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REPORTER

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com/workshops-retreats/](https://www.mindfulfacilitation.com/workshops-retreats/)**

**Contact Dee 086 853 9227
email deehennessy01@gmail.com**

Next MBSR course in Kilkenny starts April 21 st . Early booking advisable.





GAELSCOIL STARS SHINE!

Some of the happy Gaelscoil pupils who starred in the school's gala concert. See inside for more

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AWARD Pat Moore remembered with photography prize **P4**



Love-ly food ideas for your Valentine's Day menu P20



CAMOGIE Senior Cats get ready for League opener **SEE SPORT**

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NEWS

Our Pat to be remembered in photo competition

SAM MATTHEWS

sam.matthews@iconicnews.ie

The respected and much-loved Kilkenny photographer Pat Moore, who sadly passed away last September, is to be fondly remembered in a photography competition for young people.

The Kilkenny Photographic Society's Transition Year competition always caught the interest of Pat, who was passionate about photography and helping young people. St Canice's Credit Union, where Pat was a member, has announced it will now sponsor the competition, as well as a perpetual trophy for the winner in Pat's name.

"Pat Moore was firstly a great friend and member of St Canice's Credit Union and of course then a great photographer and always brought the best out of people in each picture he took for the Credit Union," says the local credit union.

"As a remembrance and mark of respect to Pat, we are sponsoring the Kilkenny Photographic Society's photography competition for TY students across Kilkenny, Laois and Carlow."

As well as the memorial trophy, there is potential for winning some great prizes. Some entry photos will go on exhibition in the



The late Pat Moore, a highly-respected photographer from Kilkenny

Butler Gallery's new location Evans' Home Kilkenny in May. They will also be included in the credit union's 2021 calendar.

File size for entry is Minimum of A4 (11.7" x 8.3"), 4000px X 3000px and must be a minimum of 300dpi. Closing date is 1 April 2020. Entry details for your school can be acquired from Fiona in Kilkenny Photographic Society by emailing transitionyear@kilkennyphoto.net.



Katie on the Cat Walk

One of Kilkenny's most stylish players Katie Power is pictured at the launch of the Littlewoods Ireland Camogie Leagues



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NEWS

Aidan dances the Roaring 20s

SIÂN MOLOUGHNEY

sian.moloughney@iconicnews.ie

Last, but certainly not least, Kilkenny's dancing hurler Aidan Fogarty may have been the last to perform, on last Sunday's Dancing with the Stars, but he was top of the wow factor!

This week the dancers picked a memorable year for them, as the theme of their performance.

Aidan, and his pro dancing partner Emily Barker, were inspired by the year 2006.

2006 was a celebratory year for the hurler, winning his first All-Ireland medal on the field. He scored Kilkenny's only goal of the All-Ireland final, preventing Cork from winning three in a row. To top the day off, Aidan was awarded Man of the Match.

They danced the Charleston to 'Bingo Bango' by Basement Jaxx.

Afterwards, Aidan said: "I just struggled with the Charleston, I couldn't get the swivel."

Lorraine said: "We are in the 2020s but this dance came from the roaring 1920s. The Charleston is full of fun and sassiness and swivels. Yes, it was there, but there was just this element of stomping and bumping and it was just not my cup of tea."

Brian said: "This certainly had



Aidan Fogarty and Emily Barker danced the Charleston

the energy and the speed that we are looking for from a Charleston. It probably could have done with a little more swivel in the feet. Maybe a bit too cool for school for a

Charleston."

Julian said: "I completely disagree with both judges. This was a cool, funky Charleston and what you did was use artistic licence. We

want to see innovation, new dance steps. I am a non-traditionalist, Aidan you have never danced in your life before and that was one powerful Charleston. I love people



Mary Kennedy and Kilkenny's John Edward Nolan performed a waltz

who bring us forward."

Aidan scored 21 from the judges.

Fellow Kilkenny dancer John Edward Nolan, with his celeb partner Mary Kennedy, also made it through to next week.

They danced a beautiful waltz to the winning entry in 1995's Eurovision Song Contest, which Mary presented, 'Nocturne' by Secret Garden.

Next week is switch up week - the show will switch to Saturday evening and Aidan will be paired with another of the professional dancers - yet to be revealed!



Michelle Dullard

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NEWS

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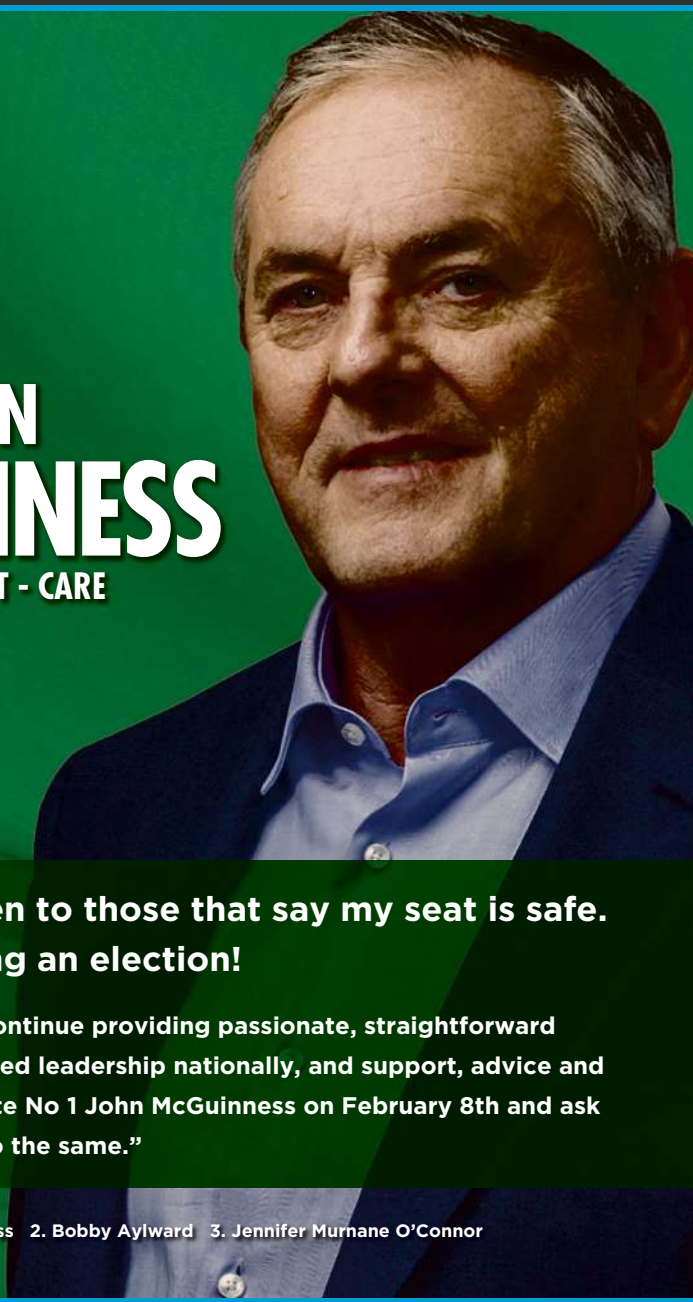
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Vote Strategically - 1. John McGuinness 2. Bobby Aylward 3. Jennifer Murnane O'Connor

ROUNDUP

Relay for Life date

Kilkenny Relay for Life 2020 will be held over the weekend of July 18 and 19 at The Kilkenny Rugby Club. This will be the eighth year and in the past seven years the volunteers have raised €337,679. Of the money raised, funding comes back to Kilkenny cancer patients through the Care to Drive, Night Nursing Service, Patient Grants, Cancer Research and other initiatives.

Kilmacow Sportive

The annual Kilmacow Sportive will be held on Sunday, February 16.

There are two route options - 30km and 60km. Registration from 9.15am at the Community Centre. Cycle begins at 10am.

Entry is €10 (€15 for non Cycling Ireland members) and €20 for a family.

Proceeds are in aid of Teac Tom and Damien Vereker.

Purrfect presents

With Valentine's Day just around the corner, a recent survey reveals that more than half of pet owners will show their love with a Valentine's day gift this year. Pooch-pamper days, paw-secco and puppy popcorn are set to be amongst the top treats.

For tips on how to show some 'puppy love' see www.petmania.ie



New county IFA boss

Kilkenny IFA County Chairman, James Murphy from Inistioge has stepped down after three years of intense work on behalf of farmers in the county.

He handed over the reins of office to new chairman, Jim Mulhall from Danville, just outside the city, at the county AGM on Monday night in the Newpark Hotel.

Sale of 23 acres

The first land sale of 2020 in Kilkenny was a successful one for auctioneer Joe Coogan.

Bidding was brisk for the auction of 21 acres, located four miles north of Castlecomer.

A 2.443 acre field was sold to a local farmer for €23,000. Lot



2, a 7.280 acre field was sold to a dairy farmer for €70,000 and a 12 acre field made €100,000.



Snowdrop Month

Altamont Gardens is a fabulous place to visit at this time of year - with it's more than 100 varieties of snowdrop!

Guided tours during February. Admission €3. Gardens open from 9am to 4.30pm. See Carlowtourism.com for info.

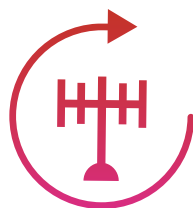
Heritage Festival

Ballyragget Heritage Festival will be held on March 14 and 15.

The festival committee would love to display pictures and things of Ballyragget old.

If you have any items or pictures, or if you would like to volunteer to help on festival weekend, please contact Juanita on 0872955864 or any BDA or community hall committee member.

Saorview's frequencies are changing



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NEWS

Meet the harp maker on St Patrick's Day

The harp is Ireland's national symbol and has been played in Ireland for more than 1,000 years. At the end of 2019, after a campaign by musicians and members of the public, the Irish harp was inscribed on the UNESCO list of Intangible Cultural Heritage. The designation recognises the instrument's unique place in Irish music and cultural life.

To celebrate this, people will have an opportunity to meet a harp maker, Kevin Harrington and to experience these beautiful instruments up close this St Patrick's Day in Kilkenny.

Kevin is an instrument maker based in Co Wicklow, primarily focused on modern Irish harps. Formally trained in violin making at London Metropolitan University (formerly London School of Furniture) and the Newark School of Violin

Making, Kevin worked at several violin and double bass repair workshops in London. In 2012 Kevin established his workshop in Ireland, undertaking instrument repair and making new bespoke instruments. Cllr Joe Malone, Chairperson of the St Patrick's Day Committee said "We are delighted that a craftsman of Kevin's skill has agreed to come to speak to people about his craft and share his knowledge of these instruments which are so integral to our culture."

This is a wonderful opportunity for people who are interested in the harp, music in general or craft to speak to Kevin about the instrument. Kevin will be in the old Meubles building on John street on St Patrick's Day as part of the Post Parade Party on John Street that day from 3 to 5.30pm admittance is free and unticketed!



Do your bit to help the homeless

South East Simon supporters Justé Kingston (left), Michael O'Rourke and Katia Conte celebrate the launch of South East Simon's annual Coffee Morning. Host your South East Simon Coffee Morning during the month of March to help raise funds in support of people who are homeless. Sign up at www.southeastsimon.ie PICTURE: BRIAN LOUGHEED

Senator Jennifer Murnane O'Connor

General Election Candidate for Carlow / Kilkenny



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SOCIAL SCENE

KILKENNY & PROUD

with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

email: siobhan.donohoe@kilkennypeople.ie Instagram: @sibhy_d Twitter: @DonohoeSiobhan

Communion or confirmation clothes? It's got to be Pauls

It's getting close to that time of year again, when families all over Kilkenny get ready for Communion and Confirmations.

So now is a good time to drop into Pauls to check out their full range of clothes for the big day.

Established in 1924, Pauls Kilkenny has been stocking communication outfits for over 30 years. It's like every little girl's dream to walk into their showroom, gazing wide eyes at the huge selection of beautiful white ornate dresses and veils. There is also a full selection of trendy suits for the boys too in the High Street Department Store. We had two brave young models Tristan and Abigail O'Kane, who showcased the very best on offer for communion wear.

It's also confirmation time in our house, so my daughter Hannah snapped up the opportunity to pick out her outfit for her brother's big day. (She didn't pick it up off the floor!)

COMMUNION WEAR

Tristan models Varones for Boys - check jacket, double breasted waist coat, blue double cuffed shirt, navy chinos, and check bow tie, all themed with the essential navy trainers.

Abigail's first dress is an Isabella tiered skirt with diamante top, themed with a diamante bag,

matching headband and gloves.

Her second dress, also from Isabella, has a dainty pearl collar and pearl waistband. The veil has pearl detail and satin trim. The look is finished with a pearl handle bag and a pearl headpiece. A selection of the 2020 Isabella dresses also come with a Celtic cross and chain.

CONFIRMATION WEAR

Hannah is wearing an I Do navy pleated jumpsuit, Tommy Hilfiger flatform trainers, Mayoral gold jacket, Le Chic gold and cream skirt, with matching Le Chic top with pleated back, Michael Kors trainers.

My outfits were both from Marella - stripe jumper and yellow skirt, pink blazer and matching trousers, themed with gold top and the most comfortable Lodi sandals, available in plain or print on heel. A must buy for mummies on the big day!

At the start of our trying on session, I asked the ladies in the children's department of Pauls, what is their top tip for buying the right outfit. Their response was "as long as the child is happy, that's our top tip." I have to commend the staff in Pauls, in making the boys and girls feel extra special for their day. You can experience all the brands online (www.paulskilkenny.com) or in store under one roof.



Abigail O'Kane modelling from the wide range of communion wear available in Pauls



Siobhan and Hannah Donohoe modelling in Pauls



LEFT: A selection of Pauls Kilkenny Communion wear, as modelled by Tristan and Abigail O'Kane

PICTURES: VICKY COMERFORD



HERO OF THE WEEK



Pearl Egan & Ann Kelly

These two ladies have been taking the pain out of shopping and helping customers at Pauls Kilkenny Department Store for over 40 years.

Pearl Egan in the Ladies Wear and Ann Kelly from the Children's Department know their stuff and whisk around the store to dress their customers to the best.

And no, they are not twins, just super pals. Thank you ladies for all the top notch service over the years!

SOCIAL SCENE



Katie Fitzpatrick, Simona Laliene, Louise Lally (owner) and Rebecca Delaney at the Orchard Salon & Day Spa, which is located on the grounds of Hotel Kilkenny. The Salon offers a wide range of treatments, with a couples massage available for Valentine's PICTURES: VICKY COMERFORD

Pamper yourself for Valentine's

The Orchard Salon & Day Spa is a haven of calm and tranquillity in Kilkenny and for Valentine's they are offering couples massage.

Try an hour of stress relief with your special someone and you can even take home your scented oil! What's more if you

mention the 'Kilkenny People' you will get a discount of 10%.

Based on the grounds of the Hotel Kilkenny, their highly trained team have been working in the industry for many years and have gained valuable experience in five star Hotels to top class Salons.

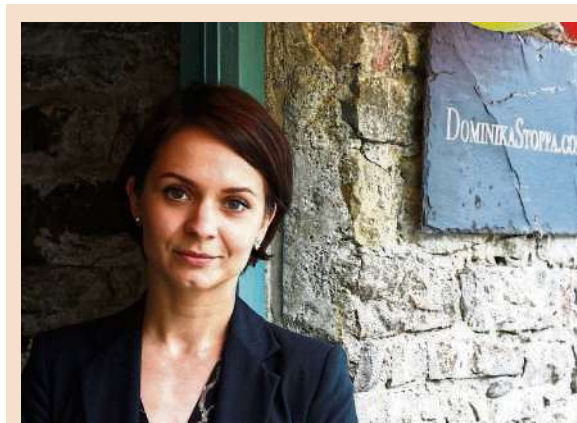
Louise Lally, the owner of Orchard Spa, has studied beauty since 1998 and began practising in 2007.

Since then she has travelled the world and worked in many four and five star hotel spas. During her temporary departure from beauty

and skincare, she was a nurse in London.

Although skilled and enthusiastic about all treatments, she loves nothing more than massage, peels and giving wellness advice.

For bookings call the Orchard Salon on 056-7756555



Dominika Stoppa

Dominika's Frame of Mind

Dominika Stoppa the award-winning coach and speaker is bringing art and therapy to Kilkenny. Join her for a two-hour evening workshop filled with stories, lessons and new perspectives.

The Unstoppable - Personal Mastery Session will take place in the newly opened Studio Eleven - Creativity and Wellbeing Centre located in The Estate Yard, Castlecomer Discovery

Park on February 17, from 7 to 9pm.

MINDFULNESS

The session starts with short mindfulness meditation to help you relax and leave the stress behind. You will learn how to maintain a healthy relationship with yourself, set healthy boundaries and how to deal with your internal critic.

Tickets: dominikastoppa.com/events



NEWS

St John's kids are right at home in Microsoft

SAM MATTHEWS

sam.matthews@kilkennyreporter.ie

The whizz kids of St John's Senior School in Kilkenny have just returned from an incredible visit to the famous Microsoft Dreamspace in Leopardstown, where they took part in a 'virtual reality workshop' and were given an all-access tour of the space-age facility.

'KidCoders' is the name given by the pupils in St John's to the separate coding and robotics clubs established in late 2018 at the school to increase computer literacy within the school. A 7am departure from Kilkenny did not faze the young tech enthusiasts, who got to create their own video game in a MS coding arcade workshop, and learn photo, video and 3D imaging skills.

St John's Senior School is pushing the envelope when it comes to STEM education.

Separate to its coding and robotics clubs, the school was chosen by the Minister for Education and Skills as the base school for Kilkenny to participate in a network of Creative Clusters as part of the Schools Excellence Fund and the Creative Ireland Programme.



St John's Senior School KidCoders at Microsoft. From left: Salman El Harrak; Lucy O'Brien; Abbie Cahill Walsh and Zack Molloy

Next up for the KidCoders robotics club of St John's is the Vex Robot Challenge, which takes place in late spring at IT Carlow.

This will be their second year to enter the competition for which they must build their own VexIQ robot — affectionately christened 'Kevin' —

from scratch, and control it remotely to perform various tasks.

The club members have been busy working on Kevin 2.0 every day to have him ready for the competition and have already had two visits to the Institute for lecturers to monitor their progress.

Time to join! It's sign-up month at Kilkenny libraries

This month is 'Sign Up Month' across Kilkenny Library Service, and everyone is encouraged to join or re-join the library free of charge.

The local library service saw an increase of over 26% in membership in 2019, according to figures from the county council's library service.

Libraries are not simply places to borrow books or study — they are also creative and engaging community centres where people can gather, make friends, relax, join a workshop and enjoy socialising with their local community.

"Signing up for a library card opens a world of possibilities" says County Librarian Josephine Coyne.

"All of our libraries around the county offer resources and services to help people of all ages pursue their passions."

The local public library has also become a key technology hub in the



community as people use the free internet and wifi service, and access a range of services online. Libraries also run bookclubs, knitting groups, card making, and many other workshops and classes throughout the year.

Staff are available to show people around, explain the various services and show people how to use online services. Groups and class visits/tours by pre-booking with your local branch.

To join for free, call into your local library, bring photo ID and proof of address. You can also apply online and go to your selected branch to pick up your card.

To find out more, visit your nearest branch, or see www.kilkennylibrary.ie.

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NEWS

Kilkenny shop raises €1,000 for cancer charity

SERDAR KEARNEY TEKKANAT.
news@kilkennypeople.ie

Kilkenny, home of Irish craft and design have announced that, thanks to its generous customer base, it has raised €1,393.82 for local cancer charity Cois Nore Cancer Support.

During the month of December, Kilkenny offered a complimentary wrapping service encouraging shoppers to donate what they could to the vital services that each store's nominated local charity offers.

Now an annual in-store tradition, everything raised was matched by Kilkenny Group resulting in this significant sum dividend and donated to charities including the Irish Cancer Society and Cois Nore.

COMMUNITY

Each of these not-for-profits creates a community for survivors, families, patients, friends, nurses, doctors, scientists, professionals, supporters and volunteers, working together for and on behalf of people affected by cancer

Speaking of the fundraising efforts, CEO of the Kilkenny Group, Marian O'Gorman said: "Kilkenny stores are seen by many as cornerstones in their respective communities and so we're constantly



Marian O'Gorman of the Kilkenny Shop PICTURE: GERARD MCARTHY

looking for ways to give back. Our customers have always been incredibly generous and so it was only fitting that we match their altruism and support local cancer support services in each store's

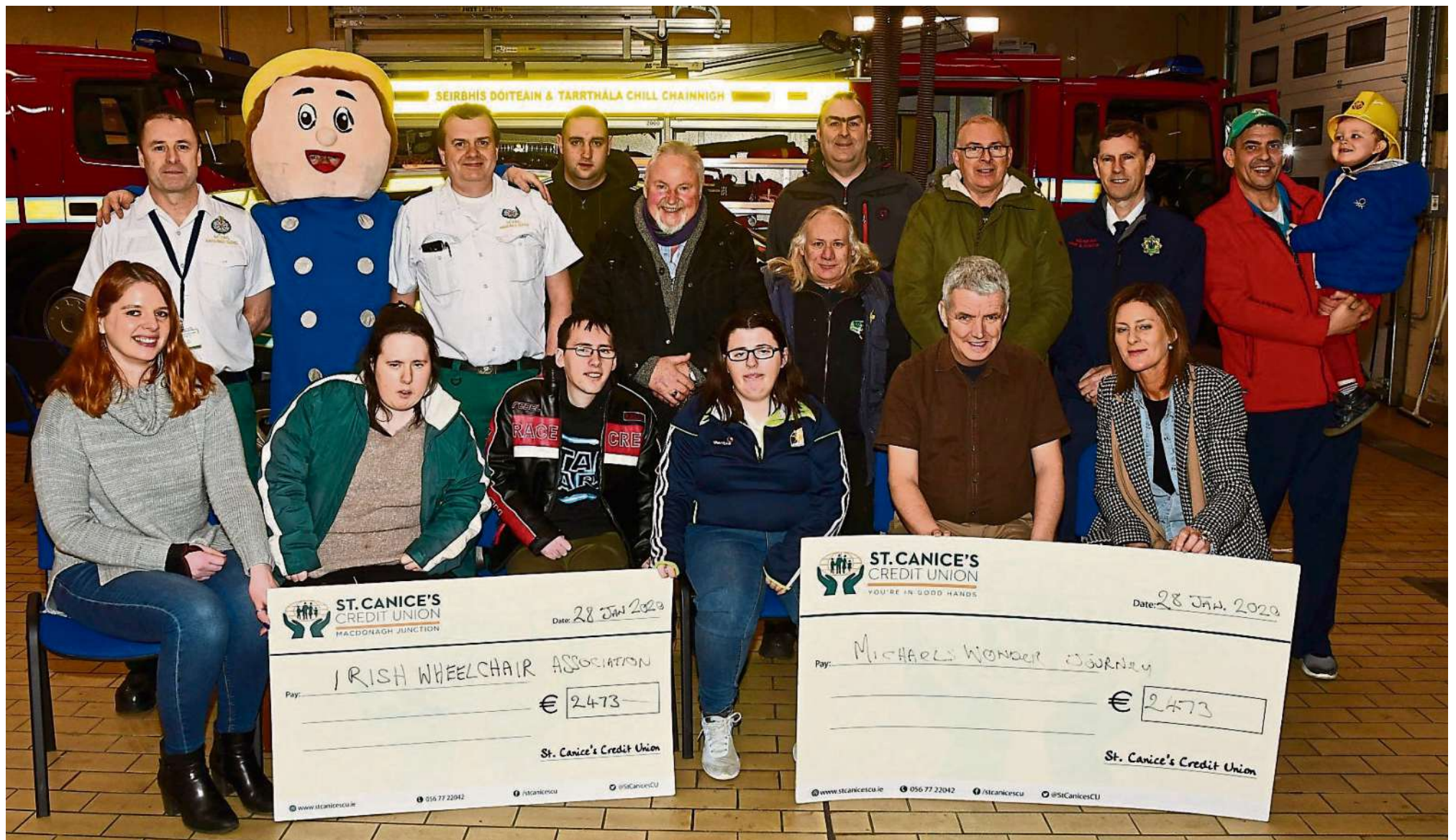
locality. We hope it makes a difference."

For more information, visit www.kilkennyshop.com and keep up to date by following them on social media @kilkennyshop.



Tomm Moore and Paul Young at the Screen Ireland launch **Cartoon Saloon success**

Fis Éireann/ Screen Ireland, the agency responsible for the development of the film, television and animation industry have revealed their slate of over 40 productions coming to the international market this year. The animation sector has seen its annual production activity increased fourfold in the last 10 years, to €180 million in 2019. This year also promises to be a big year for animation with a number of feature films set for release including a new feature film *Wolfwalkers*, from the Academy Award-nominated studio Cartoon Saloon.



Kilkenny Fire and Ambulance Services presented fund raised cheques to the Irish Wheelchair Association and the Michael Butler Wonder Journey at Kilkenny Fire Station overseen by John Collins, Chief Fire Officer



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NEWS



ABOVE: Some of the fare served up at the Ormonde Hotel
LEFT: Tom Comerford, executive chef at the Kilkenny Ormonde Hotel

BELOW: Siobhan and Tom enjoy some fine dining in the Ormonde's Hoban Bar and Brasserie

PICTURES: CHRISTOPHER DUNNE



Love is really on the menu at the Hoban Bar & Brasserie

SIOBHAN DONOHOE

siobhan.donohoe@kilkennypeople.ie

The first Restaurant Week was a huge success in Kilkenny, with queues out the doors in many venues.

Not bad for what is known as a traditionally quiet time of year!

"We were delighted to add 'Restaurant Week' to our calendar of events," said Colin Ahern, chairperson of Visit Kilkenny,

commenting on initiative. "This was the ideal way to kick off the 2020 season early and showcase our eateries and produce while offering customers excellent value for money. We look forward to continuing the tradition and making this an annual event every January."

The initiative delivered 10 scrumptious days of eating around Kilkenny city and county and I experienced some new venues too

like the Hoban Bar & Brasserie in the Kilkenny Ormonde Hotel.

We sampled the super new menu devised by Executive Chef Tom Comerford. I can still taste the free range chicken with spinach and salt baked parsnip with thyme, which I had for my mains. It's not easy to make chicken exciting but Tom pulls it out of the hat.

My other half had the 24 hour slow cooked shoulder of Slaney lamb and in his words it was 'top class'. That doesn't come as a surprise as Chef Tom Comerford has worked with some of the greats, like Pierre Koffmann (three Michelin Stars), John Burton and Daniel Clifford (two Michelin Stars chefs), Jean Christopher Novelli (one Michelin Star) and Ireland's gastronomic legend Kevin Thornton.

LOCAL FOOD CHAMPION

Tom also champions local food producers, such as Sean Ring's free range chicken, Frank Henderman's organic salmon, Goatsbridge Trout and Caviar, Dublin Bay prawns, Slaney Valley Lamb and Riversfield Farm in Callan.

Hoban Bar & Brasserie is fabulously glamorous with a distinctly Art Deco feel and a cosy snug providing the perfect



The glamorous Hoban Bar has a distinctly art deco feel

backdrop to an impressive Cocktail and Drinks List featuring all the classics and some detox cocktails too.

You can experience the buzzy brasserie atmosphere of Hoban's yourself this Valentine's where there's a great €49 Dine for Two

offer including a bottle of wine. Do try their ultimate Valentine's indulgence of tempting desserts like the Eton Mess and the comforting warm Bramley apple crumble tartlet - for chocolate lovers I recommend the Valrhona Chocolate Mousse!



Colin Ahern, chairman of Visit Kilkenny, hailed the success of the first running of Restaurant Week

NEWS



A scene from **Big Chapel X** on the streets of Callan (main picture) and (above) the cast of **Much Ado About Nothing** - both productions are nominated for Irish Times Theatre Awards PICTURES: JOHN D KELLY

Delight at Theatre Award nominations

An all-community production that took over the streets of Callan during last summer's Kilkenny Arts Festival has been nominated for four Irish Times Theatre Awards.

Three more nominations have been received by a stunning, contemporary staging of a Shakespeare favourite, also staged during Kilkenny Arts Festival.

Described by the Irish Times as

"the rallying of an entire town in the staging of its history," **Big Chapel X** was the retelling of Thomas Kilroy's Booker-nominated novel **The Big Chapel**. It told the story of the 'Callan School Affair' of the 1800s.

The book was adapted by local playwright, actor and director, John Morton with Medb Lambert and Donal Gallagher of Asylum Productions and the cast and crew

were made up mostly of local volunteers. The production was supported by the Abbey Theatre.

The radical adaptation saw the people of Callan retelling their own story, exploring the past to reimagine the future, using the town of Callan as its stage.

The nominations: Best Production, Best Ensemble, Best Lighting Design (for Paul Keogan)

and a Judges Special Award nomination.

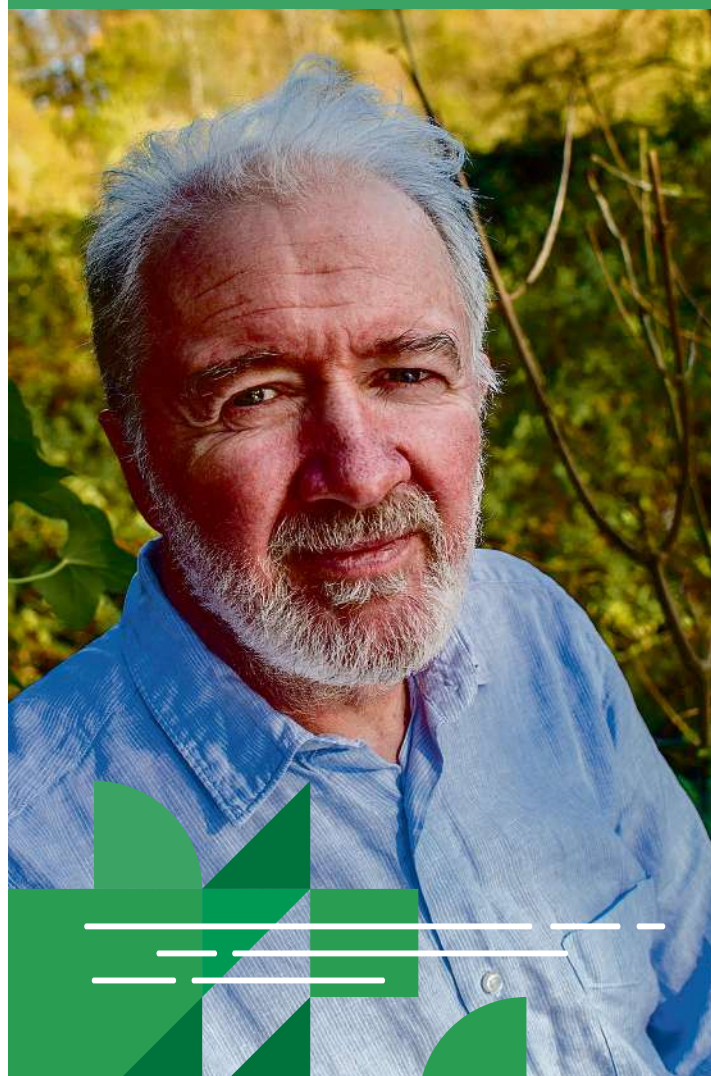
Rough Magic returned to Kilkenny Arts Festival with a vivid contemporary staging of Shakespeare's celebrated screwball comedy **Much Ado About Nothing**, adapted by Nathan O'Donnell and Ronan Phelan.

Nominations: Best Director (Ronan Phelan), Best supporting

Actress (Clare Barrett as Leonata), Best Movement (Philip Connaughton).

Kilkenny Arts Festival Director, Olga Barry said "These nominations show the positive and crucial role our National Festivals can play in supporting the making of original, challenging and relevant theatre in a modern world."

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CONNECT WITH THE CAMPAIGN



LIFESTYLE



Global flair in Kilkenny

Cormac Vesey was appointed as Executive Head Chef at Kilkenny Hibernian Hotel last May, where he serves up delicious menus at Harper's Restaurant.

Cormac, who is a native of Dunshaughlin, County Meath, graduated from Waterford Institute

of Technology with a Higher Certificate in Culinary Arts in 2010 and in the same year was awarded the coveted Student of the Year title by his department.

Since then he has worked tirelessly cooking in kitchens across the globe.

ABOVE: Executive Chef at The Kilkenny Hibernian Hotel, Cormac Vesey

RIGHT: Cormac's special Valentine's dessert - Chocolate Crèmeux. See the recipe below



Valentine's food of love

SIAN MOLOUGHNEY

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Kilkenny's Hibernian Hotel recently held a fundraiser to support those affected in Australia by the bushfires there.

There was delicious food on offer from Executive Chef Cormac Vesey. He has generously shared one his most popular dishes of the night - Homemade sausage rolls and his homemade ketchup.

While you're enjoying your snack, think about planning for Valentine's Day. Cormac has designed a 'love-ly' menu to serve at Harper's restaurant. It includes tempura oyster with champagne sorbet, and chocolate crèmeux for dessert. We have a sneak peak of the delicious dessert, read on for the recipe.

The special Valentine's menu is €39 per person and is open for booking now at The Hibernian.

HOMEMADE SAUSAGE ROLLS AND KETCHUP

Everyone is familiar with sausage rolls and ketchup but when you make your own it's on a different level. Loved by young and old alike, it's really worth the small effort to make your own at home.

As with anything you make yourself, you can really tweak this anyway you want. More or less spice, herbs, extra fillings etc.

First step is to get some good quality pork sausage meat. Ask your butcher for this and often it's been seasoned already. Fry a small piece off to taste. Seasoning with salt and pepper if needed. And add some chopped parsley.

INGREDIENTS



Homemade Sausage Rolls and Ketchup as served at Harper's Restaurant Australian benefit night

400g sausage meat
375g pack ready-rolled puff pastry
1 beaten egg to glaze

METHOD

Pipe line of the meat along the puff pastry, brush the beaten egg on the edges to help seal and fold it over.

Press well to bond the pastry then cut into the desired lengths. Brush the tops with egg wash and bake at 180c for 15mins or until they are golden brown.

KETCHUP

12 tomatoes, roughly chopped
55ml of olive oil
2 shallots, sliced
1 garlic clove
1 sprig of fresh thyme
3 tbsp of vinegar
1 tbs of brown sugar
1 pinch of salt
1 pinch of black pepper
1 tsp allspice
2 tbsp tomato puree
1 tsp ground cinnamon
Tabasco sauce to taste

Spread all the ingredients onto a baking tray.

Place in the oven 160c and cook for approximately an hour and a half. Stirring regularly.

After that time the moisture will have evaporated and the tomatoes will have dried out and slightly roasted.

Remove from the oven and blitz in a blender, then press the sauce through a fine sieve into a bowl. Allow to cool then enjoy.

CHOCOLATE CRÈMEUX

Chocolate crèmeux is a real treat. It sets like a dense mousse and has a lovely melting chocolate kick. It is a common sight on fine dining menus due to its taste and texture but it's actually very easy to make. As always the best chocolate you can find will make the best version. Green & Blacks is a good choice available in most supermarkets, choose the 70% Cocoa solids one.

INGREDIENTS

300g chocolate chopped into small pieces
2 medium eggs lightly whisked
180ml cream
300ml milk

METHOD

Melt the chocolate in a bowl over a pot of simmering water. Let this happen slowly as chocolate can burn easily causing it to go grainy. Ensure the bowl isn't touching the water.

Bring the cream and milk to the boil in a saucepan, then pour onto the egg, whisking all the time.

Slowly whisk this mixture into the melted chocolate. Try not to aerate the mixture, it should be smooth.

Pour the mixture into a loaf tin lined with cling film, the cling film will help to remove it once it's set.

Let it cool for 30 minutes, then chill in the fridge for at least six hours.

Remove from the tin and take away the cling film, slice with a thin knife running the blade under the hot tap before each slice.

Garnish with whatever you fancy, something fresh with some acidity and some texture works best. Some toasted almonds, raspberries and a dollop of creme fraiche works a treat.

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EDUCATION



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Regional Geography is core unit in Leaving Certificate course

The Leaving Cert Geography course by its very nature is broad in content and depth and can be a daunting exam for students.

This week I will be Regional Geography which is part of the core unit in leaving cert course. Regional Geography questions are numbers 4, 5 & 6 in the leaving cert and again are made up of 20 mark part A's and 30 mark part B's & C's.

This week let's focus on secondary economic activities in a European region. The table right indicates that this topic last appeared on the papers in 2015 and so may be due to appear on a paper sooner rather than later;

Students tend to struggle on Regional Geography as it is content heavy and students often end up giving descriptions of economic activities rather than discussing the development of the activities and their impacts on economies as a whole.

Students need to know core (strong) & peripheral (weak) regions in an Irish & European context. Students will also have to know about secondary activities in a sub-continental region such as India or Brazil.

Fortunately questions tend to be broad, allowing students to select whether they chose a core or peripheral region.

However on some occasions students have been told to specifically write about core or peripheral regions or to even compare or contrast them so a wide range of knowledge is needed here.

For the purpose of this week I will use the European core region of the Paris Basin to answer the 2015 question 5B. This 30 mark question should be given between 12 to 15 minutes time in the exam but no longer.

2015 Q5B

Account for the development of manufacturing in a European region (not in Ireland) that you have studied. (30 marks)

MARKING SCHEME

Examination 15 x SRPs – students will need to give 15 SRP's to get full marks in this questions.

Secondary economic activities	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
Ireland		Q5C		Q4C			Q4B		Q6C		Q6C
European region					Q5B					Q6C	
Sub – Continental region	Q6B		Q6B			Q5C					

Do not accept Irish or Continental/Sub-Continental region – This means students must only use a European region. An Irish region is not acceptable so students should choose the Mezzogiorno in Italy or the Paris Basin in France.

Discussion without link to a named or clearly inferred European region 0 marks – Name the region you have studied clearly in the introduction; “In this essay I will account for the development of manufacturing in the Paris Basin”. Credit 2 SRPs for examples of manufacturing from examination – students will gain marks for naming

examples of manufacturing in your named region e.g. Dassault Weapons Company or Renault car makers.

Credit factors influencing the development of manufacturing for 2 SRPs from examination - All further factors require examination – students' car pick up easy marks for simply naming the factors that have helped to develop the growth or indeed factors that hinder the growth of manufacturing in the named region.

Ideally this would be done in the introduction as well; “In this essay I will account for the development of

manufacturing in the Paris Basin due to factors like transport, raw materials or market”.

A valid labelled sketch map can receive 1 SRP from examination and if extra relevant information on the sketch, it can receive a further 1 SRP – this sketch should show factors that help development and should be labelled as such.

A maximum of 2 SRPs will be awarded if merely a description of manufacturing with no reference to development – Students must be careful not to just list examples of manufacturing or to just give a rundown of all the factories in a

region.

Students should be aiming to account for how these manufacturing companies have grown and developed or indeed how their growth may have been restricted by the factors like transport, raw materials or markets.

SECONDARY ECONOMIC ACTIVITIES

This refers to the use of raw materials in the creation of finished products. Much of the manufacturing in the Paris Basin is concentrated in Paris. It is the industrial centre of France and contains 20% of French workforce.

REASONS/FACTORS OF THE DEVELOPMENT OF MANUFACTURING IN THE PARIS BASIN:

Transport: Paris is easily accessible. It is an important port because the River Seine is navigable meaning barges can use the river to transport materials. It is also the focus of French rail & road transport networks and so is a great location for assembly-type manufacturing e.g. cars.

Market is another important factor.

The Greater Paris region provides a major consumer market, with a pop of 21 million in the Paris Basin. These people have well paid jobs and the demand for a wide range of products is very strong here.

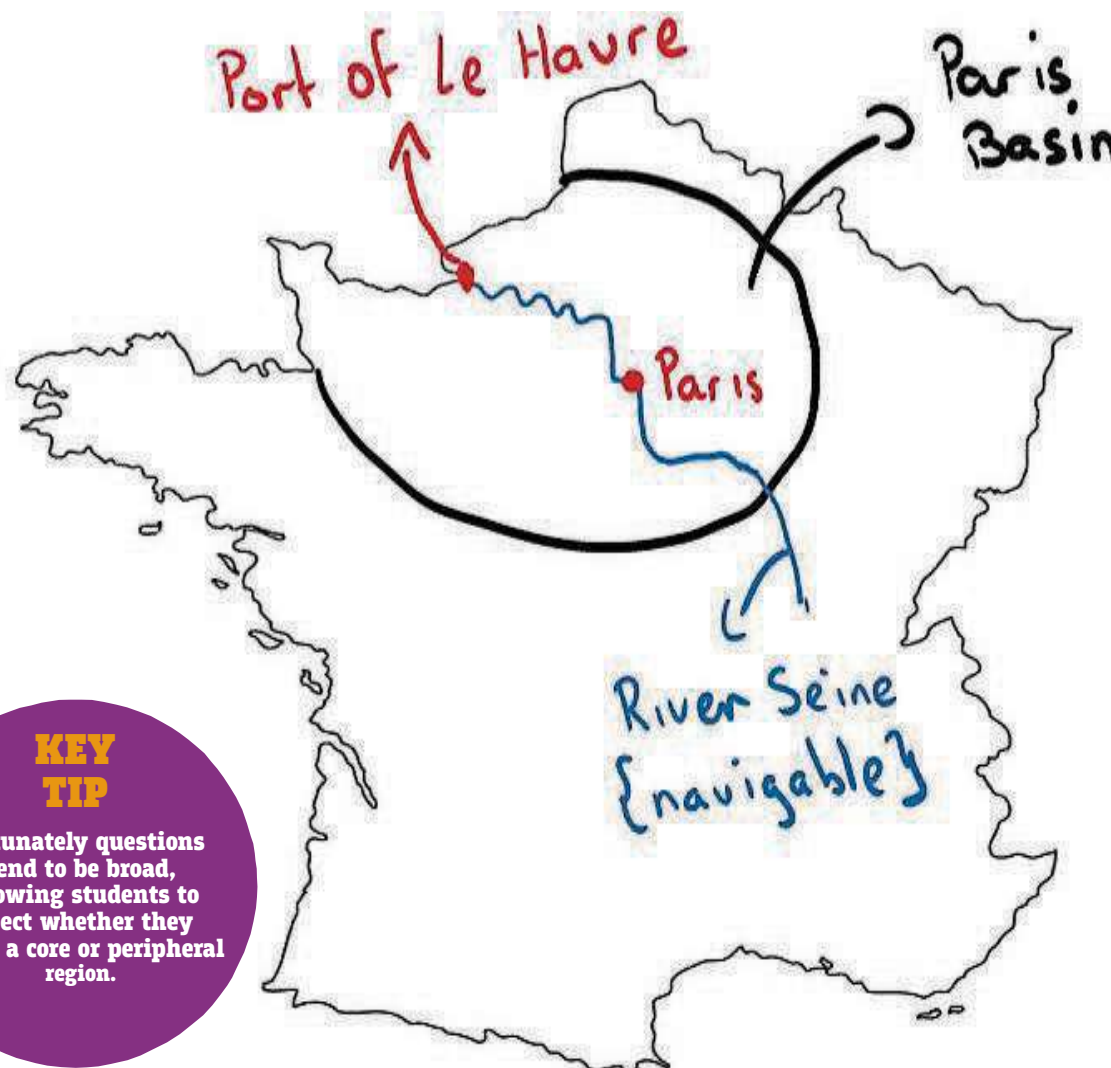
EXAMPLES OF INDUSTRIES

Craft Industry is strong in the region with industries such as fashion clothing, jewellery perfumes & fashion houses all found here.

There is also a lot of heavy engineering, such as vehicle assembly and airplane parts completed here. Weapons manufacturing is also a part of the manufacturing industry here. France is the world's 4th biggest weapons exporter in the world with its main markets is in the Middle East and Asia.

Thales and Dassault Aviation are two of the biggest companies in France that produces weapons among other products.

Dassault specialise in producing the RAFALE fighter jet as well as communications and radar equipment.



KEY TIP

Fortunately questions tend to be broad, allowing students to select whether they chose a core or peripheral region.



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You may not have to look far to save on mortgage

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

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

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

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

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

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

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

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

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

According to the Central Bank, the number of mortgages being switched as a percentage of total outstanding

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



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

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

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

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

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

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

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

“Your existing lender could also help with some interest rate loss

DID YOU KNOW?

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

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

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

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

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

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

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

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

ASK LIAM

Our personal finance expert answers your questions ...

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

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

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

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

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

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

LET'S TALK ABOUT DOMESTIC ABUSE

- Have you always wanted to be able to speak to someone about domestic abuse, what can I say to help them?
- Have you always wanted to know about the right services to help someone?
- Do you want to know more about domestic abuse, and how you would recognise it?
- Want to find out about how domestic abuse affects the individual?



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Refreshments included

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- Information about the services we provide at Amber Women's Refuge
- What are the different types of domestic abuse?
- What are some of the signs and effects of domestic abuse?
- Responding and referring to domestic abuse

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LIFESTYLE



MAN ABOUT TOWN

PATRICK McLOUGHNEY

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Date ideas for Valentine's Day

Ah, Valentine's Day. A day that strikes fear in the hearts of men, single and spoken-for alike. If you're single, then Valentine's is a giant winged baby shooting sharpened arrows into your chest to remind you of just how single you are.

If you're in a relationship then Valentine's Day should be easy right? After all, the hard part - finding a partner to spend February 14 with - is done right? Not quite. The reality is panic gift buying, overpriced roses and reservations in the back corner of a restaurant at 11.30pm where the conversation is as dry as the heated up steak.

However, this year will be different. This year you'll have a plan. All the single fellas will have to wait another week but this week I'm going to help out to the boyfriends and the husbands with some dates ideas that are memorable and have just the right level of romance. Even if you're short on funds this year - and many are - there are loads of ways to make February 14 special without having to break the bank.

BOOK A HOTEL BREAK

Let's begin with something that will cause some shrinkage to your bank balance - an escape to a boutique hotel. No Valentine's day was ever made worse by a king-sized bed, Egyptian cotton sheets, a minibar and someone else cleaning up after you. A get-away to a fancy hotel is a lovely treat for both of you and don't feel guilty about using the 'Do Not Disturb' sign either because you won't have one when you get home and the



A special home-cooked meal can be so much more meaningful and romantic than going to an overbooked restaurant

kids/neighbours/pets/postman needing a signature to start killing the mood again.

TAKE A HIKE

Not what you want to hear if you're asking someone to spend Valentine's Day with you, I'll grant you, but if your significant other isn't into all the mushy stuff then a hike can be a great way to unplug from the world and unwind. Maybe you already have a favourite hiking spot where you live, or you might try some of the amazing hiking and mountain climbing spots all around Ireland. Either way, you'll be in good company.

GO STAR GAZING

The night sky is not something you have to book in advance and it's big enough that you won't have to worry about bumping into someone with the same idea. You'll need cosy layers, a good location (somewhere that's away from artificial light but not so secluded that your date starts to worry that

they're about to be murdered) and something stiff. To drink. There's also an app you can download called 'Sky View' that will help you identify what you're looking up at. Of course, it's February in Ireland so if mother nature isn't in your favour then there are observatories and planetariums all around Ireland to fall back on. Hey, it worked for Ross Gellar.

BE A TOURIST IN YOUR OWN TOWN

One for the couples who might be saving or might not be flush with funds. Many of us are guilty of overlooking the landmarks and tourist attractions in our own town. There must be landmarks and activities where you live that you've advised out-of-towners to visit having never been there yourself?

How many of you have never been to your local museum? Be a tourist in your own town and check off all those places that you've always been meaning to visit but kept putting off. Get into character by taking loads of pictures throughout the day.

COOK DINNER TOGETHER

A special home-cooked meal can be so much more meaningful and romantic than going to an over-booked restaurant. Want to make it interesting? Propose a cook-off. You both have to prepare the best or most inventive meal you're able to make, using only ingredients that are already in the house. No takeaways allowed and the loser does the washing up.

MAKE SOMETHING TOGETHER

For a really fun evening where time will fly by, pick a craft class and make something together. For Valentine's Day, a ceramics or pottery-making class is all kinds of sexy. Think about it - hands interlocking over wet clay while you sculpt something that both of you created. Even if the result is a mangled sugar bowl then so be it, it's your mangled sugar bowl. Don't feel like going all Demi and Patrick in Ghost? There are also painting classes, jigsaw making and even Lego building classes (yes, that's a real thing) so no matter what you decide to make or build, you'll have a romantic date and a souvenir to remember it by.

RECREATE YOUR FIRST DATE

Take it back to where it all started with a second take of your first date. Now obviously it helps if your first date was special and memorable. And, most



Make it special - most ladies care more about the effort than the actual gift or dating venue

importantly, that you remember it correctly and match the right first date with the right person. A trip down memory lane is always good to get the heartstrings going. Throw on the same clothes you wore (if they still fit), order the same food and the same bottle of wine and reminisce about what you were thinking that first time and how you'd never have imagined it would all work out so well. If the first date wasn't magical then recreate one of your favourite dates.

Maybe it's the first time you kissed or the restaurant where you celebrated becoming homeowners or expectant parents. Pick a date that's special to your history together and go back.

MAKE BEAUTIFUL MUSIC TOGETHER

If packed restaurants aren't your thing then bring your date to a karaoke bar and belt out a few duets. Depending on which side of the X-Factor stage you'd be most likely to grace - the "it's four yeses" side or the "don't give up your day job" side - a shot of tequila or two beforehand may be needed. But it's attitude that counts, not talent, so grab your date, pick out some classic tunes and make the neighbourhood dogs howl for mercy.

BOOK A SPA DAY

No matter how tough we men try to pretend we are, deep down we all love a bit of pampering. A spa day is a great Valentine's date because you're both relaxed, both indulged and both in a setting where there's zero pressure from the hustle and bustle of the outside world.

Couple's packages range from hours of massage treatments to dips in hydrotherapy pools to being horizontal in a scent-infused sauna.

PULL A SICKIE

This year Valentine's Day falls on a Friday and well, that coronavirus thing is spreading so phone in sick to your respective jobs and enjoy some R&R together. Have breakfast in bed, maybe do a crossword together and then go see a matinee movie and remember why you fell in love.

LET NO PLAN BE YOUR PLAN

Not literally, but if you don't like the pressure of planning the perfect Valentine's Day date then why not leave it all to chance. Pick a town or a city to go out in and let all of your decisions be determined by the flip of a coin.

Should we go left or right here? Should we go to this bar or that café? Italian food or Thai food? Ice cream or cake? Your fate is in the hands of the Gods. Just steer clear of airports and chapels.

Look of the Week

Sexton for Men/ Gatsby for Men

My look of the week is a wedding-ready look from Sexton for Men. Here, I'm wearing a mix and match Benetti three-piece suit with a Benetti shirt, tie and pocket square. My shoes are also from Benetti. Benetti are just one of the amazing suiting brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other amazing brands on offer.

Picture: Paudie Bourke



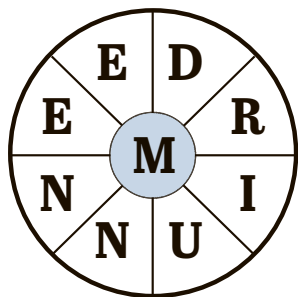
LIFESTYLE

SUDOKU

1			8				6	
		9				7	8	1
	3		9		6		5	
3		1		9		5		
			2		3			
		5		8		3		9
	6		1		9		3	
9	1	4				6		
	2			4				5

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:

10 words, average; 15 words, good; 20 words, very good; 25 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

6. In the family, as it's told (7)
7. Where one can get to on the river (5)
9. Staple food of 1 down (5)
10. It's elegant apparently to be made to pay again by the court (7)
12. Perhaps golf scorer is inevitably sober (11)
14. Find out why I approached the entrance wearing undergarment (11)
18. The barge must be carrying less (7)
19. Idiot joins 150 in the group to be taught (5)
21. The girl will use the artillery (5)
22. To finish with set free mice peculiar to the area (7)

Down

1. Debar growth on the chin (5)
2. Magnificent house owned by star performer and his friend (6)
- 3 & 20Dn. Implore somebody to go away (6)
4. Refutation could be nailed (6)
5. As an author it's the plot that he's concerned with (7)
8. Surviving trace not in at 14 (7)
11. A good man to speak maybe - but has an impediment (7)
13. Intelligent grasp can be seen (7)
15. Breathe out - was healthy once! (6)
16. Turner at sea as a farmer? (6)
17. Art is on the move (5)
20. See 3 Down

1	2	3	4	5					
6						7			
9				10			8		
				11					
	12								
	13								
14		15				16			
								17	
18						19			
						20			
21									

Quick Clues:

Across

6. Afternoon performance (7)
7. Inferior (5)
9. Wash out (5)
10. Pad (7)
12. Booby prize (6,5)
14. Go separate ways (4,7)
18. Horse-soldiers (7)
19. Vacant (5)
21. Twist (5)
22. Pacify (7)

Down

1. Swift (5)
2. Failure (6)
3. Favourite (3)
4. Chessman (6)
5. A wise man (7)
8. Vegetables (7)
11. Postpone (7)
13. Poise (7)
15. Journey (6)
16. Figure (6)
17. Scatter (5)
20. Sever (3)

To hear any crossword solution or the full solutions call **0905 789 4251**. Calls cost 80p per minute plus your network access charge. SP: Spoke, **0333 202 3390**.

For four extra letter codeword clues, call **0901 293 5251**. Calls cost £1 plus your network access charge. SP: Spoke, **0333 202 3390**.

CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

	17		22		6		2	9	8	20	4		
24	21	22	1	16	21	25		9			18		
	8		25			9		26	20	19	9	2	
7	23	2	10	9	11	9	25	13				20	
		11			23			24		3		14	
20	25	4	12	21	2	4		15	24	21	14	25	
							9			1			
3	20	8	8	15		15	26	1	8	8	9	2	
21		6		9		9						5	
25				25	9	1	10	24	12	21	23	22	
2	22	20	11	20		25		23		20			
	20				13		17	20	26	15	23	8	9
15	13	21	25	9		24				24		15	

A
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LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic: Across: 7 Cloths; 8 Quartz; 10 Ordinal; 11 Bacon; 12 Neat; 13 Scree; 17 Pasha; 18 Minx; 22 Atone; 23 Aviator; 24 Bonbon; 25 Realms. Down: 1 Account; 2 Good-day; 3 Thing; 4 Tumbler; 5 Brace; 6 Ozone; 9 Blockhead; 14 Matelot; 15 Pistols; 16 Express; 19 Cabby; 20 Found; 21 Sized.

SUDOKU:

2	6	9	4	3	8	5	1	7
7	4	5	9	1	2	3	8	6
3	1	8	6	5	7	4	2	9
5	9	4	8	2	6	1	7	3
1	8	7	5	4	3	6	9	2
6	3	2	7	9	1	8	5	4
9	2	1	3	6	5	7	4	8
8	5	3	2	7	4	9	6	1
4	7	6	1	8	9	2	3	5

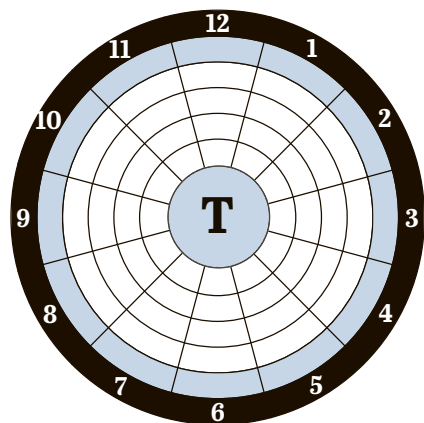
Quick: Across: 7 Relate; 8 Quaint; 10 Disdain; 11 Feint; 12 Chat; 13 Merit; 17 Girth; 18 Solo; 22 Loyal; 23 Onerous; 24 Menial; 25 Sullen. Down: 1 Product; 2 Elysian; 3 Stray; 4 Surfeit; 5 Civil; 6 State; 9 Inception; 14 Mislead; 15 Monocle; 16 Consent; 19 Plump; 20 Lying; 21 Rebut.

CODEWORD:

1=Z, 2=J, 3=Q, 4=A, 5=M, 6=V, 7=D, 8=C, 9=S, 10=K, 11=P, 12=W, 13=H, 14=L, 15=I, 16=T, 17=R, 18=X, 19=G, 20=E, 21=F, 22=B, 23=U, 24=N, 25=Y, 26=O. **WORD WHEEL:** HEARTENED.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter T in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a European pop duo of the 1980s.



- | | |
|-------------------|--------------|
| 1. Piece of music | 7. Painter |
| 2. Invertebrate | 8. Lump |
| 3. Grasshopper | 9. Devise |
| 4. Potential | 10. Mollusc |
| 5. Slur | 11. Bird |
| 6. Empty | 12. Complete |

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 9635796 gives an occupation;
647521 gives an occupation;
954681 gives an occupation.

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

			27	12	15			8	18			
		24						11				
	16							28				19
	19						14					
	17						8			15		
					13		12					
					4					3		
	5	3			20					13		
	23							22				
								13				
	29											
											13	24
					14			24				
		13	22							14		
	10											
	21					7					9	
					15			7				
	13									13		
			11					9				

SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

L	P	I	A	M	O	N	P	R	S
D				F				E	
I				O				P	
R	E		R	A		E		L	R
M	A		T						
Z			Y					G	
B			E					L	
T	S	O	N	G	S				Y

KAKURO:

		1	5			5	2				
5	3	4	1	7		7	1	3			
6	1		3	8				6	8		
			4	9		6	5				
8	7			6	7	8					
1	2			5	1	7	8				
	1	6		2	3		1	9			
				9	7	4				3	5
		9	4	3	1	5					
9	8			3	1	9	7				
	2	5					4	8			

SPLIT DECISION:

M	O	U	N	T
E		P		E
A	P	P	L	E
N		E		T
T	O	R	C	H

LIFESTYLE

Measuring up at the halfway point of OT



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

HALF way there a lot done and a lot more to do! The weight loss is going well, nevertheless as I get to know the leaders more I can see areas that I can support when it comes to other aspects of life.

The 5km run in Phoenix Park fully booked out in an hour so I can't wait for that as it's so much fun and a great reward for the hard work of everybody doing Karl's couch to 5k.

Offaly has been a great host county with huge crowds coming out for the Ad Break Challenges. My home visits are in full flow and with the leaders, we have looked at issues that concern them and I have provided some tools to address grumpy days and unfulfilled lives.

Shane 29yrs - Steady - Lost 4 lbs

You have to admire Shane, I do. Not many 29-year-olds have four children, a house, a teaching job - which all equals a lot of responsibilities. What lies deep behind Shane's front is clouded by early experiences particularly his hospital experiences. I met with Shane and we explored the impact of his medical condition that started when he was 15. His bladder issues means he has to catheterise himself a number of times a day. Such was his response to this medical challenge that he had significant depression as a young man. Resilience, people and music pulled Shane through. Week on week he has slowly opened up regarding his vulnerabilities and what I see is great strength. What makes us vulnerable makes us human.

Lorraine 46yrs - Oops - Target 2lbs lost 1 lbs

Lorraine lost 1lb not 2lb, to be fair if you ever held a pound of butter then you will know that a



Resilience, people and music pulled Shane through

loss is a loss. This was also related to menstrual cycle issue. Lorraine child Moa has cystic fibrosis and she is an amazing girl who has attitude and a big personality just like her mammy. I love their relationship which is full of fun. Lorraine and Terry are busy working hard and often opposite times so their cross over time is limited. Lorraine is seeking more family time and more fun, she wants to live her best life amplified by her sister's early death. Time for Lorraine to knuckle down and get her week on week results. Eyes on the prize.

Barry 39yrs - Well done - Lost 4lbs

Barry has moved from the man flu to developing shin splints. So not much of a break for Barry. He has had advice from Dr Sumi to put ice on his shins. What emerged was that Barry of all the leaders had the lowest number of step counts on his Fitbit, he was averaging around 5,000-6,000 steps a day. Not good enough. A target of 10,000 a day is a reasonable target. It's one I try to hit myself. Karl upped Barry's target for 12,000 over the next week. I am interested in exploring how many "bad days" Barry gets per week/month. I want to work on targeting the thoughts and behaviours that can keep these "bad moods" around. My target for Barry is banishing "bad moods".

Andrea 31yrs - Best Girl in Class - Lost 3lbs



Tanya's confidence is growing and she is absolutely flourishing says Dr Eddie

Andrea has applied a scientific mind to her Operation Transformation journey. Week on week she is given a target and hits her target no fuss, just results and you can see those results, her skin and body shape - it's all changing for the better. Andrea's gets great support from her straight talking mum. I like her style of communication, often in Ireland we resort to nuance and talking around subjects and not directly communicating. Often it's better to be straight up. What's also really powerful is how Andrea's workplace has really embraced OT and doing walks and meal plans. I think employers can take note, and

many have, but don't wait for your employer; take on the responsibility yourself to make your workplace as healthy as possible.

Tanya 33yrs - Oops Again! - Lost 0lbs

Tanya lost 0lbs this week. Menstrual cycle explains all, as Tanya is giving it everything. She is going out on her "proper first date" with Mark so watch this space. Each week I can see Tanya confidence growing, she is absolutely flourishing. We saw Tanya with Mary her childhood friend, it says a lot to have and keep such good friends, it's says a lot about Tanya. So Tanya knuckle

down the Coke cravings are gone and produce the goods for next week, as you get fitter you effort need to intensify.

Well done to all our leaders.

For all of our readers - stay the course you are half way there and plan a treat in four weeks time. Come up as and say hello at the 5k run! Time for me to get my runners on!

*** Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>**

POSITIVE PARENTING



Top Tips

Get ready for baby - daddies

WHILE women take the main stage in actually having the baby, the role of fathers-to-be is essential. Below are some tips to consider before the big day.

1. Listen.

Before labour commences, have a conversation with your partner about what kind of support she wants. Some women may want lots back-stroking; others want a more hands off approach. Remember, a woman reserves the right to change her mind!

2. Acknowledge and Express Your Own Feelings

Having a new baby is a life-changing event for both mothers and fathers, and you will have some big (sometimes scary!) feelings. Talk to your partner, a family member or friend about what you are feeling.

3. Take Care of the Practical Bits

This could be anything from emergency food runs to manning the text messages after baby is born.

4. Stay Calm

Step outside for a quick walk, practice some pregnancy breathing or ring a friend if you are starting to feel overwhelmed. Your partner will need you to be calm before and during labour.

5. Enjoy and Cuddle Your New Baby!

Enjoy those amazing first moments and make sure you get lots of skin-to-skin cuddles—it will be the start of one of the most amazing relationships of your life.



Being up over a few nights with a sick child can have the same affect as jet-lag, minus the cocktails and sunshine

Caring for those unwell people - big and small

IT started at 5am on Monday with 'I feel very hot'. The feverish nine-year-old was given Calpol, a hug and brought back to bed, while the toddler decided it was obviously getting up time.

Fast forward a couple of very busy days in work and we end up in a late-night, walk-in clinic where the doctor informs me that the little guy has a strep throat and is 'inevitably in a lot of pain'. Once he was dosed up and safely ensconced in bed, I spent the night berating myself for not paying enough attention, for being a working parent and for just about everything else I wasn't doing as a parent. Somewhere around dawn, I had an epiphany – children get sick, it happens. The

important thing is to nurse them and to mind ourselves as parents in the process. In a nutshell, less guilt and more self care.

Being up over a few nights with a sick child can have the same affect as jet-lag, minus the cocktails and sunshine. Your heart goes out to them because you can't make them feel instantly better with a hug and the regular household routine goes out the window. Who feels like cooking when appetites are dwindling so while the cooker is on strike, the washing machine is working over-time. Towels and bed clothes go on hot washes while you dream about throwing yourself into a hot shower. The thing is, all of those things can

wait. Focus on yourself and your child and, I promise, the world won't end.

Your child is probably lethargic from being unwell so take every opportunity to just snuggle together – in bed, on the couch while watching movies, anywhere that works. They need the attention (because illness makes us all needy) and you need the down-time. Stock up on smoothies and frozen ice pops to soothe sore throats and ensure hydration. In between doses of medicine, they can also feel like a much-needed little treat. Whether your child is 2 or 12, being unwell can make them clingy and a little demanding but try to respond without

smothering.

Remember, even babies can pick up on parental stress so try to keep calm.

While your inside voice may be screaming 'yes love, I would love to run downstairs to get you ANOTHER glass of water', the voice they hear needs to be soothing and reassuring.

Remember, children get sick, it happens.

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.

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Managing the herpes virus

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

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

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

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

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



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

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

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

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

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

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

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

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

imro

MUSIC VENUE OF THE YEAR AWARDS

SHORTLIST NOMINEE | REST OF LEINSTER

THE SET THEATRE

#IMROVENUEAWARDS

You can vote using this link: <http://www.surveymonkey.com/s/imrovenueawards>
or SET Theatre Facebook page

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
www.aspiredesign.ie

Fantastic Feature Wall Ideas

Most interior design enthusiasts strive to create a beautiful home to enjoy with their families. One simple way to enhance your home is to create a feature wall to draw attention to a stunning area of your room and create a wonderful focal point. Paint is a wonderful way to easily add a feature wall to your home but there are other options to also consider. This week I thought I would share some inspiration with you on different styles of feature walls to give your home a real wow factor.

ART

Art is a wonderful and cost-efficient way to instantly create a feature wall in your home. Areas to consider are a large blank wall space alongside a dining area, over a sofa, along a hallway etc. You can choose an art piece that creates the perfect mood for your room whilst complimenting your taste e.g. fun, energetic, calming, etc. When choosing your artwork, it is important that you consider the colour scheme of your room as a whole. Things to consider are your curtains, blinds and upholstery fabrics, paint colour, the colour of your furniture and your flooring. There are many wonderful Irish artists who would be happy to commission a piece using your selected paint colours. Some Irish artists to consider are Theo Hanley, Emma Campbell, Karen Hickey, Fran Halpin, Rachel McDermott, Rita Oates, Michelle O'Donnell and Jean Lowndes.

FRAME MOULDING

Frame moulding is a stunning way to create a feature wall in your home. The frames can be painted in the same colour as your wall for a contemporary look or in a contrasting colour for a more classic style. Another option is to wallpaper inside the frame moulding as I've pictured here in a bedroom with the beautiful Lyra wallcovering in colour pacific from the Etsu wallcovering collection by Romo at €114.50 per roll from my Aspire Design studio which creates a

textured design with delicate lustre.

PANELLED WALLS

There are plenty of different panelled designs to choose from to create an eye-catching feature wall. Consider floor to ceiling box moulding as pictured in my grey bedroom design here. Other panelling options are vertical panelling, board and batten, wainscot panelling, horizontal panelling etc. If you are feeling very creative you could opt for a bespoke abstract designed feature wall like the Games Room pictured here that I designed for one of my clients.

PICTURE GALLERY

Many of us have lots of photos that we are meaning to develop. Why not create a picture gallery to showcase your favourite family prints. Picture galleries over the sofa or along a staircase can look super. When choosing your frames take into account your existing colour scheme e.g. the colour of your walls, light switches, sofa etc. If creating a picture gallery, consider using frames of the same colour or mounts of the same colour to create unity and allow your pictures to take centre stage.

WALLPAPER

Another easy way to create an instant feature wall is to add some stylish wallpaper. Consider the shape of your room as you may like to take this opportunity to enhance its shape by choosing a pattern that can make a room seem wider or a wall seem taller. Areas to consider are wallpaper along a staircase like the image shown here where the wall is papered in Japura wallpaper in colour quartz available to order from our studio at €133.50 per roll. This showcases an exotic scenes of palm trees and lush foliage to create a tropical feature wall. Another area to consider is the wall behind a bed as seen here in one of our other bedroom designs with a feature wall in Boheme chinchilla priced at €107.00 per roll. A fireplace wall or a feature wall behind a dining table are also great areas to



Feature panelled wall designed by Louise Higgins Aspire Design



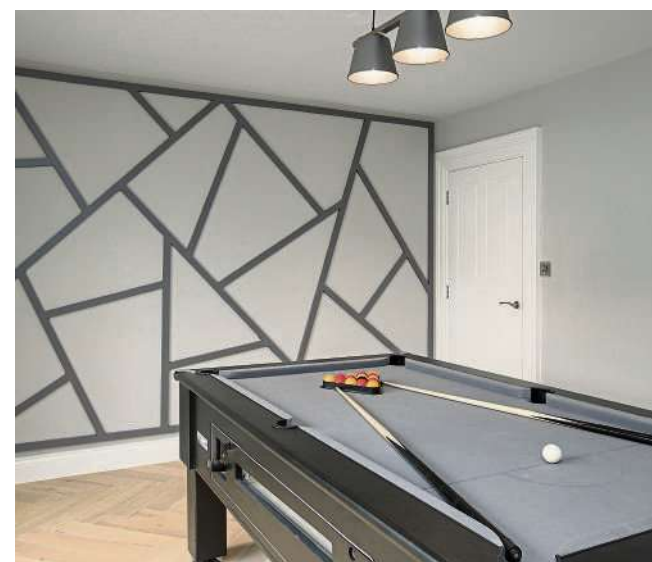
Picture gallery as a feature wall in a bedroom



Feature wall in Master Bedroom by Aspire Design



Artwork as a Feature Wall in a Dining Room



Feature wall in a games room by Aspire Design

add wallpaper.

Thanks again for taking the time to read my interiors column and I hope you found the information helpful. If you are interested in any of the stunning wallpapers featured here, then please get in touch and I can order you a sample. Remember if there is a topic that you would like

covered in 2020 then please drop me a line as I'd be delighted to hear your suggestions.

Thanks, Louise winner of TV3's Showhouse Showdown,
0863999926 info@aspiredesign.ie
www.aspiredesign.ie

ENTERTAINMENT

BIG NIGHT OUT @

**ST CANICE'S CREDIT UNION QUIZ
PICTURES:
VICKY COMERFORD**



Kilkenny Credit Union Staff - Roisin Gilroy, Michael O' Reilly, John Galvin, Geraldine Gannon, Veronica Swan, Vincent Kenrick, Molly Drennan, Paul Hetherington and Jackie Kealy



Michaela Denadayalan, Ellen Gault, Gavin Ryan and Ronan Treacy



John Kelly, James Prendergast, Shane Campion (Teacher), Doireann Haughney and Sarah Johnson (Johnswell NS)



Oran Aylward, Cormac Foxe Whelan, Sam Crean and Sam Doherty (St Leonard's NS, Dunnamaggin)



Christopher Aylward, Donnchadh Hogan, Matthew Murphy and Alex Hickey (Carrickshock)

ENTERTAINMENT



Zaclan Kunalan, Conor Ryan, Cillian Murphy and Kai Balster (CBS NS, Kilkenny)



Izzy and Collette Comerford



Vicki Foxe, Sean Foxe, Ruairi Hannigan and Michael Hannigan



Padraic Quinn, Rory Rhatigan, Dylan Malone and Tadhg Hennessy (St Joseph's NS, Clinstown)



Conor Aylward, Cormac Holden, Edward Moylan, and Darragh Lyons



Roisin Gilroy and Dee Murphy

ENTERTAINMENT

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

GIG GUIDE

Alliance Francaise
Kilkenny's next Soiree Culturelle is on Monday, February 10 at 8.30 pm in the Club House Hotel, Kilkenny and everyone is welcome.

Raphael Laplane will give a presentation on French Poet/Singer Claude Nougaro (1929-2004).

Raphael will explain why he chose Nougaro and why he has been inspired so much by him.

His presentation will include recordings and live singing by the great Nougaro.

Nougaro (if you haven't heard of him) began a career in journalism.

At the same time he wrote songs for Marcel Amont and he met George Brassens who became his friend and mentor.

He sent his lyrics to Marguerite Monnot, Édith Piaf's songwriter, who put them to music.

He started to sing for a living in 1959 in a Parisian cabaret, the Lapin Agile.

In 1962, he decided to sing his works himself: "Une petite fille" and "Cécile ma fille" (dedicated to his daughter, born in 1962, and to his wife Sylvie, whom he met at the Lapin Agile).

These songs made him immediately known to a larger public. The events of May 1968 inspired him to the torrential "Paris Mai", a plea for life, which would be banned from the airwaves.

The same year he recorded his first live album at the Olympia: *Une soirée avec Claude Nougaro*.

His had more success with: *Le jazz et la java*, *Tu verras, Île de Ré*, *Armstrong*, *Toulouse*, *Petit taureau*.

But in 1984, his recording company did not renew his contract.

Nougaro left for New York, seeking inspiration, and while there wrote and recorded a self-financed disc, *Nougaro*, whose resounding success was a surprise.

In 1988 *Victoires de la Musique* rewarded him with "best album" and "best artist", and between 1993 and 1997 he released three more.

Remember the date, Monday, February 10 at 8.30 pm in the Club House Hotel for the Alliance Francaise Kilkenny Soiree.



Violinist Rachel Podger who will feature in the upcoming Music in Kilkenny series of concerts

Season of concerts in Kilkenny begin

NICK O'KEEFFE
nickok003@gmail.com

Music in Kilkenny's new series of concerts, which runs from February 9 to June 26, welcomes musicians from far and wide.

First up is the Ficino Ensemble featuring some of Ireland's leading string and wind players from the National Symphony Orchestra,

performing music by Prokofiev and Schubert in the Parade Tower on Sunday at 4pm.

Other events at Kilkenny Castle include the Piatti String Quartet from the UK on March 28 and the Irish Baroque Orchestra on April 25 and June 26.

St Canice's Cathedral is the venue for the French organist Benjamin Alard on 5 April performing music by Bach,

Couperin and de Grigny as part of the Cathedral's 'Passio' Holy Week festival.

The Netherlands features prominently with The Archduke Trio on April 19 and Dutch baritone Maarten Koningsberger with Irish pianist Finghin Collins on May 10.

Both concerts will take place at the beautiful Kilmurry House, Thomastown.

Advanced booking is

recommended due to the limited capacity of the venue.

Young Swedish cellist Carl Henning Fredriksson will play music by Grieg and Brahms with Irish pianist Donal McHugh on May 24 in the Heritage Council, Church Lane, Kilkenny.

Full details of all the concerts are on www.musicinkilkenny.com. Tickets are on sale through Eventbrite.ie

Sofa Sessions start tonight in Billy Byrne's

NICK O'KEEFFE
nickok003@gmail.com

The Sofa Sessions, Kilkenny at Billy Byrne's pub on John Street, Kilkenny begin tonight (Thursday) featuring national and international musicians in the atmospheric Terrace Room of the popular establishment.

Musicians from the US, Japan, France, Germany and Venezuela join some of the finest Irish jazz musicians in an intimate,

listener-friendly space that RTE Radio 1 has called perhaps the best jazz venue in Ireland.

Programmed by local musician and Irish Times jazz critic Cormac Larkin, the Sofa Sessions begins its fifth year of weekly concerts on Thursday.

The Sofa Sessions at Billy Byrne's have been gaining an international reputation for the outstanding quality of its programme, presenting musicians of rare abilities and creativity in the

intimate, listener-friendly Terrace Room at Billy Byrne's. One of Kilkenny's best-loved publichouses, Billy Byrne's is renowned for the warmth of its welcome, and musicians and audience alike have been effusive in their praise for the laid-back, comfortable and music-friendly atmosphere of its cosy Terrace Room.

The Sofa Sessions has brought some of the jazz world's most acclaimed performers to Kilkenny, including international stars.

This year's programme, which commences on Thursday carries on the Sofa Sessions tradition of bringing the best creative music.

Highlights include a recreation of Miles Davis' *Birth of the Cool* by an eight-piece touring ensemble; Athens, Georgia guitarist Dan Nettles' genre-bending *Kenosha Kid*; leading UK pianist Kit Downes' collaboration with Irish musicians; eminent Irish bassist Ronan Guilfoyle's celebration of the music of Brazil; and a host of other exciting

ENTERTAINMENT

YOUR WEEKLY GUIDE TO WHAT'S GOING ON IN KILKENNY

For one night only - Take Off Your Cornflakes!

Tom and Trish have celebrated their Silver Wedding Anniversary but what happens when he wakes up with a strange woman beside him and she tells him she's his wife?

What does Trish do when she realises the person she loves is losing his mind?

Faced with life-changing challenges, Trish has to make a choice, which she does, armed only with humour, music and love.

Take Off Your Cornflakes will be staged in the Watergate Theatre, Kilkenny for one night only, on Saturday, February 15, starting at 8pm.

Originally developed for Fishamble's Show in a Bag, Take Off Your Cornflakes is a funny, tender heart-warming joy, with dad jokes so bad you'll break your heart laughing.

Created by and starring Rose Henderson and Pat Nolan, this is a story close to every family's heart.

It is directed by Liam Halligan and produced by Anna Fox with original music by Denis Clohessy.

The choreography is by Diane Richardson and video imagery is by Kieran McBride.



Enduring opera - Hansel and Gretel

Irish National Opera, Theatre Lovett and the Abbey Theatre are collaborating for the first time on an exciting new production of Engelbert Humperdinck's masterpiece, the compelling three-act opera Hansel and Gretel, reimagined in a mysterious modern setting.

Regarded as one of the greatest operas about children, Humperdinck's Hansel and Gretel is sweet and beguiling, combining childlike simplicity with heart-aching beauty. Don't be fooled.

This is a story of greed, mouth wateringly sugar-coated.

PROVOCATIVE

This provocative production will be performed in English, with English subtitles, by an Irish cast of six singers and three actors, with an ensemble of seven musicians on stage.

After six nights at the Abbey

Theatre, this new production of the world's favourite fairytale opera goes on a nationwide tour to nine theatres around the country.

It comes to the Watergate Theatre, Kilkenny on Thursday, February 20 at 8pm.

WHIRLWIND SUCCESS

Hansel and Gretel, with a libretto by the composer's sister Adelheid Wette based on the Brothers Grimm's fairy tale, was an immediate, whirlwind success at its premiere in Weimar in December 1893.

A year later it had been produced in 50 theatres in Germany alone, and it quickly made its way to Dublin, where it was produced in August 1895.

It's one of the small number of operas that has an enduring appeal for children as well as adults and Irish National Opera's new production will be sung in David Pountney's English translation.



Don't miss Hansel and Gretel at the Watergate on Thursday, February 20

ART GUIDE

The Width of Yourself, an exhibition of new paintings by Eamon Colman on public view at Solomon Fine Art from this Friday to February 29 at Balfe Street (beside the Westbury Hotel), Dublin 2.

For this exhibition Eamon has created a new body of 18 paintings entitled 'The width of yourself' whose title refers to Peg Washington's Lane in Graiguenamagh.

As the story goes, in the early 1800s, the widow Peg Washington watched anxiously as new buildings were erected between her home and the Duiske River.

Fearing these buildings would cut off her water supply, she asked the local magistrate, David Burtchaell, for a gap between the buildings to allow her access to water. When asked what width was required she 'just the width of myself'.

Eamon Colman's interest grows out of a grounded observation having lived in and lived with the land (900 ft above sea level) in the uplands of north east Kilkenny for the past 16 years.

His day-to-day research methodologies utilise walking as a research tool, so that whilst he is travelling across land on foot he looks down on the surrounding area - both near and far.

This vantage point enables both the minutiae to be intimately experienced whilst at the same time great distances can be broadly surveyed - extending the vanishing point on clear days to include five counties and on foggy days to three feet.

The act of walking and looking is peppered with a desire for an at oneness with nature, a slowing down to be with and learn with and from' nature, rather than learn - at a distance - about it.

Colman invites the viewer to bear witness to the fragility of our immediate environment invoked through his use of materials.

Central to the exhibition is his use of paper as the main substrate - portraying a type of 'weathering' through his use of paper which is layered and torn.

ENTERTAINMENT LISTINGS

What's on in Kilkenny

Thursday

Swing Dancing, Home Rule Club, 7.30pm
Neil Delamare - End of Watch, Langton's Night Club and Bar, 8pm
 Kilkenny Photographic Society Annual Pub Quiz, Kyteler's Inn, 8pm
One Night of Adele, Watergate Theatre, 8pm

Friday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Mystify - Michael Hutchence, Watergate Theatre, 8pm
 First Live Trad Session, Home Rule Club, 9pm
Devil The Bit, Lanigan's

Bar, 9.30pm

Acousticats, Kyteler's Inn, 10pm
Gavin Carroll, Rafter Dempseys, 10pm

Saturday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Judy, Watergate, 8pm
 Mack Fleetwood, Set Theatre, 8pm
Tina McGarry live in the Bar, Home Rule Club, 9pm
 Bowie Day, Ryan's Bar, 10pm
Live DJ, Lanigan's Bar, 10pm
 Róisín Dubh, Kyteler's Inn, 10pm
The B Sharps, Rafter Dempseys, 10pm

Sunday

Kilkenny Pug Club MeetUp, Castle Park, 1.30pm
The Ficino Ensemble, Parade Tower, Kilkenny Castle, 4pm
 Hot 4 Jazz Quartet, Left Bank, 5pm
Generation 5, Kyteler's Inn, 6.30pm
 Tomas Jackman, Kyteler's Inn, 9pm
The Barflys, Pumphouse Bar, 9.30pm
 Devil The Bit, Lanigan's Bar, 9.30pm

Monday

Monday Night Madness, Matt The Millers, from 6pm



Mothers keeping an eye on the goings on at rehearsals for *The Little Mermaid* in Gowran Community Hall: Jackie Lynch, Karn Hever, Caroline Kirk and Rachel O'Reilly



The cast of *The Little Mermaid* by Andrew O'Leary in Gowran Community Hall: John Walsh, Donal Twomey, Mary Walsh, Adam Dowling, Chloe Lynch, Julie Moorhouse, John Kennedy, Stella Langton, Nicole and Jessica Kirk, Linda Delaney, Stevie O'Leary, Derek Lawler, Ella O'Reilly, Ava Medlar, Ciara Hever and Mairead Brennan



Donal Twomey as the Sailor Scurvey in the Panto: *The Little Mermaid* by Andrew O'Leary in Gowran

Out & About

MERMAIDS AND MAGIC AT GOWRAN PANTOMIME

Pictures: HARRY REID



Donal Twomey, John Walsh, Stella Langton, Linda Delaney and Adam Dowling in a scene from *The Little Mermaid*



Front Row: Mary Walsh, Jessica Kirk and Stevie O'Leary
 Back Row: Mairead Brennan, Nicole Kirk, Ciara Hever, Chloe Lynch, Ella O'Reilly and Ava Medlar

Win Tickets to Red Mills Day at Gowran Park 2 Silver Packages & 4 Pairs of General admission



What leading female jockey rode a treble at Gowran Park on Red Mills Day 2019

- Rachel Wyse
- Rachael Blackmore
- Rachel Allen

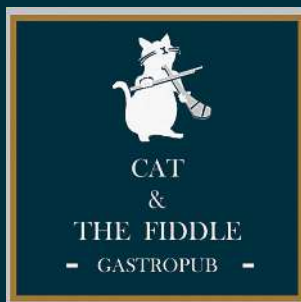
Answer: _____

Name _____

Address _____

Telephone _____

Replies to Red Mills Day Competition
 Kilkenny People, 34 High Street, Kilkenny



Serving Food

Monday - Thursday 12 noon - 8pm

Friday - Sunday 12 noon - 9.30pm

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This
Weekend



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
APPLE AND BERRY CRUMBLE with crème anglaise
ICE CREAM AND SORBETS - €2/scoop or 3 for €5

QUICKSTER LUNCH - half ham and cheese panini or chicken caesar wrap, soup or salad or fries, sweet treat & tea or coffee **€10.00** (G, D, MD, F)
 Daily **€9.95** Lunch Special 12-3pm
 Monday - **LASAGNE WITH CHIPS & SLAW**
 Tuesday - **CHICKEN CLUB BURGER WITH CHIPS & SLAW**
 Wednesday - **THAI CURRY WITH RICE & POPPADUM**
 Thursday - **CHICKEN VOL-AU-VENT WITH FRIES AND SLAW**
 Friday - **BATTERED COD FINGERS WITH FRIES AND SLAW**
ALL YOU CAN EAT WINGS MONDAY, TUESDAY & FRIDAY 5 - 8PM €10.00
WITH PURCHASE OF BEVERAGE T&C'S APPLY
STEAK AND A PINT / GLASS OF WINE €18.00 FRI/SAT FROM 4PM T&C'S APPLY
TWOFOUR TUESDAY PASTA TWO PASTAS & TWO GLASSES OF WINE / BEER 5 - 8PM €27.95 T&C'S APPLY
FULL RACK OF BBQ RIBS FOR THE PRICE OF A HALF RACK THURS 5 - 8PM €13.00 T&C'S APPLY



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Asian style Duck Salad with honey and mustard dressing
Spicy Chicken Wings with yogurt dip

Mains

8oz Fillet of Steak or 10oz Striploin Steak on the Stone served with sauteed mushrooms and onions and hand cut chips
Lamb Cutlets served with mashed potatoes, mixed veg and rosemary gravy
Supreme of Chicken stuffed with chorizo, served on a bed of veg and potatoes with creamy asparagus sauce
Seafood Risotto served with saffron sauce and garlic bread

Desserts

Chocolate Brownie with almond flakes and chocolate sauce
Baileys Cheesecake with forest fruit compote
Sticky Toffee Pudding with vanilla ice cream

Live Music

Friday 7th - Gavin Carroll @ 10pm
Saturday 8th - The B Sharps @ 10pm

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OUT & ABOUT



Sean Ó hárgain with parents and pupils at the Gaelscoil gala concert

Out & About

GAELSCOIL STARS SHINE IN SCHOOL'S GALA CONCERT

Pictures: VICKY COMERFORD



Ava, Pia, Marie Ruth Puirseal and Ella



Jenny, Kitty and Malcolm Noonan

OUT & ABOUT

TOP CLASS PERFORMERS: Some of the Gaelscoil pupils who starred on stage as part of the school's gala concert



Milo Phelan, Andrea Roche and Kathleen Phelan



Nicola Wall and Natasha Smith



Amy Murphy, Sadie Cantwell, Kate Aylmer, Caoimhe Phelan, Emily Kearney and Caoimhe Hannigan



Jude Murray, Lauren Cantwell and Mia Tyrrell Fleming



Darragh, Seamus and Hugh Power

THE KILKENNY REPORTER

MOTORING



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FEBRUARY IS MONTH OF ACTION FOR SAFETY



Additional Speed checks will be conducted across the country which will coincide with the rollout of two new types of speed detection devices

There was a 4% increase in Road Traffic Fatalities in 2019 with 148 deaths on the road, up 7 on the same period in 2018.

Serious injury collisions are up 1% at 1136 and An Garda Síochána is committed to reversing the upward trend in Road Traffic Fatalities/Serious Collisions incidents for 2020.

A month of action in respect of Road Safety will take place for the month of February. The month of Action will focus on a number of areas to improve road safety:

- Enforcement of road traffic legislation to promote compliance
 - High visibility interactive patrols to deny criminals use of the road network
 - Improved Technology
- While the Month of Action will target all road traffic offences particular emphasis has been placed on the enforcement of key "lifesaver" offences:

- The use of mobile phones while driving;
- The non-wearing of seat belts – front and rear;
- Speeding;
- Driving while intoxicated (DWI);
- Dangerous Driving

SPEED OPERATIONS

Additional Speed checks will be conducted across the country which will coincide with the rollout of two new types of speed detection devices.

Training in the new speed detection equipment is ongoing and will be completed by all roads policing member during the month of February.

This new technology will provide An Garda Síochána with the latest speed detection technology, which will increase the number of speed checks and make the roads safer.

MOBILE PHONE

ENFORCEMENT OPERATIONS

Driver distraction creates a real risk to road users yet it

is clearly visible to all of us that a significant proportion of drivers still use their mobile phone while driving. During the month of action Gardai will be proactive in issuing FCPN's notices for these offences.

Members of the public are reminded that this offence carries three penalty points and a €60 fine.

SEATBELT OPERATIONS

Detections for Seatbelt offences in 2019 showed an increase of 3% when compared with the number of detections made in 2018.

DRIVING WHILE

INTOXICATED OPERATIONS

Driving While Intoxicated enforcement will focus on the detection of both alcohol and drug driving offences. Driving While Intoxicated detections in 2019 showed an increase of 5% when compared with the number of detections for 2018.

For the period from the 1st of January to the 30th January 2020 there were 741

arrests for Driving Under the Influence.

Of these 489 were over the legal limit. 170 of these arrests were for Drug-Driving offences. (with results pending on other cases).

Over the same period in 2019 there were 600 arrests for driving while intoxicated.

The RSA found that in 867 fatal collisions examined, 38% involved a driver, motorcyclist, cyclist or pedestrian who had consumed alcohol.

In 2019 statistic show that 1 in 10 drivers were detected for incidents of Driving While Intoxicated the morning after the night before.

DWI Operations and Checkpoints will be conducted to remind motorists of the dangers of the morning after.

MULTI AGENCY CHECKPOINTS

Multi-Agency/Bi-Lateral Operations will be conducted by An Garda Síochána with the Road Safety Authority

(RSA) and other external agencies during the month.

TISPOL OPERATION TRUCK AND BUS

Divisional Roads Policing Units will be conducted in respect of Trucks and Buses during the month.

PSV Inspectors along with Road Policing Units will be participating in these checks.

CYCLISTS

Cyclist are vulnerable road users and every effort must be made to ensure that where cycle lanes have been made available, that they are accessible to the cyclist.

Each Divisional Roads Policing Unit and Community Policing Unit will ensure that regular patrols are conducted in areas where cycle lanes are provided and where vehicles are obstructing these lanes action will be taken.

Garda Members are aware of the new offence of 'Dangerous overtaking of a Pedal Cycle' and where such

incidents are reported they will be fully investigated.

The Road Safety Authority will be running radio advertisement throughout the month highlighting this issue.

"I would also appeal to pedal cyclists to be aware of the Fixed charge notices which apply to them on the public road," said Superintendent with the Garda National Roads Policing Bureau, Eddie Golden.

"Cyclists have a responsibility to stay within the rules of the road for the safety of all."

ENFORCEMENT OF OTHER OFFENCES

Whilst there is a focus on the key "lifesaver" offences, An Garda Síochána will continue to enforce other road traffic offences.

The new Garda mobility devices allows members of AGS to check and identify disqualified drivers as well as a number of other issues.

The new Nissan Juke offers striking looks and drive

JOHN KNOX

john.knox@iconicnews.ie

After taking prompts from customers who put sharp design at the top of the list as a reason to buy, Nissan answered the call with a dazzling looking new Juke.

Additional prompts from the survey of customers suggested the car should be enhanced with an extended list of features.

Again, Nissan answered the call and the Juke has the most advanced infotainment system ever fitted to a Nissan.

It includes effortless integration of smartphones, an app to control and monitor the Juke, and in-car Wi-Fi for data hungry passengers.

"The Juke has never followed the crowd," insisted James McCarthy, CEO Nissan Ireland.

"The new model builds on everything people love about Juke with a new athletic design and enhanced on-the-road experience."

The new Juke hits the market with an entry price of €21,995, with the expected top seller, the SV Premium, costing €24,650.

The Juke, Car of the Year in 2011, created a new B-crossover segment when first introduced.

Its arrival and success prompted a procession of follow on cars from competitors. Now Juke has over 20 competitors in the sector, but Juke still performs big, claiming a near 12% market share in recent times.

Petrol the choice

Petrol is the choice of drive



Nissan has answered the call, giving the all-new Juke the most advanced infotainment system ever fitted to a Nissan

for new Juke. Under the sculpted bonnet is a 3-cylinder petrol engine.

The 1-litre unit is compact and light weight and features a turbocharger.

It produces 117PS and 180Nm of torque (200Nm with overtorque function), an increase of 2PS over the previous model's 1.6-litre unit.

Juke is available with a 6-speed manual transmission as standard,

while a new dual-clutch automatic is also available for the first time.

One drove Juke and tried both transmission at the official launch on Friday, and we can confirm the drive is really fun.

In fact, the get up and go energy of the car delighted and even surprised a little, bearing in mind the size of the unit under the bonnet.

We sampled the 'D-Mode' on the SV Premium which

allows drivers to switch effortlessly between three modes - Standard, Eco and Sport.

The Eco mode didn't lack punch, but the Sport most certainly hit the spot, offering an explosive kick-off and backing it up with an easy flow of strong power all the way.

Despite the body height - it has the style of a couple with a small SUV stance - Juke is very sure-footed and easy to handle.

We had forgotten how good it was under a light hand, and it was a delight to take on challenging bends on secondary roads in it.

Despite being all-new, the latest Juke retains iconic design features.

These include the signature circular headlamps to give an instantly-recognisable face. To give it a new twist and bring the design bang up to date, these lights now feature a Y-shaped LED signature which complements Nissan's trademark V-Motion grille.

A range of 20 colour combinations ensure the new Juke stands out, with matching or contrasting colour combinations for body, roof and interior.

For owners wanting to add

their own distinctive twist and stamp their individual style, the N-Design grade joins the familiar XE, SV, SV Premium and SVE models in the new line up.

For the personalised interior, customers will be able to choose between three combinations to finish the seats, dashboard, door panel and armrest.

Standard on N-Design, the imposing 19" diamond-cut alloy wheels enhance the exterior with an athletic and dynamic look. N-Design offers 20 combinations of personalised exterior and interior.

The safety features include Intelligent Emergency Braking with Pedestrian and Cyclist Recognition, Intelligent Cruise Control, Traffic Sign Recognition, Intelligent Lane Intervention, Rear Cross Traffic Alert, and Blind Spot Intervention.

Blind Spot Intervention is a premiere on a Nissan model.

It warns drivers when there is a vehicle hidden from view alongside them and guides the Juke back into the lane to prevent a collision.

Drivers will also benefit from Nissan's advanced ProPILOT technology to help

ease the stress of long commutes and heavy traffic by semi autonomously keeping the Juke in lane and maintaining a constant, safe distance from other cars, even in slow-moving queues.

Infotainment system
Juke features the most advanced infotainment system ever fitted to a Nissan. The latest version of the NissanConnect infotainment system allows customers to use Apple CarPlay® or Android Auto to mirror their favourite smartphone apps on the integrated 8" touch screen display.

If not using the phone's navigation, drivers can access TomTom Maps & Live Traffic. The Juke's Google Assistant compatibility offers a wide range of commands, including the ability for drivers to send destinations to the car's navigation system by talking to their smart device.

Occupants will also enjoy the Juke's innovative Bose Personal Plus sound system.

With eight powerful speakers - including two sets of Bose UltraNearfield speakers integrated into both front seat headrests - listeners can enjoy immersive music in ultra-clear definition.



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- 2016 Ford EcoSport 1.0 EB 125 Zetec. SUV. Only 38k miles in white. Like new. €13,500
- 2016 Hyundai i30 Tourer 1.6 CRDI BDS Estate in grey. €8,950
- 2016 Late Kia Rio 1.1 Ed Air, new model. So cheap to run. In black. Bargain..... €8,950
- 2016 Kia Rio 1.4 CRDi Ed3 Nav. Jet black. 3 door sports. Unreal looking car €8,950
- 2016 Kia Rio, 1.1 CRDI 1 Air, new model in black.
Lowest running cost supermini, €8,950
- 2016 Renault Captur 1.5 DCI 90 Dynamique Jet Black. Superb Jeep. 60k mls €11,950
- 2016 Kia Ceed SW 1.6 CRDI i34 ISG Estate in white. 56k mls...some car! €12,950
- 2015 Hyundai i30 CRDI 1.6 DCT BD automatic. Amazing automatic. Low tax in white
..... €10,950
- 2015 Hyundai i20s Blue Drive. New model, white, 20k mls only, like NEW €10,995
- 2015 Renault Captur 90 Dynamique 1.0 34k mls. Black orange roof. As new €11,950
- 2015 Ford Mondeo 2.0 TDCI 150 Titanium. Every extra..too many to mention, in black.
Stunning Car €11,950
- 2015 LATE Hyundai i30 CRDI 110B drives. Only 37k mls from new! Superb car €11,950
- 2014 Kia Pro Ceed, 1.4 VR7, lovely car with spec. Super looking car..... €8,500
- 2014 Toyota Auris 1.3 VVTi Icon in black. Every extra. €9,950
- 2014 Nissan Note 1.2 Acenta Premium in white acc extras incl Nav. 46k mls €8,950
- 2014 Suzuki Alto 1.0 SZ in white only 22k mls. As new. €6,500
- 2014 Fiat 500 1.2 Sport. Ferrari red. Full abarth trim. Like new. €7,950
- 2014 Kia Venga 1.6 CRDI ed3, 60K mls €7,500
- 2014 Hyundai i20 1.2 Classic in black. 34k miles only, like new..... €8,950
- 2013 Hyundai i20 1.2 active in white. 23k miles. Only direct from London..... €7,950
- 2013 Hyundai i20 1.2 active, 65k mls in white.
Super car..... €6,950 **RESERVED FOR REBECCA**
- 2013 Hyundai i20 1.1 blue drive. Diesel. So easy to run. Every extra €7,950
- 2012 Seat Ibiza ST 1.4 SE Estate. Dark grey. Only 47k mls.
Lovely handy estate..... €7,950
- 2012 Hyundai i30 1.4 Active in silver. Grade 1 car, like new..... €7,950
- 2012 Kia Rio 1.2 Only 50k mls. Not a scratch on it! Ed1 €6,950 **RESERVED FOR LAURA**
- 2012 Kia Sportage 1.7 CRDI Edition 2, in white, pan roof etc. etc. lovely jeep.
Like new..... €11,950
- 2012 Honda Jazz, 1.4i VETEC ES in dark grey. Only 7,000 warranted miles,
yes 7,000. A car for years!..... €8,950 **RESERVED FOR MARY**

- 2011 Nissan Leaf Electric Auto in white 66k only. You can run it free. €5,950
- 2011 Kia Rio 1.4 Ed2 in blue. 61k mls only. What a car! Ex-London..... €4,950
- 2011 Nissan Qashqai 1.5 DCI. Great driver.
To clear...(NCT til 06/21) €3,950 **RESERVED FOR SEAN**
- 2010 Hyundai i20 1.4 Style. Top of the range. Super colour Lambo green. Leather
Superb car..... €4,950
- 2010 Hyundai i20 1.2 in red. Really special edition. A car for years..... €4,950
- 2010 Toyota Yaris 1.3 Automatic. Lovely small Automatic €5,950
- 2010 Hyundai i10 1.2 Comfort. London Car. Like new in blue..... €3,950

Due this week

- 2017 Toyota Avensis Business Ed 1.6D..... NO PRICE YET
- 2016 Toyota Auris 1.6 D4D Icon in black NO PRICE YET
- 2015 Kia Rio 1.2 in white..... NO PRICE YET
- 2015 Hyundai i30 1.6 CRDI BD Se in white NO PRICE YET
- 2015 Hyundai i20 1.4D Premium. New model..... NO PRICE YET
- 2015 Ford Focus ST 185 2.0 TDCI in black NO PRICE YET
- 2014 Hyundai i30 1.4 Classic in blue NO PRICE YET
- 2012 Kia Rio 1.2 Ed2 in white..... NO PRICE YET
- 2012 Hyundai i20 1.2 Active only 38k mls..... NO PRICE YET
- 2012 Hyundai i20 1.2 Active..... NO PRICE YET

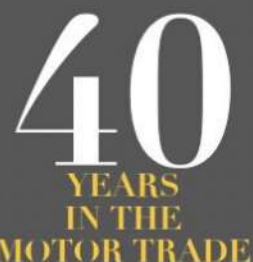
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<p>2018 (182) FORD FOCUS</p> <p>TITANIUM 1.5 TDI 95 BHP 5DR</p> <p>€18,900 €90 per week NO DEPOSIT REQUIRED</p>	<p>2018 (181) VOLKSWAGEN TIGUAN</p> <p>TRENDLINE 2.0 TDI 115 BHP</p> <p>€23,900 €115 per week NO DEPOSIT REQUIRED</p>	<p>2018 (181) PEUGEOT 3008</p> <p>ACTIVE 1.6 BLUE HDI 120 BHP</p> <p>€23,900 €115 per week NO DEPOSIT REQUIRED</p>	<p>2018 (182) TOYOTA YARIS</p> <p>Icon VVT-i 1.0 5DR (182)</p> <p>€13,900 €67 per week NO DEPOSIT REQUIRED</p>	<p>2018 (181) VOLKSWAGEN GOLF</p> <p>TRENDLINE 1.6 TDI 5DR</p> <p>€18,900 €90 per week NO DEPOSIT REQUIRED</p>
<p>2018 (181) DACIA SANDERO</p> <p>STEPWAY ALTERNATIVE 1.5 DCI 90 BHP</p> <p>€12,900 €62 per week NO DEPOSIT REQUIRED</p>	<p>2018 (181) RENAULT MEGANE</p> <p>EXPRESSION 1.5 DCI 110 BHP 5DR</p> <p>€15,900 €77 per week NO DEPOSIT REQUIRED</p>	<p>2018 (182) DACIA SANDERO</p> <p>STEPWAY SIGNATURE 1.0 TCE 90 BHP, 4,071 KMS</p> <p>€13,900 €67 per week NO DEPOSIT REQUIRED</p>	<p>2017 (172) RENAULT CLIO</p> <p>DYNAMIQUE NAV 1.2 75 BHP 5DR</p> <p>€11,900 €57 per week NO DEPOSIT REQUIRED</p>	<p>2017 (171) BMW 5 SERIES</p> <p>520D SE AUTO SALOON *NEW MODEL* LOW KMS</p> <p>€33,900 €164 per week NO DEPOSIT REQUIRED</p>
<p>2017 (171) BMW 1 SERIES</p> <p>118d SE 2.0 DSL AUTO 5DR</p> <p>€21,900 €106 per week NO DEPOSIT REQUIRED</p>	<p>2017 (172) MINI HATCH</p> <p>ONE XN72 2DR</p> <p>€14,900 €72 per week NO DEPOSIT REQUIRED</p>	<p>2017 (172) VOLKSWAGEN GOLF</p> <p>COMFORTLINE 1.6 TDI 115 BHP 5DR</p> <p>€16,995 €82 per week NO DEPOSIT REQUIRED</p>	<p>2017 (171) RENAULT MEGANE</p> <p>DYNAMIQUE S NAV 1.5 DCI 110 BHP - ONLY 15,880 KMS</p> <p>€17,495 €84 per week NO DEPOSIT REQUIRED</p>	<p>2017 (172) PEUGEOT 2008</p> <p>ACTIVE 1.6 BLUE HDI 75 BHP - LOW KMS</p> <p>€15,900 €77 per week NO DEPOSIT REQUIRED</p>
<p>2017 (171) RENAULT MEGANE</p> <p>DYNAMIQUE S NAV 1.5 DCI 110 BHP</p> <p>€16,900 €81 per week NO DEPOSIT REQUIRED</p>	<p>2017 (171) DACIA DUSTER</p> <p>PRESTIGE 1.5 DCI 110 BHP</p> <p>€12,900 €62 per week NO DEPOSIT REQUIRED</p>	<p>2017 (172) RENAULT MEGANE</p> <p>DYNAMIQUE NAV 1.5 DCI 110 BHP</p> <p>€15,900 €77 per week NO DEPOSIT REQUIRED</p>	<p>2016 (161) RENAULT CLIO</p> <p>DYNAMIQUE NAV 1.2 75 BHP</p> <p>€11,495 €55 per week NO DEPOSIT REQUIRED</p>	<p>2016 (162) DACIA DUSTER</p> <p>PRESTIGE 1.5 DCI 110 BHP</p> <p>€13,900 €67 per week NO DEPOSIT REQUIRED</p>
<p>2016 (161) RENAULT KANGOO</p> <p>VAN BUSINESS 1.5 DCI 75 BHP</p> <p>€6,495 + Vat €32 per week NO DEPOSIT REQUIRED</p>	<p>2016 (161) DACIA DUSTER</p> <p>ALTERNATIVE 1.5 DCI 110 BHP</p> <p>€11,900 €57 per week NO DEPOSIT REQUIRED</p>	<p>2015 (151) RENAULT CLIO</p> <p>DYNAMIQUE NAV 1.2 75 BHP</p> <p>€9,900 €47 per week NO DEPOSIT REQUIRED</p>	<p>2015 (152) RENAULT FLUENCE</p> <p>LIMITED 1.5 DCI 95 BHP</p> <p>€10,900 €52 per week NO DEPOSIT REQUIRED</p>	<p>2014 (141) DACIA DUSTER</p> <p>ALTERNATIVE 1.5 DCI 110 BHP 5DR</p> <p>€9,900 €47 per week NO DEPOSIT REQUIRED</p>



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Figures quoted include €2,000 scrappage allowance



TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

Office Administrator – Market Cross Shopping Centre

Job Title: Office Administrator

**Lambert
Smith
Hampton**

We are seeking a highly motivated and experienced Office Administrator with a strong work ethic and desire to work in a team environment to work alongside the Centre Manager at Market Cross Shopping Centre.

You will have the responsibility:

- Provide day to day administration support to the Centre Manager
- Provide support to the Cleaning Team Leader and Security Team Leader
- Assist with Centre marketing, online branding and promotions
- Purchasing and reporting duties i.e. verification of invoices, raising PO's and contractor communications.
- Assist the Centre Manager in ensuring all Health & Safety and Fire compliance requirements are maintained and recorded.
- Working with the retailers in the Centre to enhance the customer visit and continuously improving standards.
- Assist with the administration of insurance claims and risk management issues.
- Understanding of the need for working discreetly and maintaining confidentiality
- Other admin duties as may be assigned from time to time

Requirements:

- Minimum of 2 years' experience in similar role
- Knowledge of MS Word, Excel, Powerpoint, Outlook
- Good organisational skills
- Health & Safety aware
- Excellent attention to detail
- Ability to work to strict deadlines
- Ability to work on own initiative
- Multitasker
- Reliable
- Retail experience is desirable
- Experience in marketing / PR would be advantageous

Applicants should apply with CV before the 14th February 2020 to:

Jane Dunne
Associate Director
Lambert Smith Hampton
Email: jdunne@lsh.ie



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Or

Email your CV to goodenuf2eat@eircom.net

Brett's Hardware

BUILDERS PROVIDERS

Brett's Hardware Agri & Builders Providers Mullinahone are expanding NEW PREMISES OPENING SOON IN CALLAN, CO. KILKENNY

We are delighted to announce we are now looking to fill the following roles for our new Builders Providers in Callan.

Are you looking for a new challenge or the next step in your career development? Are you interested in becoming an important part of our new sales team?

Trade Counter Senior Sales

Experienced salespeople with a minimum of 3 years within the builder's merchant arena, with excellent knowledge of building materials. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team.

Trade Counter Plumbing & Renewable Energy Sales

Experienced plumbing sales person with a minimum of 3 years within the plumbing merchant sales arena. Excellent knowledge of plumbing consumables and renewable energy. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team.

Paint Decor Centre Sales

Experienced salesperson with a real ambition to develop this department. Must have a flair for colour and have an interest or experience in interior design. An energetic, customer focused sales-person to become a key part of our sales team. Previous experience in paint sales, mixing/ tinting of paint an advantage.

Shop Floor Sales & Cashiers

Full and part time positions for people with shop floor retail experience, exciting positions for people who enjoy dealing with a varied array of customers and want to develop their product knowledge while offering the highest standards of customer service. Experience in any form of EPOS system an advantage but not essential as full training will be offered.

Yard & Warehouse Operators

Experienced yard warehouse personnel required with a minimum of 3 years' experience working with building materials while having an excellent knowledge of building products. Must have up to date forklift and manual handling certification.

Café

Experienced Supervisor for busy new deli café must have experience in HACCP and food preparation. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of the team. Full and part time deli counter and floor staff positions available.

Administration

This is a full-time position working alongside our senior management team to support and assist in the development of our new business.

A successful Administrative Officer will act as a point of contact for all employees providing administrative support and managing stationary stocks for the branch, preparing regular reports (e.g. financials, expenses, budgets) and organising company records. If you have previous experience as Office Administrator or similar administrative role, we would like to meet you. Our ideal candidate will also have a working knowledge of office equipment and office management tools.

Garden Centre

Are you green fingered or have horticultural experience? If you enjoy making sales and advising customers on the gardening requirements, this could be the opportunity for you. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team is required

Please forward your CV with cover letter for all positions to careers@brettshardware.ie for the attention of **Noel Burke**



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Experienced Secretary

to join a busy commercial/private client team. This role is in an office environment that requires a professional enthusiastic individual with excellent communication skills who is reliable, hardworking and flexible.

The ideal candidate should have minimum 2 years legal secretarial experience with excellent IT skills to include dictaphone typing, case management and organisational skills.

Salary will be commensurate on experience for this position.

All applications should be submitted before 14th February addressed to

Liz Lawlor-Pratt, HR Manager,
Poe Kiely Hogan Lanigan, 21 Patrick Street, Kilkenny
or emailed to llawlor@pkhl.ie

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O'Neill Foley,
Chartered Accountants,
Patrick's Court,
Patrick Street,
Kilkenny, R95 N28F.

O'Neill Foley, Chartered Accountants and Business Advisors, are expanding.

The firm currently has in excess of 50 professional partners and staff providing a wide and varied range of accounting, audit, tax, wealth management and corporate finance services.

The culture of the firm reflects the young and energetic profile of our team and the entrepreneurial nature of our client base.

To meet our increasing demands for the services we provide, the following positions are currently available.

Qualified Accountant - Work in general practice, including accounting, audit and tax compliance. Continuing professional development is assured by way of incremental experience within the client base and participation in relevant training programmes.

Corporate Finance Consultant - This position will involve working along side the partners and will encompass equity transactions (both buy and sell), debt fund raising and expert witness assignments.

Tax Consultant - Recognised tax qualification is essential along with at least 2 plus years of relevant experience across a number of tax heads. Ideally the experience should come from a dedicated tax department within a substantial professional organisation with a wide range of exposure to varied transactions.

Graduate Trainee Accountants - Applicants with an honours degree from any discipline will be considered. If you believe you have the enthusiasm and dedication to work in a committed environment, we will provide the structures and training.

Accounting Technicians - Applications are welcome for qualified and trainee technician positions. The work is varied and there is considerable scope for progression both within the firm and throughout our extensive network of clients.

Trainee Financial Advisor - Working in close collaboration with the firms head of Wealth Management, this position will enable the right candidate to develop appropriate professional qualifications and combine the technical and compliance experience with the trusted advisor client facing element of the role.

Payroll Assistant - Given the position is within a team of dedicated payroll specialists, this role can be adapted to an individual with substantial experience or a trainee with a genuine interest in deepening their experience.

Remuneration for each role will be commensurate with the qualification and experience of each candidate.

If you are interested in any of the above positions, please email your CV in strictest confidence to **careers@onf.ie**.

Applications close on 21st February 2020
Address: Patrick's Court, Patrick Street, Kilkenny R95 N28F
www.onf.ie

Have the following vacancies

DUTY MANAGER
minimum 2 years' experience

FOOD & BEVERAGE SUPERVISOR
minimum 1 years' experience

EXPERIENCED BAR STAFF
to cover late shift

FOOD & BEVERAGE ASSISTANT
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Please forward CV to General Manager
Email: gm@springhillcourt.com

SPRINGHILLCOURT.COM

Full Time Office Administrator

Due to our continued expansion, RD Plumbing require a

Full Time Office Administrator
for our busy and fast paced office.

- Strong knowledge of Microsoft Excel, Word and Outlook is essential for this role.
- Salary Scale €27,000 - €30,000 per annum

Please email **recruitment@rdplumbing.ie** for a full detailed job specification.

Closing date:
Monday 17th February at 5pm

Job Seekers

Check out The Kilkenny Reporter recruitment page every each and every Thursday to find your ideal job.

THE KILKENNY FREE EVERY THURSDAY
REPORTER

SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



THREE AMIGOS: This picture, taken some time in the 1940s/50s, features Circular Road neighbours Jim Dollard, Christy Aherne and Adrian Bligh. Thanks to John Dollard for the snapshot

What is Snapshots?

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

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

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

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

SEND US YOUR PHOTOS

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

We will feature your pictures in both our print and online editions. In addition to running your images on longfordleader.ie and our social media pages we will also carry two pages of your images every week in the Kilkenny People.

POLL

We will run a poll every week on www.kilkennypeople.ie and our weekly online readers can vote for their favourite image of the week.

Two winners will go forward every week, leaving six of our readers images going forward to the grand finale with a chance to win our amazing prize package.

The overall winner as voted by the public will win the fantastic prize.

It's not too late to enter. All you have to do send your photos to pictures@kilkennypeople.ie and we will do the rest!

VOTE FOR YOUR FAVOURITE NOW!

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



MAKING A SPLASH: The Kilkenny lifesaving team from 1960, winners of the President's Trophy. They swam fully clothed! With thanks to Gary Knox for the picture

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Vicky's
Photography

I am an Award Winning Freelance Photographer based in Kilkenny.

I strive to be as unobtrusive as possible, taking a mixture of candid, informal and traditional shots.

I am passionate about photography and love what I do.

Email: info@vickysphotography.ie
Mobile: 0879081114
Web: www.vickysphotography.ie

[f](https://www.facebook.com/vickysphotography) Vicky Comerford Photographer
[i](https://www.instagram.com/vickysphotography_1) vickysphotography_1

SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



A KILKENNY CHRISTMAS: This festive scene of High Street at Christmas was taken in the late 1960s by Mick Phelan. The photograph was kindly sent in to the Kilkenny People by Mary Phelan



BROTHER AND SISTER: "My father Ned and his sister and Kitty Hynes from Graignamanagh. They both made it past 90 years of age and we often wondered what they were whispering to each other here at his 90th birthday. Gone but not forgotten..." This picture was sent in by Agnes Wiley

Kilkenny People Snap Shots



SEND US YOUR PICTURES TO BE IN WITH CHANCE OF WINNING A FANTASTIC PRIZE PACK!

HOW TO GET INVOLVED!

All you have to do to get involved is take a picture of your favourite old pictures and send them to us! **IT'S THAT SIMPLE**



HOW IT WORKS!



Each week for three weeks we will publish your pictures in the paper. Polls will run on our website to choose the pictures that will go through to the Grand Final

THE OVERALL WINNER WILL TAKE HOME THE FANTASTIC PRIZE!

TAKE A PICTURE OF YOUR PICTURE NOW AND E-MAIL IT TO US pictures@kilkennypeople.ie

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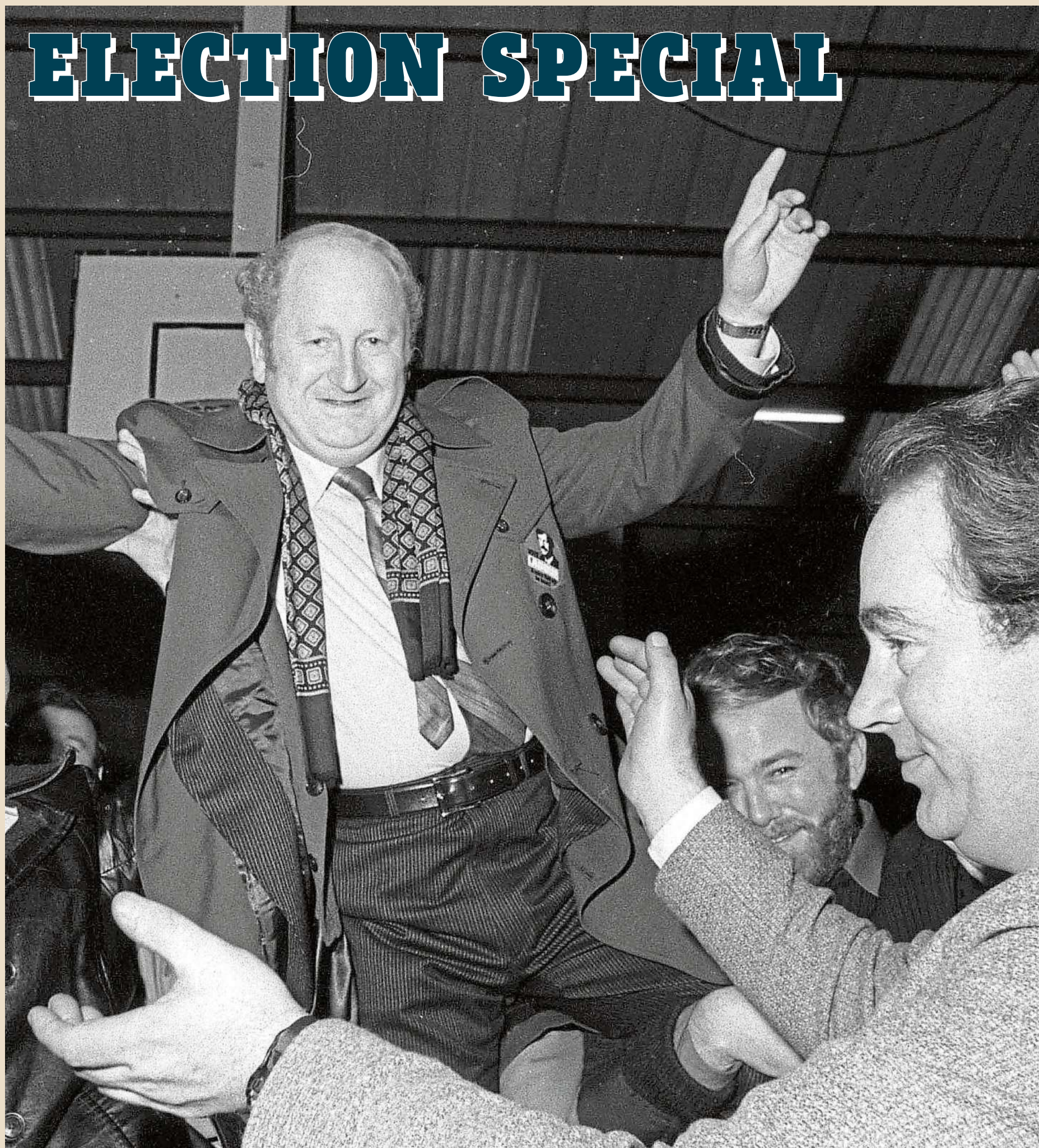
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CAST YOUR VOTE FOR YOUR FAVOURITE PICTURE! TO VOTE LOG ON TO www.kilkennypeople.ie

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny

ELECTION SPECIAL



Seamus Pattison in carried shoulder high after his election at the general election count in 1982 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Counting up the votes during the 1991 Local Elections



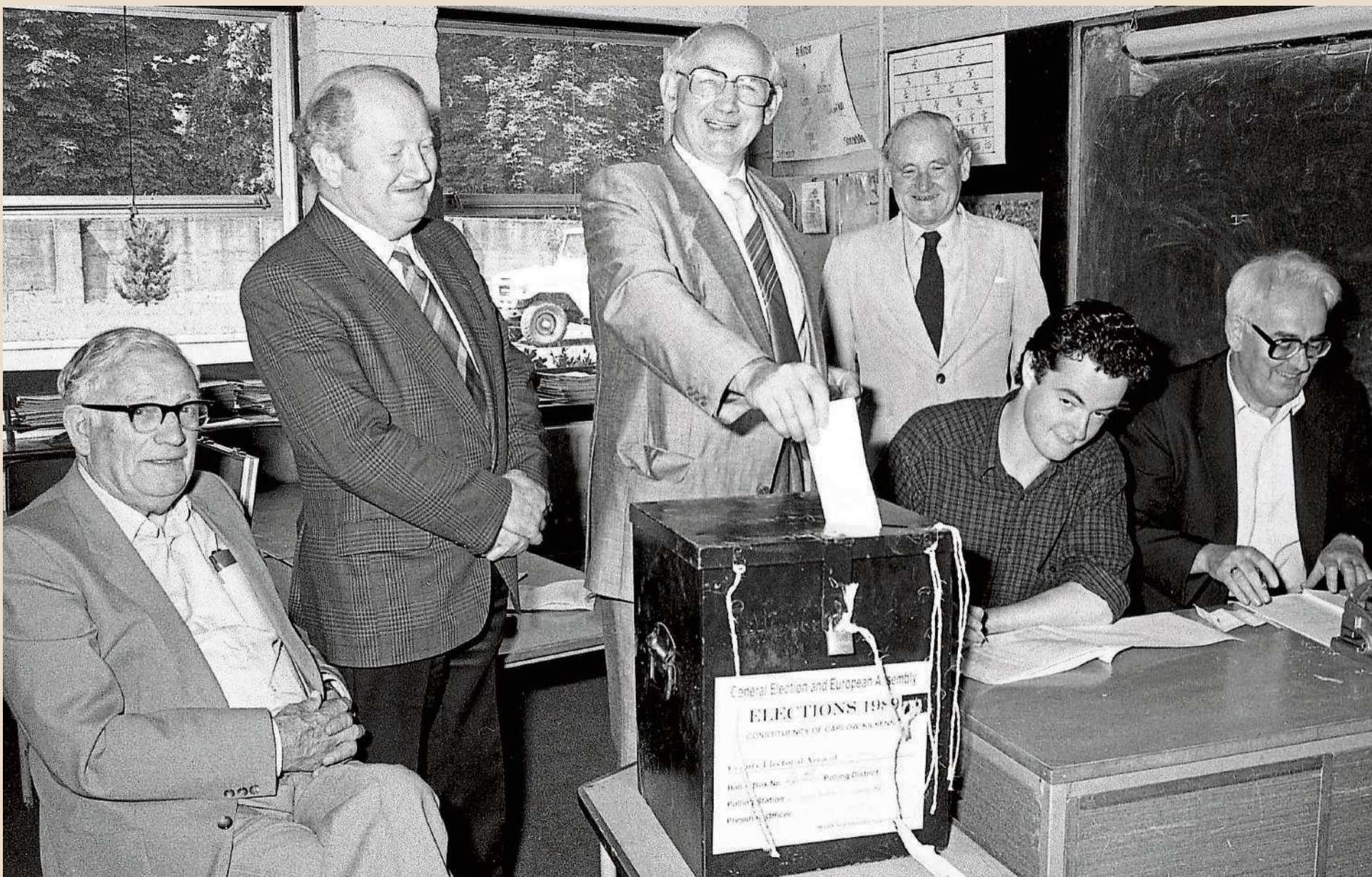
Brothers Joe and Paddy Butler are in this photograph from the Local Election Count from 1991 PICTURES: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



The counting of votes at the 1982 general election count PICTURE: MICHAEL BROPHY



Kieran Crotty voting in the 1989 General and European Assembly elections in June 1989 at St Canice's NS. Also included are John Holohan, Seamus Pattison, Tom Crotty, local solicitor John Harte and presiding officer Des Clarke, known by everyone as a Council Rates collector PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Fine Gael supporters at the general election count of 1982 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Cllr Billy Ireland and colleagues during the Senate elections of April 1982. Included in the picture is Jack Murphy, Cllr Mary Hilda Cavanagh - Ireland's longest serving County Councillor - and Dick Brennan

PICTURE: MICHAEL BROPHY

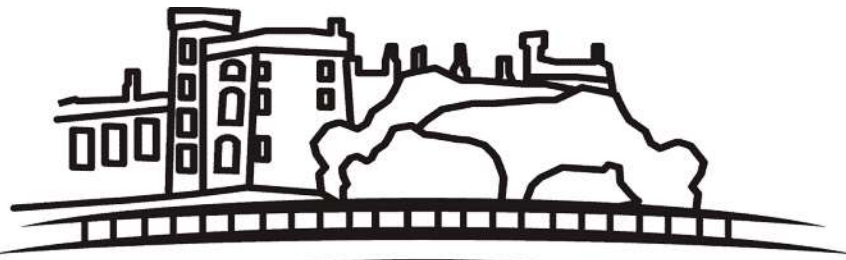
Fianna Fail supporters at the General and European Assembly elections voting in 1989. Included in the photograph is John Coonan, the current Deputy Mayor of Kilkenny PICTURE: MICHAEL BROPHY



Margaret Tynan, former Mayor of Kilkenny, talks to supporters at the count



Langton House Hotel ★★★★



STREETS OF Kilkenny 5k

Thursday, 9th April, 2020,

Race Starts: 7.30pm

Entry Fee:

Adults €20 / Under 16: €12

First 500 entrants receive a commemorative running shirt. Bespoke Finishers medal.

Refreshments: 8pm Langton House Hotel

To register: www.popupraces.ie or www.kch.ie



or check us at our Facebook, Instagram or Twitter pages, Kilkenny City Harriers.



SPORT



Kilkenny senior camogie team manager, Brian Dowling (second from left at back) pictured at the announcement of a sponsorship with Butler House with (from left:) Lucinda Gahan, captain; Davina Tobin, Kilkenny senior camogie player; Ciaran Conroy, CEO, Kilkenny Civic Trust that operates Butler House; Edwina Keane and Mary O'Connell, Kilkenny senior camogie players PICTURE: MARY BROWNE

With a bit more luck camogie ladies could be among greatest

LITTLEWOODS NATIONAL CAMOGIE LEAGUE

Last weekend the Kilkenny intermediate camogie team swung into action in the National League, and on Sunday the seniors will take their bow.

The Cats will travel to the WIT Arena, Waterford where they will take on the ever improving Suirsidiers, who are being tipped in some quarters for major honours this season.

Kilkenny have made very good use of the League in recent years, having claimed victory in 2014, 2016, 2017 and 2018 to establish one of their finest runs ever.

A good run in the League can help to develop players for the championship.

New Kilkenny manager, Brian Dowling and his team, will, no doubt, be anxious to put a good run of results

together to establish a serious momentum for the season.

Kilkenny have been there or thereabouts when all the major honours have been handed out over the past five years or so, but Lady Luck didn't always side with them.

In fact, it was the opposition. In two All-Ireland finals in recent times the Cats were downright unlucky not to take victory.

This is a new season, a new dawn and real competitors always believe the best days are ahead.

Hence the upbeat mood in the Kilkenny camp.

"The National League is there to be won," insisted Katie Power, one of the most dynamic players in the

Kilkenny set up in recent times when she spoke about the season ahead.

"It is a competition we always try our best in, but getting the best out of ourselves this summer will be the main goal.

"We want to get back into the semi-finals and see where it goes from there."

Making the last four leaves counties a mere one match from the big day.

No more than in hurling, the camogie ladies measure real success by achievements in the championship, which offers the O'Duffy Cup to the winners.

Kilkenny, under then manager and former great, Ann Downey, assembled the bones of the current fine crop

of players and stormed to All-Ireland victory in 2016.

That was the county's first All-Ireland success in 22 years. The road ahead looked bright.

However, All-Ireland final defeats followed in 2017, 2018 and 2019.

Kilkenny were good, but the winning formula eluded them.

Now comes another season that offers hope.

Kilkenny know they have a rich pool of players, and that easily they might have been among the greatest winners of all time, bearing in mind the number of finals they have contested.

"I haven't looked back on the 2019 final," Power revealed when reflecting on that day or hardship.

The past doesn't exactly haunt, but it will most certainly be a source of inspiration. It simply has to be.

Let the action begin!

4
League titles
won in recent
years



Pictured at the launch of the Littlewoods Ireland Camogie Leagues Kilkenny seniors start their league campaign away to Waterford on



MW Hire, Urlingford have extended their sponsorship of the MW the new agreement are Kilkenny hurlers, Conor Delaney and Conor and County Board secretary, Conor Denieffe (right)



were Kilkenny's Katie Power and Galway's Heather Cooney. The Sunday PICTURE: MORGAN TREACY/INPHO



Hire GAA Training Centre at Dunmore. Pictured at the signing of Fogarty with Jack Walsh, son of MW Hire founder, Matty Walsh,

Hurling

Tough on Carlow, but their efforts must be recognised and encouraged

ALLIANZ NATIONAL HURLING LEAGUE

KILKENNY 3-21
CARLOW 0-9

JOHN KNOX
at Netwatch Cullen Park

The outcome was so predictable, it was only a matter of sorting the numbers.

Yet, when the numbers were sorted at the finish and 21 points divided Kilkenny and Carlow, that told us nothing either.

Or maybe it did and it was that Division 1B of the Allianz National Hurling League is a two tier affair masquerading as a group of equals.

From the beginning it was reckoned that Clare, Wexford, Dublin and Kilkenny would be the ones battling for the high end places and inclusion in the knock-out stages of the League.

That would leave Laois and Carlow battling at the other end of the table.

Results to date would suggest that might be the case.

It was tough to watch what Carlow had to go through in Netwatch Cullen Park on Sunday. They were honest and decent in their efforts, but the odds were stacked against them.

IN DIFFERENT CLASS

They were facing a team, and it wasn't the Kilkenny first team, that was simply in a different class, hurling wise, physical wise, experience wise.

Lest we get things wrong about it all, it is worth nothing the comments of Carlow manager, Colm Bonnár afterwards.



Kilkenny's Alan Murphy (left), Richie Hogan and Billy Ryan gang up on Dairmuíd Byrne (Carlow) during the Division 1B National Hurling League clash PICTURE: WILLIE DEMPSEY

"We can't make excuses," he opened. "This is where the players want to be. They want to challenge themselves.

"It does these lads the world of good. It forces them to train at a high level and to look more at their game.

"We are hoping after this game that they will come out saying I need to do more. That is the type of player we are looking for, the type of player we want."

And don't forget, Carlow, earned their place in Division 1A through their strong efforts and steady progress over recent seasons

Let's hope Sunday's experience won't be a crushing one, but more the inspiring experience Mr Bonnár hopes for good, gutsy players like David English, Paul and Michael Doyle, Martin Kavanagh, Kevin McDonald and so on.

Carlow are serious contributors to the hurling community, and their efforts must be recognised and encouraged.

Carlow had a man sent off early on and that killed their chances.

THE RED CARD

Actually, the red card call against defender Michael Malone following a crude tackle on Huw Lawlor in the eight minute was hard to judged.

The O'Loughlin Gaels man, to his credit, didn't make a meal of it although he was left in a heap on the group. He got up quickly and trotted back into his position.

The referee made the call, and that was it. Carlow were already in a bit of trouble.

They were 0-5 to no score behind, Alan Murphy (2) and goalie Eoin Murphy having

landed scores from frees, which were added to by efforts from Ger Aylward and Bill Sheehan.

The Cats roared on, James Maher shooting a fine goal in the 11th minute (1-5 to 0-1) as they worked their way towards a 1-12 to 0-5 half-time lead.

Kilkenny has an easy control on the game after the change. When Richie Hogan lashed home 1-2 between the 52nd and 55th minutes to extend the gap to 3-16 to 0-7 it was all over.

Kilkenny finished with 14 men too after Niall Brassil pulled up with a hamstring strain, having used five subs.

Kilkenny's next game is away to Wexford in two weeks time.

SCORERS:

KILKENNY - Alan Murphy (0-8, frees); Richie Hogan (1-3); James Maher (1-2); Ger Aylward (1-1); Walter Walsh, Niall Brassil (0-2 each); Eoin Murphy (0-1, free); Aidan Nolan, Bill Sheehan (0-1 each).

CARLOW - Martin Kavanagh (0-6, five frees); Con Nolan, Ted Joyce, Eddie Byrne (0-1 each).

KILKENNY - Eoin Murphy; Ciaran Wallace, Huw Lawlor, Conor Delaney; Michael Cody, Paddy Deegan, Michael Carey; Martin Keoghán, Alan Murphy; Billy Ryan, Walter Walsh, James Maher; Bill Sheehan, Richie Hogan, Ger Aylward.

SUBS - Niall Brassil for Keoghán ht; Conor Fogarty for M. Carey ht; Aidan Nolan for Aylward 46th min; Tom Kenny for M. Cody 50th min; Tadhg O'Dwyer for B. Ryan 61st min.

CARLOW - Damien Jordan; Ross Smithers, Paul Doyle, Michael Doyle; Michael Malone, David English, Alan Corcoran; Sean Whelan, Richard Coady; John Michael Nolan, Martin Kavanagh, Kevin McDonald; Jon Nolan, Paul Coady, Chris Nolan.

SUBS - Damien Byrne for A. Corcoran 40th min; Aaron Amond for S. Whelan 49th min; Ted Joyce for P. Coady 52nd min; Eddie Byrne for J. Nolan 55th min; Cathal Tracey for C. Nolan 65th min.

REFEREE - Cathal McAllister (Cork).



Huw Lawlor (right) turned in a strong performance for Kilkenny on Sunday

SPORT

Leopardstown comes alive as Faugheen rolls back the years

Horse-Racing

Leopardstown came alive with a festival of top quality racing over the weekend.

On Saturday wonder-mare Honeysuckle produced the performance of her career to take the PCI Irish Champion Hurdle. It was an afternoon her rider Rachael Blackmore described as 'magic' as she lit up day one of the Dublin Racing Festival.

The Grade 1 Ladbrokes Dublin Chase produced a brilliant winner and a one-two for Willie Mullins as Chacun Pour Soi stamped his class on proceedings.

Paul Townend, who had to choose between the winner and Min, punched the air as the 6/5 favourite prevailed by three lengths and three parts of a length.

There were huge celebrations after the opener when hugely popular trainer Paul Nolan won his first Grade 1 contest since 2013 as Latest Exhibition landed a brilliant renewal of the Nathaniel Lacy & Partners Solicitors €50,000 Cheltenham Bonus For Stable Staff Novice Hurdle.

Ridden by Bryan Cooper, the 7/2 chance was comfortably on top of his rivals at the line, with Nolan now dreaming of Cheltenham glory with the gelding, who so nearly was sold out of the yard after winning his previous race at Navan.

Sean O'Keefe was seen to great effect when getting Gordon Elliott off the mark for the festival as 8/1 chance Eclair De Beaufeu took the Matheson Handicap Chase, the biggest win of the Wexford conditional rider's fledgling career.

There was an incredible finish to the Ladbrokes



Faugheen and Paul Townend win the Flogas Novice Chase (Grade 1) at Leopardstown's Dublin Racing Festival PICTURE: PATRICK MCCANN/RACING POST

Hurdle. Charles Byrnes won it for the third year running with gambled-on 7/1 chance Thosedaysaregone pouncing under a remarkable Kevin Brouder ride. The closing Goffs Future Stars INH Flat Race went to Willie Mullins' Appreciate It, who looked a bit special, under the trainer's son Patrick.

The second session of the Dublin Racing Festival was highlighted by the remarkable Faugheen, which rolled back the years to take the Grade 1 Flogas Novice Chase.

The loveable 12-year-old was out-jumped almost throughout by fellow market leader Battleoverdoyen, but he was always in touch and the crowd went wild as he took it up between the last two.

Paul Townend's gallant partner had a battle on his hands from the last as his own stable companion Easy Game threw down a determined challenge but he was more than up to the task. He scored by half a length with the crowd in raptures, many of them showing a fair turn of

foot of their own as they descended on the parade ring to welcome their hero home.

"Three runs put together now, it's fantastic," said a delighted Mullins. "People say you should be retiring these old horses but if they have not too much mileage, they can still do it."

"His will is incredible. Every morning he's out there on the gallop he wants to train. His attitude to racing is incredible."

The Paddy Power Irish Gold Cup produced an epic finish of its own as Gordon Elliott took the big race of the day as Jack Kennedy steered Delta Work to a hard-earned success.

Another superb spectacle saw the three horses that dominated the market in Kemboy, Delta Work and Presenting Percy, jump almost in unison. Kemboy and Paul Townend came up the rail and he had not fully asked for his effort, having jumped the second-last brilliantly.

Davy Russell had nursed Presenting Percy into contention, having been held up in rear, but Delta Work came there to lead at the last.

Kemboy would not give in but Delta Work held him all the way to the line.

"He settled lovely and jumped great," said Kennedy. "I was there in front for a while and he wasn't doing a whole lot up the straight. He has improved from the last day. To be honest I thought I got there too soon."

Henry de Bromhead and Rachael Blackmore's bid to make it a remarkable three Grade 1 victories at the Dublin Racing Festival ran aground when the shortest-priced horse of the two days, Aspire Tower, fell at the last in the Tattersalls Ireland Spring Juvenile Hurdle.

Aspire Tower fell under pressure at the last with A Wave Of The Sea coming through late on to win for Joseph O'Brien and Barry Geraghty.

The unbeaten Asterion Forlonge produced a devastating display in the Grade 1 Chanelle Pharma Novice Hurdle, winning for Willie Mullins and his nephew Danny.

Bookmakers got a result in the Gaelic Plant Hire Leopardstown Handicap

Chase, where Paul Gilligan's Glamorgan Duke beat fellow 33/1 chance Trainwreck. The closing Grade 2 Coolmore NH Sires Irish EBF Mares INH Flat Race went to Darling Daughter under Lisa O'Neill for Gordon Elliott, who also took the opening Irish Stallion Farms EBF Paddy Mullins Mares Handicap Hurdle with the Davy Russell-trained Black Tears.

Success at a lower level for Mullins and Townend came at Limerick on Thursday where the pair recorded a double.

The duo landed the opening division of the mares' maiden hurdle with the Joanne Coleman-owned Lamarckise, a gambled-on 2/5 favourite who had to work for her half-length success over the Joseph O'Brien-trained Miss Pernickety.

Five O'Clock was a second winner for the pair as he took the 2m maiden hurdle by a length from the Henry De Bromhead-trained Email Rose. The 4/7 favourite also had to dig deep for his victory over his nearest market rival.

May Remain landed his third race of Dundalk's Winter Series with a gutsy success in the 5f handicap on Friday night. Ridden by Gavin Ryan, the 8/1 chance battled well when challenged by Nigg Bay to win by half a length.

Old Leighlin trainer Barry Fitzgerald landed his second career success a week after his first when Saga Bolton scored a one and a half length win in the claiming race over the extended 10f.

A strong 9/4 favourite, the eight-year-old scored by a length and three quarters under Rory Cleary and will next run Brian McMahon after being claimed for €5,000.

Joseph O'Brien landed a double, but only with the intervention of the stewards. It was all pain sailing for 5/4 favourite Annie B in the 8f mares' maiden as she beat the Tracey Collins-trained Plum Perfect by a length and three-quarters under Declan McDonogh for owner Anna Mary Kehoe.

Mr Mooj, O'Brien and McDonogh's 8/11 favourite, was beaten to the post in the 8f maiden by the Johnny Murtagh-trained and Shane Kelly-ridden Kokura but the result was overturned in the stewards' room as the original winner had repeatedly interfered with the runner-up inside the final furlong.



Honeysuckle, ridden by Rachael Blackmore, wins The PCI Irish Champion Hurdle on day one of Dublin Racing Festival at Leopardstown

PICTURE: CAROLINE NORRIS

REPORTER SPORT

Spurs look good bet to secure Champions League return

WITH runaway leaders Liverpool as short as 1/000 to win the Premier League title, the real interest over the remaining months in relation to the top end of the table is on which clubs will secure Champions League qualification.

Man City, now 250/1 to win the Premier League title, with 13 series

of fixtures to go, are long odds-on shots to secure Champions League qualification once again.

Third-placed Leicester, just two points behind City in the table, are available at 1/12 to qualify for Europe's premier club soccer competition.

After that things start to get interesting. Fourth-placed Chelsea

are 4/9 shots to secure a top four finish, with fifth-placed Tottenham Hotspur available at 5/2.

Spurs trail Chelsea by four points in the table.

Both sides have been inconsistent this season.

Spurs will be boosted by their weekend win over Man City. A

stand-out fixture in the race for a top four finish will come on February 22 when Spurs visit Stamford Bridge to face Chelsea.

Mourinho's Spurs side cannot afford to lose there. A win would boost their top four hopes.

At 5/2, Spurs look a decent bet to finish ahead of Frank Lampard's Chelsea side.



IS THAT ON THE BOX?

Thursday

GOLF

HANDA VIC OPEN
SKY SPORTS 4AM

SNOOKER

WORLD GRAND PRIX
ITV 4 1PM

RUGBY LEAGUE

WOLVES V WIGAN
SKY SPORTS 7.45PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

DARTS

PREMIER LEAGUE
SKY SPORTS 9PM

Friday

SUPER RUGBY

BRUMBIES V REBELS
SKY SPORTS 8.15AM

SNOOKER

WORLD GRAND PRIX
ITV4 1PM

RUGBY UNION

SALE V SARACENS
BT SPORT 7PM

20S RUGBY

IRELAND V WALES
RTE 7PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

Saturday

Ireland play Wales
at 2.15pm



GOLF

HANDA VIC OPEN
SKY SPORTS 2AM

TENNIS

MAHARASHTRA OPEN
AMAZON PRIME 5AM

RUGBY UNION

CHIEFS V CRUSADERS
SKY SPORTS 6AM

RUGBY UNION

WARATAHS V BLUES
SKY SPORTS 8.15AM

SOCCER

EVERTON V C PALACE
BT SPORT 12.30PM

SOCCER

WIGAN V PRESTON
SKY SPORTS

RUGBY UNION

IRELAND V WALES
VIRGIN/ITV 2.15PM

RUGBY UNION

STORMERS V BULLS
SKY SPORTS 3.15PM

RUGBY UNION

SOCTLAND V ENGLAND
VIRGIN/BBC ONE 4.45PM

SOCCER

TORINO V SAMPDORIA
PREMIER SPORT 5PM

SOCCER

NOTTS FOREST V LEEDS
SKY SPORTS 5.30PM

SOCCER

BRIGHTON V WATFORD
BT SPORT 5.30PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 6PM

RUGBY UNION

JAGUARES V HURRICANES
SKY SPORTS 9.40PM

Sunday

SOCCER

SHEFF UTD V BOURNMOUTH
BT SPORT 2PM

GAELIC FOOTBALL

MEATH V MAYO
TG4 ONLINE 2PM

GAELIC FOOTBALL

DONEGAL V GALWAY
TG4 2.30PM

GAELIC FOOTBALL

TYRONE V KERRY
TG4 2.30PM

RUGBY UNION

FRANCE V ITALY
VIRGN/BBC 3PM

SOCCER

MAN CITY V WEST HAM
SKY SPORTS 4.30PM

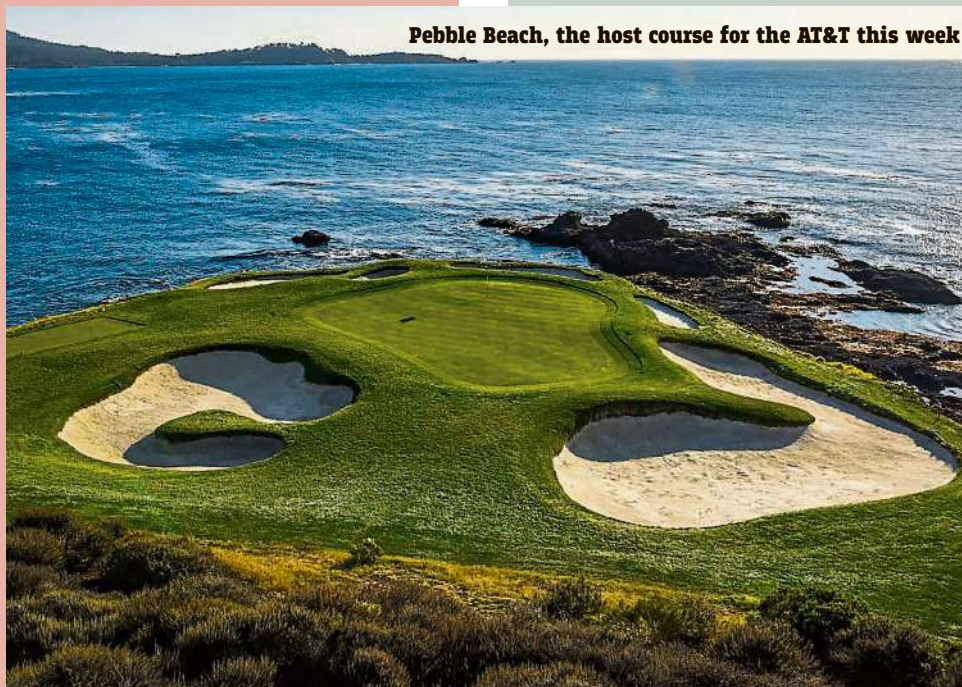
GOLF

AT&T PEBBLE BEACH
SKY SPORTS 6PM



Sean Mul Kerrin of Galway, right, and Jamie Brennan of Donegal meet on TG4 this Sunday afternoon

Pebble Beach, the host course for the AT&T this week



SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

FRIDAY

JJ KAVANAGH AND SON SFL, GROUP B

Palmerstown: Dicksboro v James Stephens (8pm)
Danesfort: Danesfort v Kilmoganny (8pm)

SATURDAY

LEINSTER PP SCHOOLS SHC SEMI-FINAL

Netwatch Fenagh: St Kieran's College v Good Counsel (2.30pm).

JJ KAVANAGH AND SONS S.I., GROUP A

Mooncoin: Mooncoin v Muckalee (2pm)
Mullinavat: Mullinavat v Clara (2pm)

JJ KAVANAGH AND SONS SFL, GROUP C

Tullagher: Tullagher Rosbercon v Conahy Shamrocks (2pm)
St John's Park: O'Loughlin Gaels v Railyard (2pm)

JJ KAVANAGH AND SONS IFL, GROUP B

Gowran: Young Irelands v Piltown (2pm)
Pairc na Ratha: Glenmore v Blacks and Whites (2pm)

JJ KAVANAGH AND SONS IFL, GROUP A

Canon Kearns Park: Erin's Own v Rower Inistioge (2pm)

JJ KAVANAGH AND SONS JFL, GROUP B

Thomastown: Thomastown v Lisdowney (2pm)

JJ KAVANAGH AND SONS JFL, GROUP B

Tullaroan: Tullaroan v Kilmacow (2pm)

KILKENNY CITROEN CENTRE MINOR C FC FINAL

The Rower: Glenmore v Graignamanagh (3pm)

SUNDAY

JJ KAVANAGH AND SONS JFL, GROUP A

Paulstown: Barrow Rangers v Muckalee (2pm)

Windgap: Windgap v Carrickshock (2pm)

JJ KAVANAGH AND SONS JFL, GROUP B

Tom Ryall Park: Graigue Ballycallan v Railyard (2pm)

Tom Ryall Park: Graigue-Ballycallan v Tullaroan (2.30pm)

PERMANENT TSB UNDER-19 HURLING COUNTY FINAL

TBC: Dicksboro v O'Loughlin Gaels (2pm)

KILKENNY HONDA CENTRE MINOR C HL FINAL

Páirc na Seamróg: Kilmacow v Blacks and Whites (12noon).

WEDNESDAY,

FEBRUARY 12

LEINSTER PP SCHOOLS SHC SEMI-FINAL

Leinster centre of excellence, Portlaoise: Kilkenny CBS v Colaiste Eoin, Dublin (2pm)

CAMOGIE FIXTURES

SUNDAY

LITTLEWOODS IRELAND SENIOR CAMOGIE LEAGUE, ROUND 1

WIT Arena, Carriganore, Waterford: Kilkenny v Waterford, 2pm

LEAGUE ODDS

Kilkenny are now the biggest threat to Limerick's hopes of defending the Allianz National Hurling League Division 1 title after they surged past Carlow, and Tipperary suffered a second straight defeat.

Brian Cody's men notched 3-21 on Sunday for the second consecutive match to make it two wins from two as they joined Clare on four points at the top of Group B.

The Cats started the campaign as a 5/1 shot. They are now 9/2 second favourites with BoyleSports after Tipperary lost their place near the head of the betting

John Kiely's Limerick side, meanwhile, have a stronger grip on favouritism following their eight point victory over Galway, which has seen them gambled into 7/4 from 7/2 to win back-to-back League titles.

National Hurling League Division 1 betting - 7/4 Limerick; 9/2 Kilkenny; 6/1 Clare; 15/2 Cork; 15/2 Galway; 8/1 Wexford; 11/1 Tipperary; 11/1 Waterford; 20/1 Dublin; 500/1 Laois; 500/1 Carlow.

RUGBY

SATURDAY, FEBRUARY 15

LEINSTER RUGBY LEAGUE DIVISION 1A

Foulkstown: Kilkenny Firsts v Suttonians (3pm).

BOXING

Marble City boxing club star, Doireann Coogan, claimed the national under-18 title in the National Stadium, Dublin to add to her impressive and ever growing collection of honours.

The latest was her third national title.

The Wexford International boxing cup gold medalist and overall best female boxer has now been called up to the Irish team. Doireann will train with the High Performance group and will hopefully be selected to represent Ireland at the European youth championships in Montenegro in April.

Coogan has put in the groundwork over the past few months, overcoming any obstacle placed in her way. She has now earned a spot on the national team.

SOCCER FIXTURES

FRIDAY

UNDER-10 GERRY O'REILLY CUP

Evergreen Athletic v Freebooters Athletic, 6.30pm.

UNDER-10 JAGGER WEMYSS SHIELD

Evergreen White v Freebooters City, 6.30pm.



Saturday was a day in a million for Cillian Tuite (9) from Paulstown, Co. Kilkenny. The mad Liverpool FC fan was chosen by lottery to be a mascot at the club's Premier League clash against Southampton. Cillian had plenty to celebrate as Liverpool won 4-0. Cillian's father, Brian, has been an avid Liverpool supporter all his life. Cillian follows in his father's footsteps and is a member of the official Liverpool FC Supporters Club. Cillian lived his dream by walking out in Anfield with Liverpool defender, Andy Robertson, and right behind was his hero, Alisson Becker, the goalkeeper. Cillian travelled to Liverpool with his parents, Miriam and Brian Tuite and his sister Sadhbh (7). He is a third class student of Scoil Bhríde, Paulstown. He plays in goal with his local soccer club, Paulstown 06.

SATURDAY

UNDER-19 LEAGUE

Evergreen v Deen Celtic, 2.30pm.

Thomastown United v Freebooters, 2.30pm.

UNDER-16 SCHOOLGIRLS' LEAGUE

Lions v Piltown, 12 noon.

Callan United v Evergreen United, 12.30pm.

Stoneyford United v Evergreen City, 2pm.

Thomastown United v East End United, 3.30pm.

Bridge United v Freebooters, 3.30pm.

UNDER-16 TC TYRES LEAGUE DIVISION 1

Thomastown United v Callan United, 11am.

Deen Celtic Athletic v Evergreen Athletic, 11am.

UNDER-16 TC TYRES LEAGUE DIVISION 1A

Highview Athletic v Paulstown 06, 11am.

East End United v Clover United, 2pm.

UNDER-14 SFAI SUBWAY INTER LEAGUE

Wicklow v Kilkenny & DL, Arklow Town Astro pitch 4pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1

Freebooters Boys v Deen Celtic Boys, Watershed 12 noon.

Highview Athletic v Spa United, 12.45pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 2

Stoneyford Boys v Paulstown

06, 11am.

Evergreen City v Thomastown Boys, 11am.

Clover United v Freebooters City, 12.15pm.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 1

Thomastown United No 1 v Piltown, 12.30pm.

Evergreen City v Evergreen United, 5.45pm.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 2

Spa United v Thomastown United No 2, 2pm.

Lions v Callan United, 4.15pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1

Bridge United Athletic v Freebooters Athletic, 2pm.

Evergreen Athletic v Evergreen Boys, 2.30pm.

Lions Athletic v Thomastown Athletic, 3.15pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1A

Thomastown Boys v Highview Athletic, 11am.

Callan Athletic v Spa United, 2pm.

Paulstown 06 v Bridge Boys, 3.15pm.

UNDER-12 GLANBIA LEAGUE DIVISION 2

East End United v Fort Rangers, 2pm.

Callan Boys v Deen Celtic Boys, 3.15pm.

UNDER-12 GLANBIA LEAGUE DIVISION 2A

Lions Boys v Freebooters City, 2pm.

River Rangers v Evergreen

Dynamos, 2pm.

UNDER-10 GERRY O'REILLY CUP

East End United v Lions Athletic, 11am.

Clover United v Stoneyford United, 11am.

Highview Athletic v River Rangers, 2pm.

Deen Celtic Athletic v Thomastown United, 2pm.

Evergreen Boys v Spa United, 4.30pm.

UNDER-10 JAGGER WEMYSS SHIELD

Callan United Boys v Thomastown United, 11am.

Evergreen Dynamos v Freebooters Boys, 1.15pm.

Deen Celtic Boys v Stoneyford United, 2pm.

Evergreen Green v Lions Boys, 4.30pm.

Evergreen City v Highview Boys, 4.30pm.

SUNDAY

ST CANICE'S CREDIT UNION PREMIER DIVISION

Highview Athletic A v Freebooters A, 11am.

Evergreen A v Bridge United A, 11am.

INTOSPORT.IE DIVISION 1

Newpark A v Evergreen C, 11am.

Evergreen B v Stoneyford United, 11am.

East End United v Callan United, 2.30pm.

EAMONN MAHER COACH HIRE DIVISION 2

River Rangers v Thomastown

United B, 11am.

Lions v Freshford Town A, 11am.

Paulstown 06 v Castletown Celtic, 2.30pm.

Bridge United B v Highview Athletic B, 2.30pm.

DIVISION 3

St John's v Evergreen 46, 2.30pm.

Tullaroan v Newpark B, 2.30pm.

UNDER-16 SFAI SUBWAY INTER LEAGUE

Midlands League v Kilkenny League.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1

Deen Celtic Athletic v Lions, 11am.

Bridge United Athletic v Thomastown Athletic, 1pm.

Evergreen Athletic v Freebooters Athletic, 1.30pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1A

Callan United v Evergreen Boys, 12.15pm.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Callan United v Fort Rangers, 10.30am.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 1

Bridge United v Stoneyford United No 1, 2.30pm.

MONDAY

UNDER-12 GLANBIA LEAGUE DIVISION 1

Freebooters Boys v Stoneyford United Athletic, Watershed 7.30pm.



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Limerick
Limerick
Offaly

NOW OPEN Naas Road, Woodies
Tallaght Retail Park
Fonthill Retail Park
Airside Retail Park, Swords
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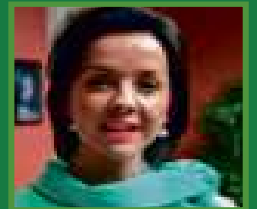
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