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## ARE YOU GOING TO GOWRAN?



Pictured in Gowran Park at the launch of the Kilkenny venue's racing calendar for 2020 were Ailish Durkin, Jane Davis and Grace Brennan PICTURE: VICKY COMERFORD

The stars of the horse racing world were in Gowran Park for the launch of their racing calendar. See inside for more and your chance to win tickets to the Thyestes Chase

  
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NEWS



# One to watch - Taggy shows his dancing feet

Kilkenny hurling star Aidan Taggy Fogarty staked his claim for the Glitterball trophy when he took to the floor in the first Dancing with the Stars show of the season!

“Jumpin’ jivealicious” was the word from judge Julian Benson after the Kilkenny man’s stunning opening dance.

First of this year’s dancing hopefuls to take to the dance floor the eight time All-Ireland winning hurler was teamed up with professional dancer Emily Barker.

Aidan’s first live performance was an energetic jive, paying homage to his black and amber roots, they wore black and amber

and danced to ‘Tiger Feet.’

Commenting after the performance Aidan said: “I’m a half a stone down! It was some experience, fantastic, great buzz. It was easier to play in Croke Park on All-Ireland final day than it was to do that, but it was the same buzz.”

Lorraine Barry began the judges

comments: “Wow! You deffo don’t need your hurley anymore – it was a full-on jive. It was a great jive - really, really well done. What a sensational start to the show! When I see you, it was the passion and the drive that drove you – you’re one to watch!”

Julian continued: “It was a jumpin’ jivealicious start to the

show. Never mind tiger feet, you have dancing feet.”

Brian Redmond added: “I think you could be a cat that could be roaring for a few weeks!”

Hescored a total of 18 points from the judges. Don’t miss Taggy when he’s back on the dancefloor next Sunday.



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NEWS

ROUNDUP

**Anam Cara**

Anam Cara will host a parent support evening in The Horse and Jockey, Thurles, on January 20, at 7.20pm.

Anam Cara parent groups provide support from other bereaved parents who know what it's like to feel shattered and isolated.

This event is open to all bereaved parents regardless the age of your child or circumstances of their death.

Conferring congrats!

**Congratulations to Sallyanne Williams, from Kilmacow, who was conferred as a Member of Accounting Technicians Ireland at a ceremony at the Talbot Hotel, Stillorgan, with Geraldine Williams.**

**Sallyanne also received her Diploma for Accounting Technicians. Picture: Fintan Clarke.**



**Book Fair**

The annual Club House Hotel Book Fair takes place on Saturday, January 18, from 10.30am to 5.30pm, at the Patrick Street hotel.

Booksellers will display more than 5,000 titles covering fiction and non fiction, out of print items on the centenary of the Great War, War of Independence and the Civil War.

There will also be two coin dealers present.

**Celebrate Imbolc**

Hook Lighthouse will celebrate Ireland's 'Fire Goddess' with an Imbolc festival marking the beginning of Spring on February 1 and 2.

Visitors can enjoy a tasting table filled with flavours of local foods, art workshops and St Bridget Cross making and many more events.

Most events are free, see [www.hookheritage.ie](http://www.hookheritage.ie) for details.

Christmas Tree recycling drop off points

The following are drop off locations for Christmas trees from January 3 to 18.

**Kilkenny city Environs/West: Dunmore Waste Disposal and Recycling Centre\* ( normal opening hours ).**

**Kilkenny city East: Fair Green Car Park, Graiguenamanagh,**



**Adjacent to the Bottle Banks in Bennettsbridge, Quay Car Park, Thomastown.**

**Piltown: Piltown Pound Car Park, Granny Recycling Centre, Grannagh (normal opening hours).**

**Castlecomer : Entrance to Assumption Place, Urlingford, The Square, Freshford, Fair Green, Ballyragget,**

**Castlecomer Council Yard, Donaguile.**

**Callan Thomastown : Green area at Supervalu car park, Callan.**

**Christmas trees dropped off after January 18 will not be recycled and will become a nuisance to the area.**

**Scholarship**

The WIT President's Scholarship Programme is open for applications.

Each year up to five exceptional undergraduate students are awarded scholarships with a total value of up to €12,000.

Make a CAO application by Saturday, February 1, choosing a WIT course and apply for the WIT President's Scholarship by Sunday, March 1 online on [wit.ie/caoscholarship](http://wit.ie/caoscholarship).

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# Pamela leads Stoneyford Operation Transformation

Stoneyford woman, Pamela Sheridan, was selected out of 1,500 applications to be in the final 20 of this year's RTE's Operation Transformation on RTE 1 television.

She spent a day in Dublin with the national broadcaster filming the fitness assessment and circle of truth we all know so well from the show.

Unfortunately she was not selected as one of the five leaders for the show but she is still part of the programme.

With much encouragement from RTE, she has set up a local Operation Transformation event which will be running for eight weeks.

Pamela is looking for as many people to join her on the eight weeks of walks which promise to be great fun.

She has also received support from Caulfield's SuperValu who will supply healthy produce to everyone taking part on the walks.

The walks began last night (Wednesday, January 8) from the Stoneyford Community Centre, but it's not too late for you to sign up and be part of the team.

Pamela is hoping to raise money for her community and a charity and is asking people for a donation of €1 per walk.

She has selected six people to join her as local leaders including award winning publican, Fred Malzard.

She plans to have a night to reveal her weight loss and that of the six selected leaders.

Walks will be Wednesdays at 7pm and Saturday mornings at 9am until February 29.

For further details please see her



Pamela Sheridan, from Stoneyford, has set up a local Operation Transformation event

facebook page OT Stoneyford or contact Pamela on 086 3841318.

**DR EDDIE'S INSIGHTS**

The new series of Operation Transformation started on

television last night, Wednesday January 8, and our expert Dr Eddie Murphy will once again be guiding the leaders psychologically and emotionally through their major life changes.

He shares his first insights into each leader and their individual challenges ahead of the show.

To read Dr Eddie's regular column go to [www.kilkennyreporter.ie](http://www.kilkennyreporter.ie)

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An Ideal Christmas Gift

NEWS

# Kilkenny tops IBAL litter survey for fourth time

**SAM MATTHEWS**

sam.matthews@kilkennypeople.ie

Kilkenny has once again been deemed cleanest of 40 towns and cities surveyed by business group Irish Business Against Litter (IBAL).

The Marble City is once again top of the IBAL litter rankings for a record fourth time, having last won in 2014.

Among the areas in Kilkenny to come in for praise were the Clara approach road, High Street, Market Cross, MacDonagh Junction Train Station, the Gowran approach road, and the N10 — M9 connecting road to Carlow.

The banks of the River Nore were deemed 'wonderful' — "a lovely riverside environment with 'olde' style street lamps" — and there was no litter observed in the water.

Areas flagged as potential problems include an abandoned/closed building at Parliament Street, and the recycling facility at St Canice's — reportedly 'let down by loose litter items to the rear'.

"Kilkenny reclaims its position at the very top of the league — a superb achievement for such a popular bustling centre," says the An

Taisce report.

Minister for Communications, Climate Action and Environment, Richard Bruton was among those to congratulate Kilkenny topping the charts.

Meanwhile, Cathaoirleach of Kilkenny County Council, Peter 'Chap' Cleere described the result as another fantastic achievement for Kilkenny, adding to its numerous achievements on the national stage.

"These awards cannot be achieved without the ongoing investment of Kilkenny County Council in keeping Kilkenny City clean and litter free," he said.

"The result is also a huge tribute to the work of the Kilkenny City Area staff who work tirelessly everyday to ensure the citizens of Kilkenny City wake up every morning to a clean and litter free city."

Mayor of Kilkenny Martin Brett also expressed his delight on Kilkenny's achievement.

"This is a wonderful achievement for Kilkenny City and I would like to acknowledge the contribution of voluntary groups in the city such as Keep Kilkenny Beautiful committee and Kilkenny Sub Aqua and the council," he said.



## Remembrance Tree Fundraiser

Kilkenny's annual Christmas Remembrance Tree has raised a fantastic €22,600 for the Carlow Kilkenny Homecare Team. This week representatives of the Homecare Team were presented with a cheque by Rotary Kilkenny, who managed the fundraising project.

€241,760 has been raised through the Remembrance Tree fundraiser over the past 15 years. On Christmas Eve the traditional ecumenical service was held at the Remembrance Tree on the Parade. Bishop Dermot Farrell and Bishop Michael Burrows led the service, and the Kilkenny Gospel Choir and the Good Shepherd Choir provided a musical accompaniment.

On Monday Jason Dempsey, President of Kilkenny Rotary Club, with President Elect, Ian Coulter, presented a cheque to Catherine Quinlan and Ian Wilson for the Kilkenny Carlow Home Care Team (above) PICTURE: HARRY REID

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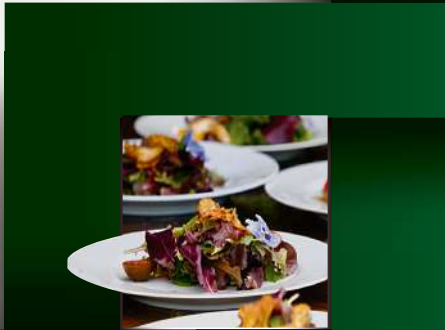
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## NEWS

## It's all go for Thyestes Chase Day

The racing fraternity attended the launch at Goffs Thyestes Chase 2020 at Gowran Park. This will be Red Mills' 40th year sponsoring the main highlight in the Ireland's January racing calendar.

A panel discussion was held at the launch featuring female jockeys Jane Mangan, Lisa O'Neill, Rachel Blackmore and rider and trainer Mags Mullins. A significant addition to this year's Goffs Thyestes Chase day is the announcement that the first of the Ladies Day Series 2020 will be held in Gowran Park.

There are 46 entries for this year's Thyestes Chase. Thyestes Race Day is on Thursday, January 23, with the first race at 12.45pm. Complimentary buses will leave from Kilkenny Castle two hours before the first race.



Pictured at the launch of Gowran Park's racing calendar for 2020 were Eddie Scally (general manager Gowran Park), Joe Connolly (Red Mills), Henry Beeby (Goffs), Siobhan Donohue, Mrs Maureen Mullins and Mags Mullins. PICTURE: VICKY COMERFORD

# Bright minds set off for the Young Scientist Exhibition

**SAM MATTHEWS**

sam.matthews@iconicnews.ie

Dozens of students from local schools headed to the RDS in Dublin yesterday (Wednesday) to take part in the finals of the 2020 BT Young Scientist and Technology Exhibition.

Taoiseach Leo Varadkar is among the guests of honour as the competition officially gets under way. The awards take place on Friday at 5.30pm.

Among the local students who made the journey are a group from Castlecomer Community School (right) who have investigated 'The Prevalence of the Myth of Twins Skipping a Generation in our Community'.

Another project, by a group of girls from Loreto Secondary School, looks at the effect of terroir on the taste of whiskey.

Seven projects are included from the Granges Road school.

Castlecomer Community School, St Kieran's College, CBS Kilkenny and Coláiste Pobail Osraí also have projects in the running.

### EFFECTS OF IPADS

CBS Kilkenny have four projects. One looks at 'the minimum amount of time to wait before allowing schoolchildren to retrieve items from a car boot', while another investigates the effect of iPads on academic success.

The other entries are 'Quick Shop' and 'Is greyhound racing ethical?'

Coláiste Pobail Osraí have four projects in the finals, in the



biological and ecological, and technology categories.

Another team from Loreto is asking 'Is there a place for older people on social media and smartphone applications?' while a

group from the same school ask 'Which colour are teenagers most drawn to?'

### TWINS STUDY

A group from Castlecomer Community School has entered a

study into the prevalence of twins skipping a generation in the community.

In the chemical, physical and mathematical science category a group from Loreto have a project

**Katelyn O'Brien, Abby Marnell and Abbey Lalor interviewing twins Kayla and Saidbh O'Connor and Darragh and Donal Coughlin as part of their BT Young Scientist project on 'The Prevalence of the Myth of Twins Skipping a Generation in our Community'**

'Exploring fractals', while another project from that school looks at tackling climate change through plastic.

### COMPARATIVE STUDY

A St Kieran's College team have produced a statistical and comparative study to predict the outcome of senior inter-county hurling and senior schools hurling matches.

Another group from the same school examined common injuries among adolescents in the GAA compared to other sports. A third group from St Kieran's asks if organic food really is better for the environment.

In total, over 1,100 students are involved in the 550 finalist projects at the competition.

The students have been meticulously preparing to exhibit their projects and meet the judges this week.

Last year's winner was Adam Kelly from Skerries Community College with his project 'Optimising the simulation of general quantum circuits'.

This is the 56th year of the competition which has seen some fantastic projects entered over the years. Best of luck to all!

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## SOCIAL SCENE

# KILKENNY & PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

email: [siobhan.donohoe@kilkennypeople.ie](mailto:siobhan.donohoe@kilkennypeople.ie) Instagram: @sibhy\_d Twitter: @DonohoeSiobhan



## Guests had a New Year's ball with Teac Tom!

**T**he Teac Tom Gala Ball hosted nearly 200 New Year's Eve party goers, along with charity supporters for their annual ball. All the attendees rang in the New Year with meaning, as well as celebration.

On New Year's Eve guests arrived to a warm welcome from Angela Hayes in Hotel Kilkenny. 'Dynamica' Kilkenny quartet group filled the ballroom as we all enjoyed the complimentary drink's reception sponsored by Kilkenny's own Ballykeeffe Gin and Sullivan's Beer.

It's the sixth year of the annual Teac Tom Gala Ball, hosted by founder Angela Hayes of the Thomas Hayes Trust. Guests dined on a five course meal and each table won at least one spot prize, ranging in gifts supplied by many local businesses, such as Langton's, Mosses Pottery, TC Tyres, Kilkenny Design Centre and many more.

The band 'Ambassadors' had us rocking the dance floor and we rang in the New Year with DJ Paul Kavanagh. To top off the night, Angela had a supply of tasty white bread crisp sandwiches for the early hours of the morning! Hats off to Angela, she is hostess with the mostest and thinks of everything.

A poignant moment of the evening was at 11.30pm, when everyone respectively formed a

circle to light a candle for a minute's silence to honour and acknowledge their loves who had passed. Also each of our table settings had a card with a very important message inside "Sometimes you have to be your Own Hero."

Teac Tom and The Thomas Hayes Trust is a community and voluntary registered charity started in 2014 by the Hayes family to support individuals and their families affected by suicide, or contemplating suicide. They now have offices in Kilkenny and Laois, with hundreds of children and adults have accessed one to one counselling support, and families have found solace inside the doors of Teac Tom.

Teac Tom's phone lines are open 24 hours a day, 365 days a year, on 056-7796592. The trust's goal is to offer free and immediate counselling, in a safe and nurturing environment. You can find them on 15 Ormonde Street, Kilkenny where the kettle is always on for a chat.

Angela would like to extend her gratitude to all that attended the Gala Ball, "it was an absolute wonderful night surrounded by friends, and I thank everyone for the ongoing support"

If anyone wants to volunteer or organise a fundraiser please contact Angela for more information or [www.thethomashayestrust.com](http://www.thethomashayestrust.com)



Alan, Angela and Robbie Hayes



**ABOVE:** Enjoying the Teac Tom New Year's Gala Ball were Alan Hayes, Grace Hennessy, Ciara MacDonald and Robbie Hayes



**LEFT:** Claire Hennessy and Siobhan Donohoe



Some of the happy patrons who enjoyed the Teac Tom New Year's Eve Ball at Hotel Kilkenny PICTURES: VICKY COMERFORD

### HERO OF THE WEEK



#### Marian Finucane

Marian Finucane – the extraordinary woman who was very ordinary.

One of my idols, who I would like to thank for enriching Irish life. She was one of the most respected voices on Irish radio, opening every show with "Well hello there".

She was totally unflappable with empathy at the heart of everything she did. An interviewer who was utterly engrossed in her interviews and brought out the best in her interviewees.

Marian introduced 'Women Today' which was a ground breaking programme for its time. She had a soft heart that made her a fantastic journalist.

May she rest in peace.



**ABOVE:** Siobhan Donohoe has a look through some goods on offer at the new Jack and Jill shop

**BELOW:** Jack and Jill charity shop manager Irene King pictured outside the new Friary Street premises PICTURES: CHRISTOPHER DUNNE

## Jack & Jill Charity Boutique

I paid a visit this week to the newest boutique in town – the Jack & Jill Charity Boutique on No. 12 Friary Street.

The Jack & Jill Children's Foundation funds and delivers specialist home nursing care for a very sick children across Ireland. Currently in Ireland

there are 342 precious children who need their help and 15 in Kilkenny alone.

Every €16 raised provides one hour of home care for these families. There are currently nine shops nationwide and you can find the Kilkenny boutique across from the Friary Church.

Now I know a lot of you have hit the spring cleaning already, and the new shop could badly do with your donations.

They are also looking for Lego (loose or not) and volunteers. And, while stocks last, everyone gets a box of Lilly O'Brien chocolates for every €10 spent.



**Psychotherapist Mags Bowen and Siobhan Donohoe**

PICTURE: CHRISTOPHER DUNNE

## That's good enough for me!

My other New Year's resolution is to be better, and not perfect and that's good enough for me!

I am taking the advice of psychotherapist Mags Bowen, who I had the pleasure of interviewing this week.

### WORKSHOP

I attended a workshop last year on 'managing stress from a body and

mind perspective' with Imelda Norris and Mags Bowen.

One of the things I learnt, was that it is okay to drop the ball now and then, don't stress about it, as the ball always bounces back.

Read more on Mag's advice for the year ahead on page 17 in this week's Kilkenny People.



Going green for 2020!

## Green and Mighty!

I only have two New Year's Resolutions and I always like to challenge my diet, to get some of the acid out of my system after all the festive feasting! So I'm going green with at least one meal a day for 2020.

I might last the month of January but it's worth a go to give the old digestive system a break. First point of call was

to get some recipes from wellness guru Imelda Norris. She has been telling me about her green pea soup with keto bread and green smoothie for years.

### WELLBEING

Join me next week as I talk to Imelda about her wellbeing way of life in the Kilkenny People's Day in the Life.



Imelda Norris and her famous green pea soup

## EDUCATION



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# How to get ready for the mocks

**T**he mocks are on the way so you are starting to feel some pressure.

That's both natural and ok. Here are some ideas in no particular order of importance.

### GENERAL IDEAS

1. The mocks are NOT the most important exam you will ever do; no one remembers what they got in the mocks. The mocks are there for you to see where you are at in a moment of time. There is a long way to go before the real deal and a lot of work can be done. That said it is natural that you may feel under a little more pressure so don't be afraid to say so to someone you trust.

2. Exercise should be a vital part of your routine from now on. It does not have to be a 5 hour session in the gym but a brisk 30 minute walk will clear the brain and help more with study.

3. Don't cheat. There are only a few mock exams per subject. It is easy enough to get information about what is on like which poet or which theorem but that is a waste for you. You must trust yourself and the work you have done. You do not have to get a H1 or an A in the mocks.

4. Study over the next few weeks is not just about quantity but about quality. Make sure you have a study area that works for you. Start with the subject you like the least and leave a subject you like to study till last. If you are getting bored then change subjects. On a break go for a small walk even around the room just to get the blood flowing.

5. You must make use of the weekends to do the extra revision. It is hard to do extra during the week as you have to keep up with school work but at the weekends you can divide your time up to cover the most important topics or the topics that get the biggest marks.

So in summary don't get stressed, don't over study, find out the important topics, don't cheat and do your best. When the mocks are over that's when you really need to start your revision for the big one.

You need to realise that this is not a house exam that has only a few topics on it.

The whole course must be revised. This is not an easy or a quick task at any level. You must start your revision now.

### WHAT ARE MOCK FOR?

The mocks are there to show you



### KEY TIP

Don't get stressed, don't over study, find out the important topics, don't cheat and do your best

two things as far as I am concerned.

1. How poor your revision is.
2. How poor you do exams.

Did you start your revision early enough? Probably not. Now you realise how much there is to do once the mock are over make a plan of which topics you will get revised on which week before the real exams start.

It is so much harder to concentrate in exams that can be anywhere from 2 hours to 3 hours 30 minutes long. It is very hard work.

Other issues that you will face include not having the course done

in school. For the mocks there is nothing that you can do about that. A lot of courses are very long and hard for teachers to get through. I would not worry about what you have not done so put that aside and work on what has being done.

I would for sure ask your teacher when the course will be finished because good revision is vital. If you are unlikely to get revision done in school then you must do it yourself either on your own or get extra help outside school.

### TOPICS TO COVER

Some students are not sure what topics are on which paper. Ask your

teacher for a detailed breakdown of the course.

**You need to know how many sections are on each paper and the marks that awarded for each one.**

**You need to know the time that you should spend at each question.**

**You need to know the marks that go for each question and what the marks are awarded for.**

One thing I could not recommend highly enough is a visit to [ww.examination.ie](http://ww.examination.ie). Go to examinations material archive, hit

on Chief Examinations reports. Pick your subjects and they have a section called 'What can current and future students and teachers learn from this? Or in older reports it is 'Recommendations for teacher and students'. This is the examiners giving you advice. Read it and take it.

### EXAM TIPS

Do not go over time even if the question is not fully finished. It is vital that you get to the last question.

The answer is in the question. Read the question before you start carefully. Underline what you think are the important parts. Do not underline every single bit just the key words.

When you get stuck (note I said 'when' not 'if') read the question. The answer is there in front of you. If you cannot see what is going on put a red star beside the question and move on. A red star means that you have no real idea what to do so do not waste time feeling sorry for yourself.

I have had students in the past who will say that they hit the panic button and once they do the red mist descends and they cannot see anything.

It will happen somewhere in some exam. Stop look around even have a sweet. Go the toilet. Have a little chat with yourself along the lines of - 'this is only the mocks. I knew this was going to happen. It does not matter. I will not allow this to happen in the real thing'.

When the chat and panic is over turn the page and find a nice question that you can do and you're off again.

### SILLY MISTAKES

There are silly mistakes that people make that cost marks.

1. Sign mistakes. It is so easy to make a silly sign mistake either when doing a calculation or when you have to change the sign of a line and you forget one term.

2. Units. You must put in the right units when doing questions on length, area and volume or when it is speed-distance-time.

3. Decimal place. If asked to round to one decimal place then do so correctly. Read the question.

My last thing to say to you is that the mocks are the mocks they show you where you are at a moment on time. They are for you to see where your revision is at take your time and try your best.



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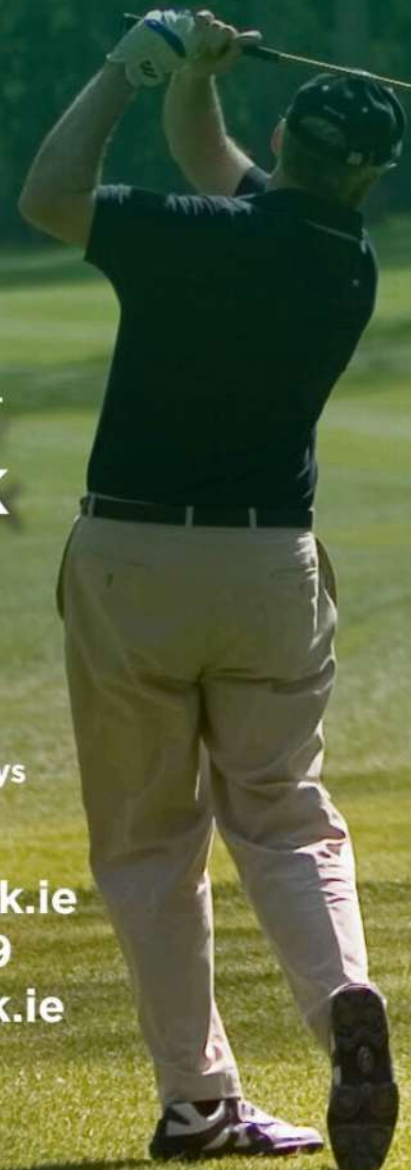
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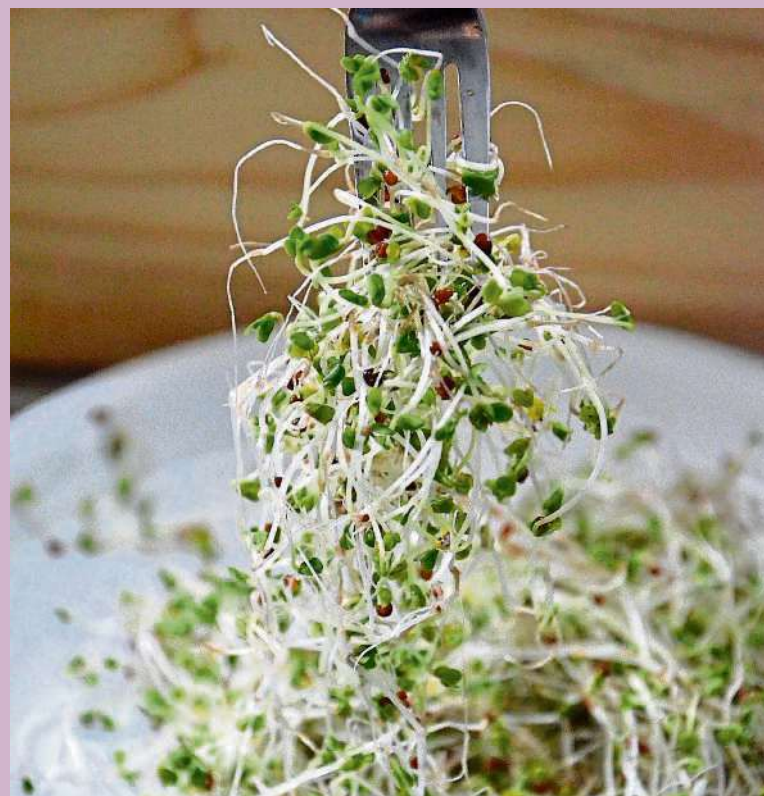
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## LIFESTYLE

**Some of the superfoods of 2020!**

**ABOVE: Oyster mushrooms are actually categorised as a medicinal mushroom because of their valuable health properties**

**RIGHT: Broccoli Sprouts have been found to lower blood sugar in diabetics**

**LEFT: Wakame Seaweed is a rich source of iodine**

# Try the ‘Superfoods of 2020’

**SIAN MOLOUGHNEY**

sian.moloughney@iconicnews.ie

Looking to eat yourself healthy in 2020? This isn't going to be a column telling you the new year can lead to a new you, but it is going to suggest you should try some of these 'new' superfoods!

Exercise and a balanced diet should always be top of your to-do list, but we're told that if you make a habit of including these ingredients in your diet you'll stay ahead of the game in the healthy eating stakes.

And what a tasty way to try that!

Here are the latest (and yummiest) superfoods to help you on your way to a future-friendly lifestyle, as recommended by top pharmacist and medical nutritionist Aidan Goggins. Aidan is author of *The Health Delusion* and nutritional consultant to athletes including: Team Ineos UK (professional cycling); Conor Mc Gregor and David Haye.

**WAKAME SEAWEED**

This leafy green from the sea is delicious in cold salads or as a garnish for rice, soups, fish or tofu, with a deep and satisfying umami flavour. It's also a rich source of iodine, and most of us in this part of the world, especially young women and vegans, are deficient in this vital nutrient that keeps our thyroid healthy and metabolism ticking over.

**PURPLE POTATOES**

Give your mash an eye-popping purple twist. Beautiful in any dish, the striking violet shade of this prince of potatoes may not bring a dramatic flavour difference, but its powerful pigment is packed with



**Jerusalem artichokes can be mashed, roasted, sautéed, steamed, boiled, fried or eaten raw in salads**

anthocyanins, the same heart-friendly compound found in many kinds of red berries, grapes and red cabbage. Anthocyanins can help to lower the risk of heart disease and strokes.

**TURMERIC**

Loved for its warm, earthy flavour and the golden tint it brings to curries, dals and other South Asian dishes, turmeric has found many uses over the millennia in everything from food to cosmetics. It has at least 53 Sanskrit names describing its numerous properties, from patwaluka (perfumed powder) to kanchani

(exhibits golden colour). You can reap turmeric's golden glow by adding it not just to curries but smoothies and scrambled eggs for its primary active ingredient, curcumin.

**KEFIR**

The new must-have recovery drink for athletes, kefir is a rich protein source while promoting intestinal health and immunity, which can become strained after strenuous exercise. A fermented milk drink similar to a thin yoghurt, kefir has an enjoyable tart-sour tang and a bit of a natural fizz. It's traditionally made from cow's milk

but these days you'll find kefir to suit all audiences, with dairy-free alternative milks like coconut, rice and soy available too.

**POPCORN**

Going to the movies could be worth it just to enjoy this blockbuster. Making sure you get '5 a day' has become a lot easier to achieve thanks to research that shows popcorn contains even more healthful antioxidants, called polyphenols, than traditional fruit and vegetables.

Plus it's low in calories while being rich in fibre, making it a great snack choice for curbing hunger

too. However, go easy on any salt or sugar additions.

**OYSTER MUSHROOMS**

Silvery-grey or greyish brown, this unassuming common edible mushroom is actually categorised as a medicinal mushroom because of its valuable health properties. Subtle in flavour, it's fat-free and low in calories but high in protein, fibre and minerals, including iron, zinc and potassium and B and D vitamins. It also offers an effective alternative treatment for atherosclerosis, or clogged arteries. Make sure to pop some in your next soup or stir fry.

**BROCCOLI SPROUTS**

Little broccoli, big benefits. Easy to eat in everything from salsas to smoothies, broccoli sprouts contain up to 50 times more of the powerful nutrient sulforaphane than mature broccoli heads, with lots of crunchy texture and a radish-like peppery taste. A recent study found daily broccoli sprouts lowered blood sugar in diabetics by 10% more than medicine alone.

**JERUSALEM ARTICHOKE**

A super-rich source of the prebiotic inulin, which increases good bacteria in the gut. A fascinating 2019 study found that individuals who eat inulin-rich vegetables even experience diet behaviour changes, reporting greater satisfaction and a drive to eat a healthier diet. Not only that, it's a hugely versatile ingredient: fabulous when blended in soups or mashed, roasted, sautéed, steamed, boiled or fried. They're tasty eaten raw, sweet and crunchy in salads.



# Win tickets to Goffs Thyestes Chase



**Gowran Park 23rd January 2020.**

**FHS GOFFS**

**Prizes: 2 Silver Package Tickets & 4 Pairs of General Admission tickets**

**Question: Which jockey won the Goffs Thyestes Chase in 2019**

- A. Ruby Walsh**
- B. Ted Walsh**
- C. Tommy Walsh**

**Answer \_\_\_\_\_**

**Name.....**

**Address.....**

**Telephone.....**

**Replies to Thyestes Chase Competition,  
Kilkenny People Newspaper, 34 High Street, Kilkenny. Closing date 16-01-20**

# ALL THINGS INTERIOR

LOUISE HIGGINS



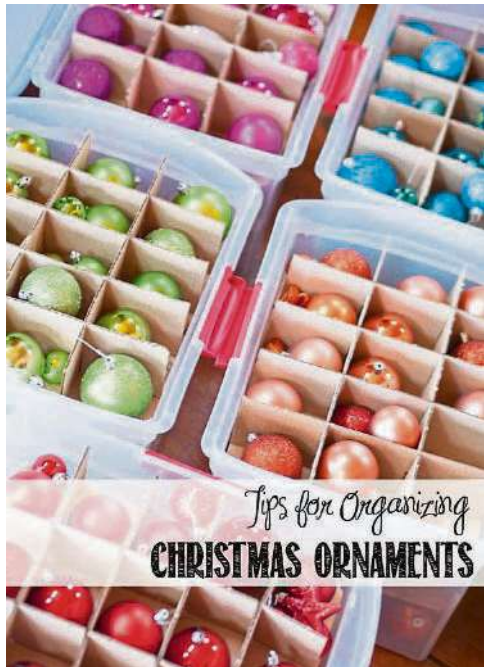
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Plastic Christmas Ornament Storage



Christmas tree storage bag  
Wrapping paper storage solutions



Lighting Storage Solution from the Crazy Organized Blog



Sample wreath storage bag from DIY Stores



Gift wrap storage ideas



Christmas Wreath Storage from Good House Keeping

## Storage Solutions for your Christmas Decorations

I hope everyone had an amazing Christmas and that you enjoyed all the festive celebrations. It's now time to start thinking about where and how to store all your Christmas decorations. Every year we tell ourselves we won't purchase anymore decorations, but it can be very hard to resist and there is often a lot more decorations to put away than we initially anticipated. Here are some helpful Tips on how to best to pack and store your decorations. Hopefully these should help make decorating next year a little easier too.

### Recycle your Tree

Dispose of any sets of lights that are no longer working. Christmas tree recycling is available through Kildare County Council at many locations throughout Kildare. Christmas trees can be left for recycling at the following locations from Saturday, 4 January to Saturday, 18 January 2020:

- \*Ardclough community Centre
- \*Athy, Meeting Lane
- \*Clane, GAA Club
- \*Maynooth, Council Depot, Leinster Street
- \*Naas, Fairgreen
- \*Newbridge, Council Nursery, Naas Road
- \*Monasterevin Soccer Club, Barrett Park, Canal Road (open to the public on Saturday, 4 and Saturday, 11 January only)

Also [www.kildarechristmastrees.ie](http://www.kildarechristmastrees.ie) offer a post-Christmas tree collection and recycling service for €10.00 where they will collect your Christmas tree after Christmas saving you the hassle of transporting it and cleaning up the pine needles from your car.

When taking down decorations you may decide that some no longer suit your scheme, so you might want to dispose of any that you no longer want. Consider donating any unbroken

decorations to charity.

### Storing Baubles

Depending on the size of tree and the number of trees you could either store your baubles in storage boxes with dividers or you could opt for a larger storage solution such as a large laundry basket to allow you to keep garlands and baubles for the one room in the same storage basket.

For glass baubles or valued tree decorations consider using bubble wrap or tissue to individually wrap and protect them. Avoid newspaper as the ink can stain your decorations. For smaller ornaments you can consider using clean dry egg cartons. Remember to label your boxes and store in a cool dry place.

### Storing Lights

If you dislike having to untangle lights each Christmas, then this easy tip is the one for you. The easiest way is to wrap you lights around something as you take them down e.g. a circular tube like a pringle can or some cardboard etc. You can then store them in a box or plastic bag to protect them from dust to ensure they work perfectly for next year.

### Storing your Christmas Tree

For artificial Christmas trees I would suggest that you use a tree storage bag. Ensure you fold in all branches as per the design of your tree to avoid any warping of your trees shape. If you want to make things easy for next year and have sufficient room for storing your tree in one piece, then you could opt to keep your lights on your tree and wrap your tree carefully with cling film.

### For Wreaths and Garlands

Wreaths can be an expensive investment so make sure you either store them in the box they came in or opt for a wreath storage bag ensuring the bag is larger than the wreath to avoid any damage. You could also use a



garment bag with a coat hanger to hang your wreaths or garland. Ensure you label the bag with its location e.g. hall door, over mantle etc.

### Storing Gift Wrap

For storing rolls of gift wrap you could consider a clear clothes cover or a clear box as this will allow you to easily see what gift wrap you have. If using a clear storage box, you could also add some compartments for sellotape, ribbon, etc so you have everything you need in the one area.

If you would like some help with your Christmas decorating next year consider taking some photographs of your trees, table tops and mantle before you take down your decorations and then share these picture with your family next year, so they can use them as a guideline to help you.

Lastly, I wish you all a very healthy, happy and prosperous New Year and look forward to sharing many more interior columns with you. Remember if there is a topic that you would like covered in 2020, then please drop me a line. Thanks, Louise winner of TV3's Showhouse Showdown, 086399 9926 [info@aspiredesign.ie](mailto:info@aspiredesign.ie) [www.aspiredesign.ie](http://www.aspiredesign.ie)



# Make smart positive changes to life



A new year is a good time to set out smart achievable goals in your life



## MENTAL HEALTH MATTERS

### DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST  
ADJUNCT ASSOCIATE PROFESSOR  
UCD SCHOOL OF PSYCHOLOGY

**I**f you wish to create a healthier future for yourself now is the time to make decisions that can really change your life.

Often people wait for the 'feeling' that they are ready for change. Take it from me you can be waiting a long time for this feeling. My advice is act first, because when you do the positive feeling will flow.

Make one small change today, focus on this change and sustain it e.g. have

porridge for breakfast.

Operation Transformation returns to our screens next week and it invites us all to broaden our goals beyond weight and exercise.

It's about health and wellbeing for life. Of course increasing our exercise and reducing our intake is a great starting point.

We can also transform our emotional life by increasing confidence and assertiveness. We can have more fulfilling relationships

where we are truly communicating.

When it comes to New Year's Resolutions you have said I've tried before so many times and have fallen off the wagon." Well, I am inviting you to GET ON the wagon again.

Too often people start without proper planning. A good plan is half the battle.

#### TIP 1 VISUALISE YOUR FUTURE

Write yourself a letter from your future self. This raises awareness about your

life's journey and about your "real self".

It's also a lot of fun. Write as you would to your best friend, keep it simple and friendly. Describe your healthy future self, your body, thoughts, and relationships.

List what new activities you are doing. Answer the questions that are currently bothering you. Describe your new positive feelings, how you feel about your life and the world around you. What do you enjoy? What are you thankful for?

To help you do this ask yourself some challenging questions. Will you be healthier? Will you be able to withstand the daily stresses and strains of life? Will you be in love? Will your relationships at work or home be different? What would your lover, partner, co-worker say about you? Would your thoughts be different – more positive or negative? Would you be more

confident?

Describe your achievements in your future life. Your hopes and dreams for the next 4 years. Focus and describe a day in your future life at home, at work with family, your energy levels.

From your future self to your present self, pass on some wisdom and encouragement for darker times when motivation is low and when one feels vulnerable. Identify important lessons that you have learnt and want to pass on. Print the letter and sign it.

Think of this letter coming from a place of change, of strength, where you are living your best life.

#### TIP 2 SMART GOALS

Identify Your Own



If you are organising a speaker or training for school, community, voluntary, sporting or work groups, call Dr Eddie on 087 1302899 or go to [www.facebook.com/dr.eddie.murphy.psychologist](http://www.facebook.com/dr.eddie.murphy.psychologist)

'SMART' Goals. Too often goals are loosely made, such as "I want to lose some weight". This will more than likely lead to failure.

A SMART goal is Specific, Measureable, Achievable, Realistic and Time limited.

For example: "I will lose 2lbs per week for the next eight weeks"

"I will write in my food diary each night for a 4 week period"

"I will read for 10 minutes to my children 5 nights a week"

"I will go swimming once a week with my children"

If you make your goals SMART you are more likely to succeed. Broaden your goals to health and well-being, not just weight loss!

# POSITIVE PARENTING

LOVE PARENTING



Giving yourself time to pause, to enjoy the moment rather than worrying about all the moments to come

## Sometimes you need to press the pause button

Do you ever find yourself on the way to collect the children from school or driving home from work with the endless tick, tick, tick of your endless to do list churning through your mind—what you need to do, what you need to get, where you need to be churning over in your mind?

Have you ever found yourself trying to make it through the list before you can finally, finally sit down and relax for a few minutes? And, then, well, it's time to get to bed!

Parenting requires us to multi-task like we have never multi-tasked before and, sometimes, it can become all about getting things done rather than enjoying what we are doing.

Many parenting guides use some variation on the idea of "Pressing the Pause" button. This means when we find ourselves

reacting to our children with anger, frustration or simple exhaustion, that we take a moment before we respond. This might mean just taking a few deep breaths; it might mean walking in to another room for a few minutes; or, if emotions are running really high, it might mean deciding to address the issue at a later time or date.

It involves acknowledging our own emotions, taking the time to think about how we are feeling and recognising that reacting in anger or frustration won't help us or our child. Taking this time allows us to calm down and react with the love and patience that we and our children need.

This idea can be applied to many situations—not just when your teenager comes home later again or when your toddler hops out of bed for the 15th time in a row. It can be useful when that list starts to tick,

tick, in your mind on your way to collect the children. Instead of thinking; "We need to get to soccer, then to music class, ugh, I forgot to bring the raffle tickets, what will we make for dinner, the kitchen is a disaster, lunches need to be done, where is that Irish book...", press the pause button, take a few deep breaths and stay in the moment. Let yourself find a moment of enjoyment—if you're in the car alone, put on your favourite music. If you're with the kids, find a crowd-pleaser and all belt along.

If you're trying to get the dinner ready, while making lunches and keeping little ones happy and entertained while underfoot, and the chaos threatens to become overwhelming, try pressing the pause button. Give yourself a moment, acknowledge that this is a lot to manage and let yourself relax. Think about something positive in

the moment--share a joke with the children, give them a hug, savour what you are cooking...whatever you need to do to make this moment enjoyable.

That list will still be there, and there will still be moments when everyone flies out the door with breakfast half eaten and books forgotten.

Giving yourself time to pause, to enjoy this moment rather than worrying about all the moments to come, however, can make a big difference in how everyone in the family reacts to stress and let you all enjoy your time together.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to [www.loveparenting.ie](http://www.loveparenting.ie).

### Top Tips

## For Helping your Teen Stay Healthy

#### Provide Lots of Healthy Food and Snacks.

Many teenagers have voracious appetites-it may feel like a full time job keeping them fed. If you have lots of filling, healthy snacks on hand (think fruit, cut up vegetables, hummus and pita, wholegrain bagels and peanut butter, wholegrain pasta with tomato sauce), they will be more likely to reach for these than fill up on junk

#### Get Active Together.

If your teens see you leading a healthy, active lifestyle, they will be more likely to follow suit. Ask your teen to join you on an evening walk—they might surprise you and actually come, and this can be a great way to connect

#### Communicate and Share Information.

Many parents find it challenging to discuss some issues, such as sex and drug and alcohol misuse, with their teens. The reality is that teens who can communicate openly and honestly with their parents about these issues tend to make better, healthier choices. So, get in the habit of talking about these issues openly and honestly.

#### Help Them Build Resilience.

Teenagers are under a lot of pressure from school, friends, social media, etc., and many teenagers are struggling with mental health issues such as anxiety and depression. Developing positive coping strategies can help teenagers manage these pressures and improve their overall well-being. Explore things like exercise, diet, meditation, yoga, breathing, mindfulness, etc. with your child and help them find a strategy that works for them.

## LIFESTYLE



# HEALTHY LIVING

## EVA HILL HAMILTON

**CONTACT EVA**

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

## Eating well to help get back on track

Are you just back to work? Tired early mornings, afternoon dips, struggling through each day and praying for the weekend?

During holidays we tend to stay up late, eat the wrong kinds of foods, and drink much more alcohol than normally – at the end we feel more tired than before the holidays. Try to re-establish a routine and support your body to help to get back on track.

Try to eat early dinners and a good breakfast in the morning. Throughout the day eat very regularly, focusing on your meals and chew well to help absorption of the essential nutrients. Have easily digested foods including lots of vegetables, they always help to take the load off your digestive system. Avoid refined carbohydrates like white bread and sweets along with stimulants which will give you an instant boost,



**Brazil nuts are great to help your overworked liver recover**

followed by a big dip in energy levels and mood.

Include protein of some sort in every meal and snack to balance your blood sugar levels. Good protein sources are eggs, fish, lean meat, beans, nuts, ground seeds or their butters and quinoa. Protein helps to slow down

the absorption of natural sugars – giving you longer lasting energy and helping your mood also. Blood sugar imbalances also interfere with your sleeping hormone; Melatonin, so you cannot get a refreshing good night sleep.

After the merry holidays your liver needs support also.

Too much processed foods and alcohol interfere with liver function, which can also lead to groggy mornings and fatigue. Cruciferous vegetables, Brazil nuts, eggs, beans, olive oil and the yellow spice – turmeric are great supports for your filtration system. You might even want to take a detox herb mix including Milk thistle, Dandelion, Artichoke and drink green tea. Plenty of antioxidants can revive your whole body – you find these in colourful fruits, vegetables, herbs and spices – the more colours the better. Drink plenty of water to flush your cells – dehydration can affect energy levels and concentration.

Essential fats have been long known to help uplift your mood. Include oily fish in your diet ideally three times a week, steamed to keep the healing sensitive oils intact. Snack on nuts or

seed butters on oat cakes with sliced apple or banana. Add avocado to your salads or replace butter/mayonnaise with mashed avocado or home-made guacamole. Don't be afraid of essential fats, they will not pile weight on you – quite the opposite! Coconut oil especially has a metabolism boosting - energising effect.

Make time for gentle exercise and relaxation techniques. Both have been shown to increase serotonin and dopamine – our happy hormones. A positive attitude always helps to get through tough times. Smiling and laughing – even with no reason, sends messages to the brain to make happy hormones. Think of all the lovely days you had and start planning your next holiday to keep you cheerful. Be thankful for the small things every day and you will see the light at the end of the tunnel.

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OUT & ABOUT



Ballyragget was aglow as a cavalcade of trucks, lorries, tractors and farm machinery made their way along the Light Up The Night route



Tom Lakes with David, Ross and Luke Condell at Light Up The Night in Ballyragget

# BALLYRAGGET SHINES FOR LIGHT UP THE NIGHT

Pictures: ALF HARVEY



Cathey Downey was keeping in the festive spirit of things at Light Up The Night in Ballyragget



Enjoying the fun at Light Up The Night in Ballyragget were David Lawless, David Lawless jnr, Chloe Kelly and Harry and Frankie Connolly



Michael Brennan with Bob, Lee and Damien Cole



Freddie and Ali Farrell with Freddie's 1967 Massey Ferguson 135 at Light Up The Night in Ballyragget



Audrey Chapman and Thomas Masterson



Mary Delaney, Mick Dooley, Fiona Manning, Karen Delaney and JP Delaney



Some of the farm machinery which was part of the Light Up The Night procession

## OUT &amp; ABOUT

# Out & About

## BEAUTY AND THE BEAST A SMASH HIT AT THE WATERGATE THEATRE

Pictures: HARRY REID

SIOBHAN DONOHOE

siobhan.donohoe@iconicnews.ie

Twelve sell out shows, a cast and crew of 80 and one of the best theatre directors in Ireland – the Watergate sure know how to put a pantomime. Beauty and the Beast has been the hottest ticket in town, with the last of the shows finishing up this weekend.

Beauty and the Beast is a brilliant story for pantomime. 'A tale as old as time', is warming audiences hearts as they enjoy watching one of the world's greatest love stories unfold live at the Watergate.

The extremely funny script was written by Richie Smith and adapted for the Watergate by director Christine Scarry. Christine has over 20 years' experience in producing theatre, and directed the well-known Olympia panto for eight years.

Like any good panto a lot of punch lines have been added about local people and current events. The new KK1 Bus and the GAA among others are on the receiving end!

This panto has outdone itself with two comic duos. Very well established comedy panto duo - Claire Henriques and Sarah Brennan play the not to be trusted palace workers 'Croissant and Croquette'. The second comedy team is made up of newcomer Edward Hayden playing 'LeFool' and David Doyle as 'Gastric Band'.

It's Edward Hayden's first year in the Watergate Panto and he is a great fit for it. The award winning actor, proves



that he can turn his hand to anything as he performs in full panto guise.

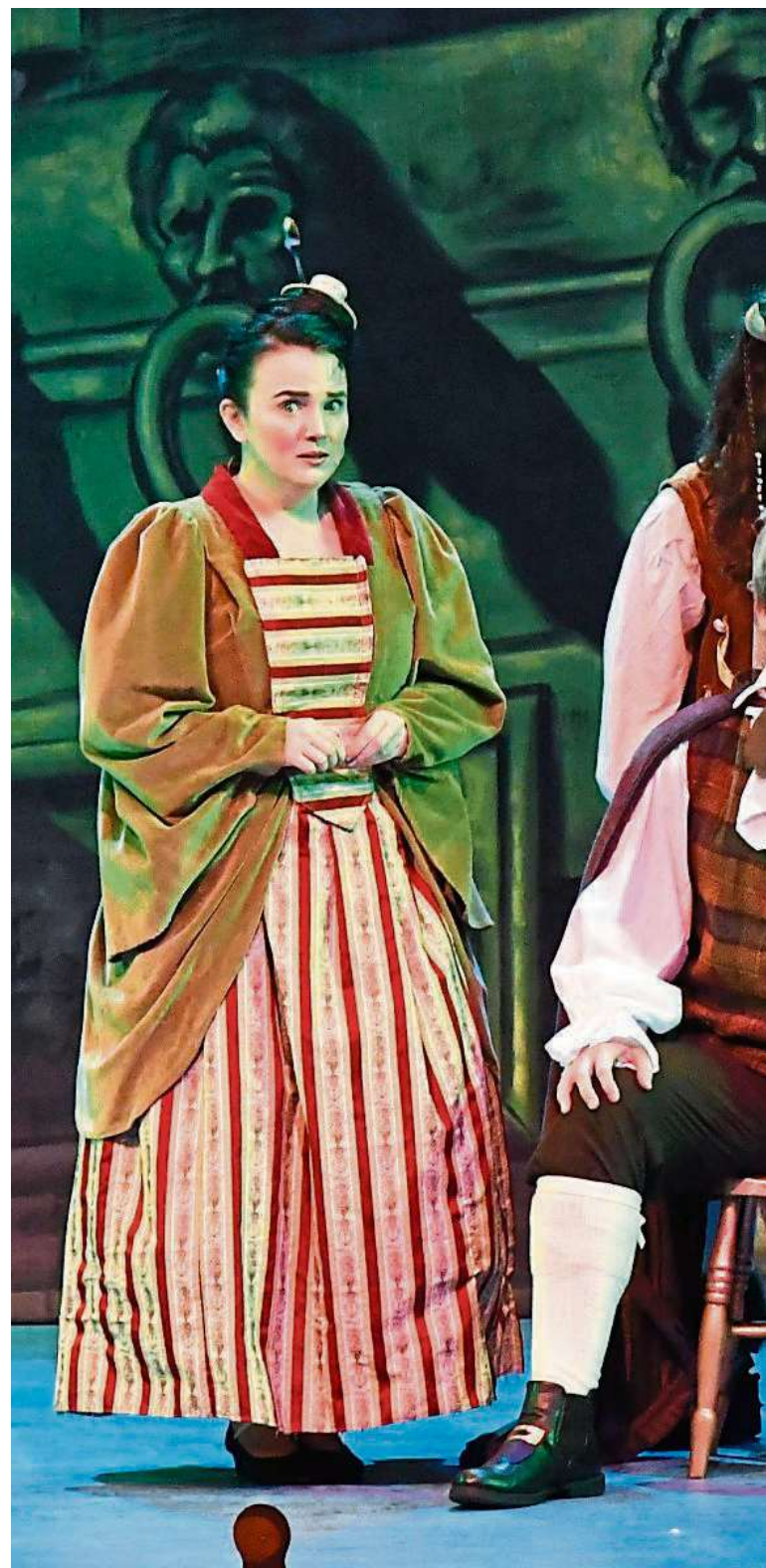
For professional actor and teacher David Doyle, it's his second year in this panto. As well as playing 'Gastric', he also choreographed the show, bringing all his years of performing at the Olympia Panto with him.

More great assets to the casts are fabulous singer, Amy Mulholland as Crepe Suzette, newcomers Leah Comerford as Soufflé and Mark Duffy from Thomastown, who plays Belle's Dad. Also newcomer Aoife Doyle from Carlow playing the loveable Mrs. Potts. With professional singer Aidan Byrne, returning to Kilkenny from his act in Raglan Road (Disney, Florida) to play the Beast.

Stacey Taylor who plays Belle, fulfils a lifelong ambition in this role. In a mission to locate her ageing father, Belle finds herself lost in the Beast's enchanted castle where she befriends some larger than life characters.

No more show spoilers here, but I will say that the mummies and daddies will enjoy the song board at the end!

Aidan O'Dwyer and Carol Knox created some amazing hair and make-up looks and John O'Donoghue an incredible set design. Lighting is by Gerry Taylor, the stage management by Nicola Brennan, assisted by Bobby Reade. Not forgetting all the back stage crew, cast and the boys and girls in this utterly hilarious pantomime of Beauty and the Beast.



Out at the Panto in the Watergate were Michelle and John Cahill with Amy, Anna and Sophie



Belinda Byrne, Anna Corr, Bríd Nolan, Martina Firbank, Noel and Gemma Corr, Pdraig and Joe Nolan, Beth Corr, Peter and James Firbank and Doireann Corr



Frank Purcell with a 'few' relations!



Enjoying Beauty And The Beast at the Watergate Theatre were Rhonda and Sophia Malone



OUT & ABOUT



**LEFT: "He's behind you!"** On stage action in the panto *Beauty and the Beast* at the Watergate Theatre

**ABOVE: Siobhan Carrigan, Ann Marie Butler with Niamh, Tommy and Oliver**

**RIGHT: Enjoying the pantomime at Watergate Theatre were John and Jean Flamson**



**Ailish Carpenter and Pam Barry with the Junior Chorus**



**Panto fans Orla and Tony Malone with Valerie and David**



**The stars of *Beauty and the Beast*: Mark Duffy, Aidan Byrne, Sarah Brennan, Edward Hayden, Claire Henriques and Maeve Tierney**



**Yvonne Drea, Veronica Burke, Ailish Carpenter and Niamh Harte**



**Junior Chorus Members on stage in the Watergate**

# ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN KILKENNY

## Best Adele tribute act for the Watergate

**J'Adele - Voted Britain's best Adele tribute - is coming back to Watergate Theatre by popular demand.**

**Early booking is advised for the concert on Thursday, February 6.**

**Sarah Evans, star of, Adele at the BBC, where she met and sang with her idol, immaculately replicates Adele's most captivating performances with her incredible voice, stunning outfits and witty charm.**

**The incredible 10 times Grammy award winner is perfectly replicated by Sarah, whose witty charm and incredible voice entralls all audiences.**

**The acclaimed vocalist has performed solo with her live band all across the globe... and now Ireland.**

**J'Adele performs Adele's most recognisable hits including Hello, Rolling In The Deep, Someone Like You and Send My Love to get everyone dancing the isles, all in authentic costumes with a voice and mannerisms that makes audiences believe it is the great Adele.**

**The Watergate Theatre is located on Parliament Street, Kilkenny and can be contacted on 0567761674.**



## The Blackwater River Babble?

Blackwater Babble is a story of forty summers spent traversing the Blackwater river.

Forty years of sitting in the corner of each pub, scribbling in a notebook.

Trying to divine the dynamics and the variables of what makes a good singsong – and what makes an epic one.

Witness the story in the Watergate Theatre on Friday, January 31, of a man who spent the best years of his life travelling the Blackwater River and stopping into every pub along the way to observe those singsongs, as he became obsessed with the alchemy of the singsong, what made the night and what killed it.

But, as he sat in the corner scribbling in his notebook, life and love flowed past him.

Now he is sitting in his boat with his younger self, sifting through the notebooks, the songs, the memories and regrets.

Join the scribbler as he heads down the river with his younger self while they pick through the songs, fights, memories and obsessions that shaped his life – exploring regret and memory, masculinity and purpose, set against the changing face of the Irish pub.

Performed by John McCarthy and Gary Murphy, directed by Joe Meagher and written by Ronan FitzGibbon it will be in The Watergate Theatre, Kilkenny on January 31.

Tickets from €15 from the box office or on line at [watergatetheatre.com](http://watergatetheatre.com) or call the box office on 056 7761674.

“Like a deeply etched portrait hanging on the wall of the pub... rich, moody, transcendent” - Evening Echo on Blackwater Babble.

BrokenCrow is a creative think-tank and production company, founded in 2011 by Ronan FitzGibbon, growing to a current ensemble of six.



The man at the centre of Blackwater Babble which will be in the Watergate Theatre on Thursday, January 31

## ARTS OFFER

Each year up to five exceptional undergraduate students are awarded scholarships worth up to €12,000 (€2,000 per year of study and €500 per semester) by Waterford Institute of Technology (WIT).

The WIT President's Scholarship Programme is open for applications from CAO applicants and in particular to prospective arts orientated students.

Each year up to five exceptional undergraduate students are awarded scholarships with a total value of up to €12,000.

The scheme, which had its first cohort in 2016, encourages and rewards young people who show a capacity to shape a better society.

The application process has four stages. People cannot apply for the scholarship unless they have applied to the CAO and have chosen a WIT course.

WIT President Prof Willie Donnelly said: “2020 will be our fifth year offering the President's Scholarship. In 2016 the scholarship programme was established as a statement of Waterford Institute of Technology's commitment to recognising students' contribution to their environment and community.

“Again this year, we are seeking applications from CAO applicants to WIT who may be creative, are innovators, are leaders, or people who make significant contributions to community.”

He added that family, friends, communities, sporting clubs, people in the arts and volunteering organisations could play a part in encouraging people they know to put themselves forward for the scholarship.

“Over the past four years the breadth of initiative shown by scholarship students has been across community, volunteering, innovation and creative spheres. For 2020 we are looking forward to contributing to the educational journeys of five more promising leaders.”

Winners receive an annual bursary of €2,000 per year of study along with €500 per semester. Apply before February 1.

# ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN KILKENNY

## GIG GUIDE

You have a chance to revisit one of the greatest musicals ever made, Stanley Donen and Gene Kelly's Technicolor masterpiece has been re-released.

*Singin In The Rain* will be shown in the Watergate Theatre on Thursday, January 30 at 8pm.

The setting is a Hollywood studio, where Don Lockwood and his co-star Lina Lamont are facing the change from silent to sound pictures.

Sky's the limit as this film pays tribute to movies - westerns, costume dramas, screwball comedies, singin and dancin the whole way!

### THREE HAIL MARYS

After spending over 10 years together in the same nursing home it's time for Mary O'Neill, Mary O'Neill and Mary O'Brien to bid farewell to one another.

It might be their last day in each other's company but they decide to celebrate it in style!

You can see it in the Watergate Theatre on Thursday, January 23 and Friday, January 24.

From nostalgia to comedy and even a few sing-songs it's going to be on hell of a hooley! This rip-roaring Irish comedy is written by Tommy Marren - writer of 'It's the Real McCoy' and 'Nobody's Talking To Me' - and is a must-see!

You might not be on your knees praying but with these 3 Hail Marys you'll definitely be on your knees laughing!

### REELING IN THE SHOWBAND YEARS

On Sunday, February 2, Reeling in the Showband Years will return to the Watergate.

The Ronan Collins Showband Show Reeling In the Showband Years has been a smash hit for the past 10 years, and we are delighted to say it returns once again to The Watergate Theatre.

RTE's Ronan Collins is host and compare. Red Hurley returns, a living legend of showbiz for the past 40 years and one of the superstars of the Showband era. Linda Martin, a superstar of showbiz, lead singer with the band Chips and winner of the Eurovision.



Oh dear, oh dear - Croquette (Sarah Brennan) and Croissant (Claire Henriques) having a seriously funny spat in the Watergate Panto which is booked out for the rest of the week including matinees

## Major spat in the Watergate Theatre!

Was this year's pantomime at the Watergate the best ever?

The more mature patrons would say oh no it wasn't but to the younger generation of theatregoers it was absolutely magical.

The fact that it was booked out for the rest of the week with no ticket availability whatsoever tells its own story.

Beauty And The Beast was the subject matter and those incredible actresses, Sarah Brennan (Croquette) and Claire Henriques

(Croissant) were absolutely hilarious and lit up the stage from the moment they went on.

They have a chemistry and a timing that is wonderful.

This year they were ably assisted by chef, award winning actor and television presenter, Edward Hayden as LeFool and he was just magic bringing that bit of fun to proceedings as he always does.

Stacey Taylor was excellent as Belle Ringer as was Aidan Byrne as the Prince/Beast.

Mark Duffy was great as Phil Ringer while Aoife Doyle was very entertaining as Mrs Potts.

Laura McCarthy was super as Monsieur Big and Amy Mulholland was tasty as Crepe Suzette.

Maeve Tierney was perfect as the Enchantress while Leah Comerford was terrific as Souffle. The crowds loved every minute of it and the children present will take away memories to last a lifetime.

Above all this was a triumph for all those volunteers who make the

Watergate Theatre such a success.

However the success of the show is down mainly to the hugely talented Christine Scarry.

As director, her attention to detail was excellent while the music and choreography were of a very high quality throughout.

And of course we remember all those who have gone to their eternal reward who made the panto an institution. People like Donal O'Brien, the Kavanaghs and Ben Little.

## Who will be Ireland's most Creative Company?

Ten Irish companies take on the challenge of creating a piece of large-scale public art. TG4 in conjunction with Business to Arts seek to find Ireland's most Creative Company.

Creative Company is a new entertaining arts-based competition 6-part series coming to TG4 from January 9th, that captures the imagination of the Irish public as we embark on a mission to find Ireland's most creative workplace.

Are ordinary workers able to band together and create a piece of art? Can a workplace survive the ultimate creative test that is the collaborative production of a large-scale piece of art?

The workers from all levels of the organisations will be encouraged to operate as a team and make the piece of art on their own premises from concept to completion. Can a group of amateurs be transformed into an arts collective? Will we find the next David Hockney or the next

David Brent?

Selecting ten companies and organisations from across the country, Creative Company pairs each with an accomplished Irish artist, throughout the entire process and working with the companies involved will be Dublin based painter Bríd Higgins Ní Chinnéide and Liam de Frinse, an award winning multidisciplinary artist from Belfast. The project is judged by a team of expert art critics, Evelyn O'Rourke, Broadcaster RTE;

Caomhán Mac Con Iomaire, National Gallery of Ireland; and Helen Carroll, Business to Arts. Five workplaces will make it to the grand final and a public vote will help decide which workplace deserves to be crowned Ireland's most creative company.

Circle K, Energia, The Gleneagle Hotel, Big O Taxi's, Donegal ETB, The Dingle Hub, Standún, Donegal Yarns, Raidió na Life and Maurice Ward Transport will all be taking part for the title!

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Come see the Laughter Lounge's biggest acts -  
Eric Lalor, John Colleary & Gar Murran  
for one craic'in night out!

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<https://set.ie/event/laughter-lounge-live/>

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## THE KILKENNY REPORTER

## MOTORING



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The Mercedes GLE Coupe has a powerful appearance accentuated by contoured body lines

# GLE shakes up SUV market

**Sleek:** Coupe blends sportiness and elegance with engineering of large premium SUV

**TRISH WHELAN**  
www.CarandTravel.ie

Mercedes-Benz will introduce some 22 new models on to the Irish market in the coming year.

The German carmaker has unveiled one model that will be amongst its new arrivals - a new GLE Coupe whose introduction is accompanied by an ultra-sporty stablemate, a Mercedes-AMG GLE 53 4MATIC+ version.

Currently accounting for around one-third of Mercedes-Benz sales, SUVs are of increasing importance to them with a global customer base of over six million owners spread across an eight model range that includes GLA, GLB, GLC, GLC Coupe, GLE, GLE Coupe, GLS and the G-Class itself.

Coming to Ireland early

next year, the GLE Coupe blends the sportiness and elegance of a coupe with the engineering of a large premium SUV.

The car is now longer and wider than before with a wheelbase 20mm greater.

Muscular where it needs to be, the GLE Coupe has a powerful appearance accentuated by contoured body lines. It sports the familiar diamond radiator grille with single horizontal louvre and headlamps featuring full-LED technology as standard.

Inside it shares many common features with other models in the brand's new premium-SUV family. A strikingly shaped instrument panel - the upper surface is covered in man-made leather as standard - and two large 12.3-inch/31.2cm screens that seamlessly flow into the door



The strikingly shaped instrument panel is topped in leather and boasts two large screens

trim. Sports seats are standard as in a new sports steering wheel. It also has the latest generation 'Mercedes me' and MBUX infotainment system with voice control features and a range of

comfort options and apps.

The four-door coupe offers more room than its predecessor with comfortable space for five adults. Its entrance dimension has been enlarged

by 35mm and its interior stowage space increased to 40 litres. All-round visibility has also been improved.

At 655 litres, boot space is very generous with folding rear seats that increase it to a best-in-segment capacity of 1790 litres, around 70 litres more than before. Its loading sill is higher than on conventional SUVs.

At launch, two powerful six-cylinder diesel engines will be available - a 350d 272hp with 600Nm torque, and a 400d 330hp with a huge 700Nm torque. Combined fuel consumption is 8.0-7.5 litres/100km and combined CO<sub>2</sub> emissions are 212-197g/km. A 300d will follow at a later date.

Petrol version available at launch will be the Mercedes-AMG GLE 53 4MATIC+ Coupe with combined fuel consumption

of 9.3 L/100km and CO<sub>2</sub> emissions of 212g/km. Preparations are also under way for a 350e plug-in-hybrid version. In both models, engines comply with Euro 6d standard. Transmission is 9G TRONIC automatic in both cases.

The new GLE Coupe comes with a host of optional extras, comfort elements, vehicle safety and driver assistance features in what Ciaran Allen, sales manager for Mercedes-Benz passenger cars in Ireland says: 'is a model that matches the emotive appeal of a sporty and elegant coupe to the imposing power of an off-road vehicle'.

The focus in Ireland is expected to be the 350d model. Prices and specifications will be announced closer to launch but 'will be competitive'.

## Latest generation Golf on the way this March

Volkswagen's new generation Golf has been awarded a top five-star rating in the EuroNCAP crash test programme, writes Trish Whelan.

The Golf scored 95pc for adult occupant protection, 89pc for child protection and 76pc for pedestrian and cyclist protection.

For the first time in the model the car has standard Lane Assist and Front Assist. The car brakes automatically in dangerous situations - even at very low speeds in the city and now includes Cyclist Monitoring, swerve support and a braking when turning function.

The EuroNCAP rating gave the Golf a 78pc score in the Safety Assist category.

In Ireland, one in five 'A' segment hatchbacks on our roads is a Golf. The Ireland trim for the new Golf 8 will be: Golf, Life, Style, R-Line. Eight versions will be available but the key engine for Ireland is expected to be the 1.0 TSI 110hp Evo; the key diesel will be the 2.0 TDI with 115hp.

This latest Golf will arrive here in March 2020.



The new Golf has been awarded a top five-star rating in the EuroNCAP crash test programme

### 201 OFFERS

## All-electric Opel coming

Opel's 201 offers are now available at all Opel dealers nationwide, writes Trish Whelan.

The German manufacturer is set to launch its first all-electric vehicle, the Corsa e, and its first Hybrid PHEV engine in the Grandland X Hybrid 4.

Opel has dramatically increased engine efficiency in other models in its range such as the Astra.

Corsa is available at 3.9pc APR on both PCP and Hire purchase agreements. The Insignia is offered at 3.9pc on PCP and opc on hire purchase agreements. Astra, Crossland X and Grandland X models are all available with opc APR on both PCP and hire purchase agreements with a €3,000 scrappage allowance.

Opel hopes to build its 7.7pc market share for its LCV range in 2020. The Opel Combo Cargo, (Ireland's shared Van of the Year award 2020) is available at opc APR on hire purchase agreements with a €3,000 scrappage allowance and a 5-year warranty as is the medium sized Vivaro van and the largest van in the Opel range, Movano but it gets a €5,000 scrappage allowance.

## 70% plan to buy an electric or hybrid car

**Carzone:** report examines trend in motoring market

Irish motorists do not feel confident when selecting car finance options with a quarter (24%) feeling they don't have a good understanding of the different car finance options available, according to the latest Motoring Report from Carzone, Ireland's trusted motoring marketplace.

The Carzone Motoring Report is compiled by analysing data from the 80 million+ car views carried out on Carzone in 2019, as well as an in-depth survey of over 1,500 Irish drivers.

### BUYING AND FINANCING A CAR

According to the Carzone Motoring Report, 39% of respondents intend to buy a car in the next year and nearly a third (31%) change their car every two to three years. The main reasons for purchasing a car is simply wanting a newer car (30%), the need for a more reliable car (21%) or they require a larger car for a growing family (16%).

It is clear from the data that Irish drivers are unsure when it comes to car finance, and the research highlights the perceived barriers to

using car finance for motorists.

Over half (55%) of drivers are concerned about getting into debt, 44% are sceptical about the lump sum required at the end of a PCP agreement and 40% don't like the idea of not owning the car outright when buying via PCP and hire purchase.

Using personal savings is the first option considered by car buyers when looking at financing a car (48%) followed by a bank loan (41%), Credit Union loan (34%), hire purchase (16%) and PCP (14%). Browsing online (90%) is the most popular way of researching car finance, followed by enquiring with a dealer (45%) and getting recommendations from friends and family (25%).

While most cars are still purchased in dealerships or private sale, motorists have become more open to buying a car online with 1 in 10 (10%) saying they would buy a car online without seeing it first. 77% say they would pay up to a €1,000 deposit online for a car while 17% would be open to paying for a car in full online.



Motorists would consider a switch to electric and hybrid cars with 70% saying they plan to buy an electric or hybrid car in the future, according to the Carzone report

### MONEY AND MARKETS

The research found that insurance remains the top financial concern for 64% of Irish car owners.

Almost 1 in 5 (17%) cite the cost of fuel as their main worry, while 10% say general maintenance of their car is a financial concern.

Almost half (47%) of motorists claim their

insurance premium has increased in the last year with nearly a third (30%) opting to switch insurance provider in the last 12 months. 40% have remained with their insurance provider for over three years.

6 in 10 (58%) motorists would consider buying a car from the UK with perceived better value (82%) being the

main reason.

However, the research also finds that consumers are still cautious about purchasing a car from the UK with two thirds (63%) saying that buying a car in the UK is too much hassle.

Other doubts include that it would be high risk (35%) and worries about Vehicle Registration Tax (35%).

### GOING GREEN

The latest Carzone Motoring Report finds that diesel remains the most popular engine type to drive with 58% of motorists owning this type of vehicle.

Over a third (39%) own a petrol-fuelled car while only 2% of respondents drive a hybrid or electric car.

However, motorists would consider a switch to electric and hybrid cars with 70% saying they plan to buy an electric or hybrid car in the future with the Nissan Leaf and Lexus IS300h being the most searched electric and hybrid vehicles on Carzone so far this year.

It seems younger drivers (18-24-year olds) are more environmentally conscious with three quarters (77%) likely to purchase an electric or hybrid car in the future compared to those over 45 years old (63%).

Cheaper running costs (57%), better for the environment (20%) and tax incentives (10%) were the top reasons why people would buy an electric or hybrid vehicle.

36% of people were unaware of the Government's goal to reach 100% of all new cars and vans being EV's by 2030, and only 16% feel that it is achievable.

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**PLANNING NOTICES**

**KILKENNY COUNTY COUNCIL**

Red sky Tent Company Ltd.  
 Jerpoint Park, Jerpoint, Thomastown, Co Kilkenny, Ireland  
 Take Notice that Red Sky Tent Company intends to apply to the above Planning Authority for Permission for a temporary campsite, car park and ancillary works within the grounds of Jerpoint Park from 23rd May to 4th June 2020, at the above address.

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 Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m.- 1.00 p.m. and 2.00 p.m. - 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

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**Kells Resource Centre Ltd, Kells, Co. Kilkenny**

Wishes to appoint a **Childcare Manager (Maternity Cover)**

Kells Resource Centre Ltd operates a full day childcare and after-school facility in south Kilkenny. We currently are looking for a candidate that will cover a maternity position based on a 40-hour week commencing on the 02nd of March 2020. Relevant candidates must have at least one year's managerial experience within the Early Years sector.

The person appointed will be required to manage the childcare and after-school facility to the highest standard in order to uphold its high-quality reputation within the community. For further information on this position or to request a job description please email kellsrecruit@outlook.com or alternatively contact Aisling/Mary on 056 7730911. CV and cover letter to the Chairperson, c/o Kells Resource Centre Ltd, Kells, Co. Kilkenny or alternatively submit by email to the above address. Closing date for applications is Friday 14th February at 4pm.

An Foinn Leanaí agus Gnóthai Oige  
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The Kilkenny Great War Memorial Committee

# Second World War Names Appeal

If you know someone from Kilkenny who took part in World War II, please tell us. If possible, include rank, regiment, service number and any other relevant information.

## Deadline extended to March 17th 2020

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**Email:** [kilkennywarmemorial@gmail.com](mailto:kilkennywarmemorial@gmail.com)

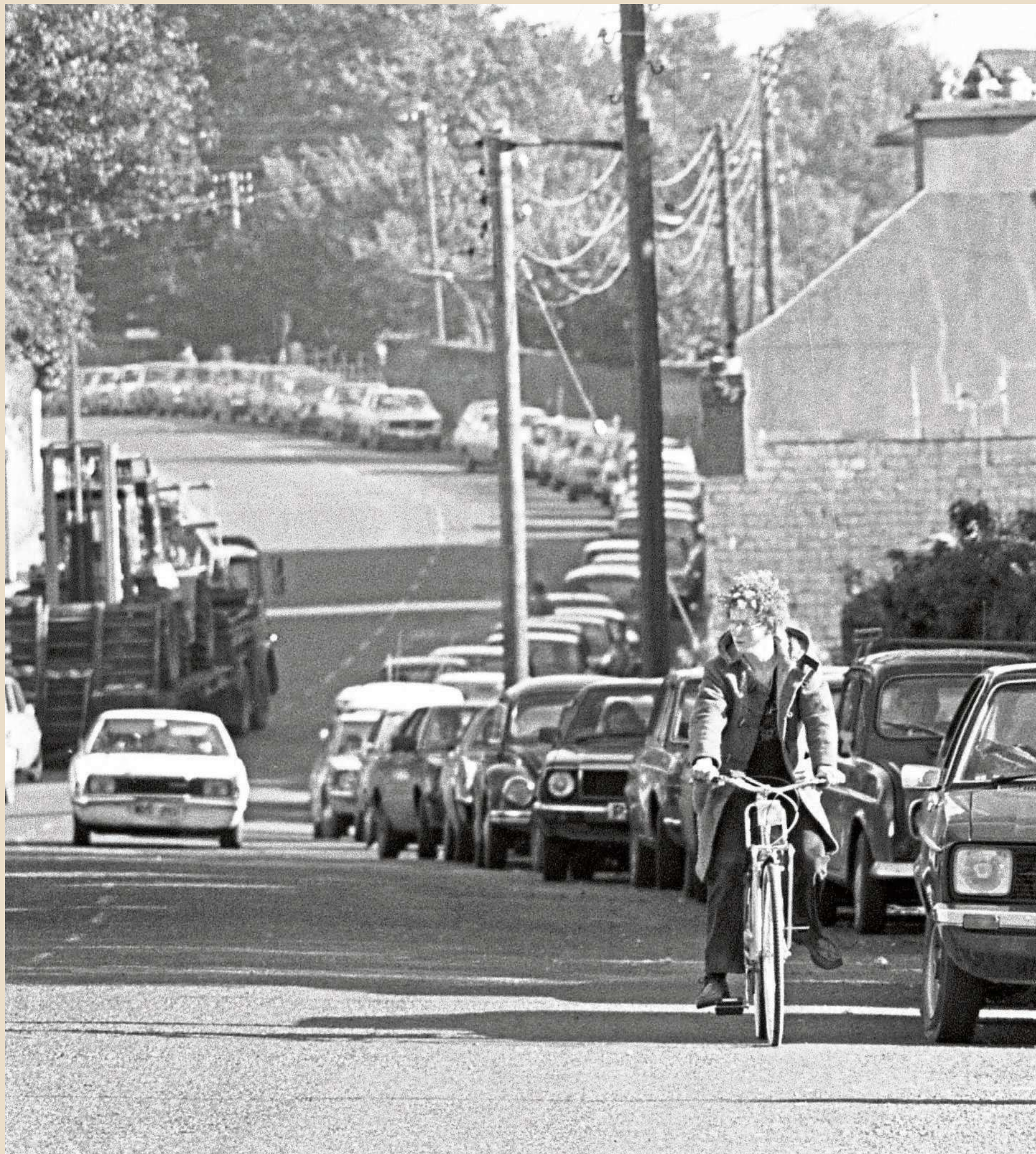
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# All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny



**PEDAL POWER:** A lone cyclist passes a long line of cars queuing for petrol on the Dublin Road during a petrol shortage in October, 1980 PICTURE: MICHAEL BROPHY

# All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



The male chorus from the Mill Hill Fathers, Freshford production of Oklahoma in 1982. PICTURE: MICHAEL BROPHY



# All Our Yesterdays

Down memory lane with the  
THE KILKENNY REPORTER



Group pictured at the Kilkenny Macra Na Feirme Dinner Dance in 1992 PICTURE: MICHAEL BROPHY

# All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



Happy participants from the Castlecomer Wellie Race, 1983 PICTURE: MICHAEL BROPHY



Kilkenny captain of last season, TJ Reid, scored 0-11 for Shamrocks in their All-Ireland club senior hurling semi-final victory over Slaughtneil (Derry).



Pádraig Walsh was one of seven Walshs' on the Tullaroan team in the All-Ireland club intermediate hurling semi-final against Noamh Éanna (Antrim). The others were Tommy (x2), Martin, Mark, Shane and Peter.

# Happy, happy times for our clubs as three head to Croke

## ALL-IRELAND CLUB SEMI-FINALS

JOHN KNOX

john.knox@kilkennyreporter.ie

It was a great weekend for Kilkenny club hurling. At every turn it was victory, victory, victory.

And now the colours of the three victorious outfits will fly in Croke Park on Saturday and Sunday week when the All-Ireland club finals will be staged.

Top of the bill will be that wonder outfit, the Shamrocks from Ballyhale.

We say wonder because they harvest so much from little playing resources, one of the smallest parishes in the country.

They already head the All-Ireland club senior hurling championship Roll of Honour with seven victories.

They are the defending champions, and they will be putting their title on the line against Borris-Ileigh, who won their first Tipperary title in 30 years in 2019.

Borris-Ileigh won the All-Ireland club title once, in 1986-87 against Rathnure (Wexford).

This latest Tipperary versus Kilkenny hurling showdown has really captured the imagination, so don't be surprised if headquarters houses a bigger than normal crowd on the day.

Shamrocks, incidentally, created a new mark when they retained the Kilkenny title last season. That was the first time they held on to the Walsh Cup following an All-Ireland success.

And now they are hoping to put All-Ireland wins together for the first time. It never ends with them...the writing of records, of blazing a hurling trail.

Manager Henry Shefflin and his backroom team of Richie O'Neill, Patrick Phelan and Tommy Shefflin (trainer) know their players very well, and even better, how to use them.

The important role they played in guiding the club back to Croke Park cannot be underestimated. There was serious planning; working players carefully with an easy hand through demanding inter-county and club schedules.

In the nerve testing All-Ireland semi-final victory over Slaughtneil (Derry) at the weekend, Shamrocks had to deal with a storm of a match in which anything could have happened.

The Derry side were much better hurlers than anyone could have imagined, and while things were never easy, Shamrocks gutted it out and won in the end by 2-24 to 2-19.



Bill Murphy has been doing his bit for Conahy Shamrocks during the junior club hurling championship

One of the great returns from that match was that it will help Shamrocks find the high intensity rhythm needed against Borris-Ileigh, who claimed a fair scalp (St Thomas of Galway) in their semi-final.

The scene is set for what will be the first Kilkenny v Tipperary All-Ireland club senior hurling final.

There is almost something

magical about Tullaroan's march to Croke Park, the last step being a semi-final victory over a decent Naomh Éanna (Antrim) outfit.

The club is so steeped in the history of Gaelic games, and the people and parish so bound up in it, that every achievement is different with them.

This group served a tough apprenticeship to earn the right to play in GAA headquarters.

There have been knocks and heartache along the way, all of which have added to the joy of reaching the destination.

Now that Tullaroan are booked into Croke Park - they play Fr O'Neill's of Cork in the final on the Saturday (6pm) - the objective remains the same - victory.

"Going to Croke Park is not a day out. It is about trying to win an All-Ireland title," was the warning from manager, Jimmy Coogan, to any who might be getting carried away in the excitement of achievements to date.

Kilkenny star, Pádraig Walsh sang the same tune after the semi-final win.

"It is all about finishing the job now," he said of the clash with Fr O'Neill's.

"Croke Park can be a very lonely place when you lose a big match there," added the man who felt the pain of defeat there with Kilkenny last September.

The same day Conahy Shamrocks will feature in the curtain-raiser (4pm) when they face Russel Rovers from Cork in the junior club All-Ireland final.

The Healy's, Brian and Davy, Eddie Delaney, James Bergin, John Mullan, Kieran Mooney and company have really grasped the nettle after losing the Kilkenny final against the O'Loughlin Gaels second team.

It is a big ask of county runners-up to drive on and win an All-Ireland final. Conahy have shown to date that nothing is beyond a group with talent who are willing to work hard for what they want.

Conahy won this title in 2008. They don't regard themselves as rank outsiders in the final.

Be warned. Don't back against them!

**SPORT**

**REPORTER SPORT**

# Serena can claim 24th Grand Slam title in Melbourne

TENNIS' first Grand Slam of 2020 begins later this month with the staging of the 115th Australian Open in Melbourne.

The event is set to take place against the backdrop of the bush fires which have been sweeping large sections of the country.

Australian Open 2020 will see the sport's top men and women

players competing at Melbourne Park from January 20 to February 2.

In the women's singles, then 36-year-old Serena Williams claimed her 23rd Grand Slam title at Melbourne Park in January 2017.

Williams' victory, which was achieved over her sister Venus, put her just one major shy of Margaret

Court's all-time haul of 24 Grand Slam titles.

In the intervening time, Serena Williams has given birth to her first daughter Olympia.

Now, at 38, Williams returns to the 2020 Australian Open still chasing Court's record of Grand Slam wins.

The American, a seven-time

Australian Open winner, has played and lost four Grand Slam finals since returning from her maternity leave.

The faster surface and conditions set to prevail in Melbourne should assist Williams in her bid to claim the title. The 11 to 2 favourite is a decent bet to succeed.



**Our tip: Serena Williams**



## Thursday

**SOCCER**  
MELBOURNE V CANBERRA  
BT SPORT 8.30AM

**CRICKET**  
HEAT V HURRICANES  
SKY SPORTS 10AM

**GOLF**  
SOUTH AFRICAN OPEN  
SKY SPORTS 10AM

**HORSE RACING**  
LEICESTER  
ITV4 12.55PM

**HORSE RACING**  
CHELMSFORD  
RACING TV 4PM

## Friday

**SOCCER**  
JETS V SYDNEY FC  
BT SPORT 8.30AM

**GOLF**  
SOUTH AFRICAN OPEN  
SKY SPORTS 10AM

**RUGBY UNION**  
BATH V HARLEQUINS  
BT SPORT 7.45PM

**RUGBY UNION**  
LA ROCHELLE V SALE  
BT SPORT 7.45PM

**SOCCER**  
SHEFF UTD V WEST HAM  
SKY SPORTS 8PM



**John Egan and Sheffield United will be hoping for three points when they play West Ham on Friday**

## Saturday

**Jimmy Garoppolo and the 49ers will be looking to reach the championship game this weekend**



**NBA**  
LA CLIPPERS V WARRIORS  
SKY SPORTS 3.35AM

**GOLF**  
SOUTH AFRICA OPEN  
SKY SPORTS 10AM

**SOCCER**  
BRENTFORD V QPR  
SKY SPORTS 12.30PM

**SOCCER**  
C PALACE V ARSENAL  
BT SPORT 12.30PM

**RUGBY UNION**  
OSPREYS V SARACENS  
BT SPORT 2/C4/VIRGIN 1PM

**RUGBY UNION**  
CLERMONT V ULSTER  
BT SPORT 1PM

**RUGBY UNION**  
CONNACHT V TOULOUSE  
BT SPORT 3.15PM

**SOCCER**  
LAZIO V NAPOLI  
PREMIER SPORT 5PM

**SOCCER**  
SPURS V LIVERPOOL  
SKY SPORTS 5.30PM

**RUGBY UNION**  
GLOUCESTER V MONTPELIER  
BT SPORT 5.30PM

**SOCCER**  
INTER V ATALANTA  
PREMIER SPORT 7.45PM

**RUGBY UNION**  
SCARLETS V TOULON  
S4C 8PM

**NFL**  
VIKINGS V 49ERS  
SKY SPORTS 9.30PM

**NFL**  
RAVENS V TITANS  
SKY SPORTS 1.15AM

## Sunday

**GOLF**  
SOUTH AFRICAN OPEN  
SKY SPORTS 10AM

**RUGBY UNION**  
SAINTS V TREVISO  
BT SPORT 1PM

**RUGBY UNION**  
LEINSTER V LYON  
BT SPORT 3 1PM

**SOCCER**  
BOURNEMOUTH V WATFORD  
SKY SPORTS 2PM

**RUGBY UNION**  
LEICESTER V CARDIFF  
BT SPORT 3.15PM

**RUGBY UNION**  
RACING 92 V MUNSTER  
BT SPORT 1 3.15PM

**SOCCER**  
ASTON VILLA V MAN CITY  
SKY SPORTS 4.30PM



**Donnacha Ryan and Simon Zebo will host Munster**

# On your marks - the Streets of Kilkenny 5k is back for 2020!

**TREVOR SPILLANE**  
trevor.spillane@iconicnews.ie

Local running fans can mark the date on their calendars with glee from this Friday as the Streets of Kilkenny 5k opens for business.

The 2020 offering of the popular event will hit the city's streets again on Holy Thursday, April 7. Organised by Kilkenny City Harriers the run, which has gone from strength to strength, will open up for online registrations from Friday.

**T-SHIRTS, MEDALS**

For people who are quick off the mark there will be t-shirts for the first 500 people who register. Organisers will also have a bespoke medal for all finishers of this year's race.

Designed to give Kilkenny people what they wanted - the chance to run through the city streets - the 5K gained attention further afield when it became part of the Kia Road Race Series for 2019.

It will be part of the national series once more in 2020, bringing runners from all over Ireland and

beyond on a tour of the country as they battle to win big prizes.

Once more there will be cash prizes for the fastest finishers in both the men's and women's categories, as well as bonus prizes should the record times be shattered.

**WINNING TIMES**

The time to beat for men, 14:15, was set by last year's winner Hiko Tanosa from the Dundrum South Dublin Athletics Club. The women's record is held by Sinead O'Connor from Leevale, who saw off a late charge from former winner Siobhan O'Doherty to win in 16:48.

The race will have the same route in 2020, with runners starting from Kilkenny Castle. The field will head down High Street and go out over St Francis Bridge, coming down John Street before taking on a second loop.

The course offers the chance to achieve a personal best, while also providing the opportunity to run freely through the city centre.

Further details on the race will be available on [www.kch.ie](http://www.kch.ie) from Friday.



Kilkenny City Harriers athlete Thos Hayes (far right) leads the field from the start of the 2019 Streets of Kilkenny 5k. The popular run will be back this April, with registration opening Friday PICTURES: PAT MOORE



Catherine Ryan, Roisin Burns and Joya Burns at the Streets of Kilkenny 5k



Garrett and Paula Hynes on the run towards St Francis Bridge



Fionnuala and Aoibheann O'Neill with Ellie and Regina Moran at the 2019 Streets of Kilkenny 5k



Paddy Duggan, Robert Lacey and Tommy Duggan



Martha Murphy and Sarah Richardson





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Friday - Sunday 12 noon - 9.30pm

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### MENU

#### STARTER

**SOUP OF THE DAY SMALL €4 - LARGE €5** house baked brown bread

**SMOKED SALMON - €7.95** house baked brown bread, beetroot, capers & butter

**GARLIC MUSHROOMS - €7.25** twice breaded chestnuts, crisp fried, house garlic mayo

**AUTHENTIC BUFFALO WINGS - €7.50** BBQ, mild, hot or smokin hot sauce, celery and blue cheese dip

**GARLIC BREAD - €5.75** garlic buttered, toasted ciabatta with melted mozzarella

**BRUSCHETTA - €6.95** our garlic bread with tomato, garlic and basil relish and chive

**GOAT'S CHEESE SALAD €7.50** warm goat's cheese and tart, salad beetroot and almonds

#### MAINS

**BATTERED COD FINGERS** - served with a Smithwick's beer batter, side salad, coleslaw and tartar sauce - **Small €11.50 or Large €13.50**

**CHICKEN BRUSCHETTA - €14.50** grilled fillet, bruschetta relish, goats cheese and balsamic glaze

**IRISH HEREFORD HAND-Cut Sirloin - 8oz - €18.95/ 10oz - €22.50** chargrilled onion straws, pepper sauce, BBQ sauce or garlic butter

**BEEF, SALMON, CHICKEN OR VEGGIE BURGER - €11.95** lettuce, tomato, onion straws and marie rose sauce

Add cheddar €1, streaky bacon €1.50, BBQ sauce 50c or all 3 for €2.50

#### DESSERTS

DESSERTS - €6

\*\*\*TEA/ COFFEE €2 extra with dessert\*\*\*

**PORT POACHED PEARS** with crème anglaise

**CHEESE CAKE** of the Day served with fresh whipped cream

**CHOCOLATE ALMOND GLUTEN FREE BROWNIE** with ice cream and chocolate sauce

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