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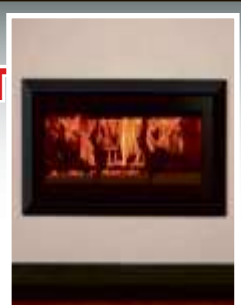
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CALLAN DANCERS ALL SET FOR THE LAURA LYNN BALL



Isabelle Norris and Austeja Lukoseviciute, students at CMD Dance helped launch LauraLynn Children's Hospice Heroes Ball this week alongside Miriam O'Callaghan and Alan Shortt

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SIOBHAN Fashion was all the rage at Red Mills Day **P12&13**



Feeling hungry? There's a pork recipe for all! P20



SPORT Honours night for Kilkenny City Harriers **P58&59**

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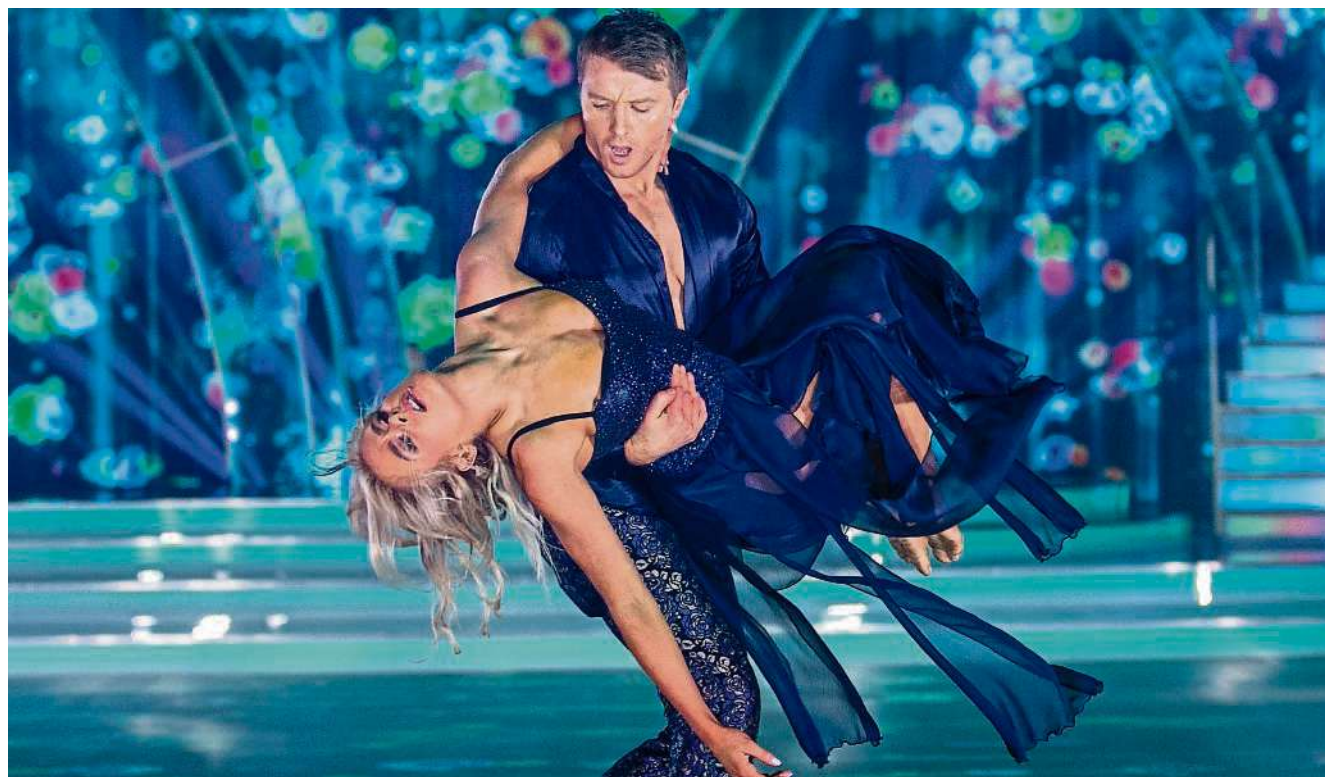
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NEWS



LEFT: Aidan Fogarty and Emily Barker
ABOVE: Mary Kennedy and John Edward Nolan

Aidan 'back to his best' on dancefloor

It was 'back to his best' for All Ireland winning Kilkenny hurler Aidan Fogarty on Dancing with the Stars this week.

Aidan and his pro partner Emily Barker danced contemporary ballroom to Lewis Capaldi's beautiful song 'Someone You Loved'

for their performance this week.

Speaking afterwards Aidan said: "I'm happy enough."

Brian said: "I liked the lifts. Not quite the best but I think you're getting back to your best."

Julian said: "You're melting my heart tonight. It was such a

romantic piece. There was a lot of content to deal with. You conveyed the emotion of the dance. You're going from strength to strength - keep up the good work."

Lorraine said: "For me you show great adaptability. Love the foxtrot, great footwork, when in hold you

show great fame. You're so versatile in all that you do - great job!"

Aidan scored 23 from the judges.

Television presenter Mary Kennedy and Kilkenny's John Nolan danced a Viennese waltz to her nephew Dermot Kennedy's

track 'What Have I Done.' Afterwards the proud auntie said: "It was great to watch Dermot go from busking to perfect his craft."

Julian said: "Mary you looked beautiful tonight and lit up the floor - take those notes and keep going."

Mary and John scored 16.



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NEWS

Top awards for local business

Two local businesses have been awarded top prize in their category at the Georgina Campbell Irish Breakfast Awards which were announced on Monday at an award ceremony in Dublin's Intercontinental Hotel which was hosted by Rachel Allen.

Arán Artisan Bakery & Bistro in Kilkenny City won the people's vote for the country's best brunch, while the Avalon House Hotel in Castlecomer won the best breakfast in a four-star hotel award.

The Irish Breakfast Awards celebrate the finest Irish food producers and those who take special pride in serving the best breakfasts and brunches.

Commenting at the awards Georgina Campbell said; "It is important to celebrate the people and businesses that strive to make the first meal of the day as memorable as any fine dining experience".

Rachel Allen added: "These awards are unique in that they highlight a meal that is all too often overlooked by business owners as the least important of all their dining options."

The Lady Helen restaurant at Mount Juliet was awarded a coveted Four AA rosettes for culinary excellence, one of only two restaurants in Ireland and the UK to achieve such an accolade.

Chairperson of Visit Kilkenny, Colin Ahern said: "This has been a great week for the hospitality industry in Kilkenny and we are absolutely thrilled for all three establishments on their incredible achievements. There is a lot of hard work behind the scenes that go into achieving such exceptional standards that these three have achieved and we congratulate them for all their deserving awards."



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Paul O'Connell for Mount Juliet

Pictured above is Irish rugby legend Paul O'Connell along with his son, Paddy, who caddied for Paul at last year's Irish Open Pro Am. The duo return to Mount Juliet for the Dubai Duty free Irish Open Pro Am on Wednesday, May 27. Further player announcements and the rest of the Pro-Am line-up will be announced over the coming weeks - Tickets are available from www.dubaidutyfreeirishopen.com.

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NEWS

ROUNDUP

Run for Fun

Ossory Youth have received a grant of €5,000 from Vhi to deliver a Run for Fun programme one of only five in the country.

The 'Run for Fun' programme was created by Vhi, in partnership with Irish Youth Foundation, in 2017 to empower and build the self-esteem of young people through a dedicated fitness and nutrition programme.

A fish out of water!

Mullinavat drama group will perform 'A Fish out of Water' by Jimmy Keary in two shows.

The first in The Rising Sun on Friday, February 21, and in Paddy Ryan's, Listerlin, on Saturday, February 29.

Performances start at 8pm and admission is €10. The cast have put in a huge effort and a brilliant night's entertainment is guaranteed!

Coffee and cake!

Kilkenny will be part of a worldwide fundraising event on Saturday - and you're invited along!

Rotary are holding a 'Fill Your Plate for Polio' coffee and cakes event, in the Pembroke Hotel, from 10am to 11.30am. The Pembroke Hotel is providing the coffee and cakes free of charge, all monies raised will go directly to the End Polio Campaign.



Do the Dunna Dash

This year's Dunna Dash 5km family fun run and walk in aid of St Leonard's NS will take place on Sunday, March 1, at 12.30pm.

Registration from 11.30am in the school.

This year there is a new Kiddies 1km Dash for all those from 3rd class down. This will start at 12.15pm and all children will get a medal on the day for taking part.

Are you a poet?

Submissions for the publication of the 17th Kilkenny Poetry Broadsheet are being accepted.

Writer and poet Colm Keegan will be the editor of the Broadsheet 2020.

Kilkenny Co Council is accepting applications available from the Arts Office, 5 Dean Street, Kilkenny. T:



056 7794547
Email: deirdre.southey@kilkennycoco.ie or get forms on the Council's website.



Charity Ball

The LauraLynn Heroes Ball will be held on Saturday, March 28 in the Clayton Hotel in Dublin. Now in its fifth

year the night has become known as the most fun-filled Charity Ball in the national calendar.

Movie Extras

Want to be in a Hollywood movie? The Last Duel, directed by Ridley Scott and starring Matt Damon, Ben Affleck, Adam Driver and Jodie Comer begins filming in Ireland soon and the call is out for extras.

For information on how to audition see kilkennypeople.ie, email: thelastdulextras@gmail.com or see TheLastDuelExtras on Facebook.

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- Gummy Smile
- Neck



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NEWS

Farmers being skinned over the price of potatoes - IFA

The area of potatoes planted in 2019 was the second lowest on record, after 2018, which was the lowest on record.

There was also a further decrease in the plantings of traditional varieties such as Kerr Pinks and Golden Wonders.

Speaking at the National Potato Conference in Dublin last week, IFA President Tim Cullinan said farmers continue to be the poor relation within the supply chain.

He outlined how retailers are taking the lion's share of the margin on potatoes, while farmers bear all of the risk.

"Growers are coming under increased pressure due to rising input and storage costs and the continued decrease of phytosanitary products available.

That situation cannot be sustained; the price the farmer gets has to rise, just to cover storage costs alone.

"Retailers and packers

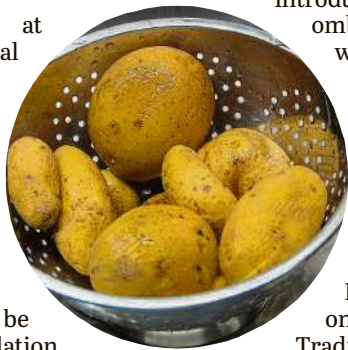
have to wake up to that and act now if they want to have a potato industry in the future," he said.

The IFA President said retailers have a dominant position in the food chain. IFA wants the Government to introduce a retail ombudsman who will have strong independent oversight and regulation of the sector.

"There is provision in EU legislation on Unfair Trading Practices for an independent retail regulator, but this has to be transposed into Irish law.

This was a priority during Commissioner Hogan's tenure in Agriculture and we want to see it implemented without delay," he said.

IFA Potato Chairman Tom McKeown said growers make an investment of €60 million each year to grow Ireland's 20,411 acres of potato and ensure a top-quality product is consistently available to packers, supermarkets, and the food service sector.



Valentine's Ball a huge success

Seamus Wadding and Julie Murphy at the Valentine's Ball in the Ormonde Hotel PICTURE: HARRY REID

Great excitement ahead of novel launch

SEAN KEANE

sean.keane@iconicnews.ie

Ann Murtagh is a former primary teacher and local historian whose historical novel for children called *The Sound of Freedom* has been published by O'Brien Press.

It is being launched in the Medieval Mile Museum at 5pm on Sunday, March 1. Fin Dwyer of the Irish History Podcast is the guest speaker. All welcome, but please RSVP Ann at murtaghann19@gmail.com or 087 6249565.

The inspiration for the novel came from being asked to design school resources for a 1916-themed play by Barnstorm Theatre Company, called *The Messenger*.

This work gave Ann a new appreciation for the power of story in treating this complex period of our history and she decided to try her hand at writing a novel set during the War of Independence.

She chose on an area in North Westmeath for the setting as both her parents came from there.

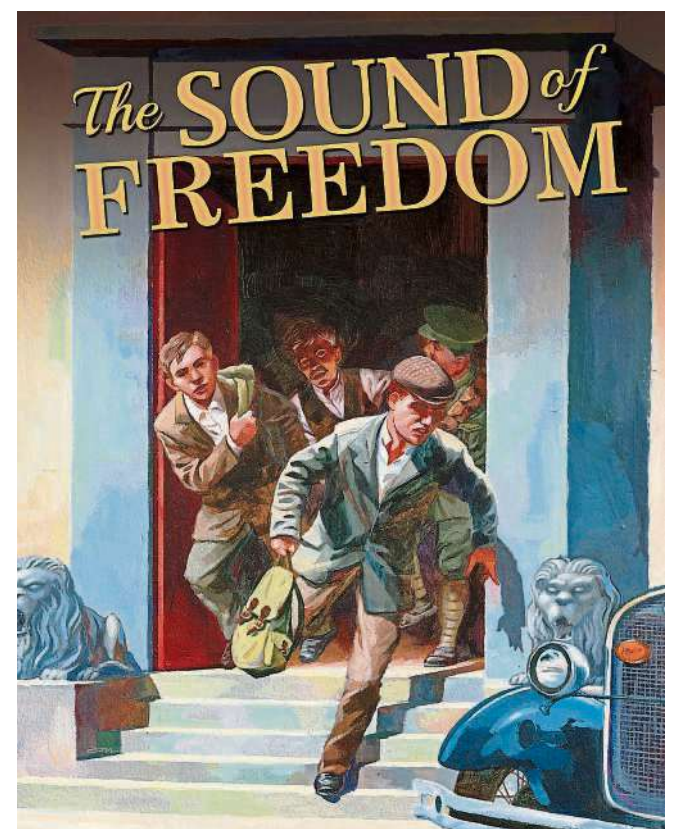
The story is geared towards nine to 12 year old readers. Ireland's War of Independence has just begun. Thirteen-year-old Colm Conneely longs to join the local Volunteers.

Caught up in republican fever, he smuggles guns, stands up to the RIC during a house raid and raises the tricolour on a lake island. But Colm also dreams of a life in America working as a fiddle player and involved in the

republican movement there. The arrival in the area of spirited Belfast girl Alice is a new development in Colm's life. She speaks Irish, shares his love of Irish music and is also committed to the cause.

Will Colm stay in Ireland and join the Volunteers or will he fulfil his dream of working in America? A long-held family secret comes to light, rocks Colm's world and shows him the way to go.

Ann lived in Kells, Co Meath until 2002 when she and her Kilkenny husband moved to Kilkenny city. She taught for many years in Kilkenny School Project and has been active in local history projects such as Kilkenny 400 and Kilkenny Archaeological Society's project on Lá na mBan in 2018.



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with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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



Putting on the glad rags for Gowran's Red Mills Day

The crowd turned out in their finest for Red Mills Day Best Dressed Competition at Gowran Park!

I have been attending this race meeting for years and the standard in the style stakes were higher than ever this year.

Tweed, leather, faux fur and vintage was on a whole new level, all inspired by the current clothing line at the Red Mills store in Cillin Hill.

This year's prize of a €500 voucher for the Red Mills Store, as well as a two night stay and dinner from Talbot Hotels, bringing the overall prize value to over €1,000 for each winner.

Guest judges, Virgin Media One Stylist Emily O'Donnell, and Kilkenny's own TV chef Edward Hayden, had their work cut out from the vast array of entries. The rain did not deter anyone from sporting their glad rags, with fashionistas travelling from all over the country to compete.

Keira Warren from Enniscorthy was crowned most stylish lady on the day, wearing a form fitting tweed dress which she had made especially for the day by local designer Elina Spera, inspired by the 'Winter Racing Chic' theme, and a feather trimmed matching hat she created herself.

Stylist Marietta Doran hosted several fashion slots which in the Style Marquee with collections from exclusive brands including Fairfax &



LEFT: Judge Emily O'Donnell and Siobhan Donohoe at Red Mills Day in Gowran Park

TOP RIGHT: Helen and Helena Hughes had a great day at the races in Gowran Park

MIDDLE RIGHT: Siobhan Donohoe, Chris Cavanagh and Fiona Foley

BOTTOM RIGHT: Best Dressed Gentleman Ronan Wilson and style judge Edward Hayden at the Red Mills Race Day at Gowran Park

PICTURES: VICKY COMERFORD AND ANTHONY WOODS



Favor, Welligogs, & Hicks & Brown, all from the Red Mills Pop-up shop.

Ronan Wilson from Wicklow was chosen as the best dressed man. Edward Hayden was particularly impressed by Ronan's choice of fabrics and clashing colours which were a welcome contrast to the grey backdrop outside.

"I was really interested in choosing someone who made brave

choices in terms of both panache, clashing colours and fabric types, whilst still very much staying true to the 'country chic' theme," he said. "Ronan ticked all the boxes and carried the outfit and look extremely well and was a worthy winner."

Sustainability was also on the forefront for some of the entries. Helena Hughes from Kilkenny wore a 50-year-old two-piece sent over in

the early 1970s from a cousin in the US. It was from Sears originally and Helena got the hem of the coat taken up to show off the fringing on the dress. She bought her hat for €2 at a vintage market, and her bag was also vintage. Helena Hughes came third in the Best Dressed Competition.

The next race day at Gowran Park is on Saturday, March 7 for the Holden Plant Rentals Day.



Models Emma McCreery and Katie Mullins



Judge Emily O'Donnell, Best Dressed Lady Keira Warren from Enniscorthy and Ailish Durkin of Red Mills PICTURE: ANTHONY WOODS





UP THE CATS! Pro Dancer John Edward Nolan with Taggy Fogarty's family, brother Tom, Dad Phil, sister Angela and brother Philip at Sunday's broadcast of Dancing With The Stars



ABOVE: Siobhan Donohoe with former Kilkenny hurler Aidan 'Taggy' Fogarty and his dance partner Emily Barker after they successfully made it through to next week's show

BELOW: Siobhan with Fair City star Ryan Andrews



A glittering evening with the Stars

On Sunday evening I attended the live recording of RTE's Dancing with the Stars. It was a pleasure to meet Aidan 'Taggy' Fogarty's family before the Show and to chat about their dancing hurling star. According to Dad Phil, Taggy's gets his moves from him, all the way back to his set dancing days, when he and his late wife Kitty won many a competition.

Speaking to 'Taggy' and his dance partner Emily Barker after the show, I saw first-hand how the nerves are real. They were both still shaking after the elimination round. The

pressure is huge on them, as they strut their stuff to entertain the nation. So don't forget to pick up the phone for our guys.

SPECIAL EVENING

I also spoke to last year's winner John Edward Nolan with his fabulous dance partner Mary Kennedy. It was a special evening for them as they danced the Viennese Waltz to her nephew's Dermot Kennedy's track 'What Have I Done'. There is no end to the elegance of this lady, as she carried an air of calm and maternity back stage, meeting and greeting everyone

with grace. John Edward's partner of last year - Mairead Nolan was there too to cheer on the couple.

Fair City's Ryan Andrews was also an impressive gentleman. As for his dance moves, I couldn't tell who was the professional between him and his dance partner Giulia Dotta.

Unfortunately, as it was dance off elimination night, Brian Dowling lost out in the first dance off of the series. If this week's dance off is anything to go by, it shows that the best are not safe. The voting window is short, so be sure to text.

Tradfest - it'll have you hopping up and down the city streets!



At the launch of Tradfest Kilkenny were Tommy Lanigan and Siobhan Donohoe
PICTURES: VICKY COMERFORD



Launching Tradfest were Martin Bridgeman, Peter Chap Cleere, Marian Flannery, Joe Reidy and Pat Crotty

Tradfest Kilkenny was officially launched with a programme for St Patrick's Weekend, that will have you hopping and lepping up and down the streets of the Marble City!

Tradfest is now in its eighth year, and it's taken this long for Festival Director Marian Flannery to speak at a launch - apparently she is very quiet! However, she had plenty to say as this year's Festival is jammed packed with

headline gigs - Christy Moore, Horslips, the anniversary tour of Andy Irvine and Paul Brady's seminal album, Donal Lunny, Iarla Ó Lionáird and Steve Cooney.

Marian told us how Tradfest Kilkenny was born out of many conversations with herself and Festival Cathaoirleach, Malcolm Noonan TD. The newly-appointed TD also spoke about how he wants to show on a

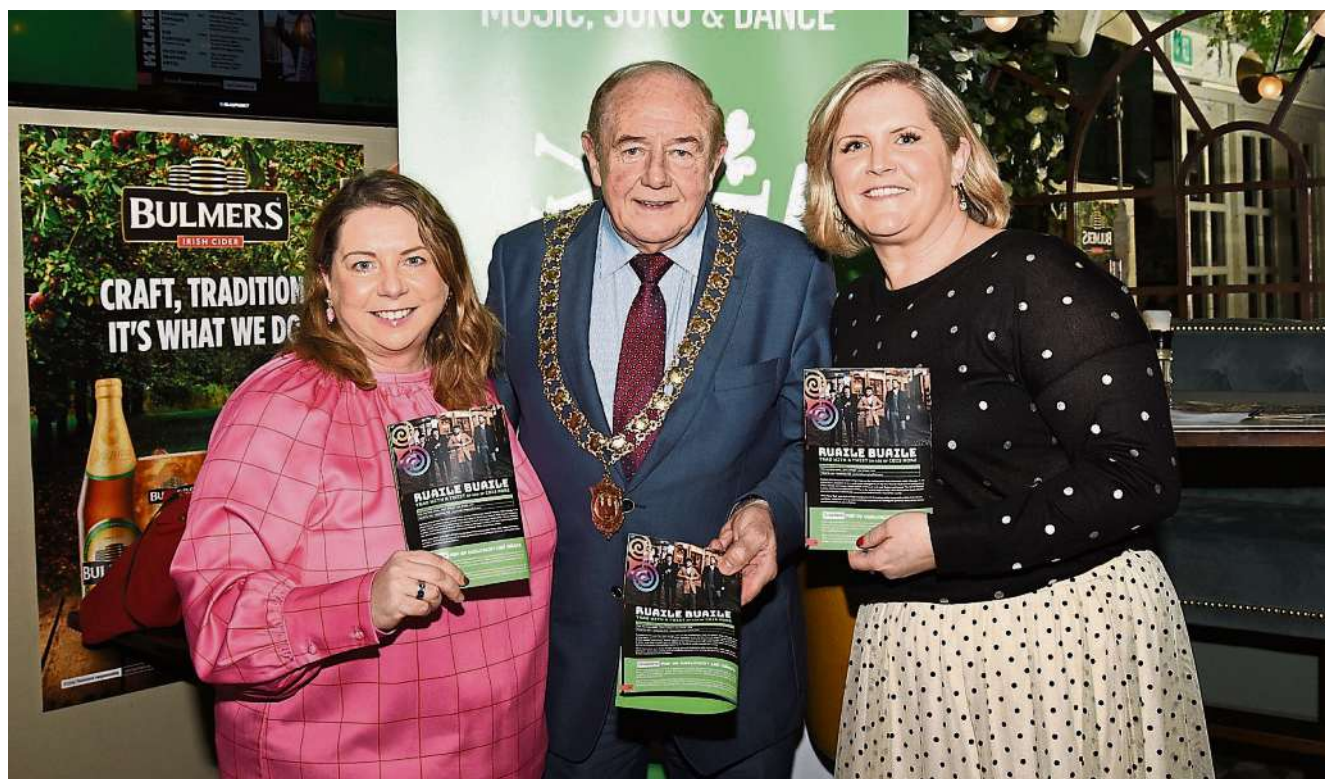
national platform what we experience at Kilkenny Tradfest, so that artists have tangible careers for the work that they do.

So join the city as it becomes alive with music over St Patrick's Weekend. There will be lots of workshops and 70 free gigs on the Trad Trail. Kilkenny County Council will also be opening the doors of extraordinary venues so we can experience Trad in odd places.



Marion Flannery (Festival Director) and Siobhan Donohoe

NEWS



Ruaile Buaille for Cois Nore

In conjunction with Kilkenny Trad fest, Cois Nore Cancer Support Centre are organising a fundraiser gig in the Kilford Arms Hotel on Saturday, March 14.

This is Trad with A Twist for Kilkenny Tradfest 2020 by the amazing band Ruaile Buaille. Ruaile

Buaille are a dynamic four-piece band playing their unique “twisted-trad” style, infused with upbeat Irish folk.

Ruaile Buaille released their own trad-rooted viral version of Mark McCabe’s Irish Dance Anthem “Maniac 2000” which quickly

amassed 1 million views on YouTube and a quarter of a million streams on Spotify. They played at Electric Picnic in 2019 and this will be their first time playing at Trad Fest in Kilkenny.

With a huge following on social media this is sure to be a real roof

raiser. Join them for a rocking night of Trad with a Twist while raising much needed funds for Cois Nore Cancer Support Centre in Kilkenny.

Tickets are available from kilkennytradfest.com or Eventbrite directly.

TOP LEFT: Róisín Gilroy, Mayor Martin Brett and Dee Murphy (Cois Nore) at the launch of Tradfest

TOP RIGHT: Ruaille Buaille are just one of the many acts who will perform at this year’s Tradfest PICTURE: VICKY COMERFORD

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NEWS

Pres' girls give students spikeball masterclass

SAM MATTHEWS

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Transition Year students from Presentation Secondary School have been coaching spikeball over the past six weeks in three primary schools — Presentation Primary, St John of God and Gaelscoil Osrai.

Spikeball is a modified version of volleyball. The objective is to allow younger children to become more involved in the sport.

For the Presentation Secondary students, the course is an excellent opportunity to learn to become leaders in playing and coaching sports activities.

COOPERATION

Over 200 students from the three local primary schools gathered in the Watershed last week to play a fun-filled final tournament, and display all the new skills they have learned from the throughout the programme. It was a fantastic event, showing co-operation and fun between all the schools.



Main: Watershed staff on duty during the Spikeball Blitz were Nicholas Dunne, Alison Galvin and Mark Downey, Manager
Inset: The Presentation Transition Year Students Committee organised the Spikeball Blitz in the Watershed

PICTURES: HARRY REID

Kilkennyman's €26,000 Winning Streak delight

A Kilkenny farmer won a tidy €26,000 when he appeared on the National Lottery TV game show, Winning Streak last Saturday on RTE One.

Denis Cassin from Inistioge, was thrilled with his haul from the show and spoke about finding out that his name was drawn to appear on the show.

It was a couple of weeks back and on the same day he had just arrived home from his granddaughter's christening when his phone rang with an excited relative informing him his name came out of the Winning Streak drum to appear on the next show. Denis could hardly believe it and he immediately switched on RTE One to confirm his good news.

Denis was buzzing about his Winning Streak appearance and relished the day out with his family. He has been married to his wife, Nora for the past 43 years and the couple have three adult children: Donncha, Kathleen and Mairead – all of whom cheered him on from the audience.

In tow were their children, Denis's beloved grandchildren. He has seven grandkids with five who were in the audience (Kate, Niamh, Denis Jr, Simon and Tommy), while the youngest two,



Sinead Kennedy Winning Streak co-host; Denis Cassin the winning player; Declan Murray, The National Lottery and Marty Whelan Winning Streak Game Show co-host; The winning ticket was bought from An Post, Cloughabrody Picture: Mac Innes Photography

Patrick and, recently christened, Cillian watched from home.

Denis was born and reared in the town of Inistioge in Kilkenny and works as a farmer on the family farm alongside his son Donncha. He is a mixed farmer and had sucklers and breeds sheep too.

Denis is hurling mad and is a big Kilkenny GAA fan having played a lot of hurling when he was younger. By all accounts he was a nifty centre half back for the

local side, Rower-Inistioge GAA.

With his Winning Streak winnings he hasn't made any firm plans but says that a sun holiday with Nora is on the cards and he will certainly treat his grandchildren.

The Winning Streak National Lottery TV game show is co-presented by Marty Whelan and Sinead Kennedy and features some perennial favourite games including Play or Pay, Roll for

Riches, WinFall and Electric Dream – where one player will win an electric car worth €25,000.

As ever one of the lucky five players will get the chance to spin the wheel and win up to €500,000. An exciting element of the show is that one €100,000 segment will be added to the Grand Prize Wheel every show if less than that amount was won in the previous show, improving players chances to win a massive prize.

Paulstown Foróige member elected

A young man from Paulstown Foróige Club has been elected as a representative to the Foróige National Reference Panel, following a highly contested election with 13 delegates seeking two seats.

Adam Gordon was among the many Foróige Club members from counties Carlow, Kilkenny and Laois who gathered at the Talbot Hotel in Carlow for a busy day of fun, discussion, information sharing, workshops and youth elections recently. The Foróige Regional Conference is an annual event and its purpose is to give club members the opportunity to exchange views and to make recommendations at a local and national level in relation to the organisation of Foróige.

Kilkenny Foróige members were represented at the event by young people from Cuffesgrange-Danesfort, Paulstown and Piltown. The Reference Panel is a group of members aged between 14 and 18 years from all over Ireland who advise Foróige on issues that affect young people.



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NEWS



Aldi's Waterford Road, Kilkenny store staff have awarded the Amber Kilkenny Women's Refuge a €500 grant in recognition of its tremendous work and to help support its vital services. Pictured (L to R): Pamala O'Neil, Aldi Waterford Road, Kilkenny's 'Charity Champion' with Jean Murphy from the Amber Kilkenny Women's Refuge

Failte Ireland reveals new Ad campaign

Failte Ireland has revealed its brand-new marketing campaign to businesses in the Kilkenny tourist industry at a meeting in Hotel Kilkenny, this week.

The National Tourism Development Authority is launching its new domestic holiday campaign to the public from mid-February on TV, radio and Out of Home advertising, but the Kilkenny tourism businesses were invited to attend an early sneak preview. The industry representatives were also given insights and tools on how to leverage the campaign for the benefit of their business and the local region.

Called 'Keep Discovering' the €6million Fáilte Ireland investment in the campaign development and execution aims to grow the domestic tourism market by reminding people of all there is to discover across the country.

Alison Levins, Head of Marketing

Communications at Fáilte Ireland, commented: "Keep Discovering" is the largest and most intensive marketing campaign to date by Fáilte Ireland and is focused on growing the market by influencing our habitual holiday behaviour. We are creatures of

comfort, with 4 out of 5 of us returning to the same location.

At the heart of this campaign we will be encouraging people who might think they know Ireland, to take a closer look, and to show them all the hidden gems and experiences they have yet to discover.

In recognition of the economic importance of home holidays, Fáilte Ireland will be investing €6 million into this exciting campaign that will benefit tourism nationally alongside individual tourism businesses, regional development and job creation."

Pictured are Paul Beehen (General Manager Newpark Hotel and Aoife Behan (Marketing Manager Newpark Hotel)



Volunteers saving lives in the community

SIAN MOLOUGHNEY
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When a life threatening emergency happens, time is of the essence in getting medical help.

In rural areas, especially, it can often take vital minutes for an ambulance to reach locations. It is with this in mind that a group has come together in Callan to ensure a fast response to emergencies.

South Kilkenny Cardiac First Responders is a new group that have just begun training and equipping themselves.

A First Responders group is made up of volunteers who are trained to attend certain types of emergency calls in the area where they live or work.

Their aim is to reach a potential life threatening emergency in the first vital minutes before the

ambulance crew arrives.

The volunteers' role is to help stabilise the patient and provide the appropriate care including defibrillation, until the more highly skilled ambulance crew arrives.

When an emergency call is made to the National Ambulance Service they will alert the CFR group, who will aim to respond in 10-15 minutes.

It can take an ambulance up to 45 minutes or more to reach a rural location.

Volunteers and monetary support are needed now to get the group fully up and running.

There are four sponsorship options:

*Sponsor an AED - €1,000;

*Sponsor 1-3 months at €150 a month. Each time an AED is attached to a patient it will cost more than €100 in disposable



South Kilkenny Cardiac First Responders - Joanna Byrne, Linda Adriano, Ann-Marie Nolan and John Brett

PICTURE: HARRY REID

equipment;

*Train and equip a responder - €150. Cover the cost of training and equipment for one volunteer. Includes CPR and AED training, uniform and backpack.

*Equip one responder - €65. The cost of a uniform shirt, and a high-viz jacket - the minimum

equipment required.

All are invited to the CFR's public information night on Monday, March 2, at The Droichead Family Resource Centre, Callan at 7.30pm.

Volunteers are wanted for the S.K. CFR Group. Full CPR and AED training will be provided. Even if

you only have 10 hours free per week contact them - it might be the most valuable time for somebody else.

Find more information at 'South Kilkenny Cardiac First Responders' on Facebook or email Callanfirstresponders@gmail.com.

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LIFESTYLE



The perfect accompaniment

Apple sauce is a lovely thing to have with pork. The flavours compliment each other nicely.

Here's a quick recipe to make your own in minutes.

2 large Bramley apples
1 tablespoon of sugar
A knob of butter

150ml of water
Peel, core and chop the apples and add them to a saucepan with the sugar, butter and water. Allow to simmer gently for 10-15 minutes, stirring occasionally, until very soft. Taste before a serving, add a little more sugar if needed.

ABOVE: Pork meatball subs

RIGHT: Apples are the perfect accompaniment to pork



Pork - there's a tasty recipe for every occasion

SIAN MOLOUGHNEY

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After all the sweet treats of recent weeks it's timely to go back to some healthy recipes this week.

Bord Bia, the Irish Food Board, have launched a campaign to promote Irish pork and with it they have some delicious recipes to try.

Whether you're looking for a quick midweek meal or want to impress your guests at the weekend pork is the perfect option. Did you know lean pork only contains 4% fat and it's a great source of high quality protein?

Whether you are watching your weight, blood pressure, heart health or just want to eat healthily, pork is a great choice and there is a pork recipe for every occasion on the Bord Bia website bordbia.ie.

Choose pork with the Bord Bia Quality Mark for the highest standards verified at every stage.

I've chosen just two of the recipes to give you a 'taster' of the variety of dishes that star pork.

CIDER BRAISED PORK BELLY

INGREDIENTS

1½kg pork belly, skin on and scored
Salt and black pepper
1 medium onion, roughly diced
1 carrot, roughly diced
1 celery stick, roughly diced
4 garlic cloves, crushed
4-5 sprigs of fresh thyme
2 bay leaves
2 star anise



Cider braised pork belly is delicious served with apple sauce, gravy and roast vegetables

500mls dry cider
2 teasp. cornflour or potato flour dissolved in a little water

METHOD

Season the pork then place it in a roasting tray. Arrange all the vegetables, herbs and spices around it. Pour in cider, cover with tin foil and braise in the oven at Gas mark 1, 150°C (300°F) for 3 hours. The belly is done when you can pierce the flesh easily.

Remove the pork from the oven.

Line another roasting tin or tray with greaseproof paper and carefully transfer the pork belly onto it. You can remove the bones at this stage. Set aside the original roasting tin to make the gravy.

Increase the oven to Gas Mark 6, 200°C (400°F). Place the roasting tin into the hot oven and leave for 20-25 minutes to crisp the skin.

To make the gravy: Place the roasting tin over a medium heat. Drain off the fat. Then stir in the

cornflour mixture. Continue stirring until it the sauce thickens. Taste and season then simmer for a couple of minutes. Pour through a sieve into a gravy boat.

PORK MEATBALL SUBS

INGREDIENTS

Meatballs:
400g pork mince
20g breadcrumbs
40g hard cheese, grated

1 large egg
2 cloves of garlic, finely chopped
1 tablespoon thyme
Salt and black pepper
1 tablespoon olive oil
Tomato Sauce:
400g tin chopped tomatoes
2 garlic cloves, chopped
1 tablespoon parsley

METHOD

Preheat oven to Gas Mark 6, 200°C (400°F).

Mix together the pork, breadcrumbs, cheese, egg, garlic, thyme, salt and pepper. Shape the mixture into 16 small meatballs. Put the meatballs, in a single layer, in an ovenproof dish and drizzle over the olive oil. Toss gently. Place in the oven and cook until golden, about 15 minutes.

While the meatballs are cooking make the tomato sauce. In a small sauce pan, heat the chopped tomatoes, garlic, parsley, salt and pepper. Allow to simmer and reduce while the meatballs are cooking.

When meatballs are done, remove them from the oven and pour the tomato sauce over them. Mix to combine.

To serve: Split the rolls lengthwise, but not all the way through. Place them on a baking sheets.

Add four meatballs to each roll along with sauce, then top with the slices of cheese. Place under a hot grill until the cheese has melted, about 3-4 minutes.

You could also serve the meatballs and tomato sauce with pasta instead of in the bread rolls.



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Revising for Leaving Certificate English

PAPER TWO - THE SINGLE TEXT HOW TO PREPARE FOR A THEME BASED QUESTION ON YOUR SINGLE TEXT.

The first question on Leaving Cert. English Paper Two is the single text question.

Most students attempt the Shakespeare option and in 2020 the play is 'Hamlet.' There are three types of question you could be asked and you should be prepared to deal with any one of the three. Questions fall into the following categories:

Character based questions – where you are asked to discuss the development of key individuals and how they grow or change over the course of the play.

Theme based questions – where you are expected to be able to demonstrate how an idea is explored in the text and what point the author is expressing on that key subject or issue.

Technique based questions – are focused on the various technical aspects of the genre of Shakespearean Tragedy including soliloquys, imagery and the staging of key dramatic scenes.

In this article I will be dealing with the second type of question demonstrating a structured approach to the planning and writing of a successful answer. I will finish by including a sample H1 answer.

Read and highlight key words

The first step is to read the question carefully. Your reading is active and you filter out the most important terms in the question by highlighting the key words in the question. The following is a typical themes based question with the key words are highlighted in red:

“The play ‘Hamlet’ dramatises the difficulty of finding out the real truth in a world where appearances are often misleading.”

Discuss this view of the play supporting the points you make with quotation from or reference to ‘Hamlet.’

The examiner’s marking scheme will be focused on the key words in the question and you will only be awarded marks if you successfully deal with the terms of the question.

Build a word bank

Your second step is to build a bank of vocabulary based on the key terms you have highlighted in the question. This is a series of word lists including synonyms or vocabulary based on word associations with the terms of the question. The graphic below illustrates a word bank based on this question.

This word hoard is like a treasure chest of vocabulary and the mark of a top quality answer is suitable and varied language focused on the

dramatises	real	appearance	misleading
shows	genuine	evidence	distort
illustrates	true	presentation	hide
acts out	sincere	pretence	false
dialogue	honest	seeming	lies
scenes	facts	superficial	deception
manifests	actual	exterior	false

FIG 1: Word Bank

question. Your analysis will be improved if you are not resorting to the same limited range of words to express all of your thoughts on the topic. Taking time to consider these terms will also help with the next step in planning your essay.

Draw a mind map/spider diagram

Use the important key words from the question to draw a mind map where you explore your thoughts and feelings about the topic. At this stage your aim is to include as many different ideas and examples based on the terms of the question. Sometimes you can use different colours to help unpack your response. The illustration below is a spider diagram for this question on ‘Hamlet’.



FIG 2: Mind Map

The mind map is a random and quick method of harvesting as many different aspects of the question as possible. At this stage you may use single words or even abbreviations to identify characters, key moments or important features of the play.

Organise ideas in a sequence (plan)

Your next step is to put order on your ideas by coming up with a clear plan.

Organise your ideas in a sequence that makes sense.

Number each key idea.

Think about how to link paragraphs.

Your conclusion should carry an echo of the introduction.

The graphic below shows how my essay will deal with four linked points. The first will explore how key characters can be used to demonstrate the truth behind the question. The second point deals with key moments in the drama. My third point analyses the issue of the ambiguity of language. The final point is about the tragic consequences of the gap between what appears to be happening and the underlying truth in the story.

Link your paragraphs

You need to consider how best to make smooth transitions between your paragraphs. Key sentences at the start of each paragraph will lead the reader from one point to a separate but related point. This will help to give flow to your writing.

Intro. & conc. address key ideas

All answers should begin with a

clear paragraph introducing your answer. This will show how what you are about to write is focussed on the question. You must finish your answer with a brief paragraph outlining your key ideas in a short conclusion. This demonstrates to your examiner that your work has structure and deals clearly with the question you were asked.

is playing. But he is only acting, pretending to be someone he is not. The mask seems to be securely in place during this early scene. A literal mask deployed elsewhere by Claudius is perhaps the most powerful symbol of the fake world he manipulates so skilfully. This is the ‘arras’ he uses to conceal himself and Polonius while they spy on Ophelia and Hamlet. Speaking to Gertrude of Ophelia he attempts to justify their dishonesty saying ‘Her father and myself lawful espials will so bestow ourselves... seeing unseen.’ This scene embodies the difficulty of perceiving reality in a society where deception is endemic. It should be a private confidential meeting between the prince and his lover. It is nothing of the sort. The setting on stage dramatises this dishonesty.

Gertrude is complicit in the trick they play on Hamlet. She is a central character who is living with the pressure of a secret life. When we see her first she seems to be happily married to Claudius and anxious for the welfare of her grieving son. Troubled by his depression she urges him ‘Do not for ever with thy veiled lids seek for thy noble father in the dust’. Her concern mirrors Claudius’ apparent sympathy when he asks Hamlet ‘How is it that the clouds still hang on you?’ The new king is already paranoid and feeling insecure. He will use many strategies to find out if Hamlet suspects foul play in the death of the old king. Both Claudius and Gertrude are willing to compromise themselves by lying to Hamlet. They claim to be able to justify their lies but all the falsehood eventually takes its toll in the tragic deaths of Polonius and Ophelia.

Individual characters deliberately hide behind masks but both Hamlet and Claudius also struggle to be honest with themselves in private moments. Shakespeare dramatises the gap between public and private in the various soliloquies he gives them. When Claudius laments his sin saying ‘O wretched state! O bosom black as death’ it looks to Hamlet as if his enemy is repenting his evil crimes. Only Claudius and the audience are aware of the difference between what seems to be happening and the painful reality. The language Hamlet himself uses in asides and soliloquies highlights the difference between his public persona and the emotional turmoil he is hiding from others. Stalking Claudius he murmurs, ‘Now could I drink hot blood.’ He is trying on the role of avenging hero and trying to sum up the courage for the murder he must commit. The dramatic device of asides and soliloquies reinforces our view that there is often a significant gap between how people seem and what is really

happening in their hearts and minds.

On another level language in ‘Hamlet’ is a slippery ambiguous thing prone to abuse by powerful people. The ghost accuses Claudius of adding post-truth propaganda to his crimes telling Hamlet that ‘the whole ear of Denmark is by a forged process of my death rankly abus’d.’ Words are the medium of Claudius’ dishonest spin and his lies are not merely private and personal, they have corrupted an entire society by spreading a false version of events of national importance.

This information is given to Hamlet early in the story. What gives this revelation further dramatic intensity is that Hamlet must verify the ghost’s version of events. He does not know if the message he has received comes from ‘a spirit of health or a goblin damned.’ Tragically he struggles to confirm that it is in fact his father’s spirit telling the truth and several people, including himself, die in the process. The play within the play is crucial to his efforts. When Hamlet realises that the ‘play’s the thing wherein I’ll catch the conscience of the king’ he spots the power of art to reveal the truth. Watching a reconstruction of his crime causes the guilty Claudius to beg ‘Give me some light’ and, temporarily at least, his mask slips allowing Hamlet and Horatio see the real person behind it.

The problems Hamlet faces in checking the ghost’s story add to the tragedy of the story but not all the consequences of this gap between appearances and reality are unhappy. Fortunately for Denmark a young man who initially seems to pose a threat to the country eventually assumes the role of restoring order. In Act one Horatio mentions young Fortinbras the potential invader describing how he is of ‘unimproved mettle hot and full’. The important word here is ‘unimproved’. What Horatio correctly recognises is a quality of honest, simple courage in Fortinbras. It is exactly this integrity, contrasting so much with Claudius’ corruption, that recommends the young Norwegian as the man to assume control of Denmark in the final scene.

In conclusion, the fascination of ‘Hamlet’ is the drama that comes from trying to discover what is real and what is fake. The hero honestly tells his mother ‘I have that within which passes show, these but the trappings and the suits of woe.’ No external appearance could do justice to the intense sorrow he was concealing. Likewise, the success of the play is that it expresses dramatically the journey from false appearances to genuine reality in a story where truth and honesty ultimately triumph over lies.



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It is vitally important that you protect your income

Did you know, as a country we spend more protecting our pets than we do protecting our income.

Some 25% of households who have a pet, have bought an insurance policy for them, but less than 10% of the workforce in Ireland, have any form of income protection.

We protect our homes, our cars, our lives because we have to, but we largely ignore our income. It's the runt of the insurance litter but hard to think of an area that's more important to protect.

From a financial perspective, everything we do and plan for i.e. retiring, buying a home, paying off a mortgage, putting kids through college etc. is predicated on us staying healthy and earning an income, but what happens if that came to an end?

It would be fairly difficult to pay a mortgage, utilities, food, transportation costs, clothes if 60% of your income is wiped out.

If you're a single income household earning €50,000, your monthly income is about €3,353 net per month. And for many couples, it's a struggle to make ends meet on that salary and not much left over at the end of the month.

Imagine what it would be like, if that income became €1,464 and how difficult it would be then?

Because that's the amount that couple would be in receipt of each month from the state, if their salary wasn't protected, and they were unable to work due to an accident or illness.

When it comes to income protection cover, when people have to pay for it themselves i.e. it's not covered by their employer, they don't see its value. They view it as an extra non-essential expense, and money they could use on something else. It's something they think they don't need, but data would suggest otherwise. One person in Ireland is diagnosed with a form of cancer every three minutes.

And if they have it, and need to cut back on outgoings, insurance premiums are the low-hanging fruit of monthly budgets and tend to be one of the first things people cancel, because it's easy to.

They suffer from what the 2017 Noble Prize winner in Economics, Robert Thaler, describes as self-control issues. He says they arise when choices and their consequences are separated over time.

What he's saying is that because you are paying for something each month, something that you may not benefit from for years or maybe never, you lose



sight of how important insurance cover actually is.

And when the need arises and you need that cover, you can't just buy it then, it's too late.

It happened to a friend of mine who was self-employed. He had an income protection policy in place which was the right thing to do, but over time every month it was debited from his account; it annoyed him because he didn't see any immediate benefit.

When things got tight, it was the first thing he cancelled, and then Murphy's Law kicked in, because two months later he suffered an illness which required surgery and about five months of rehabilitation which was five months of zero income. If he just held on to that policy, he wouldn't now be in arrears on his mortgage and wouldn't have compromised his health further by rushing back to work.

The lessons learned are that you shouldn't take your health or income for granted. Your ability to work and earn an income is your most important asset. It pays for everything from that Friday night takeaway, your weekly shopping, your summer holidays, the clothes you and your children wear.

If you are an employee, I would recommend you check with your employer to see if they provide this form of cover. A lot of employers do, and if yours does, then great, it's a super benefit to have. Now is the time to refamiliarise yourself with what it is and how much you're covered for, if you're unsure.

Some people mistakenly believe

their employer will pay their salary if they're out of work and then find out, they won't. So, don't assume anything and find out if they will pay it or not, and if they do, what percentage of your salary is paid and for how long. They may cover you for six months, but what happens then?

What happens then is that you have to put in place a policy that will cover you. And when taking out a policy like this, it can replace your income if you never returned to work ever again, up until the age you choose the cover for i.e. until you're 60 or 65 years old.

There are two things I like about these type of policies. (A) it pays out an income if you're unable to work and doesn't specify exact illnesses or injuries you have to suffer from, unlike serious illness policies - the most common form of illnesses that insurance companies have paid out in recent years for people who have income protection policies by the way are, back related injuries, orthopaedic conditions, psychological issues, cancer and neurological disorders. And (b) the premiums paid towards these policies qualify for tax relief at your marginal rate of tax up to a maximum of 10% of your annual income.

The cost of a policy will depend on the level of cover you need, the deferred period (this is the period during which no payment will be made after a claim and can range from eight to 52 weeks) and your job.

Your job is very important and affects your premium, because some jobs are perceived as riskier than others. And insurance companies put jobs into different classes, and charge different premiums depending which you fall into. There are some jobs, insurance companies won't even cover people for.

In summary, this is a very important form of cover to have in place, particularly for the self-employed, or those in employment whose employer doesn't provide any form of cover in the event of their absence from work due because of accident or illness.

Having this form of financial protection in place is that safety blanket people need in the event they are unable to work and earn an income. It allows them to focus on their rehabilitation without the stress of worrying about money. And we know the pressure of not having money being paid by an employer anymore, weighs so heavily on people, that it makes them even sicker.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I'm looking at mortgage providers and one bank said to go for a 30-year term. I'm borrowing €300,000 and they said I can pay it off early if I make regular overpayments or if I come into cash. I asked would this mean I pay more interest as I heard you pay interest first. They said I wouldn't be disadvantaged by having a 30-year term and paying it off sooner, say, in 25 years. Is this true? Many thanks, Ciara

A. First off, you're right, the way your monthly repayment is constructed, the interest is front loaded where you will pay the majority in the first 12 to 14 years.

Yes, you can accelerate the repayment of your mortgage but when you do this is very important. If you leave making monthly overpayments or lump sum lodgements towards the end of the term you are being disadvantaged, but not if you make those overpayments/lump sum lodgements early in the mortgage.

If you start off with a 30 year term but want it repaid in 25 years, you'd need to make an overpayment at the very beginning of €170. If you do, it will take five years off and you'll save €28,115 in interest payments.

But if you leave making that overpayment for five years, it will need to be €215 and your interest savings reduce to €24,484. Wait for 10 years and you need to make an overpayment of €315 in order to reduce the term by five years and your interest savings only become €15,567.

So, no disadvantage if you start right away but as you can clearly see, the longer you delay making overpayments, the more it will cost you and the less interest you'll save. The same applies if you make lump sum lodgements. It's easy for them to say you won't be disadvantaged because they want to get your mortgage, but when you run the numbers, the factual evidence will really tell you whether you're going to be disadvantaged or not.

“
It would be fairly difficult to pay a mortgage, utilities, food, transport costs, clothes if 60% of your income is wiped out

DID YOU KNOW?

70% of people who opened a bank account with their First Holy Communion money, are still with the same bank.

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?



JOIN US FOR A **FREE** EVENT

Who to attend - All hairdressers and beauty therapists

When - 24th February from 11am-1pm

Where - Springhill Court Hotel, Kilkenny

Refreshments included

RSVP:

manager@amberwomensrefuge.ie

THE AGENDA WILL INCLUDE:

- 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

**24/7 Helpline:
1850 42 42 44**

LIFESTYLE

Survival tips to get through the modern wedding



Modern weddings are minefield of social media, style, gifts and drinking taboos



MANABOUTTOWN

PATRICK McLOUGHNEY

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FOR people in the modelling industry, the period from January to April is commonly referred to as 'wedding season'.

It's not that we all marry each other or attend loads of weddings, it's just that during this four-month period we will frequently dress up as brides and

grooms and take part in wedding fairs and hotel wedding shoots. The result of this annual glut of role-played nuptials is a rather in-depth understanding of all things wedding related which I can now dutifully impart on you the reader.

Over the coming weeks, I will look at some wedding style-related subjects but first I'm going to break down the basics of attending a wedding in 2020.

Not unlike wedding fairs and photo shoots, real-life actual weddings tend to come in waves. Over the next year, I will have five weddings to attend which means I will unwittingly learn all the words to 'Shotgun' by George Ezra, eat my weight in stuffed chicken and ruin several white shirts.

Modern weddings are a social impasse that requires planning, shopping and the ability to use Google Maps so with that in mind

here are some survival tips for the modern wedding guest.

DO I HAVE TO GO TO THE STAG?

Stag party obligations are largely based on how well you know the groom. If he's a good friend, you really do need to go – even if it involves playing sport inside a giant inflatable ball. If you're opting out, make sure you have a good reason and do it early. You'll feel the wrath of the best man (and most of the other participants) if your last-minute cancellation ends up costing everyone else more money. It's kind of a dick move either way so if you know you don't want to go then string people along until the last minute.

Another good tip is to book your accommodation early to get the best deal. Booking.com allow you to book a hotel room and pay when you arrive with no cancellation penalty (in most instances).

Another good idea is to get a crew together to rent an entire house on Airbnb as it tends to work out cheaper than getting multiple hotel rooms.

CAN I WEAR THE SAME SUIT TO MULTIPLE WEDDINGS?

I hate to answer no on this one as weddings can be costly affairs as it is but if you'll be attending a high number of weddings over a short period of time then wearing the same suit every time will attract attention for all wrongs reasons.

There are ways around it though. Different shirt/tie/bowtie/pocket square combos can help to give the illusion that you're wearing a completely different outfit so get creative.

If you have a generous friend with a big wardrobe then hit them up before you go spending (I'm usually that friend).

If your suit is a three-piece then mix things up with the waistcoat. You can wear all three pieces to one wedding, no waistcoat to another, waistcoat no jacket if the weather permits and no jacket or waistcoat if you're only going to the afters. There's also the option to rent a suit, especially if it's a black-tie wedding.

CAN I BRING A PLUS-ONE?

If you've met 'the one' since you've gotten the invitation and the bride or groom are a close friend, then you can ask. But if you met someone on Tinder two weeks ago and you're trying to get the ride, then don't even think about it.

CAN I BRING MY KIDS?

No, not really. If the couple wanted your kids at their wedding they'd put your kids' names on the invitation – some will even go so far as entitling the event "adults only". You're going to have to organise a babysitter I'm afraid.

WHAT LEVEL OF GIFT IS EXPECTED?

Putting a couple of €50 notes into the wedding card is still pretty much the done thing. If you know the people very well you can go



Modern weddings are a social impasse that requires planning, shopping and the ability to use Google Maps

higher than that and if you don't you can probably go lower but the general rule is that the wedding gift should cover the cost of the wedding meal so don't be too stingy.

If you hate impersonal nature of giving cash then you can still give a physical gift. The trend has re-emerged in recent years and the most popular gifts are Nespresso machines and KitchenAid mixers.

CAN I POST PHOTOS ON SOCIAL MEDIA?

It's considered bad manners to post photos taken on the day before the couple – particularly photos from the church.

While some couples won't mind and will even create a dedicated hashtag for Instagram, other couples will not want any photos posted at all and may even state that on the invitation. If they do, then don't risk their wrath by doing a boogie on the altar.

IF THERE'S A BIG MATCH ON CAN I SNEAK AWAY TO THE BAR TO WATCH IT?

The key is strength in numbers. If you do this alone you'll be deemed inconsiderate and selfish. If you get a squad together, there'll be instant understanding and forgiveness. The bride and groom might even join you.

WHAT TIME CAN I LEAVE?

If you're over 60, you can leave whenever the hell you want. If not, your exit strategy will depend on how well you know the couple. If it's a work colleague or acquaintance then you can make a discreet exit any time after the first dance. If it's a close friend or family, you are kind of obliged to stay until the hotel staff start stacking chairs.

DO I HAVE TO GO TO THE "DAY AFTER SESSION"?

Day two is generally a casual arrangement with a relatively relaxed set of rules. Couples will understand if you can't make it but will be less than impressed if they see on your Instagram story that you skipped their engagement to go on the lash somewhere else.

Look of the Week

Connolly Man

MY look of the week is a casual look from Connolly Man. Here, I'm wearing a Calvin Klein hoody, Tommy Jeans and Tommy Hilfiger trainers. Calvin Klein and Tommy Hilfiger are just two of the amazing casual brands you'll find in Connolly Man along with Scotch & Soda, Superdry and Levis, just to name a few.



SUDOKU

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

DOUBLE CROSSWORD

Cryptic Clues:

- Across**
- 1 & 23Ac. Unfounded description of military unit deprived of headquarters (8)
3. To encourage debts is not genuine (8)
9. South American city to you and me will be tumultuous (7)
10. I'd set different food courses (5)
11. Fails to maintain equilibrium on top of scales (12)
13. Wolfish, but raised in rank (6)
15. He acts in a pure way (6)
17. Is he light-headed as far as I.Q. is concerned? (7-5)
20. Look round a ship for noosed rope (5)
21. To show great keenness and then get upset by custom (7)
22. The team's players are church officials (8)
23. See 1 Across

- Down**
1. Hooters in farm buildings (4,4)
2. Do some firing (5)
4. A thumping good thing to use with mortar (6)
5. Usual ways of travelling assumed by horsemen (6-6)
6. Concord - that's a singular state (7)
7. In the Guards a showy part of the insignia (4)
8. Joint enterprises for making underclothing (12)
12. What no direct current does! (8)
14. A speed about fifty gave satisfaction, maybe (7)
16. Go back to surrender again? (6)
18. A smartly attractive kind of accent (5)
19. In addition it's almost sumptuous (4)

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

Quick Clues:

- Across**
1. Quote (4)
3. Power (8)
9. Sailor (7)
10. Bogus (5)
11. Squandered (4,3,5)
13. At full stretch (3,3)
15. Pester (6)
17. Mediation (12)
20. Precise (5)
21. Grinding corn (7)
22. Theft (8)
23. Commotion (4)
- Down**
1. A comic (8)
2. Cast (5)
4. Objective (6)
5. Without exertion (12)
6. Irritating (7)
7. Attention (4)
8. Helpful (12)
12. Adolescent (8)
14. Ancestry (7)
16. Sharpness (6)
18. Imbecile (5)
19. Headland (4)

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.

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

A
B
C
D
E
F
G
H
I
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K
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M
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O
P
Q
R
S
T
U
V
W
X
Y
Z

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic: Across: 6 Related; 7 Reach; 9 Bread; 10 Refined; 12 Teetotaler; 14 Investigate; 18 Lighter; 19 Class; 21 Shell; 22 Endemic.

Down: 1 Beard; 2 Palace; 3 Beg; 4 Denial; 5 Schemer; 8 Vestige; 11 Stutter; 13 Insight; 15 Exhale; 16 Tiller; 17 Astir; 20 One.

SUDOKU:

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

Quick: Across: 6 Matinee; 7 Minor; 9 Rinse; 10 Cushion; 12 Wooden spoon; 14 Part company; 18 Cavalry; 19 Empty; 21 Screw; 22 Quieten.

Down: 1 Rapid; 2 Fiasco; 3 Pet; 4 Bishop; 5 Solomon; 8 Turnips; 11 Adjourn; 13 Balance; 15 Travel; 16 Number; 17 Strew; 20 Cut.

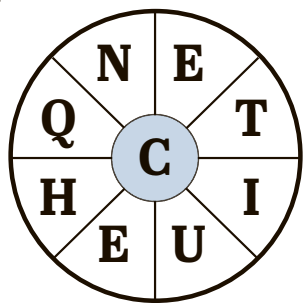
CODEWORD:

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

WORD WHEEL:
UNDERMINE.

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.

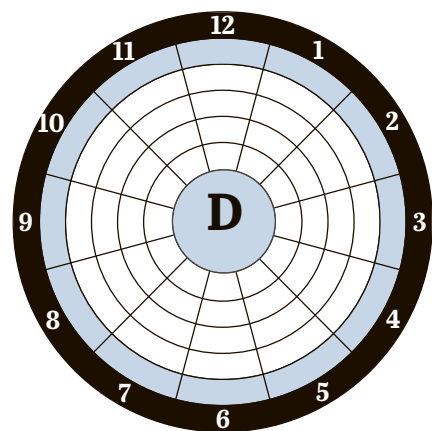


How you rate:

8 words, average; 12 words, good; 16 words, very good; 20 or more, excellent.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter D in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a US talk show host.



- United
- Rare flower
- Loathing
- Caught
- Got closer to
- Gaped
- Pursued
- Add
- Consider
- Frightened
- Hurt the feelings of
- Elbowed

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.

		17			19			15	10	5			
		13				21							
		15				9						13	10
				11						22			
		15				15						3	
		17						13		15			
		12				11				13			
				5						21			
				19								23	3
			9					14				4	
		15										13	
		13				9			24				
		19						5	8	12			11
								8				4	

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Minuet, 2 Insect, 3 Locust, 4 Latent, 5 Insult, 6 Vacant, 7 Artist, 8 Nugget, 9 Invent, 10 Limpet, 11 Linnet, 12 Intact.

DUO: Milli Vanilli.

NINER:
ROYALTIES

SUDOKU:

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

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:

- 6598524** gives a rich person;
95891243 gives a law-breaker;
539482784 gives a foreigner.

SPLIT DECISION

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

H	P	R	I	F	E
I	U		I	N	P
R	U	D	G	E	
L	O	R	F	A	
S		I		T	
L		E		N	
S	Z	A	V	T	
E	X	S	C	S	

KAKURO:

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

SPLIT DECISION:

L	I	O	N	S
I		F		E
M	E	T	A	L
B		E		L
S	O	N	G	S

LIFESTYLE

Four out of five weight loss targets missed last week



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

IMAGINE — four out of five of our Operation Transformation leaders didn't hit their weight loss targets last week! Medical issues came to the fore for some — and I think a wee bit of complacency could be creeping in.

I am always mindful of Karl Henry's sage advice that, as you get fitter, you need to work harder for the results.

Last week I raised the flag concerning the need for the leaders to show perseverance and to stick at things. This week's results will tell the tale.

In addition, our leaders need to focus on that leading and trying to inspire the thousands of their followers. Leaders lead by setting example.

A Twist

The leaders, in the week leading up to this Wednesday's show (RTÉ One at 9.35pm) will be required to follow the OT plan without access to information from the OT app.

It's an experiment to see if they can maintain their gains and not fall back into old patterns.

Here's how our leaders got on last week.

Shane, 29 — Powerful — Target 3lbs, Lost 2 lbs

Shane didn't hit his target this week, which I was surprised about given the effort he has put in.

This belief in himself is a defining moment in Shane's life, he is at the cusp of so many new insights and is putting himself on the road to better health.

He is facing a complex surgical procedure associated with his bladder condition which will require six months of rehabilitation. The fitter you are going into rehab, the faster you will come out of it.

Since he started Operation Transformation, Shane is a happier and more contented man.

Paul from Sligo, one of last year's leaders, visited Shane and the visit was so powerful.

Nothing can beat peer to peer guidance and support. Paul encouraged Shane to reflect about being truly present in his children's lives.

Over the course of OT, Shane has reduced his high level of



I am always mindful of Karl Henry's sage advice that, as you get fitter, you need to work harder for the results

commitments and is being more at home and more supportive to his wife Clodagh. Shane has refound himself.

Lorraine, 46 — Oh No! — Target 1lbs; lost 0 lbs

Lorraine refused to feel defeated this week despite a 0lb weight loss. Lorraine's disturbed and low level of sleep — she is going to bed at approximately 12.30pm and only getting five hours a night — is a telltale sign. There is research and evidence related to the connection between poor sleep and weight gain and obesity.

The quality of Lorraine's cardiovascular sessions are significantly impacted.

Interestingly, mum Lorraine didn't embrace Karl's idea of combining the buggy and her fitness routine.

Lorraine is trying to establish a sleep routine with two-year-old Jodie. Lorraine is full of enthusiasm (maybe not energy!) and has commenced this night-time battle, but my advice was to do this after OT is over.

A 2lb target has been set for this leader for next week. Can Lorraine rise to the challenge? I believe she is a fighter but I have a 3% doubt based on past weigh-ins.

Barry, 39 — Rocky — Target 4lbs; Lost 11lbs

Wow. A weight loss of 11lbs from the boxer in Cork. Barry is loving the boxing ring, to which we introduced him as part of OT — so much so he is talking of getting a boxing licence and going into the ring.

What was noticeable for Barry was a great energy and mood. The



This year's Operation Transformation leaders, Andrea, Barry, Tanya, Shane and Lorraine, before they started their weight loss and health improvement programmes in January PICTURE: RTE PRESS OFFICE

cloud has lifted.

Barry and his wife Andrea, also an OT leader, are getting a new home, and our dietician Aoife talked about the area of food architecture in the home. The topic is so interesting and after doing a wee bit of refurbishment myself I believe it is great advice — keep REAL food front and centre and processed crap out of sight. I am intrigued what Barry will post in terms of weight loss next week. He's on fire.

Andrea, 31 — What? — Target 3lbs; Lost 2lbs

Andrea missed her weight loss target. That is unusual for the star pupil of OT 2020. This turns out to be related to Andrea's Polycystic Ovarian Syndrome. She has commenced on medication to assist in that matter, supported by her GP and Dr Sumi.

My view is always that medical issues need to take priority over OT goals.

It's not that they contradict but priorities need to be always towards our health.

I loved the way Barry and Andrea who let's face it are taller than most in their new house have to have counter heights made to measure.

That's important, I believe — to set up your environment so you can excel.

Tanya 33 — And so there was four — Target 2lbs; Lost 0lbs

No loss for Tanya, who, it turns out required some medicines which causes water retention. She was gutted, in fairness.

Tanya has great home support, but I wonder, though, how much cooking she does for herself? And yes, if she was a man I would ask

that too!

I have seen tremendous growth in Tanya. When we first met she seemed like a young adolescent, fearful and timid. Now I see power and presence. That's the area I would like to see Tanya grow more into.

In life, we all need stretch goals — a place to we grow into? What are your stretch goals? Are they related to your health and fitness, your relationships, your work, your children?

Plan and review your goals, that's my takeaway this week.

*** 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

How to encourage interaction and conversation with little people

Get your child's attention first:

Young babies find it difficult to focus their attention so getting down to their level and being face-to-face will engage them and ensure you have a captive audience.

Make sure the interaction is fun and interesting:

Simple, everyday things like a 'magic' wooden spoon or a colourful sock (think puppet!) can make for a fun interaction that goes back and forth a few times. Watch him carefully. It doesn't matter what you say (sometimes the sillier is the better) - what matters is that your child is interested and engaged.

Be enthusiastic when your child communicates with you:

When you respond enthusiastically to a child, saying something that is related to what he has communicated and in a lively tone, you are letting him know that you heard him and are interested. This goes such a long way in building both his confidence and communication skills.

Imitate your child's sounds or words:

With very young children, imitating their sounds or attempts at words shows them that you value their interaction, which encourages them to keep talking.

Keep the conversation going:

The longer the interaction, the more opportunities your child has to practice communicating and to learn from what you are saying.



It is very important to let your child know that anyone who bullies them is in the wrong

Coping with bullying

If you are the parent of a child being bullied then you are probably feeling a number of things, including anger, frustration and perhaps even helplessness if your child is not talking to you about it. If you are the parent of a child who is bullying others, you may want to deny that it is happening or feel shame and helplessness as to how to deal with it.

Bullying is usually a pattern of behaviour rather than a one-time occurrence that hurts another person's feelings and undermines their confidence through words, actions or social exclusion. It is very important to let your child know that anyone who bullies them is in the wrong. Sit down and explore your child's feelings about

the incident. If the bullying occurs at school, you may have to contact the school about your concerns.

Bullies need support too. By bullying others, the bully is letting us know something is going wrong for them. Schools, parents, loved ones and friends can all help them express themselves more positively. Remember, when we don't take a positive response to bullying, we end up condoning the behaviour.

What Parents can do if you think your child is being bullied:

- * Keep calm
- * Be patient and wait for your child to feel confident enough to tell you what's wrong. You can help this process by letting them know

you want to listen and to help.

* Help your child to develop options for addressing the situation.

* Decide if anyone needs to be contacted about the bullying concerns.

* It may be helpful if you let the school know of any concerning situations so they can monitor it on school premises.

What Parents can do if you think your child might be bullying other children:

* Make it clear that the bullying needs to stop but also explore with your child if they know what bullying is and its impact on others

* Explore any worries or needs they might have which might

explain their negative bullying behaviours.

* Building empathy is important. Explore how your child feels after they have bullied someone and how that other child might feel.

* Be a good role model, and remind your child that you love them and you will be there to support them to change this behaviour.

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

Try something new – watercress

WATERCRESS is swiftly becoming one of my favourite green leafy vegetables. Although it was said to have fed the ancient Roman soldiers, nowadays most people either haven't heard of it or only use it sparingly in salads and garnishes.

Luckily it is seeing a resurgence in popularity as some of the celebrity chefs, like my favourite Jamie Oliver, have made efforts creating some amazing recipes with it, like the must try soup recipe I included here.

You should really consider this superfood for your weekly routine – although its main seasons are April and September, it is grown all year round by freshwater rivers, ponds and in agriculture. It is part of the



Back to basics: Watercress is one of the oldest known leaf vegetables consumed by humans

cruciferous (cabbage) family along with kale and broccoli. You probably have heard how healthy this group of veggies are; for example, research link them to reducing risk of breast and bladder cancers.

Watercress is rich in calcium, magnesium, potassium and nitrates – all improving the pliability of your blood vessels, ultimately benefiting your cardiovascular system,

reducing risk of hypertension. Its alpha-lipoic acid content help you use sugar more effectively in your cells by improving insulin sensitivity, lowering blood

glucose levels and with that the oxidative damage linked to high blood sugars.

You can use watercress daily as the above-mentioned salads, include it in wraps, sandwiches – it adds a lovely peppery – mustardy kick. Try to cook it into pasta sauces or wilt into an omelette. You could blend it with olive oil and sea salt to make a wonderfully tasty pesto – on its own or along with your favourite fresh herbs and a touch of fresh garlic.

A spoon of this pesto can breathe life into any boring chicken, fish or pasta dish, or serve as the base of a salad dressing. You could also treat it as spinach – just wilt it on garlic infused olive oil – with a generous grating of black pepper or nutmeg and parmesan or pecorino cheese.

Watercress & Pea soup

1 onion

2 sticks celery
1 medium potato, peeled and cubed
2 litres chicken or vegetable stock
500 g frozen petit pois
200 g watercress
sea salt & freshly ground black pepper to taste
1 pot of sour cream or Crème Fraiche
extra virgin olive oil

Chop the onion and celery in a food processor until fine. Sauté them in olive oil in your soup pot – with the lid on, shaking the pot time to time. Once these are soft, add the stock and the potato and simmer until the potato is cooked. Add the peas and watercress, bring back to boil and cook for a further 5 minutes. Blend with a hand-held blender till smooth, season to taste and serve with a dollop of sour cream and a lovely slice of sourdough bread.

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IN THE GARDEN

WITH JO

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Magnificent magnolias – a touch of eastern glamour to your Irish garden!

I arrived back home yesterday and took a look around the garden, it was one of the days between storms when actually the sun was shining and it wasn't raining, they have been few and far between. I took a look around the garden to see what was in flower and what was about to. My hellebores are adding a real splash of colour at the moment and they are flowering really well despite the battering. I also noted my camelias just about to burst and one of my favourite magnolias ready to explode into from their downy buds into flower in the next week or two.

Native to east Asia and the Himalayas, these deciduous



Magnolia Susan gives magnificent colour and texture to your garden

and evergreen trees and shrubs feature blossoms in white, pink, red, purple or yellow. Magnolias are

believed to be the earliest known flowering plants, with their fossils doing back over one hundred million years.

Magnolia trees apparently even existed before bees, so they rely on beetles for pollination. The flowers produce large quantities of pollen instead of nectar, that the beetles use for food. I bet you didn't know that now!

While magnolia is best known for its flowers, its foliage and fruit are super attractive too. Their magnificent tulip or star shaped flowers can be as large as saucers when fully opened. Evergreen species have large, glossy, oval shaped leaves all year around. The trees also produce a cone like fruit with brightly coloured seeds that attract songbirds.

Best suited to fairly rich, well drained and neutral to slightly acidic soil, if necessary, organic matter can be added when planting. Magnolias are excellent lawn trees, once a medium size grass free area is left around the trunk of the tree and planting is avoided directly underneath. They thrive in full sun or partial shade with regular watering, and seldom suffer from serious pest or disease problems.

One of the few difficulties of magnolia tree care is managing the large, crispy leaves that continuously fall from the tree. Some people remove the lower limbs of a magnolia tree to facilitate mowing, however if the lower limbs are left on the tree, they will drape to the ground and hide the fallen leaves. The shade from the tree and accumulation of leaves will

provide nutrients for the tree and ensure it stays healthy and flowers well the following year.

THE FOLLOWING ARE A FEW OF THE MAGNIFICENT MAGNOLIAS THAT I LOVE AND SO WE HAVE CHOSEN TO HAVE ON THE NURSERY:

Magnolia Susan: a bushy, upright shrub with large mid-green leaves. From mid spring to midsummer, narrow goblet-shaped, fragrant flowers emerge from slender, dark burgundy buds. These open to slightly twisted petals which are burgundy on the outside and paler on the inside. A glorious deciduous magnolia that makes a lovely specimen for a small garden with acidic soil (if in doubt do check with us) These are grown as a bush creating a slightly cone shaped specimen.

Magnolia Stellata: this variety of the popular Spring flowering shrub or tree has an abundance of white flowers that resemble water lilies. With an eventual height of 4m this variety is grown as a stunning shrub though we have other varieties on the nursery that have been grown specifically as trees that are equally as stunning when in flower.

Magnolia Leonard Messel: a small magnolia producing an abundance of blush-white flowers on bare stems in mid-spring. One of the few magnolias to flower freely from a young age. The flowers are less susceptible than most magnolias to late night

frosts. Will grow to approx 8ft tall with a spread of around 5ft, a beautiful Magnolia for a small garden. Unlike many magnolias, this variety succeeds well on all types of soil including clay and chalk.

Magnolia Heaven scent: 'Heaven Scent' is a lovely magnolia tree with goblet or tulip shaped, large flowers in April-May that are highly fragrant with pale pink outside, fading to white inside. The softly coloured, spring flowers contrast wonderfully with the dark green foliage. It has an upright habit that looks great in these multi-stemmed style trees that actually resemble more of a conical shape. Ideal for smaller or city garden, make sure you show it off though!

Magnolia Grandiflora: An unusual evergreen, Magnolia Grandiflora boasts large, leathery leaves with a dark-green colour on top and a bronzed, furry underneath. The gloriously huge, creamy flowers in late summer (August/September) have a complex lemon perfume and look magnificent against the dark background.

Magnolia Grandiflora: An unusual evergreen, Magnolia Grandiflora boasts large, leathery leaves with a dark-green colour on top and a bronzed, furry underneath. The gloriously huge, creamy flowers in late summer (August/September) have a complex lemon perfume and look magnificent against the dark background.



Magnolia Leonard Messel

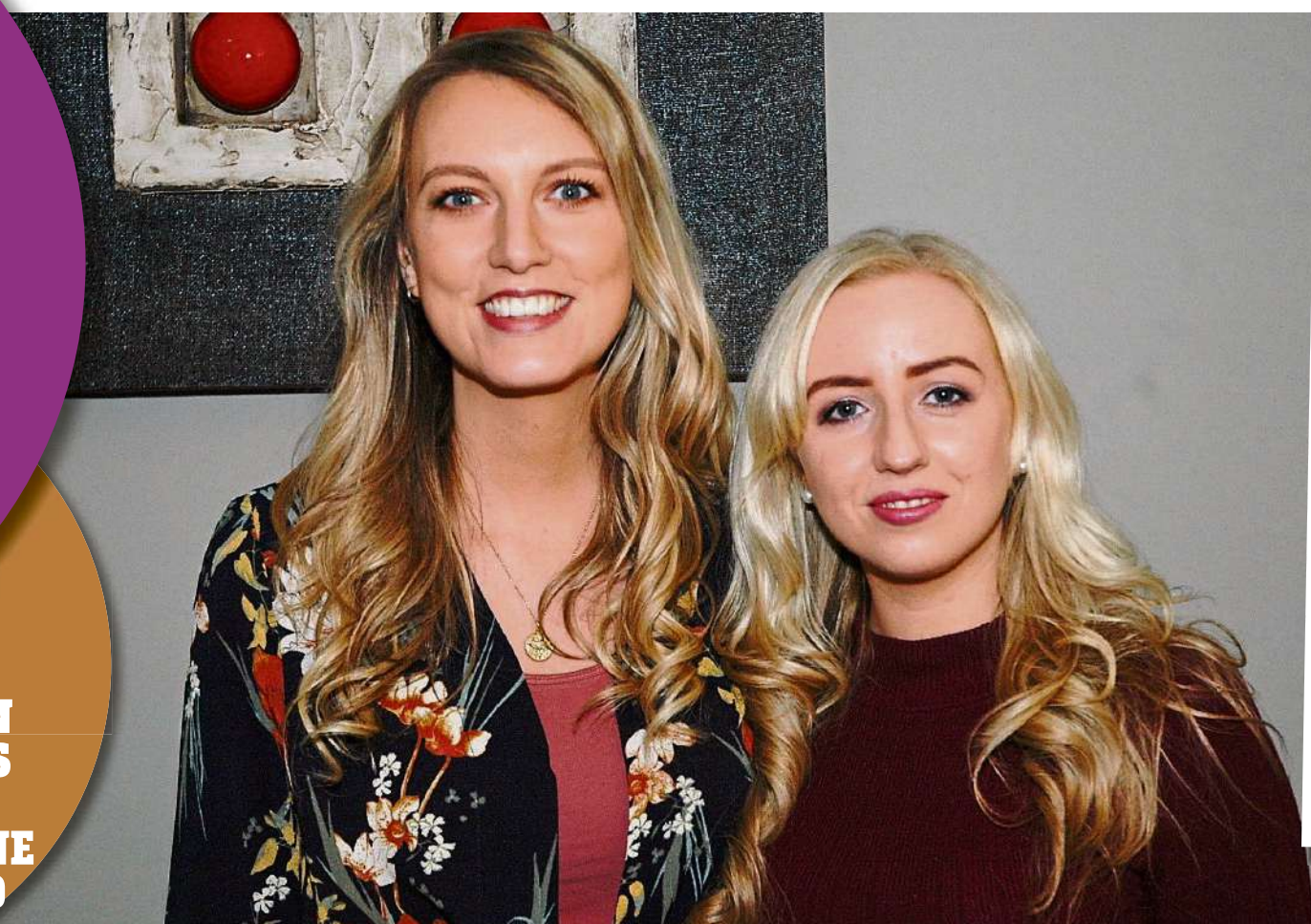


Magnolia Heaven Scent

OUT & ABOUT

BIG DAY OUT @

FASHION AND FUN FOR CBS AND PRES PICTURES: CHRISTOPHER DUNNE VICKY COMERFORD



Supporting the fundraising fashion show for the CBS and Presentation schools were Amy Dunne and Lisa Browne



Keeva, Eilis and Aoife Bergin



Phoebe, Susan and Scott Ryan



Florence and Edwina Hayes



Enjoying the fashion show for the CBS and Presentation primary schools were John and Aurelia Bomba



Fashion fans Freya O'Reilly, Priya Clifford and Sarah O'Reilly

OUT & ABOUT



Ready to model were Ciara Kelly, Sarah Walpole, Louise Power and Rosaline Power



Sean Harkin, Emily and Lesley Stapleton



Ella and Deidre Malone



High fashion at the CBS and Presentation Primary School fundraiser



Enjoying the fashion show were Avril Dwyer, Orla Moore and Sinead O'Shea



Models Simone Ruth, Miriam Walsh and Sinead O'Shea



Edward Hayden (MC for the fashion show), Niall Bergin (Principal CBS Primary School) and Irene Deasy (Principal Presentation Primary School)



Members of the Parents Councils from the Presentation and CBS primary schools

ENTERTAINMENT

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

LUKE KELLY

The Legend of Luke Kelly is an authentic show celebrating the life and songs of Ireland's most iconic and greatest folk singer.

Created and performed by the renowned Chris Kavanagh, the show is not a tribute but a journey through Luke's music that has received rave reviews in Ireland.

An overwhelming endorsement of authenticity are the huge amounts of followers and regular sell-out performances in Ireland's most prestigious venues such as Vicar Street, Cork Opera House and The National Opera House.

The show is regularly enjoyed and approved by Luke Kelly's family.

Creator Chris Kavanagh recreates the best loved songs from Luke as well as his own compositions through a 90 minute show with live band and multi-vision background throughout.

Dublin man and multi-instrumentalist Chris Kavanagh has been singing and playing music since he was three years old. His Grandmother instilled a love of folk music in him from this tender age, with bands such as The Dubliners and The Clancy Brothers played regularly in his childhood home.

Chris is well known for his passionate performances of folk singer Luke Kelly's songs with his successful show **The Legend of Luke Kelly**, but he is also an extremely skilled songwriter and composer.

His 2011 album **Voice of the People** showcased his skills to perfection, musical arrangements around the songs, coupled with his exceptional singing talents bring a long-awaited freshness to the folk music scene.

See the Legend of Luke Kelly at the Watergate Theatre on Friday, February 28. Tickets only €21.50. Get yours now at watergatetheatre.com or call the box office on 056 7761674. Don't miss **The Legend of Luke Kelly** on Friday, February 28 at 8pm. Chris Kavanagh bears a remarkable resemblance to Luke and his singing talent captures the depth and passion of the great man. Tickets from €21.50.



Grammy award winner for arts fest

Kilkenny Arts Festival has announced that Lucinda Williams will play St. Canice's Cathedral on Sunday, August 16 as part of the 2020 Festival. Tickets on sale this Friday at 9am from www.kilkennyarts.ie

Fourteen remarkable albums, three Grammy awards, and countless accolades, including Time's Songwriter of the Year of 2001, Lucinda Williams is one of our most revered artists. Her recent, boldest and most direct album **Good Souls Better Angels**

unabashedly takes on some of the human, social and political issues of our day.

In 2014 and 2015, Lucinda Williams released two critically acclaimed double albums back to back with **Down Where The Spirit Meets The Bone** and **The Ghosts Of Highway 20**, respectively.

Both releases found her experimenting with arrangements, vocals, song structure and personal subject matter.

On **Good Souls Better Angels**, Williams changes course and

chooses to forgo the personal and narrative-based songcraft that has become synonymous with her name and instead speaks to some of the injustices permeating our society.

The new songs cut straight to the core with honest commentary on domestic abuse (**Wakin' Up**), the constant barrage of news (**Bad News Blues**) the dangerous, quick to judge and convict aspects of social media (**Shadows & Doubts**) and the haunting reality of the **Man Without A Soul**.

Good Souls Better Angels also

features some of Williams' most intimate and up front vocals, addressing the pain of depression with **Big Black Train** and tenderly delivers a poignant song of hope with **When The Way Gets Dark**.

This album marks the first time Williams' husband/manager Tom Overby is credited as a co-writer on many of the new songs and was co-produced by Williams, Overby and Ray Kennedy, who last worked with Williams on her 1998 landmark album **Car Wheels On A Gravel Road**.

Amazing opera on tonight (Thursday)

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.

One of the greatest operas about children, Humperdinck's **Hansel and Gretel** is sweet and beguiling, combining childlike simplicity with heartaching beauty.

Don't be fooled. This is a story of greed, mouth wateringly sugar-coated.

This provocative production will be performed in English 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 comes to the Watergate Theatre tonight (Thursday).

Hansel and Gretel 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 INO's new production will be sung in David Pountney's English

translation.

Mezzo-soprano Raphaela Mangan, who sings Hansel, says, "A children's story told through opera, what's not to love?" And she describes the role of Hansel as "one of my favourite roles to sing".

Soprano Amy Ni Fhearraigh, Gretel, said: "It's the perfect opera for audiences young and old with its combination of lush but approachable and playful music. And of course, it's a fairytale story that everyone knows and loves."

ENTERTAINMENT

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

Bombshells on Women's Day

Kats Theatre Group will present a selection of monologues entitled Bombshells for International Women's Day on Sunday, March 8.

It will also be staged on Saturday, March 7. Both performances are at O'Faolain's on John Street, Kilkenny.

Written by Joanna Murray-Smith, Bombshells examines the inner and outer lives of six women.

Each woman's monologue is presented with humour, cunning and life affirming realism.

Playing the six women are Kilkenny actresses Rosey Hayes, Niamh Hennessy, Nicola Ryan, Gemma Grant, Anne Murray and Delia Lowery.

Rosey Hayes, who has been eager to perform this play since she read it, is excited to bring her monologue to the stage.

Delia Lowery, chairperson of Kats Theatre Group is delighted to be involved in these monologues, directing and participating.

For International Women's Day, all proceeds on the 8th will be donated to Women's Refuge Kilkenny.

Bombshells will be staged in O'Faolain's for two nights, March 7 and March 8 at 7pm nightly, €12.50pp or 2 tickets plus a bottle of wine to share €30.



GIG GUIDE

With such a love and deep passion for nature and all its abundance, Kilkenny based artist, Ani Mollereau creates incredible pieces of art with her rare talent.

Bringing a deep connection and meaning to its subject, each sculpture has its own exuberant style, unique tale and earthly value, as it comes into form as a unique creation from the heart and soul of its creator.

A new exhibition of her work will open at The Sol Art Gallery, The Times Building, D'Olier Street, Dublin on Thursday, February 27 at 6.30pm.

Hopefully as many people as possible will get to go.

Her materials are bronze, silver, bog oak and stainless steel.

Her techniques cover an extensive range from the rock strength of Giacometti and Henry Moore to a delicacy born of a feminism that transcends gender to communicate on a spiritual level.

The maternal power of bronze pieces like Motherhood and the mixture of earthiness and spirituality found in the bog oak and silver collection entitled Women in Celtic Mythology show the creativity and ability of Ani.

Ani Mollereau was born in Dublin and now lives with her husband and four children in rural County Kilkenny where her surroundings are her inspiration.

She is an exceptional, award winning sculptress and has exhibited extensively.

She has won broad acceptance from the arts world and many prizes in recognition of her work, including the Oireachtas Sculpture Prize.

Having spent most of her life around horses she has a great love and affinity with them.

Her memories and experience have cultivated the unique and intricate stories behind her Bronze Horse collection.

Ani's passion for nature can be seen in her collection of woodland creatures and animal sculptures.

The power and delicacy of Ani's work tells us with certainty there is much more to life than mundane existence.

Magical Luke Kelly tribute night

The Legend of Luke Kelly is an authentic show celebrating the life and songs of Ireland's most iconic and greatest folk singer.

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and multi-vision background throughout.

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His grandmother instilled a love of folk music in him from this tender age, with bands such as The Dubliners and The Clancy Brothers played regularly in his childhood home.

Chris is well known for his passionate performances of folk singer Luke Kelly's songs with his successful show The Legend of Luke Kelly, but he is also an extremely skilled songwriter & composer.

His 2011 album Voice of the People showcased his skills to perfection and Chris's musical arrangements around the songs, coupled with his exceptional singing talents bring a long-awaited freshness to the folk music scene.



Dublin man and multi-instrumentalist Chris Kavanagh brings Luke Kelly's songs back to life in this tribute to the former member of the Dubliners

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

Thursday

Swing Dancing, Home Rule Club, 7.30pm

The Lighthouse Fundraising Quiz, Orchard House Bar, 7.30pm

Humperdinck Hansel and Gretel, Watergate Theatre, 8pm

Sofa Sessions, Billy Byrne's, 9pm

Friday

Pat Shortt, Hey! Live Comedy Tour, Springhill Hotel, 8pm

Open House Night, Home Rule Club, 9pm

Blue Fish Diamond single launch, Cleere's Bar, 9pm

Devil The Bit, Lanigan's Bar, 9.30pm

The Kilkennys Live and Late Bar, Matt The Millers, 10pm

Gavin Ghee, Billy Bryne's, 10pm

Acousticats, Kyteler's Inn, 10pm
Fuse, Left Bank, 10.30pm

Saturday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm

Dirty Dusting, Watergate Theatre, 8pm

High Tea Membership Evening (St Martin's GAA), Coon Hall, 8pm

Johnny Hillman, Home Rule Club, 9pm

Live DJ, Lanigan's Bar, 10pm

Róisín Dubh, Kyteler's, 10pm

True Colours, Rafter Dempseys, 10pm

Sunday

Goldstone Drifting/Diffing, Goldstone Drift Track, from 10am

Cian Buckley Memorial 5km, Castle Park, 11am

Protecting Pound Dogs @ Petmania Kilkenny, 1pm

The Gingerbread Man, Watergate Theatre, 2pm

Kilkenny vs Clare, Nowlan Park, 2pm

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 6.30pm

Tuesday

'Protestant and Irish Post-Independence - Tango Or Tangent?' Home Rule Club, 8.30pm



Fashion Show for two schools

At the CBS/Presentation Primary Schools fashion show were: Corina Cuddihy, Amy Dunne, and Mairead Cummins PICTURE: Vicky Comerford

BIG NIGHT OUT @

AT THE LAUNCH OF TRADFEST PICTURES:
DYLAN VAUGHAN



Pictured at the launch was Pat Crotty, Paris Texas; Barry Devlin of Horslips; Martin Bridgeman, Kilkenny Tradfest; Cllr. Peter Chap Cleere, Cathaoirleach, Kilkenny County Council; Joe Reidy, Kilkenny Tradfest and Marian Flannery, Kilkenny Tradfest



David Cahill and Gemma Burke, Launard House B&B.



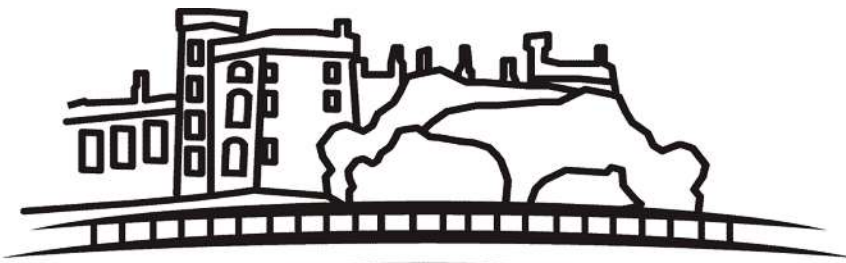
At the launch were Carmel Nolan, Debbie Mangan and Gavin Ward of The Lyrath Estate Hotel



Claire Molly and Larry Doyle



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.



SACRED HEART OF JESUS AND IMMACULATE HEART OF MARY.



Message from blessed Mother Mary our Lady said;

All praise be to Jesus risen lord. The Holy Mass is a special gift of the day. Tell people to receive the Eucharistic Jesus in Holy Communion with great joy, love and respect.

Holy love of the real presence of Jesus in the Holy Eucharist.

The lord Jesus said" I am the bread of life" Pray, Pray, Pray.

I desire to draw souls into my immaculate heart and then to the eucharistic heart of my divine son Jesus.United hearts of Jesus and Mary.

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OUT & ABOUT



Elizabeth Keyes, Monica Smyth and Nollaig Healy

Out & About

CITY ON SONG FOR LAUNCH OF KILKENNY TRADFEST

Pictures: VICKY COMERFORD



At the launch of Tradfest were Catriona Carroll, Trevor Luby and Shannon Murphy



Paul Bolger and Barry Devlin (Horslips) at the launch of Tradfest

OUT & ABOUT



Tommy Lanigan and his fellow musicians get the Kilkenny Tradfest launch off to a rousing start in Paris Texas



Peter Chap Cleere (Chairman of Kilkenny County Council) and Mags Whelan (PPN)



Susan Holland and Caroline Loughman



At the Tradfest launch were Pauline, Des and Sarah Goss



Carmel Nolan, Debbie Managan, Gavin Ward (Lyraht Hotel)



Joe Reidy, Marian Flannery (Festival Director), Brendan Treacy (Kilkenny Tradfest) and Cecil Tivnan (JJ Kavanagh & Sons)

THE KILKENNY REPORTER

MOTORING



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TRISH WHELAN

www.CarandTravel.ie

NISSAN'S Juke has grown into a bigger, sportier, athletic coupe-crossover and is now on sale in the brand's dealerships nationwide.

The first of the model, launched a decade ago, went on to sell close to 10,000 units in Ireland and 1.5 million around the world, carving a new niche for compact crossover SUVs which has been widely copied ever since. With its muscular look, the car looked as if it was on steroids and was aptly described as 'a rowdy little brother to the Qashqai'. It went on to win Continental Irish Car of the Year.

The second generation of the model arrived in summer 2014.

At the press launch of the third generation model, Nissan Juke specialist Jamie O'Connor said it is one of the most important for Nissan Ireland in quite some time.

This new version, he said, is larger and more rigid than before while being 6pc lighter improving fuel efficiency, cornering ability and crash performance. The wheelbase has been increased more than the length of the car giving more boot space now at 422 litres which is 68 litres more than the previous model, and providing more rear knee room as well as twice Old Juke's head room thanks to a lower rear floor.

Juke retains its iconic design features including the signature circular headlamps which now feature a Y-shaped LED signature. LED lights are now standard front and rear - rear ones are split in two which enables the increased boot opening for easier loading of items.

The inside has also been transformed with more comfort, style, extra space, and has a more upmarket quality. New soft-touch materials on the dashboard, door trim and footwells help give a more premium feel.

Monoform seats are now standard on both front seats and contribute to the sporty design while improving spinal support.

New Juke gets headrest speakers on both front seats, a unique 360 degree acoustic experience for both the driver and passenger controlled via a 'floating' 8-inch infotainment display providing easy access to the NissanConnect service.

This Juke has the most advanced infotainment system ever fitted to a Nissan. Over-the-air updates and connected services make this the most connected Nissan ever. It includes integration of smartphones, an app to control and monitor the vehicle, and in-car Wi-Fi for data-hungry passengers.

The NissanConnect infotainment systems allows you to use Apple CarPlay or Android



The new Nissan Juke is 6pc lighter which improves fuel efficiency, cornering ability and crash performance

Auto to mirror your favourite smartphone apps on the touch screen display.

Nissan Help with Remote Control Services allows you to work the horn and lights remotely. Drivers can also access TomTom Maps & Live Traffic if not using the phone's navigation. 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.

You can even check if your car is locked, or not, and lock it from a distance, or check where the car is parked. You can ask the Google Assistant to alert you if the car, driven by a young person with your consent and covered by your insurance, has reached a speed of 120km/h and you can then set the speed control you want with this function.

Just a 1.0L 3-cylinder turbo petrol with 117hp and 180Nm of torque is offered - an increase of 2hp over the previous model's 1.6L unit. It offers efficiency and a good responsive performance. The engine is matched to a 6-speed manual transmission or, for the first time, an advanced new 7-speed dual-clutch transmission (DCT automatic). Fuel economy is quoted at achieving 6.0/100kms;



The 2020 Nissan Juke starts at €21,995

Co2 is 135-143g/km Co2 (WLTP) and annual road tax €190-€200.

Safety features include Intelligent Emergency Braking with Pedestrian and cyclist recognition, Intelligent Cruise Control, Traffic sign recognition, Lane Intervention, Rear cross

traffic alert, and Blind spot intervention.

Driving cars at the launch, I noticed how wing mirrors have been moved on the doors and this together with the thinner A-Pillars improves visibility especially when turning. This is helped

further at night by the standard LED headlamps.

The new car is also a lot quieter on the road with improved noise insulation and the use of thicker windscreen glass.

Five grades are offered: XE (from €21,995), SV (from €23,650), SV Premium (from €24,650), SVE (from €26,950) and N-Design (from €26,950 for 20 personalisation options). Prices do not include dealer delivery and related charges but are VAT inclusive.

The SVE is all about offering the various technologies. The SVE DCT auto gets the full ProPilot function (€29,000). This helps by semi autonomously keeping the car in lane and keeping a constant, safe distance from other cars, even in slow-moving traffic.

The N-Design (from €26,950) gives customers full access to 20 colour combinations to personalise their car.

Juke has been awarded a maximum five star safety rating from EuroNCAP and is produced at Nissan's manufacturing plant in Sunderland, UK.

Juke has over 20 rivals which include Renault Captur, Ford Puma, VW T-Roc, SEAT Arona, Hyundai Kona, VW T-Cross, Toyota C-HR, Peugeot 2008, Fiat 500X, Mazda CX3, Jeep Renegade, and Kia Stonic.

In this weather, maybe it's time for a Jeep

Versatile SUV: Hugh Maguire test drives the 'likeable' Jeep Compass

The Jeep brand is owned by the Chrysler/Fiat Motor Company, but the products still demonstrate all the abilities of the true original. Show any Jeep a dirt track and it will impress with superb off-road abilities. Jeep has now become the generic name for a 4x4 vehicle, but it was the original true 4x4.

However the company realises that most SUV/Crossover type vehicles rarely go off-road and so now the Compass focuses on front wheel drive though four wheel drive is available too.

There are eight models in the range with both petrol, diesel, 2 wheel drive and four wheel drive. Prices start at €27,995 for the 1.6 litre FWD diesel.

There are three trim levels, Sport, Longitude and on test here the Limited.

SO HAS IT ANY STREET CRED?

The clean lines and great colour choices give the Compass a very fresh and trendy style. So yes it get full marks for great looks with street cred.

WHAT'S IT LIKE INSIDE?

The quality of materials used is good though not as good as some rivals in my opinion. I like the high up driving position which gives a commanding view of the road ahead and all the instrumentation is clearly and logically laid out.

The driving position itself is very comfortable and the electrically adjustable drivers seat proved



Accommodation is good seating, four adults in comfort and the boot area is a decent size (438 litres) and can be extended by folding down the rear seats

supportive even on long trips. Standard equipment on the Limited model is excellent and too numerous to list here but worthy of particular mention is, dual zone climate control, Park sensors, LED lights, 18 inch alloys, Beats audio 560 watt sound system, heated front seats, blind spot monitoring, rear cross path detection, Sat Nav, Bluetooth, Cruise Control, a centrally mounted 8.4 inch touch screen for functions such as Audio, Nav, Climate, Car Settings, and so forth as well as a hot of safety features.

Accommodation is good

seating four adults in comfort and the boot area is a decent size (438 litres) and can be extended by folding down the rear seats.

WHAT'S UNDER THE BONNET?

Employing the Fiat Powertrain MultiJet II technology, an aluminium cylinder head, double overhead camshafts (DOHC) and four valves per cylinder, the 1.6 litre turbo diesel engine produces 140hp and power goes to the front wheels via a six-speed manual gearbox.

Performance is

reasonably good and its frugal too burning just 5.8 litres of diesel per 100km. Road tax is €200.00. All good except that this engine is not very refined and emits quite a lot of diesel clatter at idle or low speeds. At cruising speeds this lack of refinement is less evident.

WILL I ENJOY DRIVING IT?

The Jeep Compass proves compact enough for city work yet large enough to do the school run or take a small family on holiday. It's a versatile likeable SUV and it drives well. On the motorway it cruises happily at the legal

limit but on more uneven country roads the ride can feel less supple.

WHAT'S THE VERDICT?

The biggest challenge for the likes of Jeep is that they have a relatively small presence in Ireland compared to rivals such as the Nissan with the Qashqai or Renault with the Kadjar for

example. That's quite a hurdle to climb. Furthermore although the Jeep Compass compares very favourably in most areas with such rivals that growly diesel needs work to bring it up to current diesel refinement levels.

Overall then a likeable car, well priced and kitted out. Worth a look for sure.

SEAT'S NEW LEON LAUNCHED

Fourth-generation Leon is next level



Top badge: Leon is SEAT's best-selling model

SEAT has presented its all-new Leon aimed at enlivening the compact segment, writes *Trish Whelan*.

The company has invested €1.1 billion in order to bring cars with more efficient engines, next levels of connectivity and driving assistance, great dynamism and more eye-catching aesthetics to the market.

Leon, the brand's best-selling model, has sold more than 2.2 million units over its three-generation life. The fourth-generation has been designed and developed to take it to the next level in terms of connectivity, efficiency, dynamism and safety. It is designed, developed and produced in Barcelona at the brand's Martorell facilities.

Niall Phillips, Brand Director at SEAT Ireland said: "The Leon is a firm

favourite amongst Irish customers and this model will bring a new level of technology, design and safety to this segment and we are excited to see it on Irish roads from May onwards.

HYBRID

"It will open up the brand to an even wider audience with the introduction of the mild hybrid and plug-in hybrid powertrains." Petrol and diesel cars will also be offered.

Power is from a 1.0L 3-cylinder unit used on the Leon for the first time as well as a 150hp 1.5L petrol unit and a 2.0 190hp linked to a dual-clutch auto transmission. Diesel powertrains are all 2.0Ls with outputs of 115hp and 150hp.

Over 13,300 SEAT Leons have been sold in Ireland from the first three generations.



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| 2017 Dacia Sadero 1.5 DCI Laureate every extra inc Nav. Only 38k mls. White..... | €9,500 | 2011 Nissan Leaf Electric Auto in white 66k only. You can run it free..... | €5,950 |
| 2017 Late Hyundai i10 1.0SE New Model, 29k mls. Looks & drives like new!..... | €9,950 | 2011 Kia Rio 1.4 Ed2 in blue. 61k mls only. What a car! Ex-London..... | €4,950 |
| 2017 Nissan Pulsar 1.5 DCI tech only 38k miles. All the toys! | €12,950 | 2010 Hyundai i20 1.4 Style. Top of the range. Super colour Lambo green. Leather Superb car..... | €4,950 RESERVED FOR MARGARET |
| 2017 Renault Clio 1.5 DCI Dynamique GT Line in blue. Super car..... | €11,500 | 2010 Hyundai i20 1.2 in red. Really special edition. A car for years..... | €4,950 |
| 2016 Ford EcoSport 1.0 EB 125 Zetec. SUV. Only 38k miles in white. Like new. | €13,500 | 2010 Toyota Yaris 1.3 Automatic. Lovely small Automatic | €5,950 |
| 2016 Hyundai i30 Tourer 1.6 CRDI BDS Estate in grey..... | €8,950 | 2010 Hyundai i10 1.2 Comfort. London Car. Like new in blue..... | €3,950 |
| 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..... | €8,950 | | |
| 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 | | |
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| 2015 Kia Rio 1.2 in white. Another lovely London car. Very low miles. | €9,500 | | |
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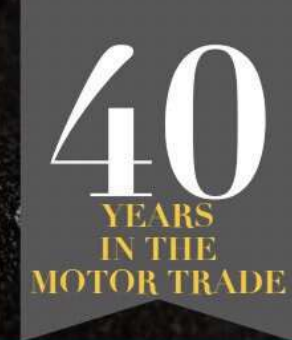
- Due this week**
- | | |
|---|--------------|
| 2017 Toyota Avensis Business Ed 1.6D..... | NO PRICE YET |
| 2016 Toyota Auris 1.6 D4D Icon in black..... | NO PRICE YET |
| 2014 Hyundai 1.4 active | NO PRICE YET |
| 2013 Hyundai 1.2 active in white..... | NO PRICE YET |
| 2012 Kia Rio 1.2 Ed2 in white..... | NO PRICE YET |
| 2012 Hyundai 1.2 active | 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 |
| 2014 Hyundai i10 New Model 1.2 in black..... | NO PRICE YET |

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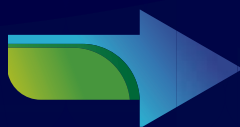


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SPORTS INCLUSION DEVELOPMENT OFFICER

Post Reference: KRSP SIDO 2

Kilkenny Recreation & Sports Partnership wishes to recruit a Sports Inclusion Development Officer (SIDO) on a specified purpose two year contract to be based in Kilkenny city.

Job description and person specification can be downloaded from our website at www.krsp.ie or is available from info@krsp.ie or by calling 056 7794991.

Please send 4 copies each of your statement of suitability and CV by **3pm Friday 6th March 2020** to:

Ref: KRSP SIDO 2, Nicola Keeshan, Sports Co-ordinator, KRSP, Johns Green House, Johns Green, Kilkenny.

All applications must specify which post(s) being applied for by quoting the reference above. Shortlisting of candidates may apply based on the information supplied at application. Canvassing will disqualify.

Interviews will take place in Kilkenny City in March 2020. Informal enquires to Nicola Keeshan up to 28th February 2020 at 056 7794993

This post is subject to completion the Garda Vetting process satisfactory to the Sports Partnership's requirements. KRSP is an Equal Opportunities Employer

Funding for the position of SIDO has been secured through Sport Ireland and Kilkenny County Council.



SPORTS DEVELOPMENT OFFICER

Post Reference: KRSP SDO 1

Kilkenny Recreation & Sports Partnership wishes to recruit a Sports Development Officer (SDO) on a fixed term, one year contract to be based in Kilkenny city.

Job description and person specification can be downloaded from our website at www.krsp.ie or is available from info@krsp.ie or by calling 056 7794991.

Please send 4 copies each of your statement of suitability and CV by **3pm Friday 6th March 2020** to:

Ref: KRSP SDO 1, Nicola Keeshan, Sports Co-ordinator, KRSP, Johns Green House, Johns Green, Kilkenny.

All applications must specify which post(s) being applied for by quoting the reference above. Shortlisting of candidates may apply based on the information supplied at application. Canvassing will disqualify.

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This post is subject to Healthy Ireland funding through the Local Community Development Committee and Dormant Accounts Funding through Sport Ireland.



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KILKENNY COUNTY COUNCIL

Planning Permission is sought by Keith Quinn to construct a new agricultural entrance, the provision of dropped kerbs and all associated site development works at Lisdowney, Ballyragget, Co.Kilkenny. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m.- 1.00 p.m. and 2.00 p.m.- 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

BREAKING NEWS

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SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



A beaming bride on her wedding day

A smiling Brigid Phelan (33) of Rathkyle Conahy beams on the day of her marriage to Con Bergin of Ballyousskill Ballyragget in the big snow of February 1947. Also in picture is Con's brother Dick and Masie Alley, Brigid's cousin. This picture, which was kindly sent in by her daughter Brigid Forristal, drew plenty of votes from our online readers on www.kilkennypeople.ie

Snapshot Grand Final

The time has finally arrived for you to decide who should win the overall prize in our Snapshots competition. Here are the photos that have made it into the grand final of our Snapshots competition.

The winners will be announced next week so don't forget to get voting through our online poll at kilkennypeople.ie

The pictures are below with some detail

of the entrants and the photographs and why they sent them in. Now it is up to you to decide your favourite.

A big thank you to all our sponsors who have also contribute to the prize fund.

The overall winner as voted by the public will be announced next week and will win the fantastic prize.

Get voting and watch this space!

VOTE FOR YOUR FAVOURITE NOW!

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



Up on the Roof!

One of the early favourites, this picture from the Sixties was sent in from Irene Lawlor of the Gourmet Store

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SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



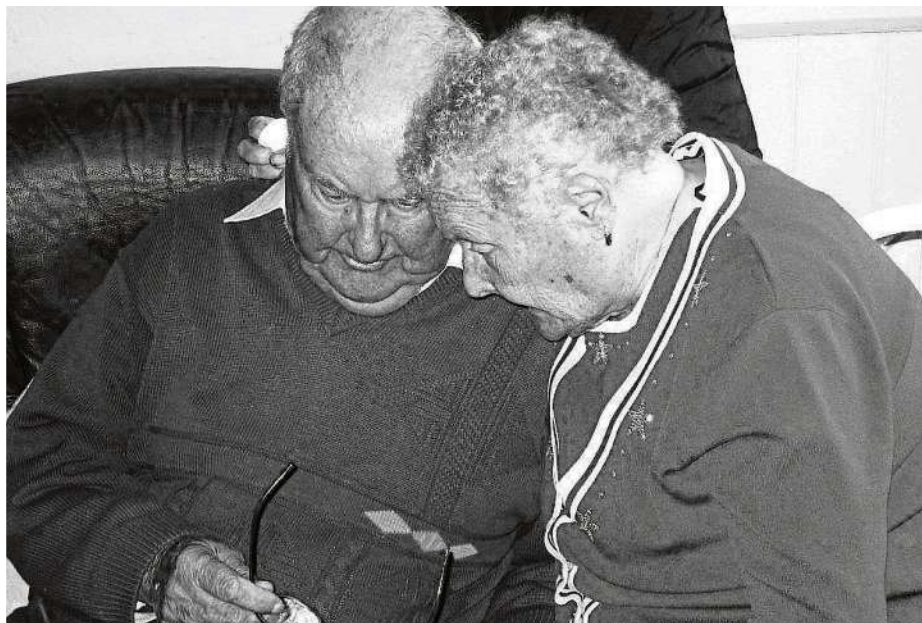
Making a splash!

The Kilkenny lifesaving team from 1960, winners of the President's Trophy. This picture from Gary Knox was a big hit with our Snapshots viewers



No time for a lie-in!

Sharon Lyons is pictured on the right with her brother and cousin as they prevent Mum from enjoying a lie-in



Brother and Sister

Agnes Wiley sent in this charming picture of her father Ned and his sister 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," said Agnes in her email.

Another note which accompanied the picture was "Gone but not forgotten..."




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.

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www.kilkennypeople.ie

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny



HOME TIME: On the way home from school, this scene from Irishtown, Kilkenny was taken in 1980 PICTURE: MICHAEL BROPHY

Down memory lane with the
THE KILKENNY REPORTER

All Our Yesterdays



After school snack - stopping for a bite on High Street, Kilkenny in 1980 PICTURE: MICHAEL BROPHY



Anyone for tennis?.....High Street, Kilkenny 1980 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Stopping for a chat on High Street, Kilkenny in October 1980 PICTURE: MICHAEL BROPHY



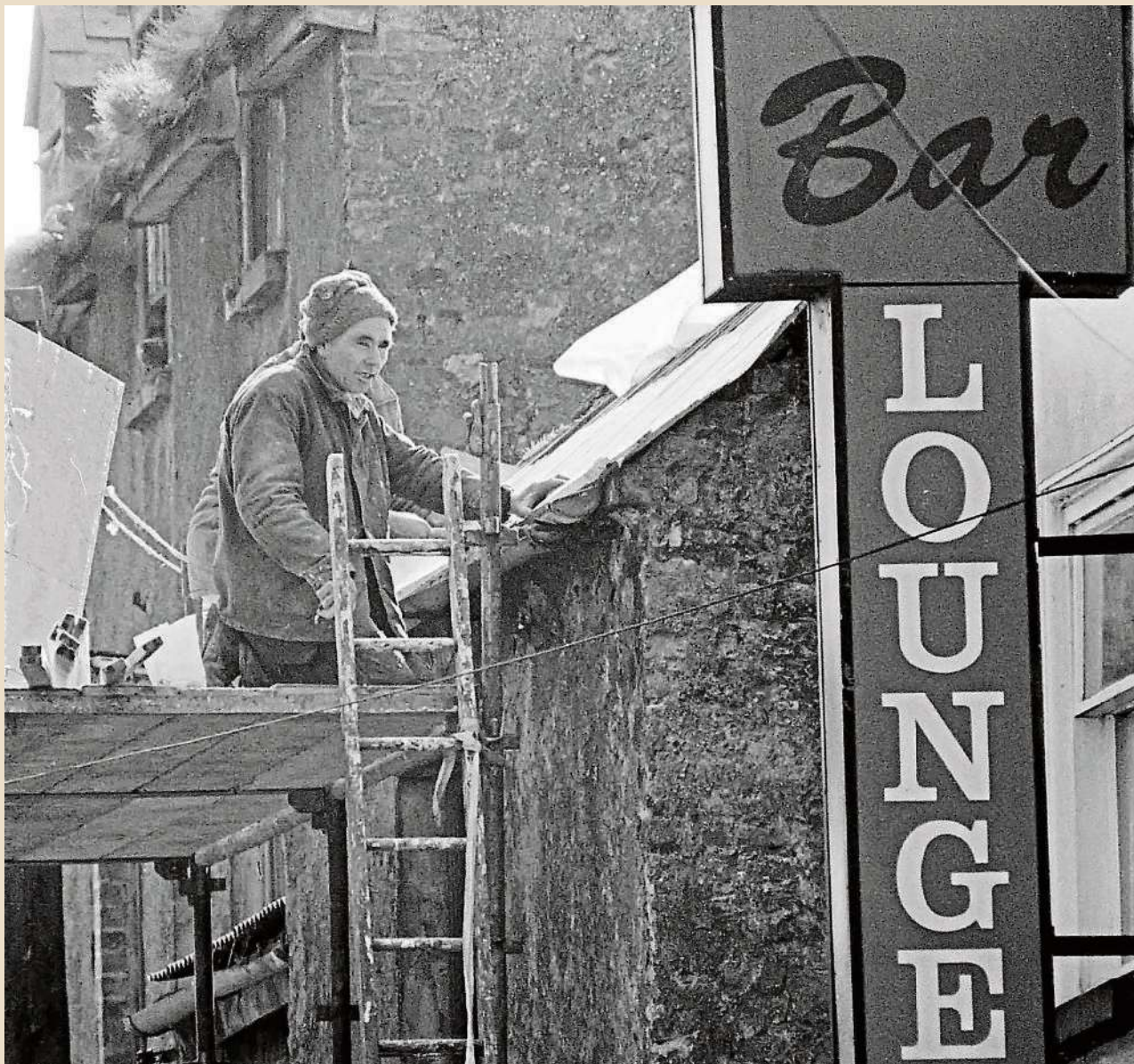
TAKING TIME OUT: Having a rest on a Kilkenny City bench. This picture was taken in October 1980 PICTURE: MICHAEL BROPHY

Down memory lane with the THE KILKENNY REPORTER

All Our Yesterdays



Students stop for a chat in Kilkenny. Do you recognise any of the faces?



Essential repairs. The late Mick Tobin from Ballycallan



Cycling home along High Street



Delivering the cakes near Molloy's Bakery, Rose Inn Street, Kilkenny in 1980 PICTURE: MICHAEL BROPHY

SPORT



Clare will come to Nowlan Park on Sunday knowing a win will all but guarantee their place in the NHL knockout stages

Big test for Cats as Banner come chasing victory

The bad weather last weekend forced the postponement of two games in Division 1A of the Allianz Hurling League which left possibilities wide open there, but there is less uncertainty in Kilkenny's Division 1B where three of the five rounds have been completed.

Clare are the front-runners in Division B after winning all three games. They opened up a two point lead over Kilkenny, Wexford and Dublin.

If Clare beat Kilkenny in their clash in UPMC Nowlan Park on Sunday (2pm) the result would almost certainly be enough to guarantee them a place in the knock-out stages.

QUALIFY

The way the League is structured, the winners in Division 1A and B qualify for the semi-finals, while the second and third placed

teams will go through to the quarter-finals.

Cork versus Limerick has provided four fascinating contests since summer 2018, resulting in two wins for the Rebels, one for John Kiely's men, and one draw.

Cork won twice last year (2-21 to 1-21 in the Allianz League, 1-26 to 1-19 in the Munster championship). Limerick won the 2018 All-Ireland semi-final by 3-32 to 2-31 after extra-time.

Earlier in the Munster Round Robin clash it ended level - Cork 1-25 to 0-28.

Both counties are currently on four points in this Division 1A, but Limerick have played one match less after their clash with Waterford was called off last Sunday.

Galway versus Waterford has also been a very busy rivalry. In fact, they met twice in 2017 and 2019, with two wins apiece.

Galway won both in 2017

(Allianz League Division 1 quarter-final and All-Ireland final) while Waterford beat the Tribesmen twice last season (1-18 to 2-13 Division 1B and 1-18 to 0-19 in the semi-final).

Waterford, Limerick and Cork are all on four points in this group, with the first two having played a game fewer than Kieran Kingston's men. Galway are on two points.

Tipperary (two games) and Westmeath (three games) are both seeking their first points in this year's League. The last competitive clash between the counties was in 2017 when Tipperary won an All-Ireland qualifier by nine points in Semple Stadium.

Sunday (2pm) - Cork v Limerick, Pairc Ui Chaoimh; Waterford v Galway, Walsh Park; Tipperary v Westmeath, Nenagh.

Clare's points difference is a healthy +27 at the top of Division 1B. Their impressive

start under new manager, Brian Lohan could see them wrapping up a last four slot this weekend.

They face a big challenge against Kilkenny, who had their unbeaten run ended by Wexford, although they played with great spirit and passion.

THIRD VICTORY

Clare are chasing a third successive Allianz League victory over Kilkenny, having won by point last year and by three points in 2018. Wexford, who have four points, return to Croke Park for the first time since losing to Tipperary in last year's All-Ireland semi-final to take on Dublin, who are also on four points.

The Dubs and Wexford clashed in the Leinster championship over the last two seasons, with Wexford winning in 2018 (0-22 to 2-14) while last year's tie was drawn (Dublin 1-22 Wexford 2-19).



Billy Ryan netted Kilkenny's goal in their narrow loss to Wexford at Graigue-Ballycallan man this Sunday

Laois and Carlow are the other teams in this group. They have both lost their opening three matches, which leaves them in relegation territory ahead of their crunch Allianz National Hurling League meeting in Portlaoise on Saturday.

Remember, the team who finishes bottom in Division A will play the bottom side in Division B to decide who makes the drops down to 2A for 2021.

Carlow and Laois drew in last year's League. Carlow are by far the lowest scorers in Division 1, having scored a total of 0-32 in three games.

A lot could be decided, or almost decided, before the last round of matches is played on the weekend after next.

FIXTURES

Saturday (5pm) Dublin v Wexford, Croke Park; Laois v Carlow, O'Moore Park (7pm); Sunday: Kilkenny v Clare, Nowlan Park (2pm).



John Donnelly has impressed in the



the weekend. The Cats will be hoping for more goals from the



League this year for Kilkenny PICTURES: MARK DESMOND

Kilkenny defiant, but late points help Wexford edge League thriller



Aidan Nolan (Wexford) squeezes past a challenge from Conor Browne (Kilkenny) PICTURES: WILLIE DEMPSEY

ALLIANZ NATIONAL HURLING LEAGUE ROUND THREE

WEXFORD 1-16
KILKENNY 1-14

JOHN KNOX
at Chadwicks Wexford Park

Kilkenny played well and were utterly defiant, but in the end points in the 67th and 71st minutes from Diarmuid O'Keeffe and Paul Morris (free) gave Wexford a thrilling victory in Division 1B of the Allianz National Hurling League at weather beaten Chadwicks Wexford Park on Sunday.

The gale force wind took over the game, turning into a big favour giver for those playing with it. As it turned out, Wexford handled the elements very well, and their high energy, short passing game proved ideal for the demanding challenge of facing the wind when they did so in the second period.

When John Donnelly rifled over a point in the 50th

minute Kilkenny got in front for the first time, 1-12 to 1-11. They looked poised to drive on.

Three minutes later the Slaneysiders got back level with a score from Paul Morris. Slowly but surely afterwards they got their running game going. They gradually took control, gradually ground the visitors into submission.

Although backed by the gale that carried the ball a couple of metres extra, Kilkenny lost their scoring touch after shooting a nice 1-6 during the previous 15 minutes.

When Wexford brought Lee Chin, Diarmuid O'Keeffe and Rory O'Connor they really began to move. The trio helped knit together the new game plan of playing the short ball and running with it, and Wexford proceeded to pick off nice points.

The win means Wexford have now extended their unbeaten run against

Kilkenny to six matches. Both counties are still very much in the hunt for places in the final stages of the League, with Kilkenny entertaining Clare this Sunday in UPMC Nowlan Park and Wexford travelling on Saturday to Croke Park to face Dublin, who are also in the reckoning.

The Noresiders won the toss and captain for the day, Walter Walsh opted to play against the gale blowing towards the town end. The influence of the wind soon became apparent, and Kilkenny struggled against it as it held and sometimes blew back their drives.

The Cats had the opening point from James Maher. However, in one of two strong and sustained Wexford waves of attacks, they opened out a 1-7 to 0-1 lead by the 19th minute.

The goal was scored by Conor McDonald in the sixth minute (1-2 to 0-1) after he fielded a splendidly struck sideline cut from the left by Conor McDonald. The home side might have goaled again in the eight minute, but this time stand-in goalie, Darren Brennan, saved well from Kevin Foley.

For a while after that Kilkenny held their own after they changed their plan. They ran with and carried the ball instead of trying to strike it up the field.

They enjoyed a good scoring spell at one stage when John Donnelly, Richie Hogan and Alan Murphy (free) all put scores together to haul the gap down to 0-5 to 1-9.

That was a good spell for Kilkenny, and it played a big part in helping them to get into a decent enough position at half-time when they trailed by 1-10 to 0-6.

While Wexford opened the second half scoring with a point from Paul Morris, when Kilkenny swooped for a Billy Ryan goal in the 37th minute (1-11 to 1-6), the gap was very manageable.

When the visitors got in front subsequently, they were there with a chance of victory, which would have been their third. Wexford didn't buckle. The revved up the running game they have perfected under the management of Dave Fitzgerald, and they dug out a vital win that keeps their hopes of making the closing stages of the competition very much alive.

SCORERS

WEXFORD - P. Morris (0-7); C. McDonald (1-1); J. O'Connor (0-3); A. Nolan (0-2); D. Reck, P. Foley, D. O'Keeffe (0-1 each).
KILKENNY - A. Murphy (0-4); R. Hogan (0-3); B. Ryan (1-0); J. Donnelly (0-2); D. Brennan, P. Deegan, J. Maher, M. Keogh, W. Walsh (0-1 each).
WEXFORD - M. Fanning; S. Donohoe, L. Ryan, J. O'Connor; D. Reck, P. Foley, S. Murphy; K. Foley, A. Rochford; L. O'G McGovern, A. Nolan, J. O'Connor; C. Dunbar, C. McDonald, P. Morris. Subs - R. O'Connor for C. Dunbar 44th min; L. Chin for L. O'G McGovern 44th min; D. O'Keeffe for A. Nolan 49th min; M. O'Hanlon for D. Reck 64th min; M. Dwyer for J. O'Connor 66th min.
KILKENNY - D. Brennan; C. Browne, H. Lawlor, C. Wallace; C. Delaney, P. Deegan, C. Buckley; J. Maher, M. Carey; J. Donnelly, A. Murphy, M. Keogh; B. Ryan, R. Hogan, W. Walsh. Subs - D. Mullen for M. Carey 53rd min; B. Sheehan for Hogan 57th min; M. Cody for J. Maher 63rd min.
REFEREE - F. Hogan (Tipperary).



Darren Brennan makes a good stop for Kilkenny

SPORT

Super Harriers celebrate great

It was an evening to remember as the Kilkenny City Harriers celebrated a year of athletic achievement at their awards night.

The event, which was held in The Set Theatre, started with club chairman John Maye thanking the athletes for their dedication to training and participation in competition. He also thanked the coaches and club officials for their work.

The citations for the various awards were recited by club coach, Sean Lynch. Awards were presented by club vice-chairman, Brian Leahy with the assistance of club coach, Nicola Barron.

During the presentations club PRO Nicholas Dunphy provided a video display of the athletes in action during the various competitions.

Throughout 2019 there were many notable achievements particularly by adult members. Top of the list were the five participants in the European cross-country in Lisbon in December – Shay McEvoy (junior), Peter Lynch (under-23), Eoin Everard and Aoibhe Richardson (seniors) and team manager Niamh Richardson.

With a greater than usual participation by adult members the club had many successes at county level and were winners of county track and field, cross-country and road championships.

Some notable individual achievements were Brian Maher adding another senior county cross-country title to his CV and placing first in the over-40 Autumn International and Cathy Millett winning the county 10 mile and the Leinster Road over-55. Ciara Deely was a gold medal winner in the Leinster senior 400m and 400m hurdles while Karen

Nugent scored bronze in the national javelin.

The juveniles were particularly successful in track and field championships. Winning the County Shields for both indoors and outdoors they went on to win many individual medals in the Leinster and National Championships. The Mick Quinn Cup for best track and field club in Leinster in the under-12 to 15 category was presented to the club secretary, Mick Manning, at the Leinster Awards night in Athlone on Saturday. The Harriers also retained the Leinster Pairs Shield for the under-9, 10 and 11 pairs.

Five relay squads were medal winners at national level – Gold boys' under-10, Silver boys' under-11, gold girls' under-12 (including national indoor 4x200m record), silver girls' under-15 and silver senior men. The club's under-19 boys won silver in the national cross-country.

PRESENTATIONS

There were presentations made to Cliodhna Manning in recognition of her participation in the World University Games, Naples, Italy and also to Callan Byrne who won bronze in the 200m at the CSIT World Sports Games in Tortosa, Spain.

The evening concluded with copious refreshments supplied by Langton's Hotel.

AWARDS

PERPETUAL AWARDS - JUVENILE

Hacketstown Trophy Amelie Foley; Whitebridge Trophy, Shay McEvoy; Dungarvan, Oisín Henderson; Bree, Patrick Lacey; Sean Byrne Shield, Orla Kenny; Mazda Cup Tom Lodge; Versatile, Abbie O'Brien; Lynch Shield, Rory



McGabhann; Costello Shield, Conor Byrne; Achievement Cup, Louis Raggett; Cross-country Cup, Kevin Burns; U-11/12 Cup, Molly Daly; McDonough Cup, Alex

Cullen; Tommy Deegan Trophy, Annie McEvoy; P J Smyth Cup, Jennifer Leahy. **SPECIAL ACHIEVEMENT AWARDS - JUVENILE** U-12 Ruth Crowley; U-13

Pia Langton, Evan Cullen; U-14 Ruairi McEvoy, Adam Slawinski, Louisa Gillmore, Danny Ring, Sean Young, Blaithean Holden. U-15 Ella Delahunty, Harry Boyle.

U-16 Michael Raggett, Jennifer Obah, Tara McGuire, Mateuz Balcer, Rachel Leahy, U-18 Cathal Kearney. **JUVENILE TEAMS - RELAYS**



Amelie Foley with the Hacketstown Trophy and Orla Kenny



Athletes of all ages received awards for their athletic achievements with Kilkenny City Harriers across the 2019 season

year of athletics success



All smiles at the Kilkenny City Harriers awards night were (back row:) Evan Cullen, Alex Cullen, Louis Raggett, Oisín Hennessey. Front row: Patrick Lacy and Ruairi McEvoy
 PICTURES: MARK DESMOND

T&F – First Leins, Fourth Nat
 Ruth Crowley, Laura Leahy, Clodagh O’Callaghan, Molly Daly, Aoibhe Quinn

Girls’ U-15 Indoor 4x200 – Second Leins & Nat, 4x100

T&F – First Leins, Fourth Nat
 Abbie O’Brien, Orla Kenny, Ella Delahunty, Amelie Foley, Blaithin Holden

JUVENILE TEAMS - CROSS-COUNTRY

Boys’ U-19 - Second in National final

Kevin Burns, John Muldowney, James Kearney, Dylan McLaughlin, Shay McEvoy, Cathal Kearney.

MEDAL WINNERS IN LEINSTER PAIRS

U-9 Ali McDonald, Amelie O’Brien 3/300

U-10 Ellen Daly, Kara Canavan 2/60, 2/500

Robert Cullen, Mikey Phelan 2/60

Robert Cullen, Tom Henderson 2/LJ

Patrick Wall, Tom Henderson 3/60

U-11 Kate Maher, Martha Bergin 1/600, 2/60

Paul Millea, Robert Lacey 1/600

PERPETUAL AWARD WINNERS - ADULTS

Track Award The Lanigan Cup - Eoin Everard

Cross Country The Nolan Cup - Shay McEvoy

Road AIB Cup - Cathy Millett

Junior/U-23 The Harry Meighan Cup - Ciara Deely

Achievement Shield - Kate Millea

SPECIAL ACHIEVEMENT AWARDS - ADULTS

Brian Maher, Graham Bourne, Joya Burns, Karen Nugent.

Adult Team - Relay
 Second Senior Men 4x100 national final

Jack Manning, Callan Byrne, Rory McGabhann, Aidan Leach.

Boys’ U-10 4x100 -First Leins, First National
 Mikey Phelan, Patrick Wall, Tom Henderson, Robert Cullen, Ryan Farrell
 Boys’ U-11 4x100 - First

Leins, Second National
 Paul Millea, Mathias Quaglia, Tiernan O’Brien, Robert Lacey, Eamon Clune
 Girls’ U-12 Indoor 4x200 – First Leins, First Nat, 4x100



Eoin Everard pictured with the Lanigan Cup, awarded to the club’s top track athlete



Pictured at the KCH awards night were Cathy Millett and Kate Millea. Millett won the county 10 mile and the Leinster Road over-55 titles in 2019



Pictured at the Kilkenny City Harriers Awards Night at the Set Theatre were (from left:) Ruth Crowley, Ella Delahunty, Rachel Leahy, Blaithin Holden, Pia Langton and Jenifer Obah

SPORT

Cilaos Emery was on the money for Mullins at Red Mills Day

Horse-Racing

It didn't come as the greatest surprise as Cilaos Emery was a winner for Willie Mullins as he reverted to the smaller obstacles in the Grade 3 Red Mills Trial Hurdle at Gowran Park on Saturday.

The Champion Hurdle at next month's Cheltenham Festival is now very much on the cards for the eight-year-old which easily brushed aside last year's Red Mills winner Darasso by nine and a half lengths under Paul Townend.

"I thought he was very impressive in what he did, especially after his mistake at the third last hurdle," Mullins said of the 1/4 favourite.

"What he did in between the third last and the last was what impressed me. I'd imagine that might mean he goes to the Champion Hurdle now.

"It was debated what chance would he have in the Champion Chase and what chance might he have in the Champion Hurdle. It was decided that we'd run this race, see what happens and that would make up our mind.

"We keep coming back to saying that he has as much of a chance in the Champion Hurdle as he has in the Champion Chase," the trainer added. "That's the reasoning behind where we are going.

"Cilaos Emery came out of the race well and it looks like we're going to supplement him for the Champion Hurdle. It's owner Luke McMahon's plan and we're happy to go along with it.

"He covered the supplement fee by winning so we're going to give it a go. We thought we might try it with how open the race is this year.

"He could run a blinder and finish fourth in the



Cilaos Emery and Paul Townend on their way to a facile success in the Grade 3 Red Mills Trial Hurdle for trainer Willie Mullins at Gowran Park on Saturday

Champion Chase whereas he could run a blinder and win the Champion Hurdle."

Joseph O'Brien added to his Dundalk success when Fakir scored an 11-length win in the 2m4f handicap hurdle

at Gowran Park. The 11/1 shot was ridden by Oakley Brown.

Mullins was also a winner at Navan on Sunday where Francin justified short odds in the 2m maiden hurdle.

The 4/7 favourite was a

little wrong at the final flight, but he picked up nicely under Paul Townend on the run-in to score by three and a half lengths from Gordon Elliott's The Very Man.

The Mags Mullins-trained

Julies Stowaway made much of the running to win the concluding bumper on the card, beating the Dermot McLoughlin-trained Delvino by a length and a half with Gordon Elliott's well-touted

Ballyadam, the 1/4 favourite, only third. Patrick Mullins partnered the 5/1 winner, which is owned by Michael O'Callaghan.

UPWARD CURVE

King's Vow continued on his upward curve with a comfortable win in the 2m conditions' race at Dundalk on Friday night.

Although a 1/4 favourite, there was no shortage of market support for the four-year-old which pulled clear inside the final furlong to beat the higher-rated Kasperenko by three and three parts of a length.

Tony Mullins and County Wexford apprentice Willie Byrne scored a narrow success with 13/8 favourite China's Storm in the 10f maiden. The three-year-old showed loads of determination to see off the O'Brien-trained Juliet Rose by a head with Jessica Harrington's Juliet Rose the same distance away in third place.

INTERNSHIP

Horse Racing Ireland (HRI) have launched their 2020 summer student internship programme.

There are a number of paid placements available, commencing in June 2020 and running for 12 weeks throughout the summer to the end of August. The programme is open to all Third Level students in any college year of any course.

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

Further details and the application form are available at workinracing.ie/internships. Closing date is March 20.



LEFT: The Mags Mullins-trained Julies Stowaway (near side) gets up under Patrick Mullins to win the bumper at Navan

RIGHT: There was a thrilling finish as the Willie Byrne-ridden China's Storm (striped cap) won the 10f maiden for trainer Tony Mullins at Dundalk on Friday night



REPORTER SPORT

Take Epatante to extend McManus' terrific 'Champion' run

THE mammoth Cheltenham National Hunt Festival is now less than three weeks away.

The showpiece event at Prestbury Park gets underway on Tuesday, March 10.

The feature race on the opening day of the four-day Festival is the Grade 1 Unibet Champion Hurdle carrying a total prize fund of

stg£450,000.

Limerick's JP McManus is the most successful owner in the history of the Cheltenham Festival. McManus has won four of the last six renewals of the Champion Hurdle.

Businessman McManus is represented in this year's renewal by pre-race favourite Epatante,

who leapt to the top of the ante-post betting after a decisive victory in the Christmas Hurdle at Kempton on Boxing Day.

Epatante is a 11 to 4 shot to claim hurdling's blue riband.

Unbeaten Irish-trained mare Honeysuckle, 7/2, winner of the Irish Champion Hurdle earlier last month, is sure to have her share of

supporters, while another extremely interesting runner in the betting market is undoubtedly Benie Des Dieux, 3/1, winner of all eight completed starts for Willie Mullins.

In an open looking renewal, take the Nicky Henderson-trained Epatante to continue owner JP McManus' excellent run.



Can JP McManus keep his Cheltenham form going?

IS THAT ON THE BOX?

Editor Note: This is not a full list of games, for a full list see broadcasters schedule

Thursday

TENNIS

RIO OPEN
AMAZON PRIME 10AM

SOCCER

FC COPENHAGEN V CELTIC
BT SPORT 5.55PM

GOLF

WGC MEXICO
SKY SPORTS 7PM

SOCCER

ROMA V GENT
BT SPORT 8PM

SOCCER

OLYMPIAKOS V ARSENAL
BT SPORT 8PM

Noel McNamara's Ireland U20s take on England on Friday night, on Sky Sports Mix



Friday

RUGBY

CRUSADERS V HIGHLANDER
SKY SPORTS 6AM

RUGBY

ZEBRE V MUNSTER
EIR SPORT 7.35PM

RUGBY

SALE V LEICESTER
BT SPORT 7.45PM

U20 RUGBY

ENGLAND V IRELAND
SKY SPORTS MIX 7.45PM

SOCCER

DERBY V FULHAM
SKY SPORTS 7.45PM

Saturday

Shane Lowry, Open champion, tees it up in Mexico this week



RUGBY

CHIEFS V BRUMBIES
SKY SPORTS 6AM

GOLF

HONDA LPGA
SKY SPORTS 6.30AM

RUGBY

REDS V SUNWOLVES
SKY SPORTS 8.15AM

SOCCER

BRENTFORD V BLACKBURN
SKY SPORTS 12.30PM

SOCCER

CHELSEA V SPURS
BT SPORT 12.30PM

RUGBY

STORMERS V JAGUARES
SKY SPORTS 1PM

RUGBY

ITALY V SCOTLAND
ITV/VIRGIN 3.15PM

RUGBY

BULLS V BLUES
SKY SPORTS 3.15PM

RUGBY

WALES V FRANCE
BBC/VIRGIN 4.45PM

HURLING

DUBLIN V WEXFORD
EIR SPORT 5PM

SOCCER

LEICESTER V MAN CITY
SKY SPORTS 5.30PM

GAELIC FOOTBALL

DUBLIN V DONEGAL
EIR SPORT 7PM

GOLF

WGC MEXICO
SKY SPORTS 7PM

RUGBY

ULSTER V CHEETAHS
EIR SPORT 7.35PM

Sunday

GOLF

HONDA LPGA
SKY SPORTS 6.30AM

GAELIC FOOTBALL

GALWAY V TYRONE
TG4 2PM LIVE

GAELIC FOOTBALL

MONAGHAN V MAYO
TG4 2PM DEFERRED

HURLING

CORK V LIMERICK
TG4 2PM DEFERRED

RUGBY

ENGLAND V IRELAND
ITV/VIRGIN 3PM

SOCCER

ARSENAL V EVERTON
SKY SPORTS 4.30PM

GOLF

WGC MEXICO
SKY SPORTS 7PM



Keith Earls is in contention to start for Ireland against England on Sunday

SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

THURSDAY

JJ KAVANAGH AND SONS JFL, GROUP A

Piltown: Windgap v Carrickshock (8pm)

FRIDAY

JJ KAVANAGH AND SONS SFL, GROUP C

Carlow IT: O'Loughlin Gaels v Railyard (8pm)

SATURDAY

KILKENNY CITROEN CENTRE MINOR A FC QUARTER-FINALS

Danesfort: Danesfort v Mooncoin (11am)

Kilmacow: Kilmacow v O'Loughlin Gaels (11am)

Tullagher: Tullagher Rosbercon v Piltown (11am)

Pairc Sheamus Stiophan: James Stephens v Dicksboro (11am)

KILKENNY CITROEN CENTRE MINOR B FC QUARTER-FINALS

Hugginstown: Carrickshock v Kilmoganny (11am)

Inistioge: Rower Inistioge v St Martin's (11am)

Gowran: Young Irelands V Graignamanagh (11am)

KILKENNY CITROEN CENTRE MINOR C FC QUARTER-FINAL

Paulstown: Barrow Rangers v Mullinavat (11am)

Cloneen: Railyard v Clara (11am)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP A

St John's Park: O'Loughlin Gaels v James Stephens (2.30pm)

Canon Kearns Park: Erin's Own v Dicksboro (2.30pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Piltown: Piltown v Thomastown (2.30pm)

Danesfort: Danesfort v Young Irelands (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP A

Ballyragget: St Patrick's v Glenmore (2.30pm)

Lisdowney: Lisdowney v Graigue Ballycallan (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP B

Dr Tierney Park:

Graignamanagh v John Lockes (2.30pm)

Mooncoin: Mooncoin v Barrow Rangers (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP C

Tullagher: Tullagher Rosbercon v St Martin's (2.30pm)

Clara: Clara v Rower Inistioge (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP D

Paírc na Seamróg: Shamrocks Ballyhale v Kilmacow (2.30pm)

Dunnamaggin: Kilmoganny v Carrickshock (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP A

Slieverue: Slieverue v Mullinavat (2.30pm)

Tullaroan: Tullaroan v Dicksboro (2.30pm)

Danesfort: Danesfort v Bennettsbridge (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP B

Moneenroe: Railyard v Fenians (2.30pm)

Tom Walsh Park: Blacks and Whites v Conahy Shamrocks (2.30pm)

SUNDAY

ALLIANZ NATIONAL HURLING LEAGUE, ROUND 4

UPMC Nowlan Park: Kilkenny v Clare (2pm). Ref: Liam Gordan (Galway)

LITTLEWOODS NATIONAL CAMOGIE LEAGUE

UPMC Nowlan Park: Kilkenny v Clare (time and venue to be confirmed later)

LEINSTER PP SCHOOLS SHC FINAL, ROINN A

Netwatch Cullen Park: St Kieran's College v Coláiste Eoin (Dublin) at 11.30am

JJ KAVANAGH AND SONS SFL, GROUP A

Muckalee: Muckalee v Mullinavat (11am)

JJ KAVANAGH AND SONS JFL, GROUP B

Tom Ryall Park: Graigue Ballycallan v Railyard (11am)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP A

Pairc Sheamus Stiophan: James Stephens v Erin's Own



Community Radio wins at Camogie awards

Mick Dunne Memorial Award for Local Media winners Nicky Brennan, Barry Henriques of Community Radio Kilkenny City with Una Dunne and President of the Camogie Association Kathleen Woods. The Kilkenny duo were presented with the honour at the Camogie Association Volunteer and Media Awards, which were held in Croke Park PICTURE: BRYAN KEANE/INPHO

(10.45am)

SOCCER FIXTURES

FRIDAY

UNDER-16 TC TYRES LEAGUE DIVISION 1

Callan United v Spa United, 8pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1

Freebooters Athletic v Stoneyford Athletic, Watershed 7.15pm.

SATURDAY

UNDER-19 HENDERSON SHIELD

Deen Celtic v Callan United, 2.30pm.

Evergreen A v Highview Athletic, 2.30pm.

Thomastown United v Freebooters, 2.30pm.

UNDER-16 TC TYRES LEAGUE DIVISION 1A

East End United v Paulstown 06, 11am.

Evergreen Boys v Clover United, 2pm.

UNDER-14 SFAI SUBWAY INTER-LEAGUE

Kilkenny & DL v Carlow, Kells Road Astro 5.30pm.

UNDER-14 SCHOOLGIRLS' LEAGUE

Bridge United v Evergreen Athletic, 3pm.

Stoneyford United v Lions, 3pm.

Evergreen City v Spa United, 3.30pm.

St Pat's v Callan United, 4pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1A

East End United v Callan United, 12.45pm.

Spa United v Evergreen Boys, 2pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 2

Evergreen City v Clover United, 11am.

Bridge Boys v Freebooters City, 12.30pm.

Thomastown Boys v Paulstown 06, 12.30pm.

UNDER-12 SFAI SUBWAY INTER-LEAGUE

NDSL v Kilkenny, 1.30pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1A

Bridge Boys v Spa United, 11am.

Thomastown Boys v Callan Athletic, 11am.

UNDER-12 GLANBIA LEAGUE DIVISION 2

Deen Celtic Boys v Clover United, 11am.

UNDER-12 GLANBIA LEAGUE DIVISION 2A

River Rangers v Stoneyford Boys, 3.30pm.

UNDER-10 SCHOOLGIRLS' LEAGUE

Stoneyford United 1 v Bridge United.

Evergreen v Stoneyford United 2, 11am.

Spa United v Freebooters City, 1pm.

Callan United v Thomastown United, 3pm.

UNDER-10 GERRY O'REILLY CUP

Thomastown United v Bridge United Athletic, 11am.

Freebooters Athletic v East End United, Watershed 11.30am.

Spa Utd v Clover Utd, 12 noon.

River Rangers v Evergreen Boys, 12 noon.

Stoneyford Utd v Callan Utd Athletic, Watershed 1pm.

Lions Athletic v Deen Celtic Athletic, 1pm.

UNDER-10 JAGGER WEMYSS SHIELD

Freebooters City v Evergreen Green, Watershed 11.30am.

Freebooters Boys v Evergreen City, Watershed 11.30am.

Thomastown United v Evergreen White, 12.30pm.

Lions Boys v Callan United Boys, 1pm.

Highview Boys v Deen Celtic Boys, 1pm.

Stoneyford United v Bridge United Boys, Watershed 1pm.

SUNDAY

FAI OSCAR TRAYNOR TROPHY

Kilkenny & DL v Desmond League, Kells Road 2.30pm.

INTOSPORT.IE DIVISION 1

Evergreen B v Fort Rangers, 10.30am.

East End United v Callan

United, 2.30pm.

Stoneyford United v Evergreen C, 2.30pm.

EAMONN MAHER COACH HIRE DIVISION 2

Thomastown United B v River Rangers, 11am.

Highview Athletic B v Lions, 11am.

Paulstown 06 v Castlewarren Celtic, 2.30pm.

Freshford Town A v Bridge United B, 2.30pm.

DIVISION 3

Brookville v St John's, 11am.

Tullaroan v Newpark B, 11am.

UNDER-16 SFAI SUBWAY INTER-LEAGUE

Kilkenny & DL v Wexford League, Watershed 2pm.

UNDER-14 BENNETTSBRIDGE PARTS DIVISION 1

Freebooters Athletic v Bridge United Athletic, Watershed 11am.

Lions v Stoneyford Athletic, 12.30pm.

Evergreen Athletic v Deen Celtic Athletic, 5pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1A

Highview Athletic v Freebooters Boys, 1.15pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1

Thomastown Athletic v Evergreen Boys, 10am.

Lions Athletic v Freebooters Boys, 11am.

Bridge United Athletic v Evergreen Athletic, 11am.

MONDAY

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Evergreen Athletic v Freebooters Athletic, Watershed 7.15pm.

Watershed 7.15pm.



Dicksboro under-19 hurling captain, Eoghan Moylan, is presented with the winners trophy by Junior Board chairman, John Lacey, and Louise Lawlor, representing the championship sponsors. The 'Boro beat city rivals O'Loughlin Gaels by 2-8 to 0-12 in the Roinn A final



SALE



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Roisin Cahill, Pharmacist, Kilkenny with her father, Pat Cahill

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