANDS CLOSE, RAILPARK, MAYNOOTH, CO. KILDARE. The development will consist/consists of:
RETENTION OF EXISTING SINGLE STOREY FRONT PORCH AS CONSTRUCTED, PERMISSION FOR THE CONSTRUCTION OF A SINGLE STOREY REAR EXTENSION 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.

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, hereby give notice of the submission of significant further information to Kildare County Council in relation to planning application ref no : 19/956 for Paul Hyland, who is applying for planning permission to construct a part single storey, part two storey dwelling, detached single storey garage, new entrance, bored well, waste water treatment system & percolation area and all associated site works at Walshestown, Naas, Co. Kildare. Significant further information consists of revised site boundary, increased site area and the relocation of dwelling and site to south of original location. Significant further information is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during public opening hours of the Planning Department. A submission or observation in relation to the revised plans may be made in writing to the Planning Authority on payment of the prescribed fee within 2 weeks from receipt of new notices by the Planning Authority (this fee is not applicable to persons who made original observations/ submissions).
Signed: PDS & Associates. www.pds.ie

PLANNING NOTICES

KILDARE COUNTY COUNCIL
Sean Carey hereby applies to Kildare County Council for Planning permission to construct a single storey storage shed for the housing of domestic fuel and vintage vehicles (for hobby use only), and all associated site works at Canal View, Landenstown, Sallins, Co. Kildare. 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.



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Horse Racing to continue

HRI meeting decides race fixtures to continue with greater restrictions, including no runners from overseas

A Board meeting of HRI (Horse Racing Ireland) has decided that racing in Ireland can continue but in very strict circumstances. Racing in Britain and France has ceased until the end of March, at least, while the Aintree Grand National has been postponed.

The decision, according to the HRI, "is motivated by the need to maintain employment and incomes for people working in the industry, and on the basis of being able to achieve and maintain all HSE advice and instructions."

Since last Friday, five race meetings in Ireland have been held behind closed doors with access to the racecourse limited to a number of key personnel such as stable staff, jockeys

and trainers, and strict protocols around social distancing and sanitisation.

The Board reviewed the five meetings that have taken place since Friday, and recommended some extra measures: There will be no evening meetings and no double meetings, this will reduce the draw on medical resources, a principal concern for larger racing jurisdictions with multiple meetings every day; A maximum of one meeting per day to reduce impact on resources; Jockeys' weights to increase by 2lb from Friday, on the Flat and in National Hunt - all racecourse saunas are closed; No owners permitted to attend race meetings; No overseas runners will be permitted for the time being in Irish

and trainers, and strict protocols around social distancing and sanitisation. All previously approved protocols will continue.

Brian Kavanagh, Chief Executive of Horse Racing Ireland said: "This is clearly a rapidly changing situation and Horse Racing Ireland will continue to liaise with the relevant Government Departments and with our health advisers."

"The executive sub-committee of Horse Racing Ireland and the Irish Horseracing Regulatory Board is meeting daily to assess the situation, and the Board of Horse Racing Ireland will continue to convene as required. "Racecourses by their nature offer



Racing at Punchestown Festival (file photo)

opportunities for social distancing that few other workplaces can.

"Nothing in Irish life is as it was a week ago, and in the same way, these are not race fixtures as we previously knew them, they are big open-air sites with very few people present and nobody on site if they are not involved: once a jockey or trainer has finished their

business for the afternoon, they are required to leave.

Furthermore, we have carried out risk assessments according to each individual racecourse facility, and some fixtures may be subject to greater restrictions and limitations to ensure social distancing is easily achievable and maintained.

"The Board paid tribute to the flexibility shown by stable

staff, jockeys, trainers, owners and employees of the IHRB, HRI, the media and broadcasters.

Strict measures were imposed on them almost immediately last Friday but their actions, care and vigilance have ensured that social distancing is being observed and racecourses continue to be a safe working environment."

Victory in first 'behind closed doors' race goes to Kildare

Ronan Whelan won the first race "behind closed doors" when the 11/1 chance Danz Gift, trained by Sheila Lavery, took the opening 5f handicap at Dundalk on Friday night.

The nine-year-old came from well off the pace to lead inside the final furlong and beat the Tracey Collins-trained Zippity, the 7/4 favourite, by a length and a half. The winner is owned by the trainer's brother John. Johnny Murtagh and Shane Kelly won the 7f handicap with 14/1 chance Trueba. The four-year-old battled well to

see off the John McConnell-trained Beleaguerment by half a length in the colours of Paul McKeon.

Cloneygath trainer Mark Fahey landed the Grade 3 Kerry Group Irish EBF Shannon Spray Mares Novice Hurdle with Well Set Up at Limerick on Sunday. Ridden by Ricky Doyle, the 4/1 chance was recording her fourth win of the season as she beat the Joseph O'Brien-trained Lady Breffni by a length and a quarter for owner Emily Corrigan Kilcoyne. Fahey said, "Her breeder Jean

Corrigan passed away exactly a month ago and the whole family would be proud today. She got great craic out of her and it is a good day for her Jean's husband Des and their daughter Emily. The plan now is to get Well Set Up in-foal and we are thinking about sending her to Getaway. She might go for the 2m4f Grade 1 novice hurdle at Fairyhouse and we'll see what the Corrigans want to do. I have five or six horses in training, and I have a couple of nice young horses coming along and have some for the flat too."



Winning rider Ricky Doyle with Well Set Up, Triona Burbage and trainer Mark Fahey at Limerick on Sunday PHOTO: ALAIN BARR/RACING POST

Oliver McKiernan and Barry Browne were among the winners again at Limerick where Chief Of Police battled well to land the

beginners' chase. The 9/4 shot readily got the better of the Joseph O'Brien-trained Thermistocles after the final fence but then had to see off

the late rally of the second Piltown runner Ellipsism to land the spoils.

Applications for Horse Racing Ireland Student Internship Programme close this week

The closing date for applications for the Horse Racing Ireland (HRI) summer student internship programme is this Friday, March 20.

Now in its seventh year, the HRI student internship programme offers a number

of paid placements, 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.

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 application form are available at www.workinracing.ie/internship

UPCOMING FIXTURES

Dundalk - Friday, March 20 (First Race 5.15pm)

Thurles - Saturday, March 21 (First Race 2.10pm)

Downpatrick - Sunday, March 22 (First Race 1.40pm)

Naas - Sunday, March 23 (First Race 2.00pm)

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