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Tipp rooting for Dancing with the Stars model dancer

A model with strong Tipperary roots is setting her sights on RTÉ Dancing with the Stars Ireland success.

Alannah Beirne, the daughter Brenda Hyland from the Ardfinnan Road in Cahir, was "speechless and thrilled" when asked to join the celebrity dancers as a replacement for the injured former Miss Ireland Aoife Walsh.

And Kildare born model Alannah, who finished third in Britain's Next Top Model last year, has been a sensation on the hit RTÉ series, topping the leaderboard on last Sunday's show with her professional dance partner Vitali Kozmin.

Brenda, a former Rose of Tralee who Christy Moore once wrote a song about called 'Me and the Rose', says Dancing with the Stars is a "wonderful opportunity" for her 24-year-old daughter.

"Alannah was born a model - that's where she comes alive," Brenda tells South Tipp Today.

"Alannah is really embracing the experience but she is nervous because she is six weeks behind the others. She only got the call to go on the show when she was in the air-



Model Alannah Beirne with her family.

port coming home from the UK for Christmas," Brenda continues.

Brenda is "very proud" of Alannah's determination and drive for taking on the challenge of Dancing with the Stars.

"It's been a hard couple of years for Alannah. She has her degree in Visual Merchandising and Display from Dublin Institute of Technology under her belt, but this is her dream and my goodness she is working hard. It really goes to show that if you aspire to do something and are passionate then you can achieve anything," Brenda smiles.

Brenda, who had a career

in An Garda Síochána, credits Alannah's dancing genes to her late father Richie Hyland from Newcastle.

"My father was known locally in Tipperary as a great dancer, and as the saying goes 'people used to queue up for a dance with Richie Hyland'. That's where Alannah gets her talent from," Brenda adds.

Brenda says Alannah loves visiting her cousins in Tipperary, and is urging the public to support her in the contest. Alannah's sister Jennifer who works for Amazon in Australia, singer-songwriter sister Caoimhe, and rugby star brother Tadhg who will join Munster from

Scarlets next season are also cheering her on in Dancing with the Stars. "There are six of us - myself, Herbie, David, Kathy, Flo, and Fiona who has been doing a fantastic job running Cahir Equestrian Centre. Alannah really enjoys visiting all the family in Tipperary and planning adventures with them. They are all cheering her on in Dancing with the Stars," Brenda concludes.



Alannah with her dance partner.

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Bridgewater House reopens for asylum seekers

Bridgewater House in Carrick-on-Suir, which had been closed since 2016, has reopened its doors again as an asylum seekers residential centre. It now houses 112 asylum seekers from countries including Albania, Nigeria, Pakistan, Congo and South Africa.

As asylum seekers and refugees direct provision centres around the country

are reaching capacity, the decision was made to reopen Bridgewater House which had operated as a direct provision residential centre for 15 years prior to 2016.

A spokesperson for Bridgewater House said that the return of asylum seekers to Carrick-on-Suir will greatly benefit businesses in the town and hinterland as regular orders for food and

related services to the residential centre will continue.

Asylum seekers and their children based in Bridgewater House enjoyed a festive visit from Santa over Christmas. They were delighted with the hospitality shown to them, and the young children gathered with their presents for photos with Santa.



RIGHT:
Ever, Candice, Hannah, Ishmael and Sihle with Santa at Bridgewater House in Carrick-on-Suir.

Local Electoral Area Boundary Committees invite submissions

Mr John Paul Phelan T.D., the Minister of State for Local Government and Electoral Reform has established two committees to review local electoral areas and to report to him within six months. The Committees' reports will be considered by the Minister as the basis for the revision of local electoral areas under his statutory powers.

The Committees are tasked with making recommendations on the division of council areas into local electoral areas and on the number of members of council to be assigned to each such local electoral area.

The review of local electoral areas is being undertaken in prospect of the local elections to be held in 2019. The Committees will have regard to the results of Census 2016. The policy objectives of the review are to reduce the size of territorially large local electoral areas and to designate urban-focused local electoral areas around the larger towns.

Committee No. 1 will report and make recommendations on every county, other than Cork, Dún Laoghaire-Rathdown, Fingal, Galway and South Dublin and on Limerick City and County and Waterford City and County. For these Councils the number of councillors will be no less than 5 and no more than 7 for each local electoral area, provided that in particular compelling circumstances 3 or 4 seat local electoral areas may be recommended, where otherwise the geographic size of the area would be disproportionately large.

Committee No. 2 will report and make recommendations on Dublin City and the counties of Dún Laoghaire-Rathdown, Fingal and South Dublin. For these Councils the number of councillors will be no less than 5 and no more than 7 for each local electoral area.

Committee No. 2 may also be asked to make recommendations on the division of Cork and Galway into local electoral areas, in due course.

The Committees now invite submissions on the matters referred to above.

Submissions may be sent by e-mail to boundarycommittee@housing.gov.ie or by post to:

**Secretary,
Local Electoral Area Boundary Committees,
Room 1.67,
Custom House,
Dublin 1**

to arrive no later than 5:00 p.m. on Monday 19 February 2018.

Please note that all submissions will be made available on the Committees' website and may also be subject to Freedom of Information requests.

Further information on the Local Electoral Area Boundary Committees, including their full terms of reference, is available on www.boundarycommittee.ie or by contacting telephone number 01-888-2769 or 01-888-2031.

Rockwell College students plan for the future at Careers Night

Rockwell College 6th and 7th year students got the opportunity to explore different work paths at Careers Night recently.

Most of the Tipperary professionals who volunteered their time and knowledge on the night were past Rockwell College students.

"Feedback from the students has been excellent," Rockwell College career guidance counsellor Orla Cremin told South Tipp Today.

"They found it very beneficial as they gained a further insight into different pathways into their chosen ca-

reers. Students also highlighted that it was perfect timing to think about other possible career areas, especially with the CAO deadline looming.

"On a personal note we are very grateful that people took time out of their busy lives and careers to meet and speak to our students," Orla added.

Volunteers at Careers Night included The Nationalist and South Tipp Today's Dylan White (journalism), Brian Morrissey (medicine, general practice and health sciences), Conor Durack

(dentistry and health sciences), Cillian Balfe (law, solicitor practice and business), Brian Kavanagh (engineering and design practice), Lynda Kelly (policing, criminology and psychology), Enda Shine (agricultural food business, agricultural science, economics and nutrition), EmmyLou Flores (computer science and information technology at the University of Limerick), David J. Butler (geography, history, arts, humanities and social sciences at University College Cork), and Monica Kennedy (primary teaching).

Training skills and gap report launched

Months of research, analysis and debate came together in the Anner Hotel, Thurles on Thursday evening, with the official launch by the LEO and ETB of their training and skills gap report.

The report, entitled "Analysis of the Education, Training and Business Support Needs of Companies in County Tipperary" provided a detailed review of employee training and education gaps in the County. The event was attended by over 100 local businesses and agency representatives.

The report was commissioned jointly by the Tipperary Local Enterprise Office and the Tipperary Education & Training Board. The appointed research agency, Marla Communications, engaged directly with 110 Tipperary companies to identify their challenges, concerns and gaps in the areas of employee training, skills and education. The research focused mainly on companies with over 10 employees, and spanned a wide spectrum of business sectors including manufacturing, tourism, retail and customer services.

Officially launching the report, Roger Kennedy, Leas Cathaoirleach of Tipperary County Council, applauded the local agencies for their initiative in taking this research forward, highlighting the value the insights now bring to all employers and agencies in the County; speaking of access to available and skilled employees, he added "Tipperary has a working population of 700,000 within an hour's commute, and we are within an hour of nine leading 3rd

level colleges. Continuous monitoring of training and development needs is essential to ensure we have an adequate supply of skilled people to meet present and future needs".

Councillor John Hogan, Chairperson of Tipperary Education and Training Board, acted as Master of Ceremonies on the night, introducing those directly involved in the research initiative, including Rita Guinan, Head of Enterprise at the LEO, Eileen Condon, Director of Further Education and Training and Sheila Gallogly, Managing Director of Marla Communications.



x Councillor Roger Kennedy, Leas Cathaoirleach, Tipperary Co Co, Rita Guinan, Head of Enterprise, TCC, Councillor John Hogan, Chair Tipperary ETB, Sinead Carr, Director of Services, Tipperary Co Co, Eileen Condon, Director, Tipperary Education & Training Board, Sheila Gallogly & Ann Marie Coonan, Marla Communications who carried out the research on behalf of the LEO & ETB.

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Top Tidy Towns groups honoured at awards ceremony

Cloneen Tidy Towns committee won the top prize in Carrick-on-Suir Municipal District's second annual Tidy Towns awards competition.

Carrick-on-Suir MD chairman Cllr. John Fahey presented Cloneen's dedicated volunteers with a €1,000 cheque for achieving the highest marks in the district in the 2017 National Tidy Towns competition. They were among five

Tidy Towns groups to receive cash prizes at the district's awards ceremony at Scoil Ruane Community School in Killenaule before Christmas.

Rosegreen Tidy Towns group was awarded €500 for the Best Increase in Marks for Small Settlements of between 201 and 10,000 people, while Ballingarry also received €500 for the Best Increase in Marks runner up in the population category.

Killusty Tidy Towns group received €500 for winning the Best New Entrant Award in the settlements of up to 200 people category, while Glen-geole Tidy Towns received €500 for achieving the Best Increase in Marks in this category.

Also present were members of Ballinure Tidy Towns who received a Tidy Towns County Endeavour Award at an earlier awards ceremony.

Fourteen Tidy Towns

committees from across the district extending from Carrick-on-Suir to Ballinure took part in the awards contest. The awards ceremony was at-

tended by an estimated 30 Tidy Towns volunteers from the participating committees as well as district councillors and officials. Student musi-

cians from Scoil Ruain performed at the function that was enjoyed by all.



Ballinure Tidy Towns members who were awarded the Tidy Towns County Endeavour Award. L-r: Patty Kirwan, Dora Guilfoyle, Nicky Kidd, Ned McCormack, Jackie Murray.

JIM KENNEDY IS PROUDLY REMEMBERED



The late Jim Kennedy was awarded a Lifetime Achievement award by the United Sports Panel. His five proud daughters Dolores, Martina, Ann, Mary Elenor attended the Annerville Awards ceremony in the Park Hotel Clonmel last Saturday night. Jim passed away two weeks prior to the presentation ceremony.

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Members of Carrick-on-Suir Municipal District Council with Scoil Ruain 'Senior 7' band who performed for all attending the award ceremony in Killenaule.



Ballingarry Tidy Towns won the district award for Second Best Improved Marks entry in the National Tidy Towns competition (larger settlement). L-r: Paul Browne, Margaret Corcoran, Jimmy Byrne, Cllr. Imelda Goldsboro, Kathleen Brennan.

Cllr. John Fahey presenting the award for the district's Best Performance in the National Tidy Towns competition Cloneen Tidy Towns members John Anglim and Mark Fitzgerald.



Cllr. John Fahey presenting the award for Best Newcomer to National Tidy Towns competition (small settlement) to Killusty Tidy Towns members Paul Duggan and Úna Kiernan.

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Email: leo@tipperarycoco.ie
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Oifig Fiontair Áitiúil
Local Enterprise Office

Sunday Morning Singers win prestigious carol competition

Cashel Community School has congratulated Sunday Morning Singers on their victory in the prestigious Lyric FM Carol for Christmas competition.

The talented ladies, all of whom are past students of the school, rehearse every Sunday as they wish to continue singing as a choir – hence Sunday Morning

Singers.

They won first prize in a brand new category – Best Community Choir - for their chosen piece 'For Him All Stars Have Shone' after receiving great praise from the adjudicating panel.

The ladies very much wish to continue singing and performing in both local concerts and further

competitions.

"All in Cashel Community School are thrilled for the girls success and see it as a true vindication of all the hard work put in by conductor Helen Colbert and the girls themselves over the years," a school spokesperson added.



PICTURED RIGHT:

Back: Iona Tegerdine, Maeve Yee, Rachel O'Carroll, Keeley O'Grady, Lorna McGeer. Front: Orla Purcell, Rachel O'Keefe, Rose Murray.

Innovative Michael and Brendan selected for Food Works

A Cashel company has been chosen to take part in Ireland's leading accelerator programme for food and drink start-ups.

Following a rigorous selection process, Crosse Family Foods from Cashel were one of nine ambitious Irish food and drink companies selected to take part in Food Works 2018.

The company was founded by brothers and proven sheep milk producers Michael and Brendan Crosse in 2016, who are currently supplying a number of artisan farmhouse cheesemakers around Ireland. They founded Crosse Family Foods in order to bring high value, innovative sheep milk products including sheep milk powder, ice-cream and yoghurt to both domestic and export markets.

Cold-pressed vegetable ice-pops, a nutrient-rich postnatal

drink for new mothers and a range of innovative sheep milk products are among the new concepts to be further developed as part of Food Works. Run by Bord Bia, Enterprise Ireland and Teagasc, the Food Works programme has worked with 76 food and drink companies over the last five years to encourage innovative new product ideas, while supporting the growth of the sector globally.

Speaking about the opportunity, Brendan Crosse said: "We have been producing sheep milk for the last number of years, supplying a lot of artisan cheese makers around the country and now we are looking to explore producing our own sheep milk products. Food Works represents a huge opportunity for us not only to look at our product in a domestic market but also on a global stage".

Speaking on behalf of the Food Works programme, Eileen Bentley from Bord Bia added: "The companies who have been selected to take part in Food Works 2018 have all demonstrated a strong product concept, or have already developed a product which meets a genuine market need. Bord Bia, Enterprise Ireland and Teagasc will work closely with each of these companies to provide the support they need to move to the next level in terms of product development, preparation of an investor ready business plan and ultimately scaling up for the export market. We are delighted to note that five years after launching Food Works, more than a third of the companies we have worked with are already exporting around the world, while many more are well on the way to achieving their export potential".



Michael and Brendan Crosse from Crosse Family Foods, Cashel.

Philip and Deborah win €61,000 on RTÉ's Winning Streak

Tipperary duo Philip Murphy (27) and Deborah Lee (39) did the Premier County proud recently, winning €61,000 between them on the National Lottery Winning Streak game show on RTE One.

Cashel's Philip Murphy believes 2018 is going to be a year where he gets some good luck. And it could hardly have got off to a better start as he took a total of €18,000 from the show, including an amazing holiday to Jamaica.

His partner, Marvina, is also due their second child in March. The couple have been going out for the past three and a half years and have a son Logan who is 17 months old. Marvina is originally from Russia and has two chil-

dren, Adreas (9) and Maya (6), from another relationship who live with the couple in Cashel. With his Winning Streak windfall Philip will put some cash towards a deposit for their very own home.

In his spare time Philip has a keen equine interest and owns horses Lulu and Jack. Jack is only a young foal and is belong to Logan. He loves going out for trails with his friends on horseback where they explore the countryside.

Newport's Deborah got the chance to spin the iconic Grand Prize Wheel, landing €22,000 in the process and taking a total of €43,000 from the show which includes a holiday to Sorrento in Italy.



Cashel's Philip Murphy with hosts Sinead Kennedy and Marty Whelan, along with head of legal at the National Lottery Jenny Fisher.

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'It was an absolute pleasure to call you my brother'

By DYLAN WHITE
e-mail: dylan.white@iconicnews.ie

The life of a Clonmel man who battled cystic fibrosis was celebrated at St. Mary's Church in Irishtown on Friday 12th January.

'Courageous and generous' Kieran Hickey was the fourth member of his family to pass away from the genetic disorder, survived by parents Michael and Bridie, brother Michael, sister in law Marie, nephews Brian and Ciaran, niece Ailish, aunts, uncles, cousins and friends.

Kieran's brother Michael paid an emotional tribute to the late 44-year-old, while fondly remembering siblings Kay, Brian and Laois who also passed away to cystic fibrosis.

"We have been close to this a few times over the years, but time after time Kieran completely baffled his medical team in Dublin with his de-

termination and incredible strength in which he possessed," Michael told mourners.

"Kieran fought like crazy to stay with us, and even though he won many battles over the years he was written off on a regular basis. Unfortunately, cystic fibrosis finally won the war. During his most recent 14 week stay in hospital we were told on four occasions that he was finished, but he wasn't and on three of them anyway he managed to fight back to where we really thought he was out of the woods and that he would come back home to us. Obviously the fourth time they got it right, and to be honest I reckon he was feeling sorry for the doctors at that stage and didn't want to keep making them look bad.

"While it's a very sad day for us we cannot begrudge Kieran the peace he finally has. It's not just the last 14 weeks that he was ill, but he struggled to breathe the last 14 years and if you think

about it possibly the 44 years of his life. Now, at last, he doesn't have to struggle to fight for every breath which is something we all take for granted. And even though it was a struggle for Kieran to breathe and his quality of life had been deteriorating for many years, I honestly believe that it was his love for Ciaran, Brian and Ailish that kept him with us for so long," Michael said.

Michael praised his "incredible" parents Michael and Bridie for caring for his four deceased siblings - Kay, Brian, Laois and Kieran - over the past 50 years.

"Dad made the point that Wednesday morning was the first time in 50 years that himself and mam didn't have to worry about getting the lads medicines, defibrillators and physios. Imagine, the first time in 50 years that they woke up and just had to think of themselves for a change. But I know, as all of you do, that they would of happily continued doing it. After 50 years you're due a break,

you're incredible people".

Michael thanked doctors, nurses, friends of the family and the Tipperary branch of Cystic Fibrosis Ireland for their support the past 50 years, while also reserving praise for the people of Clonmel who aided with fundraisers.

"Over the 50 years the town of Clonmel have been extremely generous and supportive to mam and dad's fundraising efforts for Cystic Fibrosis as there were always neighbours and friends of the family who were available for church gate collections, charity walks, mini marathons, you name it, they were always there to help raise funds," he highlighted.

Michael praised Kieran's generosity, adding: "Every Christmas we would arrive home to bags and bags of presents for the kids. The amount of stuff he would have was unreal. He was like a skinny Santa. He never missed a birthday and his generosity was incredible. He even made sure he got



The late Kieran Hickey.

Christmas presents this year even though he was in hospital fighting for his life".

Kieran's burial later took place at Touraneena Cemetery.

Tipperary aid worker describes joy when 'life returned' to the eyes of girl (5) in Somalia

Aid agency Concern Worldwide has heaped praise on the people of Tipperary and the rest of the country for helping save the life of a starving five-year-old girl in war-ravaged Somalia through their generous donations.

Yasmiin Hassan - one of 1.1 million Somalis forced to flee their homes due to con-

flict - was suffering from severe acute malnutrition and weighed the same as an average two-year-old when she was brought to a Concern nutrition centre on the outskirts of Mogadishu on March 15 last year.

Her condition was so bad that her mother Aamiina believed she would suffer the same fate as one of her brothers, who sadly died with similar symptoms at a time

when they had no access to a health clinic.

However, after 12 weeks of treatment, Yasmiin made a full recovery and Concern's health and nutrition team maintain contact with her to ensure she remains healthy.

"Life and joy returned to her eyes," said Concern's Regional Director for the Horn of Africa, Carol Morgan, who is from Tipperary.

"She increased her weight

from 12.4kg to a healthier 16.7kg, and measurements of her left upper arm also confirmed an improvement to her health.

"It brings immense joy to the staff when you see the recovery of children we care for like Yasmiin. The staff know they saved that child's life.

"Her smile is a great relief just weeks after being in such an emaciated state. It is truly heartbreaking to see any

child malnourished.

"You see an emptiness and loss of happiness in their eyes. They stare ahead at nothing, not focusing on anything. They don't play and have no energy - so it is such a relief to see them recover," Carol continued.

Carol and her team praised the Irish public for donating over €1.5 million to Concern's East Africa Appeal last year, which helped fund a greater response to the ongoing food crisis in the re-

gion.

The appeal, which involved the use of those first images of Yasmiin, followed the severe drought across East Africa which left an estimated 20 million people facing starvation.

Yasmiin's mother, Aamiina, who has seven children, said she is "very thankful" to the Irish public and to Concern for the "kind support" her family are receiving.



ABOVE: Tipperary's Carol Morgan is Concern Worldwide's Regional Director for the Horn of Africa.

LEFT: Yasmiin's 12 week transformation after treatment at Concern's clinic.

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What do we mean by multimedia? Today's news consumer is more diverse than ever before. They consume their news through a multitude of platforms including traditional print sources, websites and social media channels. More often than not they are accessing these platforms via mobile devices. This revolutionary transformation has created a whole new world of exciting opportunities for advertisers to reach their target audiences. That's where you come in.

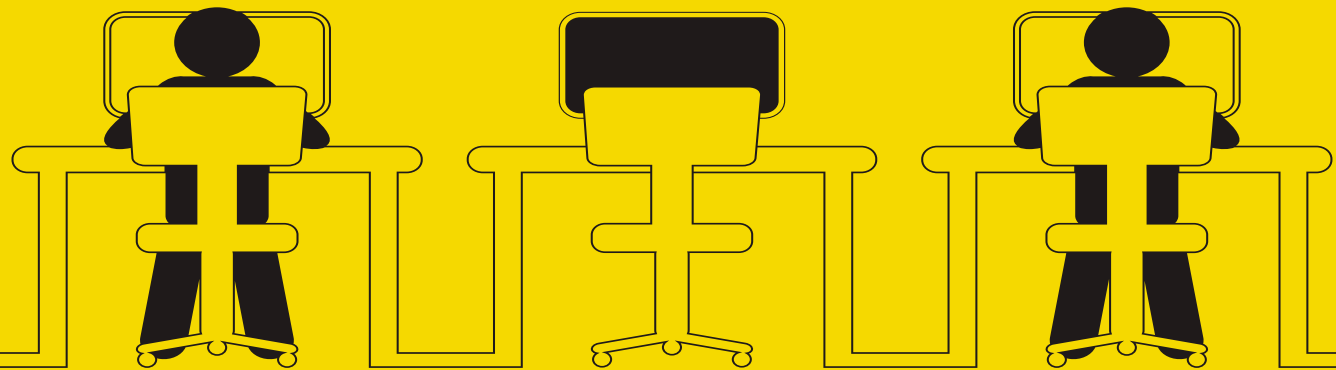
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WILD ABOUT SOUTH TIPP

Finding peace in nature

Wildlife Matters

Albert Nolan

The shortest day of the year found me celebrating the Winter Solstice in Knockanrawley Resource Centre in Tipperary town.

The weather was very mild and an unexpected dawn chorus gave a feeling of spring, and no wonder the birds were confused.

On this day, I was joining a social, therapeutic and horticultural walk lead by Timmy Whyte. This was a new experience for me and I was really looking forward to seeing the town through a new set of eyes, knowledge and experience.

A cup of tea was the first order of the day and I chatted to Dinny who regularly comes on the walk. He knows my dad and enjoys the outdoors. We left the centre and headed out to explore the town. Our high vis-jackets were necessary as the roads were very busy, and I was surprised by how many drivers ignored pedestrian crossings and green men.

Nothing escapes Timmy's attention, and while I am familiar with wild flower and shrubs, on this occasion I was learning about a completely new set of plants. In front of the nuns house the careful planting of trees and shrubs has created a woodland edge - golden privet, pittosporum and cotoneaster with red berries for birds. Dogwoods red stems bring winter colour to any garden, and dozens of moth caterpillars feed on the leaves. Viburnum white flowers graced the hedge and brought a splash of welcome colour.

We walked into Pierce Park where the roadside trees were been pruned, and we

saw the sooty black buds of ash. The amazing variety of shrubs in small urban gardens from Yucca to periwinkle, and St. John's Wort which is used to treatment depression. Along by the kerb we found two beneficial wildflowers - groundsel whose seeds were fed to canaries and red dead nettle that was packed full of nectar for pollinators.

As we walked along I got chatting to Ann. She loves the outdoors, and the walks are a social way to get exercise and learn about the environment and nature. Our next stop was by a fine pyracantha orange glow hedge that has plenty of berries for birds. A singing robin welcomed us to Avondale Crescent.

Timmy stopped and helped us to identify some more urban plants. Enda had the names on the tip of his tongue, and remembering nature takes a lifetime. He tends his own garden at home, and we both agreed that the taste of freshly picked vegetables is something that everyone should experience.

A fine beech hedge still had its leaves and we crushed the fragrant leaves of juniper. The prickly leaves of holly poked out through the hedge but unfortunately all the berries have been devoured by birds.

In the grounds of the sports complex, this woodland consists of alder, sycamore, hawthorn and silver birch. Evergreen trees provide shelter and warmth for nesting and roosting. Mahonia has yellow flowers, and there was plenty of winter colour on the walk to lift spirits and brighten up a

winter's day.

Beside the all-weather pitches a tall eucalyptus tree is growing. It seemed perfectly happy here in damp Tipperary. Also we discovered silver privet and a low growing cotoneaster. Starlings and robins were singing and we saw a pied wagtail.

The next part of our walk brought us past the scout's hall. We left the church behind and explored the tree lined St. Michael's road. Tall horse chestnut, beech and monkey puzzle rose out from gardens. London plane lined the street, with these trees able to deal with the grime and dust of town living.

In the grounds of Dan Breen house we heard rooks calling in scots pine trees. This was once a thriving rookery but has been in terminal decline for several years. There were other interesting trees in the grounds including a rare mulberry tree planted the day the Great War started; horse chestnut with sticky buds and horse-shoe shaped scars on the branches; and holm oak that has an identity crisis and is a deciduous evergreen.

The River Ara was in flood and there was no sign of the dipper. We discussed the best time to see kingfishers and when the young are out of the nest in late summer they are easier to spot.

I had a brilliant time with Timmy and the group. Their work is so important, from sharing knowledge and raising awareness around the environment and nature to the benefits for our mental and physical wellbeing.

The group meet every Thursday in the organic garden at Knockanrawley Resource Centre at 10:30am. Contact Timmy at 087-7630056.

Comments/questions to albert.nolan@rocket-mail.com or 089-4230502. Albert is also available to give walks/talks to schools, tidy towns, youth and community groups.

LEGAL ADVICE

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solicitors

MAKING A WILL

John M Lynch

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JANUARY CAN BE A GREAT TIME TO GO DO WHAT YOU HAVE BEEN PUTTING OFF. MAKING A WILL IS SOMETHING MANY PEOPLE CONSIDER BUT PUT ON THE LONG FINGER, SOMETIMES UNTIL IT IS TOO LATE.

Consequences of not making will

A will is one of the most important documents that you will have to make decisions on in your life.

If you do not make a will, the law dictates that your property is distributed among your closest relatives in accordance with rules set out in legislation. This may not suit every family situation and takes control away from the deceased person as to who is to inherit from them.

It also makes it much easier for friends and family if their loved one leave a will outlining exactly what their wishes are.

When should you make a will?

Everybody should make a will and review a will on reaching certain stages in life, such as:

Becoming the owner of property/cash

Getting married - It is important to know that if somebody has made a will and subsequently marries, that will is then void as if it was never made

Going abroad

Getting divorced or separated - Getting divorced or separating will not mean that the terms of any previous will made while you were married would automatically change and so it is very important to revise your will at this point

Buying a house

Having children

Inheriting property (or winning the Lottery!)

Retiring, getting older or suffering from an illness

There is no time like the present to plan for the future and make your will.

Some Facts:

Many people may not be aware but there are legal formalities that have to be adhered to so as to make sure that your will is valid and cannot be subject to challenge.

Somebody who has a will can update their will as many times as they like during their lifetime, but care should be taken to destroy any former wills in accordance with the formalities required by law. This is to prevent the possibility of any challenge to your most recent will. Your solicitor will be able to advise you on this.

It is important to notify somebody close to you of where your will is held so that it can be accessed when you should pass. There is no

central wills register in the country so for the will to take effect its existence must be known. This does not mean that the details of what are in the will should be disclosed however.

People with assets in foreign countries need to make a separate will in that country dealing with those assets as well as having a will here in Ireland for any property in this country. An Irish will is not valid for assets held abroad.

Wills are not only for distributing your assets, they can include wishes. For example, if you have particular preference about how you wish your funeral arrangements to be dealt with (e.g burial in a certain place, cremation etc) these can also be included in the will to prevent any uncertainty.

Single farm payments attach to a farmer, not to their land. If a farmer then wishes to have the single farm payments go to a family member who is to inherit the farm, this needs to be stated separately in their will. Otherwise, the single farm payment could end up in the remainder of the will assets, and could pass to someone who has no involvement with the farm whatsoever.

For further information contact us at reception@lynchsolicitors.ie or telephone (052) 6124344. The material in this article is for general information only and is not legal or professional advice. While every care has been taken, we advise you to seek specific legal advice.

Get fit with your pet today

Fitness has become a catchphrase that covers just about everything to do with physical and mental health. Animals with a good weight, strong cardiovascular system, well-trained musculature and a clear head live happy and healthy lives well into old age. Here are two ways exercising with dogs can help keep both owners and pets in shape together!

1. Exercise and play to burn calories

Dogs have a natural desire to be active and demand play from owners on their own. This is a good starting point to begin a new exercise programme. Alongside the usual games that you can now play more often



outside like fetch, chasing scents and jumping over obstacles, you can also lure your pet to the park with sporty toys such as frisbees. Choose something that your dog likes from the wide range available. Start slow and don't rush things as this is more likely to do harm than good to your four-legged friend. The advantage of increased activity is that your dog both burns calories and strengthens important muscle groups, and with it

their musculoskeletal system.

2. Take your dog as a jogging partner

Including your pet as a jogging companion is a great way to spend quality time together. If you are planning to do this, it is best to build up the training. This means jogging just a little bit during the first training sessions (1-2 minutes), then take the lead off and let him do what he wants. After the first few training days extend the jogging phase by a minute until you can run for an entire 30 minutes with your dog at your side.

Call into your local store today to discuss your dog's personal needs with Maxi Zoo pet experts.



Dinny, Ann, Timmy and Enda relaxing in the Knockanrawley organic garden.

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- ✓ Return flights from Dublin to Brussels with Ryanair
- ✓ Taxes and security charges
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- ✓ Buffet breakfast
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20 JULY 2018 (€838)

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- ✓ Return flights from Dublin to Frankfurt
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- ✓ Breakfast
- ✓ General admission tickets Saturday and Sunday
- ✓ Services of an experienced Travel Solutions tour manager



from
€1019
PER PERSON

2018 FORMULA 1 ITALIAN GRAND PRIX - MONZA

31 AUGUST 2018 (€1019)

PRICE INCLUDES

- ✓ Return flights from Dublin to Milan with Ryanair
- ✓ Taxes and security charges
- ✓ Hand luggage only
- ✓ Return coach transfers from Milan airport to hotel
- ✓ 3 nights' accommodation in the 3* Domenichino Hotel, Milan
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from
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BANTRY, KILLARNEY & THE BEARA PENINSULA

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OUT AND ABOUT

Fun and free Clonmel parkrun

Clonmel parkrun continues to go from strength to strength, with the free 5km walk/run taking place every Saturday at 9:30am from Clonmel Racecourse.

"Parkrun is the name given to a collection of 5km running events that take place every Saturday morning in eighteen countries across five continents," a Clonmel parkrun spokesperson says.

"What matters is taking part. There are now parkrun events each Saturday and Sunday in countries all around the world. Each event is based in a unique location like a park, beach or promenade. All events are organised by a group of dedicated volunteers.

"Parkrun is all about inclusiveness and wellbeing. Come join us to walk or run," a Clonmel parkrun spokesperson adds.

Email clonmelhelpers@parkrun.com for more information. Register only once for parkrun at www.parkrun.ie/register.



Want South Tipp Today to cover an event?
Contact dylan.white@iconicnews.ie

is all about taking part





EDUCATION FEATURE

Make your school choice as early as you can

Its the season , Now is the Time to Enrol Your Child in School for Sept 2018. Check out the range of excellent school choices in our local area below and contact your

preferred school as early as possible in order to secure a place for your child for the coming year.

SHINING STARS PRE SCHOOL, LISRONAGH TEL 087 3870054

Shining Stars is an award winning 'Healthy Ireland Preschool' we are fully compliant with the Early Years Preschool Inspectorate: Tusla - Child and Family Agency, all staff are highly qualified and experienced. We are based on the grounds of Lisronagh National School where our approach to early childhood education is skill based and child centred. We use a play based curriculum where all activities are planned through observing the children's emerging interests and are appropriate for each child's age and stage of development, incorporating the Montessori Philosophy.

We follow Aistear (curriculum framework) and Síolta (quality guidelines) to ensure that each child, through all activities, will develop holistically while gaining valuable lifetime skills such as independence, concentration, imagination, problem-solving, creativity, and self-confidence.

We participate in the Free Preschool Scheme (ECCE), children can receive up to two years free early childhood education. We have just a few remaining places for September 2018. Enquiries to Ann: 0873870054.

Lisronagh National School is a mainstream, vertical, co-educational primary



school, situated off the main Clonmel-Fethard road. It is part of the Powerstown/Lisronagh parish. Our school has four mainstream class teachers, as well as a based SEN teacher.

Our rural setting, along with our well-equipped modern classrooms, spacious grounds, and excellent teaching staff, ensures a happy, safe and inviting learning atmosphere for all. We have a rich and varied curriculum, along with valuable initiatives such as Green Schools participation and a Student Council, ensuring the children's voices are heard. Our recent involvement in the "Artist in School" Scheme gave the children an opportunity to express their creative selves.

An added bonus is Shining Stars Montessori Pre-school

based on our premises.

So come along to our Open Day on Saturday 3rd February - avoid the traffic and head to Lisronagh!

www.lisronaghns.com

ST.THOMAS THE APOSTLE N.S ROSEGREEN

St. Thomas the Apostle N.S., Rosegreen is an eight teacher mixed school. We have a very vibrant school community where there is a varied and wide range of activities on a daily basis. Our primary aim is that each child reaches his/her full potential in an holistic manner. To achieve this we have a dedicated staff who always keep the 'child' as their central focus.

Music and sport are very important in our school. All

children play the tin whistle and many children play other instruments in our Trad Band. We have contributed musically to many events in the community e.g. Carol Singing in Supervalu in aid of St. Vincent de Paul, performing at the opening night of 'Rosegreen Players' annual drama, Carol Service in local church, end of year school mass, entertaining in Cashel Day Care Centre, participation in Scór etc.

Gaelic games are important in our school with participation in Cumann na mBunscoil competitions throughout the year. We also participate in cross country running, tag rugby, swimming, golf, soccer and hiking. The children thoroughly enjoy the cross section of sport available to them.

For those children who may not excel in music and sport we have a fully outfitted computer room. Each class from 3rd to 6th class receive weekly computer lessons. We feel that in an ever-changing 'Tech' world this is an important feature.

We will have an open afternoon for our incoming Infants during the final term. Enquiries can be made to the school at 062-61938 or by email rosegreenstipperary@eircom.net

BANSHA NATIONAL SCHOOL, BANSHA CO TIPPERARY TEL 062 54660

Every parent wants the

ST.THOMAS THE APOSTLE NATIONAL SCHOOL ROSEGREEN

Enrolling Boys And Girls For Junior Infants

SEPTEMBER 2018

Enrolment Forms Available From School Office.

Closing Date For Applications
Friday 9th March 2018

TEL: 062 61938

Email: rosegreenstipperary@eircom.net

LISRONAGH NATIONAL SCHOOL OPEN DAY

on Saturday 3rd February 2018 at 11am
Parents of Junior Infants for September 2018 & their children are invited to come and view our excellent facilities and meet the staff.

Shining Stars Preschool also on site



All Enquiries To
(052) 6122167
Email: lisnsadmin@eircom.net
Website: www.lisronaghns.com



Bansha National School Now Accepting Enrolments for September 2018 Annual Open Day

For incoming Junior Infants and their parents will be held on Wednesday 7th February from 2 - 3 pm

For further information or to request an enrolment form please contact the school.

Tel: (062) 54660 | Email: banshaschool@gmail.com

Website: Banshans.weebly.com

Roll No: 19689B



Shining Stars Preschool Lisronagh

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Award Winning Preschool

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087 3870054



EDUCATION FEATURE

best for their child, which is why choosing a primary and post-primary school, where they will spend the bulk of their time as children and teenagers, is such a complicated decision. Should you choose a community school or a vocational school? Is mixed better than single-sex? Your local school has great facilities but it's a huge place with six full class groups in each year – would your child be better off in that little private school a bus ride away? Do you go for the school that gets amazing results, or the one that has a fantastic sports coach given your teen is fixated on becoming the next Katie Taylor or Rob Kearney? Are there schools that tick both boxes and more?

Irish parents take school choice seriously. Economic and Social Research Institute research in 2012 found half of parents choose to send their children to a school other than the one that's closest to them. That's a lot of people actively choosing a school based on some factor other than convenience.

The Irish Times Feeder Schools tables, controversial though they are, are snapped up by parents year after year. There is a clear desire for information, any information, even flawed information, about how schools are doing. How many students are they sending to college? Some idea of how a school is performing academically, the success of these tables will attest, is better than no idea at all. Naturally, lots of people simply send their children to the local school, but few do so lightly. Irish parents' involvement in the decision is well-placed, as studies show choices made during primary and post-primary education have a huge effect.

SCOIL MHUIRE NA NAINGEAL, MARY STREET, CLONMEL TEL 052 61 21099
Scoil Mhuire na nAingeal, or the "Sisters of Charity", as it is known locally, is a primary school located in the centre of Clonmel. While it is primarily a girl's school, we welcome boys for Junior & Senior Infants.

While our school has a Catholic ethos, we welcome children of all/no faith and from a variety of cultures & backgrounds.

We are fortunate to have excellent facilities, including 16 classrooms, 6 Learning Support rooms, a spacious gym hall, a wonderful library, 3 playgrounds, and a playing field. Each classroom is equipped with an Interactive Whiteboard and the school has 30 Microsoft tablets and 12 iPads. We have recently been awarded our 8th award for "Excellence in Science & Maths".

During a recent Whole School Evaluation, the Inspectors commended the school on having achieved very good learning outcomes, on the hardworking and highly effective teaching staff and the great rapport between children & teachers.

Our school has a strong sporting tradition and provides extensive P.E. & extra-curricular programmes including Hockey, Soccer, Gaelic Football, Camogie/Hurling, Gym-



xTrad band of St. Thomas the Apostle N.S., Rosegreen

nastics, Dance, Yoga, Swimming, Basketball, Volleyball, Pitch & Putt, Cycling, Major-ettes, Speech & Drama & Chess Club. We have been awarded an "Active Flag" for our efforts.

Music has always been an integral part of school life. Drama concerts and the Carol Service are major highlights in the school calendar. Our School Band has over 50 members, playing flute, violin, clarinet, saxophone, trumpet, trombone and French horn.

We have a very active Green Schools' committee and are currently working towards our 6th Green Schools' Flag. Our school garden has been a great success in recent years growing a wide variety of vegetables and flowers. Foundations Playschool, run by Edel Meehan & Denise Boland has been established on the school premises this year. The Playschool is free under the ECCE scheme (2 years) and is Tusla approved. Edel & Denise also run a full After- Schools

Club(1.30-6pm)
Our school welcomes and encourages the co-operation and involvement of parents and guardians in the education of their children and acknowledges the significant benefits of effective partnership between school, home and Board of Management. For more information, please view our Website at www.sistersofcharityns.ie, phone us on (052) 6121099 or call into the school office. ++++++

Rockwell College



ROCKWELL COLLEGE SCHOLARSHIP DAY

SATURDAY, FEBRUARY 3rd 2018
10AM-12.45PM.

Candidates take three exams:
Irish, English & Mathematics.

Rockwell College awards one full scholarship and three half-scholarships for the full day fee to successful candidates.

Please register in advance by contacting the College Secretary 062-61444.

Past papers available on request

Webiste:www.rockwellcollege.ie

Email:info@rockwellcollege.ie

Twitter:[@rockwellcollege](https://twitter.com/rockwellcollege)



Sisters of Charity



Scoil Mhuire na nAingeal Mary Street, Clonmel

Enrolments of Boys and Girls for Junior Infants for
September 2018 now being accepted.



Please contact 052 61 21099 or call into the school office.

Email:naingeal@eircom.net • School Website:www.sistersofcharityns.ie

Also based in our School;

Foundations Playschool 8.45am - 12.15pm

After School Club 1.30pm - 6pm

Contact: Edel 085 7423034 or Denise 087 7901240



Wedding Feature



Our definitive guide to your special day

Planning your perfect wedding day can be both fun and exciting, but it's easy to get overwhelmed with all the different options out there

Knowing where to start is actually quite a big challenge.

Our wedding feature will guide you in the right direction regarding venues, hair stylists, wedding cakes, wedding menswear & footwear, honeymoon planning and lots more to making planning your wedding day stress free.

Moroney's Footwear, Clonmel

Find the footwear you need for those upcoming occasions at Moroneys Footwear, Clonmel, famous for their huge selections of delightful shoes.

Whatever the big occasion, Moroneys have the choice and offering to help you get the look you desire. For women see the chic range for that wedding, occasion or day out in the Opulence Collection of best labels and the latest looks. All the latest styling, colours and tastes are represented in this comprehensive selection, which is both feminine and elegant. For the bride and bridesmaids, for mothers of the bride and groom, or guests,

all are catered for in this years collections with shoes or sandals, complete with matching handbags for the perfect look. Find help in matching that new outfit.

For men, Moroneys Footwear ticks all the boxes. Smart formal footwear is a speciality, with best sellers in classic black, tan or brown leathers. The discerning man will love the range and choice of really nice product, combined with helpful, friendly service. The worlds best footwear brands are stocked to

help complete the smartest clothing. For the groom, best man, groomsmen, fathers, families and guests, Moroneys work hard to help supply all your requirements. See a full selection of casual mens footwear also, for going away, travel and the honeymoon.

Time and experience have helped the staff at Moroneys Footwear Clonmel to understand that when buying shoes a person needs to see a full selection of attractive product, along with a range of sizes to

try on. They are the footwear specialists who stock from extra small to extra large sizes, and all sizes in between, for women and men, to help get the right fit every time.

All budgets are catered for, along with value offerings for the wedding party. Always remember that these footwear specialists have more to offer you. See details at www.moroneysfootwear.com, and follow MF on Instagram, Facebook & Twitter. Tel 052 61 21552

Exclusive Cakes by Erma Barlow

Erma Barlow who owns and manages Exclusive Cakes has cultivated a track record in the wedding cake and confectionery business globally. Erma personally caters for all tastes, flavours, and dietary needs (organic, gluten free, etc).

Her cake range can be tailored to suit a wide range of styles and budgets.

To maintain the highest standards Erma's residence has been approved by the HSE and she is compliant with EU Food Safety Legislation and hold certification from The National Hygiene Partnership for Management of Food Hygiene.

Erma is a "City and Guilds" qualified confectioner and

was awarded the "British Baker's" challenge cup, Gold Medals and numerous diplomas.

She was also featured on the TV programme "Irish Nationwide" which highlighted her beautiful range of cakes and confectionery.

With many years' experience Erma has specialised in exclusive hand made sugar craft flowers specifically designed to suit individual wedding themes.

Bespoke cakes are made to your taste and budget.

Erma uses all top quality Irish ingredients to make our rich and luxurious old fashioned cakes.

All our cakes are hand-made using free range eggs

and full fat butter. Many of our Brides find the cakes so delicious that they will come back for a Christening or Anniversary cake.

All cakes are made to the highest standards as specified using only the finest quality ingredients.

Each cake is personally handmade by Erma with great attention to detail, Erma meets with her clients to discuss ideas, themes and provides advice on creating your dream wedding cake.

We guarantee not to disappoint as we've had many brides and grooms return for christening, Christmas and occasion cakes afterwards.

Tel 086 6015075



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Exclusive Cakes

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Wedding Feature



Wedding Fair at the Award Winning 'Clonmel Park Hotel'

Are you recently engaged and looking for a contemporary wedding venue to host your romantic wedding?

Then why not 'Save the Date', and come and view the splendour of the fashionable 'Clonmel Park Hotel' for your upcoming nuptials at their Wedding Fair on Feb 18th from 2pm-5pm.

County Winner in 2017, shortlisted nominee in 2016, and Voted top of their class again in 2015 & 2014 for 'Best Wedding Venue in Tipperary', and 'Tipperary's Stylish Business' in the 'Hardy's Hi Wedding Awards' & 'Hi Magazine Annual Awards' respectively. The team at the Clonmel Park are delighted with their recent achievements over the past few years. They credit their wins as a result of the hard



work, attention to detail, and commitment to delivering excellent customer service to all the bride & grooms that come through the hotel, from each & every member of the team at the Clonmel Park Hotel. And now they look forward to welcoming you as one of these couples!

This year's wedding fair

gives you the opportunity not only to view the hotels award winning wedding facilities fully set up in all its splendour, but you can view the bridal suite, sample the chef's delights, but also come & meet some of the South East's best wedding suppliers, whom will be offering great discounts on the day.

The Clonmel Park Hotel is an ideal wedding day venue

Come and experience for yourself what all the fuss is about so just don't take our word for it!

For more information on the Hotels Wedding Fair on February 18th call the Clonmel Park Hotel on 052-6188700 or email

weddingsclonmelparkhotel.com

Fota Island Resort, Co Cork

Fota Island Resort is hosting our showcase on Sunday 4th February 2018 from 12pm - 5pm.

Brides and Grooms to be dreaming of the perfect 5 star wedding will love what Fota Island Resort has to offer. This idyllic island wedding venue in Cork is stunning, elegant and traditional in style and ambiance. For the more intimate weddings our Clubhouse venue nestled amongst the greenery of our world famous golf course is the perfect setting for a luxurious wedding celebration.

The finest photographers, stationers, wedding planners, make-up artists, bakers, jewellers and musicians will gather together and showcase their top services to create the perfect wedding day. The afternoon will also be an opportunity to see the ho-



tels ballroom, the classically handsome Smith Barry Suite, perfectly appointed for a glamorous big day.

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Keeping magical moments alive

Keith Barry's Magic Madhouse

"Keep magical moments alive in life" were the words echoed by the phenomenal Keith Barry at sold-out Magic Madhouse in Clonmel Park Hotel earlier this month.

Barry promised and delivered a performance where magic took centre stage, with audience interaction, fooling and banter creating a state of fever pitch.

The Waterford sensation kicked off Magic Madhouse



Keith Barry brings his show to the Clonmel Park Hotel.

by casting a dazzled Alan from the crowd, transforming him into a card magician with global effects.

"Every decision you make will change your life forever," Barry told fanatics, before "changing lives for the better".

Barry's card wizardry and critique of the human mind held the audience spellbound, with the recollection of a precious moment Clonmel fan Kelly shared with her grandfather Jack bringing a tear to her eye.

The universal appeal of Magic Madhouse cannot be understated, with quips to capture all ages. Barry brought teenager Emma on stage for an experience she'll never forget, before setting up a "crazy dramatic escape" for Clonmel Park Hotel enthusiasts.

Barry received a standing ovation after a palpable finale which saw him padlocked into a custom made bullet proof straight jacket with his head submerged in water.

Afterwards, he greeted Tipperary fans and thanked them for supporting his shows over the years.

"Magic Madhouse took a lot of dedication and hard work," Barry told the Nationalist.

"I stay back after shows to meet fans out of respect for them. People pay their hard earned cash to come to my show, and I like to meet people afterwards and I enjoy it. And if I've been on stage three hours and people are willing to stay behind themselves because I know people have babysitters, buses to get and things like that, but if they want to stay back and get a photograph I'm always willing and obliging. It's the least I can do," he added.



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Saturday 27th January

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HEALTH WATCH

Lose weight with the help of Clonmel Park Hotel Leisure Club

White Flag Award winning Clonmel Park Hotel Leisure Club manager-thony Hewitt gives us his top tips on how to lose weight after the New Year slump seriously starts to kick in and when we all start to become demotivated.

Don't 'diet', just alter

It is far easier to alter or change your eating habits over time, rather than trying a whole new way of eating straight away.

Try over the period of a few weeks to weed out the bad foods and substitute them one at a time with more desirable healthier alternatives. For example, try removing sugar from your tea or breakfast cereal. It may take a week or two, but slowly reduce the amount you use each time, and be-



fore long your desire for it will decrease.

In short, take it slow and don't just throw the whole kitchen press out for a fruit bowl. Remember, abs are first made in the kitchen, but it takes time and patience.

Stay calm and keep sleeping

Adequate sleep surges melatonin production which is the body's natural antioxidant. It prevents the accumulation of stomach fat and increases leptin sensitivity,

helping healthy weight management. Getting a good night's sleep is vital in any weight management programme.

Minimise rest during exercise

During exercise your heart rate becomes elevated. A heart rate where you are working efficiently and at optimum capacity is known as your training zone.

By reducing rest periods during exercise your anaerobic and aerobic systems are

forced to work harder with little time to recover. These factors combined help you burn more calories and fat during exercise. Only rest for as long as it takes to recover enough so you can continue training as hard as possible. Remember, No Pain-No Gain!

It's water you wear

Lastly, water makes up over 50% of our bodies and is used in all our bodily functions. Exercising depletes this vital element through sweat, evaporation and urine. Buy yourself a handy bottle and

drink throughout the day to feel replenished and you will feel the difference after two weeks.

Just like the diet, drinking water slow and steady wins the race to a healthy lifestyle that you can sustain!

For more information and advice on exercise and fitness speak with the experts at Clonmel Park Hotel Leisure Club on 052-6188733 or email leisure-centre@clonmelpark-hotel.com.



Heartwise's guide to foods that help manage cholesterol

What is cholesterol?

Cholesterol is a type of fat found in your blood. You need a certain amount to produce hormones, but too much cholesterol sticks to your artery walls to form plaque. This plaque can build up and may block or narrow the artery. This is called atherosclerosis. If an artery becomes blocked the heart muscle becomes damaged, and this is known as a heart attack.

If an artery to the brain is blocked, it may damage the brain and this is called a stroke. Cholesterol has a bad name but it is also vital to your health and well being. Your liver and intestines make

about 80% of the cholesterol you need to stay healthy and only about 20% comes from the food you eat, but when you consume too much from your food that's when problems begin. So what foods help us manage our cholesterol?

Oatmeal, oat bran and high fibre foods

Oatmeal contains soluble fibre which reduces your bad cholesterol. Soluble fibre is found in kidney beans, apples, pears, barley and prunes. Fruit such as bananas will add four grams of fibre to your food intake.

Fish and omega-3 fatty acids

Eating fish is heart healthy because the high levels of omega-3 fatty acids can reduce your blood pressure and risk of developing clots. The highest levels of omega-3 fatty acids are found in mackerel, lake trout, herring, sardines, salmon and halibut so get fishing. You should bake or grill fish to avoid adding unhealthy fats.

Walnuts, almonds and other nuts.

Walnuts, almonds and other tree nuts are rich in mono and polyunsaturated fatty acids which can improve blood cholesterol. Eating a handful of nuts a day such as

almonds, hazelnuts, peanuts, pecans, pistachio and walnuts may reduce your risk of heart disease. Make sure the nuts are not salted or sugar coated. All nuts are high in calories so no more than a handful.

Avocados

Adding an avocado a day to a heart healthy diet can improve LDL levels in people who are overweight or obese. They are a potent source of nutrients as well as monounsaturated fatty acids. Try adding avocado slices to salads and in sandwiches or eat them as a side dish.

Olive oil

Another great source of monounsaturated fatty acids, try adding two tablespoons of olive oil in place of other fats in your diet to get its heart healthy benefits. It can be used as a substitute for butter when basting meat or as a dip for bread. Both avocados and olive oil are high in calories so eat in small doses.

Foods with added plant sterols or stanols

Sterols or stanols are substances found in plants that help block the absorption of cholesterol. Some margarines, orange juice and yogurt drinks come with added plant sterols and can help re-

duce LDL cholesterol by five to 15 percent.

Although some fats are healthy, you need to limit the saturated and trans fats you eat. Saturated fats like those in meat, butter, cheese and other full-fat dairy products and some oils raise your total cholesterol. Trans fats, often found in store bought cookies, crackers and cakes are particularly bad for your cholesterol levels. In addition to a healthy diet, exercising, quitting smoking and maintaining a healthy weight will help keep your cholesterol at a healthy level.

Contact Heartwise on 086-2422388.

SHOULDER PAIN WHEN LIFTING ARM UPWARDS

By TOMAS RYAN

Pain at the front of the shoulder that occurs after gardening or any sort of manual work can often be caused by impingement of the supraspinatus tendon of the shoulder joint.

The following is a typical case of shoulder pain caused by supraspinatus impingement syndrome that I see on a weekly basis in my clinic.

Signs and symptoms

Pain when doing overhead activity such as cleaning windows;

Driving with affected

hand on top of steering wheel causes shoulder pain;

Sleeping on affected shoulder causes pain;

Putting on a jacket or shirt or when reaching backwards with the arm aggravates shoulder pain;

Attempting to place the hand behind your back is quite painful;

Shoulder pain is generally worse in the evening time after a hard day's work;

Symptoms are eased with rest, but reoccurs with activity.

Examination findings

Winging of the blade of the painful shoulder - the shoulder blade is angled to

the front thus having an effect on the overlying acromion bone that overlays the affected shoulder joint.

The humeral head which is ball fitting into the socket of the glenoid fossa can tilt forward in an abnormal position inside of sitting in



wards the ceiling. The patient will have difficulty achieving this full movement. The patient will also note pain on bringing the arm downwards towards the hip from an elevated position.

Treatment

The patient's shoulder pain is due to the supraspinatus tendon being impinged or compressed by the overlying acromion bone when the shoulder is being elevated. Shoulder blade winging and humeral head tilting implies that the muscles that move the shoulder blades backwards, namely the serratus anterior and middle plus lower trapezius, are weak. The for-

ward tilting of the humeral head implies a weak stabilising relationship in the rotator cuff muscles that stabilise the shoulder joint.

Treatment should initially target placing the scapula in a neutral position. When the physical therapist holds this scapula in a neutral position, the patient finds that their shoulder symptoms greatly subside. Hence, exercises to achieve neutral shoulder blade position are very important.

Tomás Ryan is a registered physical therapist with the Irish Association of Physical Therapy, based in Thurles.

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Tel: 052-6172500

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Deadlines: Bereavement & Family Announcements, Classifieds, Planning Notices, etc., Tuesday at 10am

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Deadlines: Bereavement & Family Announcements, Classifieds, Planning Notices, etc., Tuesday at 10am

Display Advert Monday at 5pm

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THE MINDFULNESS JOURNEY a 6 week course will commence on Wednesday 7th February at Place 4 U, Clonmel from 7.30-8.30pm. Call Phil - 086/3362561 All are welcome.

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WE ARE A PROFESSIONAL COUPLE looking for a caring and experienced childminder to care for our 2 young boys (3 years and 20 months old), Clonmel, Monday to Friday 8.30am to 5.30pm (approx). Must be able to drive and references would be preferred. Non-smoker. Apply to Box No: 301, c/o The Nationalist & South Tipp Today, Queen Street, Clonmel, Co. Tipperary.

PART TIME COUNTER STAFF WANTED for Fish Shop in Clonmel. CV to Fine Fins(formerly Kehoes Fish Shop) New Quay, Clonmel.

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SET DANCING CLASSES Wednesday nights in Clonmel Og from 7.30pm to 9pm. Contact Helen (087)6617930

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Style, colour, make or model, the condition, the price when new, the reason for sale, the size, fabric or material, any extras and accessories, delivery or collection. Don't forget the price and telephone number(s) you could even add on email address.

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL
I, Paschal O'Shea, intend to apply for retention permission for development at this site at Ballydine, Kilsheelan, Clonmel, Co. Tipperary. The development consists of retention of an existing wheelwash, weigh-bridge, office and hardcore area for an indefinite period.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours.

A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, 20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

We, Fortress Planning, wish to apply on behalf of our client O'Dwyer Steel for permission for retention of a change-of-use from Store to Paint Shop, single-storey open store, steel sheeted localised boundary fence, also permission for construction of an infill Paint/Drying Shop and extension of the CNC Building, and all associated works at O'Dwyer Steel, Garryduff East, Dundrum, Co. Tipperary.

This application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours, and a submission or observation may be made to the Authority in writing and on payment of the prescribed fee (20.00) within 5 weeks on the date of receipt by the Authority of the application and such submission of observation will be considered by the 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.

TIPPERARY COUNTY COUNCIL

O'Dwyer Homes Ltd. intend to apply for permission for development at this site at Riversdale, Toem, Co. Tipperary. Two dwelling units, rear garages and associated services on partially completed site previously granted under 061864.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Tipperary County Council, Civic Offices, Clonmel | Civic Offices, Nenagh, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee of 20, within the period of 5 weeks beginning on the date of receipt by the Authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL
Take notice that I, John Hally, intend to apply to the above Authority for Planning Permission for a Dwelling, Garage, Effluent Treatment System, Entrance and all associated site works at Knockannaveigh, Cashel Co. Tipperary. This Application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to this application may be made to the authority in writing on payment of the prescribed fee (20) within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

We, Kevin Farrell and Sheila Farrell intend to apply for planning permission for the construction of a cattle underpass, effluent holding tank and all associated work located at Ballinard and Grantstown, Co. Tipperary.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, 20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

I, Micheal Moloney wish to apply to the above authority on behalf of Trevor Melbourne for full planning permission to carry out a change of use from retail to residential, associated internal modification works, adjustments to ground floor windows on street elevation at 14A Peter Street, Clonmel, Co. Tipperary. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee of 20.00, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions or may refuse to grant permission

What happens if you don't advertise...

...nothing

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL
I Aidan Kelly Agricultural Design & Planning Services (085 7466211, www.adps.ie) intend to apply to Tipperary County Council on behalf of my client Thomas Lonergan. Permission to construct Silage slab with aprons and all associated site works. Retention is also required for covered feeding passage at Outeragh, Cahir, Co Tipperary. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, 20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

Take notice
It could affect YOU!

You should always take note of a public notice. It is a legal notice to inform the public of a change that could affect them short term or on a permanent basis. It could be anything from a change to a building to the erection of a building. It could be notice of insolvency of a company you have dealings with or the closure of a footpath that you regularly use.

TAKE NOTE OF PUBLIC NOTICES

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FRIDAY 2ND OF FEBRUARY

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Invite applications for the following posts:

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Applicants must hold FETAC Level 5 qualification

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Applicants must have experience of working in a busy kitchen environment

Apply to rathkeevinnursing@gmail.com or by mail to General Manager, Rathkeevin Nursing Home, Rathkeevin, Clonmel, Co. Tipperary.

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OTC Counter Assistant
Required for
busy Clonmel Pharmacy
Please send CV to
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The Nationalist, Queen Street, Clonmel

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- Good PC and Keyboard skills with excellent numerical skills and cash handling experience
- Experience working in frontline role within a credit union or similar financial institution
- QFA / CUA qualification preferable but not essential

Please send application/covering letter and CV by email to info@carrickcu.ie by Friday 02nd February

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FAMILY ANNOUNCEMENTS

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Email: sales@southtipptoday.ie

Post or Call in to Queen Street, Clonmel, Co. Tipperary.

Deadline : Tuesday 11.00 am

ACKNOWLEDGEMENTS

MCRAE

(Nee O'Reilly)



(Death Notice)

Catherine "Katy" McRae (nee O'Reilly) of Maryland, USA and late of Ballypatrick, Clonmel, January 15th 2018.

Memorial service was held in Maryland on Sunday 21st January.

Interment and memorial service in Kilcash at a later date.

May she Rest in Peace.

ACKNOWLEDGEMENTS

CAREY

(Acknowledgement & 1st Anniversary)



Lena Carey

77 Upper Irishtown
Clonmel

Died 1st February 2017

Lena's family wish to acknowledge the many expressions of sympathy and gestures of kindness shown to us during and following our sad time.

We offer our heartfelt thanks to all who attended at the Funeral Home, Mass and burial. To those who sent Mass cards, floral tributes and messages of sympathy. All of which have been a great consolation to us - thank you.

Sincere gratitude also to Fr. Billy Meehan and Fr. Bobby Power, who celebrated Requiem Mass and for all their prayers and kind words. Also thanks to Sacristan Eddie Sweetman. Thanks to Fennessy's Funeral Directors. All our needs were professionally catered for.

We wish also to acknowledge and thank the following: Dr. Lynch, Quirke's Chemist, Management, staff and residents of Marian Court, all her friends at Active Retirement, Management and staff at Irish Coursing Club where Lena worked for many years, to Una, her lifelong friend for your kindness and love shown to Lena.

Lena's First Anniversary Mass will be on Sunday 4th February at 12 noon in St. Mary's Church, Irishtown, Clonmel.

ACKNOWLEDGEMENTS

LAMBE

(Acknowledgement & 1st Anniversary)



Richard (Ritchie)

Glenegad Road
Old Bridge
Clonmel

In loving memory of Ritchie who died on 30th January 2017.

The family of the late Ritchie Lambe would like to thank most sincerely all those who sympathised with us on our sad loss.

To our family, friends and neighbours we are very grateful. We would also like to thank Dr. Sharp, Ambulance crews and the staff of South Tipperary General Hospital.

We would like to thank Fr. Brendan Crowley, Clonmel and Fr. Jim Egan, Knockavilla.

A special word of thanks to Condons Funeral Directors for their professionalism and kindness in handling all the arrangements for Ritchie.

Thanks to everyone - Johnny, Jimmy, Liamie and Sam.

The Holy Sacrifice of the Mass will be offered for your intentions.

First Anniversary Mass for Ritchie will be celebrated in the Friary, Clonmel on Saturday 3rd March at 7pm.

THANKSGIVINGS

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked you for many favours. This time is ask You this very special one (my illness). Take it, Dear Heart of Jesus and place it within Your own broken heart where your Father sees it. Then in His merciful eyes it will become Your favour, not mine. Amen. Say this prayer for three days. Promise publication and favour will be granted no matter how impossible (never known to fail). Thank you for answering my request CH.

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I've asked for many favours. This time I ask You this very special one (mention favour). Take it, Dear Heart of Jesus and place it within Your own broken heart where Your Father sees it. Then in His merciful eyes it will become Your favour, not mine. Amen. (say this prayer for 3 days, promise publication and favour will be granted. (Never know to fail) BH

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked you for many favours. This time is ask You this very special one (my illness). Take it, Dear Heart of Jesus and place it within Your own broken heart where your Father sees it. Then in His merciful eyes it will become Your favour, not mine. Amen. Say this prayer for three days. Promise publication and favour will be granted no matter how impossible (never known to fail). Thank you for answering my request CK

ACKNOWLEDGEMENTS

WALSHE

(Acknowledgement & 1st Anniversary)



Eileen Walshe
(nee Finn)

Late of Rossbog,
Glen of Aherlow, Tipperary
& formerly of Mitchelstown, Co. Cork.

Died 4th February 2017

In loving memory of a dear mother and grandmother Eileen.

Her family wish to gratefully acknowledge all the help and support received from cousins, friends and neighbours and to thank all who sympathised, sent Mass cards and attended her funeral service.

The Holy Sacrifice of Mass has been offered for your intentions.

Anniversary Mass will be offered in the Church of the Sacred Heart, Lisvernane, Glen of Aherlow on the 4th of February next at 10.30am.

IN MEMORIAM

BLANCHFIELD

(8th Anniversary)



Eddie

Treasured memories of a wonderful husband, dad and grandad, Eddie Blanchfield, late of Poulakerry, Kilsheelan, whose 8th anniversary occurs on 24th January.

Today we light a candle and say a special prayer. We take a trip down memory lane and know that you'll be there. Today is your anniversary, you would not want a fuss. Just to be remembered and loved by all of us.

Today, tomorrow, our whole life through, we will always love and remember you. A Mass, a prayer are all we can give and these you shall have for as long as we live.

Thinking about you today and always.

Sadly missed by your loving family.

Anniversary Mass on Saturday 27th January in St. Mary's Church, Kilsheelan at 6.15pm

IN MEMORIAM

CARROLL

(4th Anniversary)



Fourth year away from home.

In loving memory of Kevin, late of 52 Elm Park, Clonmel, who died on 29th January, 2014. RIP.

We will always love and miss you Kevin

Love Mam and Dad xxx, sisters Amanda, Ann-Marie and Sandra, nephew Darragh, Kelly and brother-in-law Derek.

Mass offered.

CONRAN

(11th & 2nd Anniversaries)



In loving memory of our parents John and Mary Conran, Morton Place, Clonmel whose anniversaries occur at this time.

Our Parents

Our Parents lived among us, gifts from God above. They showered us with kindness and shared with us their love. They cherished every moment, with the family that was their life, walking hand and hand with us, facing life with all it's strife.

They've gone to live with Jesus, but they're here with us today, smiling down upon us, telling us we're ok.

Too dearly loved to be forgotten

- From all their family.

Mass offered.

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Those we love,

We never lose,

For always they will be,

Loved, remembered, treasured

Always in our memory.



FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie
Post or Call in to Queen Street, Clonmel, Co. Tipperary.

Deadline: Tuesday 11.00 am

IN MEMORIAM

CUNNINGHAM

(5th & 39th Anniversaries)



In loving memory of a dear mother Elizabeth (Bessie) and father Jimmy Cunningham, late of 46 Bianconi Drive, Clonmel whose anniversaries occur at this time RIP.

Will those who think of Bessie and Jimmy today, a little prayer to Jesus say.

Sadly missed by your son Michael, Meta and family.

Mass offered

DENN

(2nd Anniversary)



In loving memory of Séamus RIP, late of St. Patrick's Tce., Clonmel, a dear husband, Dad and Grandad, who died on 31st January 2016.

Will those who think of him today, a little prayer to Jesus say.

Lovingly remembered by your wife and family.

Mass offered.

DWAN

(19th Anniversary)



In loving memory of Thomas (Mossy) Dwan late of 20 William Street, Clonmel who died on 7th February 1998.

As each day dawns we think of you. As each night falls we pray for you. Throughout our lives, no matter where, in our hearts you are always there.

Sadly missed by Joan and Frankie Kelly and family, Paul and Sinead and family, Pearse Park.

Mass offered.

IN MEMORIAM

FURLONG

(27th Anniversary)



In loving memory of Johnny, late of 90 Elm Park, Clonmel, a loving Husband, Dad, Grandad and Great-Grandad who died 27th January 1991.

In the silence of my broken heart where no one else can see, your face, your smile, your memory, is kept so tenderly. Sometimes with a tear, but always with my love, despite the passing years.

- your loving wife Eileen xxx

Dad, a date that's filled with sadness, returns to us today, to mark the day you left us in such a peaceful way. Memories are a gift to treasure, ours of you will last forever.

Sadly missed by your sons, daughters, sons-in-law, daughters-in-law, grandchildren and great-grandchildren.

Also remembering our two Angels in Heaven Ciara and Cori. xxxx

Anniversary Mass in St. Olivers Church, on Saturday 27th January at 7.30pm.

HAYNES

(9th Anniversary)



In loving memory of my dear husband Bartley Haynes, late of 168 Elm Park, whose anniversary occurs on 29th January RIP.

The years we spent together, I keep within my heart. They hold precious memories that will never let us part.

I think of you with love today, as I have done so often. And feel again the bitter blow that never seems to soften.

And so today, I pray again that God will let you know. How sad and lonely life is without you and how I miss you so.

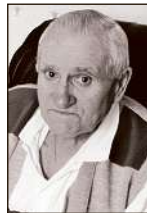
Always loved and missed by your wife Mary xxx

Anniversary Mass on Tuesday 30th January at 10am in St. Oliver's Church.

IN MEMORIAM

HAYNES

(9th Anniversary)



In loving memory of my wonderful Grandfather Bartley Haynes whose anniversary occurs on January 29th RIP.

Deep are the memories, precious they stay, no passing of time can take them away.

They bring a smile, sometimes a tear, but always a wish that you were still here.

Loved and missed always - Olivia and Liam xx

KELLEHER

(Anniversaries)



In loving memory of my dear parents Edward and Elizabeth Kelleher, late of 12 College Avenue, Clonmel whose anniversaries occur at this time.

Your needs in life were simple, your love for me was true. As long as I was happy, you were happy too.

You taught me many things in life, always good and true. But you never told me how to cope, with the pain of losing you.

Always in my heart, your loving son Derek, daughter-in-law Kathleen and grandchildren Edward and Alison and great grand daughter Méabh xxxx

IN MEMORIAM

KELLEHER

(4th & 12th Anniversaries)



In loving memory of Lilly and Eddie Kelleher, late of 12 College Avenue, Clonmel, whose anniversaries occur at this time.

Those we love don't go away, they walk beside us everyday. Unseen, unheard but always near. Still loved, still missed and very dear.

Always remembered by your son Brian, Helen, Ian, Ruth and Liam

Anniversary Mass offered

LANDERS

(1st Anniversary)



In loving memory of my dear husband, John Landers, 43 Queen Street and formerly of Glenconnor, Clonmel, who died on January 28th 2017 RIP

Loved with a love beyond all telling, missed with a grief beyond all tears.

Always loved and remembered by your wife Joan and family.

John's Anniversary Mass will be celebrated in St. Mary's Church, Irishtown on Sunday January 28th at 10.30am.

LANDERS

(1st Anniversary)



In loving memory of our dear Dad, John Landers, 43 Queen Street Clonmel, who died on January 28th 2017 RIP

Those we love don't go away, they walk beside us everyday. Unseen, unheard but always near, so loved, so missed, so very dear.

Sadly missed by sons Anthony and Philip, daughters Marian and Joanne, son-in-law, daughters-in-law and grandchildren.

First Anniversary Mass will be celebrated at St. Mary's Church, Irishtown on Sunday January 28th at 10.30am.



*I am
Still
With You*

*If it seems that I
am far away on
this empty and
solemn day,*

*Just open your
heart and know
it's true,*

*that I am still
right here with
you.*

*If during the day
things are going
wrong,*

*please don't feel
sad and alone.*

*Just open your
heart and know
it's true,*

*that I am still
right here with
you.*

*When nighttime
falls and the day
is done.*

*If you are feeling
alone and sleep
won't come,*

*Just open your
heart and know
it's true,*

*that I am still
right here with
you.*

*Close your eyes,
and feel the warm
embrace.*

*Sleep peacefully
in the wings of
grace.*

*If sadness finds
you in the
morning light, if
you feel alone,*

*don't give up
trying!*

*Hold this feather
close and know
it's true,*

*that I am always
here with you.*

Rest in Peace

Sacred Heart of
Jesus,
I place all my trust
in Thee.



FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie

Post or Call in to Queen Street, Clonmel, Co. Tipperary.

Deadline : Tuesday 11.00 am

IN MEMORIAM

LANDERS

(1st Anniversary)

Treasured memories of our dear brother-in-law John, late of 43 Queen Street, Clonmel who died on 28th January 2017 RIP.

No need for words except to say, thank you John for your kindness to us in your easy going way. You were always a good friend to us.

Will those who think of John today, a little prayer to Jesus say.

Always missed by Billy, Rosie and family.

MAHER

(12th Anniversary)



Remembering Jimmy, late of 3 Clarke Villas, Clonmel, who died on February 4th, 2006.

A whisper that February night, you heard a gentle call, you took the hand of Jesus and quietly left us all.

Love as always - Angie

Anniversary Mass on Sunday 4th February at 12 noon in St. Oliver's Church, Clonmel.

MCGRATH

(3rd Anniversary)



In loving memory of Jim McGrath, of 29 O'Neill Street, Clonmel who died on January 25th 2015.

We think of you in silence, we talk about you too. We have some lovely memories but we wish we still had you.

Sadly missed by your family.

Anniversary Mass will be celebrated on Saturday 27th January at 6.15pm in St. Mary's Church, Irishtown, Clonmel.



IN MEMORIAM

MCLOUGHLIN

(2nd Anniversary & Birthday Remembrance)



Joe (Joseph) McLoughlin

Gillinham, Kent, UK
& formerly of
7 Mountain View Drive,
Cahir.

In loving memory of a son, brother, father, grandfather who sadly passed away on 13th February 2016 RIP

A daily thought, a silent tear, a constant wish that you were here.

Always remembered, loved and never forgotten by your sons, grand-daughter, Mother, brothers, sisters and their families.

Anniversary Mass in St. Mary's Church, Cahir on Saturday 10th February at 7.30pm.

O'BRIEN

(9th Anniversary)



In loving memory of our beloved son and brother John, late of Farnagark, Ardfinnan Road, Cahir, who died on 10th February, 2009.

John, your needs in life were simple, your love for us was true. As long as we were happy, you were happy too. You gave us all you had to give, gifts both big and small, but most of all you gave us love, the greatest gift of all. Now it is your anniversary, you wouldn't want a fuss, just to be remembered and loved by all of us.

Will those who think of John today, a little prayer to Jesus say.

Love and miss you always R.I.P - your heartbroken parents Maureen and Liam, Hugh, Michelle and family, Norman, Helen and family, Caroline, John and family, Rose, Liam and family.

Anniversary Mass on Saturday 10th February in St. Mary's Church, Cahir at 7.30pm.

IN MEMORIAM

O'DWYER

(25th Anniversary)



In loving memory of a dear father and grand dad, Willie O'Dwyer, late of 10 Heywood Tce, Clonmel who died on 1st February 1993.

The most wonderful Dad ever to love, whatever he had he was willing to give. He never complained, he was not that kind, he was one of those Dads that is hard to find.

Thank you Dad for the times we shared, for your love and the way you cared. We lose two precious things that day, our Dad and our best friend.

Loved and missed so much always - daughters Maria and Kitty, sons Jackie, Timmy and families xxxxx

O'MAHONEY

(22nd Anniversary)



Treasured memories of a loving husband and father, David O'Mahoney, late of Fairfields, Clonmel, who passed away on 31st January, 1996. RIP.

A day filled with sadness returns to us today. To mark the day you left us in such a sudden way. So much in life has altered, so much in life is new. But one thing never changes, is our love and thoughts of you.

Sadly missed by your wife Ann, sons Colin and Derek.

Anniversary Mass on Saturday 27th January in St. Oliver's Church, at 11.30am.

O'MAHONEY

(22nd Anniversary)

In loving memory of a dear brother David O'Mahoney who died on 31st January, 1996. RIP.

Three little words, forget me not, they don't say much, but mean a lot. Forget you we never will, because in our hearts we keep you still.

Always loved and remembered by your loving brothers and sisters, brothers-in-law, sisters-in-law, nephews and nieces.

IN MEMORIAM

O'MAHONY

(19th Anniversary)



In loving memory of Johnny, late of Highfield Grove, whose anniversary occurs at this time.

Memories are precious, they don't fade away. We think of you always, not just today.

Remembered always by Breda and all his loving family.

O'MEARA

(18th Anniversary)



In loving memory of Patrick (Whack) O'Meara late of 35 Heywood Close, who died on 20th January, 2000.

We still miss you so much, Dad, and however hard we try, there is always that part of us, that cannot say goodbye. Because we hope that you still know, we miss you more and more than any words can show.

We can't believe 18 years have passed since we saw your smiling face; you were so very special, Dad, no one can take your place. With broken hearts we whisper low, God bless you, Dad, we love you so.

Sadly missed by his wife Nancy, sons, daughters, sons-in-law, daughters-in-law, grandchildren and great-grandchildren.

Anniversary Mass in the Friary Church, Saturday 27th January at 7pm.

PATTERSON

(13th Anniversary)



In loving memory of Maurice (Mossy), Heywood Heights, Clonmel, who died on 26th January 2005 RIP.

Lovingly remembered and sadly missed by Mary, Maurice, Niamh, Ian, and extended family.

Anniversary Mass in St. Mary's Church, Irishtown at 12 noon on Sunday 4th February 2018.

Sympathy Prayer

Dear Lord, please comfort those in grief,

Love them, lift them, give relief

For loss they've suffered, sadness felt,

Make this sorrow slowly melt.

Lord, let happy memories ease,

Creating peace like a gentle breeze,

And as you help them make it through.

Draw them closer, Lord, to you.

Rest in Peace

SPORT

Cashel hurlers win derby to set up Munster semi-final clash

Cashel Community School (CCS) overcame neighbours Abbey CBS in the Munster Senior B quarter final after a replay.

In very wet conditions at Golden which caused the field to cut up badly, both sides gave the crowd great entertainment with honesty, commitment and super hurling. After playing with the aid of the breeze, Cashel led 0-3 to 0-1 at half time. Abbey CBS drew level shortly after the resumption and with the wind at their backs kicked on to lead by a single point on three occasions. However, CCS refused to buckle and came back to level on each occasion. With time almost up, Abbey CBS led by one point, but Murragh McDermott held his nerve to score a great equaliser for CCS.

CCS were not finished and after the final attack had a goal by Riain Quigley ruled out for a square ball. With the score at 7 points apiece, both sides returned to the dressing rooms to get ready for extra time. However, the persistent rain became even heavier and the referee decided not to play extra time, with the large crowd feeling a draw was a fair result after an enthralling encounter.

CCS out in huge performances all over the field, with the defence as a unit holding Abbey CBS to only one point from play. Young cornerbacks Conor O'Dwyer and Ben Loughman were outstanding, while McDermott and James Kirby in midfield but in big shifts.

On a day that was never going to suit forwards, Mossy Skeffington, Liam McGrath and Mark Downey were to the fore. The two outstanding players on the field were both centre backs, Eoghan Connolly for Cashel and Niall Hefernan for the Abbey CBS.

The replay took both teams to UL three days. The astro turf field was always going to lead to a very different game and the crowd were not to be disappointed. CCS decided to attack Abbey from the off and moved captain Eoghan Connolly up to centre forward. This gamble paid off with Connolly scoring four super points in the first half. Ross Bonner, who went from centre to corner forward, scored four more points, with Mark Downey moving to centre back and clearing ball after ball.

Having again played with the wind, CCS led 1-9 to 0-5 at half time with corner for-

ward Aaron Moloney scoring the goal.

As in the drawn game, Abbey CBS, aided by the strengthening breeze, took over and closed the gap immediately. With eight minutes left the Tipperary Town school equalised, leaving the score 1-10 each.

CCS showed leadership and composure, and stepped up to the challenge. Aaron Browne in goal made some outstanding saves and John Ryan at full back was brilliant, with the young cornerbacks O'Dwyer and Loughman again standing tall. Shane Farrell at wingback and Connolly at no. 6 were excellent. Mark Downey attacked to score a great point and Bonner chipped in with two great points also.

The vital score came from full forward Riain Quigley, finishing a good team move to the Abbey net with four minutes left. With fresh legs introduced, CCS finished strong to win 2-14, to 1-12 after another brilliant game of hurling from two excellent Tipperary sides.

Huge credit must go to the entire CCS panel, who worked very hard over the Christmas break to be ready for this challenge. Hunger, discipline and skill over the two games were



Cashel Community School hurlers overcame neighbours Abbey CBS in the Munster Senior B quarter final after a replay.



Celebrations are continuing at Cashel Community School after the senior footballers retained their Senior B title against a well drilled Nenagh CBS in Thurles on a final scoreline of 5-5 to 0-7.

central to victory, also with huge support from families, past pupils and local clubs which both the mentors and players greatly appreciated.

Cashel now play Bandon, who like Abbey CBS, were in the Harty Cup last year. This Munster semi-final is scheduled for this Saturday 27th

January 27th at a venue to be confirmed.

Team: Aaron Browne, Conor O'Dwyer, John Ryan, Ben Loughman, Shane Farrell, Mark Downey, Brian Óg Dwyer, Murragh McDermott, James Kirby, Liam McGrath, Eoghan Connolly, Mossy Skeffington, Aaron Moloney,

Riain Quigley, Ross Bonner. Subs used: Colm Moloney, Adam Skeffington, Mark Casey, Niall O'Dwyer. Panel: Chris Geraghty, Seanie O'Connell, Derry Ormonde, Jack O'Rourke, Ciaran Lonergan, Michael Morrissey, F O'Donoghue, Conor Lowth, Jack Ryan.

Rockwell book Munster Senior Ladies Football final place

ROCKWELL 5-12 SCOIL
MHUIRE BLARNEY 5-7

Rockwell College senior ladies footballers beat Scoil Mhuire Blarney in a very close Munster semi-final recently.

The standard of football was exceptionally high for this division, and both schools sported a number of underage county players - Blarney with two for Cork and Rockwell fielding three for Tipperary and one for Waterford.

From the start of proceedings and playing against a stiff breeze, Rockwell dominated affairs, with Sara Finnane scoring the opening goal and Kate Barlow finishing three frees from close in.

Blarney settled after their shaky opening, and their half forward line proved to be a thorn in the Rockwell side over the next fifteen minutes. Their interplay and speed saw them score three goals in succession and at half time they led by 3-6 to 3-3.

With the wind at their backs, Laura Stocksborough moved to full forward and a rampant Rockwell soon levelled with a well finished effort to the back of the net by Ellie O'Sullivan. Rockwell started to move the ball in



Kate Flannery helped Rockwell College book a Munster final place.

swiftly to Laura Stocksborough, and time and time again she ran through to cause mayhem for the Blarney defence.

As Blarney attempted to turn the tide they came more into the game in the last ten minutes, but the Rockwell defence of Shauna Parker, Faye Dowling and Andrea Stock in particular held resolute. Kate Barlow and Kate Flannery controlled midfield for most of the match, while upfront, Sara Finnane and Laura Stocksborough were outstanding, ably as-

sisted by Lucy Murphy and Ellie O'Sullivan.

Rockwell: Orla Cashman, Olivia Noonan, Shauna Parker, Emma Walsh, Emma Daly, Andrea Stock, Claire Hickey, Kate Barlow (0-4), Kate Flannery (0-1), Lucy Murphy (0-1), Laura Stocksborough (1-5), Ellie O'Sullivan (2-0), Niamh O'Dwyer, Sara Finnane (2-1), Norma Kennedy. Subs: Siobhan Whelan (O. Noonan 35), Faye Dowling (E. Walsh 15), Leah McGarry (N.O'Dwyer 45), Erica Magan (E. O'Sullivan 50).



Faye Dowling and Andrea Stock in action against Scoil Mhuire Blarney.

Cheltenham Festival Preview
Night for St. Mary's Hurling Club

The 4-Day Cheltenham National Hunt Racing Festival is just around the corner now, beginning on Tuesday, 13th March.

With that in mind St. Mary's Hurling Club Clonmel have lined up a top class field for their Preview Night in the Park Hotel on Tuesday, 27th February commencing at

8.30 pm.

An encyclopedic panel of knowledge and information has been lined up which includes the likes of the outstanding young horse trainer Joseph O'Brien, recent trainer of Melbourne Cup winner Rekindling at his first attempt, jockey Davy Russell with 18 Cheltenham Festival

winners to his name including the Gold Cup winner Lord Windemere in 2014. Horseracing pundits Matt Chapman, Kevin Ryan and Gary O'Brien will also attend.

Tickets €20 (includes a RISK FREE BET worth €25).

All proceeds will go to St. Mary's Hurling Club, Clonmel

Kilfeacle and District overcome Abbeyfeale in the league

ABBEYFEALE R.F.C. 15 KILFEACLE AND DISTRICT R.F.C. 20

Kilfeacle and District overcame Abbeyfeale RFC 15-20 in the Challenge Cup semi-final recently.

The game started in sunshine but with a cold breeze that blew down the pitch and favoured Abbeyfeale. In the opening few minutes both sides warily probed and searched for openings.

Abbeyfeale knew that a win against Kilfeacle was vital, however they were to meet against an ever-improving Kilfeacle side that consisted of Óisín O'Meara, Tom Doyle, Cormac Ryan, Cormac O'Donoghue, Patrick McNamara, Diarmuid O'Donnell, Jack McLoughlin, Ciaran Lowry, Jamie Heu-

ston, Gavin Heuston, Thomas Cronin, Shane Luby, Conor O'Sullivan, James Hogan, Keith Bourke, Christopher Farrell and Charles Walshe.

Kilfeacle struck in the first five minutes when Ciarán Lowry finished a fine team effort to score a try in the corner which Jamie Heuston was unlucky not to convert. Kilfeacle were dominant even though they were against the breeze and playing up hill. After 12 minutes they had another scoring opportunity after some great phase play and when James Chilly Hogan was given such an opportunity he rarely fails. His finish doubled the try count and Jamie Heuston's conversion brought the scoreline to

12-0 in favour of Kilfeacle and District.

ANXIOUS MOMENTS

Anxious moments followed for the travelling supporters as Abbeyfeale worked field position, but Kilfeacle defended as a unit. However, Abbeyfeale did score a converted try after 25 minutes. The remainder of the first half was being played out in the Kilfeacle 22 with Abbeyfeale probing their opponents defence. In the last play of the first half and two minutes into added on time, Abbeyfeale's efforts paid off when they earned and scored a penalty. The halftime whistle came with this absorbing game finely poised at 12-10 in favour of Kilfeacle.

The manner in which the visiting side started the

second half seemed to have an unnerving effect on the home team. This bright start with the wind was made even more impressive when Kilfeacle were to score a team try after four minutes. It started when Óisín O'Meara won a contest against his opponents and supplied the ball to Keith Bourke who once again finished with aplomb, and Jamie Heuston converted.

Four minutes later Jamie Heuston added a penalty. Kilfeacle now had their tails up and with the wind at their backs went in search of a bonus point. A the 63rd minute try by Gavin Heuston and a conversion by Jamie Heuston put the visitors ahead 29-10.

Kilfeacle kept coming wave after wave and the Heu-

ston brothers combined again with another try by Gavin and a conversion by Jamie. With nine minutes left the score was 36-10 in favour of Kilfeacle.

Abbeyfeale's substitutes, who had all been introduced during the second half, added renewed hunger and a sense of urgency to the proceedings. Slowly, definitely and inexorably Abbeyfeale once again started to dominate the play with the pack starting to gain ground. In the 79th minute their persistence paid off when they scored an unconverted try to reduce the deficit by five points. This, however, was the final score of the game and when the final whistle went the visiting side celebrated their hard fought but deserved vic-

tory by 36 points to 15.

After the game, John Hanley said: "Abbeyfeale have a history of being one of the best sides in the Munster Junior League and a tough nut to crack at home. The result does please me and the performance delights me. This is just one win and one swallow does not make a habit. We need to get into this kind of habit particularly with a big final on the way. I would like to thank everyone involved for their commitment and endeavour so far."

ALL-IRELAND JUNIOR CUP FINAL THIS SATURDAY

Kilfeacle play the All-Ireland Junior Cup final this Saturday 27th January at 2pm in Portlaoise.

Crowds turn out for Cahir Park Golf Club's Captains Drive In



Cahir Park Golf Club lady captain Anne Fitzgerald junior girls captain Erin Magee with junior members who took part in the Junior Captain's Drive In.



Cahir Park Golf Club lady captain Anne Fitzgerald and friends at the Captains Drive In.



Junior girls captain Erin Magee, lady captain Anne Fitzgerald, president Derek Runacres, captain David Walsh, and junior boys captain Ian Halpin at Cahir Park Golf Club's Captains Drive In.



Cahir Park Golf Club men's captain David Walsh with past captains Denis Ryan and Lee Grogan at the Captains Drive In.

Dundrum AC set three records at Munster Championships

CLONMEL AC 4K SERIES

The second race of the Clonmel AC 4k Race Series was held on Wednesday the 17th of January. We had three athletes compete in what were testing conditions with strong winds and misty rain. Ali O'Connor ran very well to place 16th overall and 2nd Lady in 17:31. Patricia Moloney improved her time on last week's race by 21 secs placing 47th in 22:59. Lorna Duggan also improved her time on last week's race by an impressive 1 min 12 secs placing 59th in 28:33. Well done to all three ladies running so well in challenging conditions.

NEWCASTLE 5K

The Newcastle 5k was held on Sunday the 21st of January. The conditions were

far from ideal with wind and rain too contend with. We had 3 athletes compete. Dymphna Ryan showed the return of her great form to place 8th overall and competed 1st Lady in a great time of 19:14. Next we had 60th Christina Fryday in 24:45 and 74th Patricia Moloney in a PB time of 26:50 taking a massive 41 secs off of her previous time. Great running from our Ladies.

FIT4LIFE

Fit4Life this Thursday the 25th at 7pm at the track, Scout Hall, Dundrum. €2 per night, plus membership for the year. Please keep updated on training nights on Facebook. Monday and Thursday's but every second week will be only one night.

Munster Senior and Masters Indoor Championships



Dundrum AC members at the club's AGM.

Four Dundrum AC athletes took part in the Munster Senior and Masters Indoor Championships in Nenagh recently, setting three Munster records.

In the 60m event, Noel Casey won Bronze in 8.76 in the over 40 category and Liam O'Dwyer won silver in 13.22 in the over 65 category. Dermot Hayes continued to show his fantastic form by winning gold in the over 50 3,000m race in 9:41.69 and set a new record with his time. Michael Moore competed in the over 55 Category and placed 4th in 11:08.58.

Dermot Hayes continued to show his form in setting a second record in the 1,500m

over 50 category in 4:40.23. In the shot put 5kg, Liam O'Dwyer won bronze in the over 65 category in 6.59. Michéal O'Beirne won silver in the shot put 3kg over 85 category in 3.04. In the weight for distance 35lb, Liam O'Dwyer won gold in the over 65 in 4.30. In the weight for distance 4kg, Michéal O'Beirne set a record for the over 85 category in 1.75. Liam O'Dwyer was the only club member to compete in the high jump and won gold in the over 65 category in 1.05.

Cork BHAA / FMC 6k

Two Dundrum AC athletes took part in the Cork BHAA / FMC 6k in Little Island, Cork. Gareth McGlinchey placed 7th in 20:07 and Ali O'Connor was 104th in 25:23 in a field of over 400 runners.

Clonmel AC 4k Series

Six Dundrum AC athletes took part in the Clonmel AC 4k Series. Michael J Ryan and Eamon Morrissey were in the lead, with Michael breaking away to take victory in 1st place in 14:58. He was closely followed by Eamonn in 2nd place in 15:06. Next was 30th Laura McCarthy Armstrong (18:25), followed by Fit4Life's 71st Patricia Moloney (23:20), 94th Lorna Duggan (29:45) and 95th Kathleen O'Brien (29:45).

Operation Transformation

Dundrum AC's Tricia Moloney, Mary Shanahan and Martina Butler all took part in the walks over the festive

season.

County Senior and Masters Indoor Championships

Seven Dundrum AC athletes competed in the County Senior and Masters Indoor Championships in Nenagh Stadium.

Noel Casey won silver in the men's over 40 60m sprint in 8.91 and Liam O'Dwyer won gold in the Men's over 65 category in 13.39. In the senior women's 600m, Eimear Loughman won silver in 1:52.57 and also won gold in the senior women's 1,500m in 5:52.13.

In the men's 1,500m, Dermot Hayes won gold in the over 50 in 4:48.45. In the men's over 55 1,500m, Michael Moore won bronze in 5:29.76.

In the men's over 50 3,000m, Dermot Hayes won gold and James Ryan won silver. In the men's over 55 3,000m, Michael Morrell won silver. The three combined to win the team event.

In the men's shot put, Liam O'Dwyer won gold in the over 65 in 6.42m and Michéal O'Beirne won gold in the over 85 in 2.85m. Liam O'Dwyer won gold in 1.15m in the men's over 65 high jump. He won gold in the over 65 and 35lbs weight for distance in 4.37m, while Michéal O'Beirne won gold in 1.40m in the over 85 category.

Hospice fundraiser

Fit4Life's Patricia Moloney, Triona Buckley, Michelle Crosse, Yvonne Kelly, Christina Fryday, Caroline Dawdry, Mary Shanahan, Maisie O'Dwyer, Brid Quirke, Sarah Butler and Elaine Murphy took part in a

5k/10k in Dundrum to raise funds for Hospice.

National Uneven Age and Novice Cross Country Championships

Five juveniles and three senior athletes took part in the National Uneven Age and Novice Cross Country Championships at WIT Arena.

Ruby Kelly competed in the under 11 girls race. Kate Ferncombe placed 9th in the under 13 race, winning a medal for placing in the Top 12 and also a gold medal for being on the winning Provincial Munster team. Other results included 35th Millie Kelly and 75th Orla Ryan. All three girls were on the County team that placed 6th.

In the boys under 13 contest, Shane Buckley placed 21st and won two silver medals for being on the County Tipperary team and Provincial Munster team. In the women's novice, Eimear Loughman placed 69th in her first year at this level. In the men's novice, Kevin Moore won individual bronze. He was four seconds adrift from gold and one second from silver. Dermot Hayes placed 69th. Both Kevin and Dermot were on the County Tipperary team that placed 5th.

Fit4Life

Fit4Life has returned on Monday and Thursday at 7pm at the track, Scout Hall, Dundrum. Every second week will be one night with a Saturday morning at the Duck Pond. Keep an eye on the club's Facebook page for updates. All levels over 16 welcome. €2 per night plus registration for the year.



Dundrum AC's Tricia Moloney with Cahir Meet and Train's Deborah Ryan and Michelle Marnane at the Operation Transformation walk in Cahir.



Dundrum AC's ladies at the Newcastle 5k. Left to right: Christina Fryday, Dymphna Ryan (1st Lady) and Patricia Moloney.

Rockwell College beat Glenstal to advance in Munster Junior Cup

GLENSTAL ABBEY (LIMERICK) 0 ROCKWELL COLLEGE 24

A hard working Rockwell College beat Glenstal Abbey of Limerick 24-0 on the University of Limerick's all weather pitch in the opening round of the Munster Junior Cup recently.

This was truly a combined team effort from one to fifteen that saw a free moving Rockwell side advance to the quarter-final over a much bigger Glenstal outfit.

A wonderful try finished by scrum half Adam Maher settled Rockwell into the game. Rockwell were forced to defend resolutely for the next ten minutes as both teams sized each other up.

A fantastic kick chase on his own 22 by Adam Buttimer forced a turnover with the ball going wide to Michael Mulligan to touch down for

Rockwell's second try. Rory Collins duly converted to leave Rockwell 12-0 up.

Rockwell were now on the front foot, moving the ball around the field. Adam Buttimer took advantage of a Glenstal sin binning to score in the corner. This difficult conversion from the sideline was neatly converted once again by Rory Collins to leave Rockwell 19-0 ahead at half time.

Glenstal upped the ante in the second period and when Adam Buttimer was yellow carded on 12 minutes Rockwell stood firm in the face of the Glenstal onslaught and held them scoreless. Rockwell's bench made an impact and they finished the game with Jack Heffernan scoring the final try.

Rockwell know they have a lot to do to progress further, but this was an unheralded

team, ably coached by Danny Lambe, that combined well to keep the ball wide and stretched Glenstal throughout. This was very much a team performance, with Adam Buttimer, Sam Tarleton and Adam Maher at scrum half catching the eye in particular.

Rockwell: Matthew Burke, Cathal Ryan, Jack Heffernan, Charles Shanahan, Luke Fogarty, Liam Shine, Dean Fanning, Adam Buttimer, Adam Maher, Rory Colline, Peter Wall, Michael Mulligan, Sam Tarleton (captain), Darius Achimugu. Replacements: Tom Tobin, Osato Ediale, Tom Downey, Brian Gleeson, Michael Bergin, Tom Ross, Ben McCarthy, Henry Buttimer, Alex Cronin, Casey J. Coleman. Coaches: Danny Lambe (head coach), Shane Luby, Nick Tomson, Owen Cleary.



Rockwell College's Darius Achimugu makes a break against Glenstal.



Luke Fogarty being turned over but not before releasing the ball.



Sam Tarleton going through to score.



Rockwell's Matthew Burke goes into battle.

Mayoral reception for All-Ireland winning skittles teams

A very enjoyable and memorable a mayoral reception for the All-Ireland winning under 12, 14 and 16 skittles teams of Ss. Peter and Paul's parish area of Clonmel took place in the Town hall recently.

All three teams won gold medals at the Community Games National Finals in Abbotstown, County Dublin, last August.

Mayor of the Clonmel Borough District Cllr. Catherine Carey presented certificates to all team members and to their mentors in recognition of their achievement, acknowledging their dedication to the national Community Games movement. It was an amazing achievement for the Ss. Peter and Paul's parish area to win a hat trick of national titles.

The first year that Ss. Peter and Paul's skittles teams won gold was a decade ago in 2008 in Mosney, County Meath. Thereafter, the National Finals moved to Athlone, County Westmeath, and at this venue Ss. Peter and Paul's teams won on numerous occasions.

Having already been together as a team for a number of years, 2017 was to be their final year of eligibility for Community Games skittles. And with that in mind all teams, especially the under 16s, put in hours of dedicated preparation and were out playing on the skittles rings at Fairfields, Clonmel day and night in all weathers in a effort to have everything just right.

Having come through the county and provincial finals, what a magical and memorable weekend Abbotstown proved to be for all three teams winning their semi-finals and then finals to claim coveted gold medals.

A huge thank you to their coaches Mary Lambe, Caroline and Robert Hogan, and treasurers Kay Lyons and Sandra O'Dwyer. The Community Games committee would also like to thank the Mayor Catherine Carey for the wonderful evening and the refreshments provided. Thanks also to the councillors in attendance on the night for their kind words for the teams and for their fam-

ilies.

Appreciation was also expressed to families for all the travelling to and from UL and Abbotstown, and to all for their comforting hugs in times of victory but also in times of disappointing tears.

"2017 was our year. We were on fire, and while we may never again achieve the heights of last year we will continue to do Tipperary proud in Community Games in 2018 and beyond," a spokesperson said.

The Ss. Peter and Paul's contingent also remembered their dear departed friend Matt who was a guiding mentor for Community Games skittles in County Tipperary for many years.

Finally, all in Community

Games would like to send get well wishes to team member Shannon O'Donnell who was unavoidably absent on the night.



NEW INN PARISH LINKS CHRISTMAS PARTY

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Jim Joe Dudley, Kevin Moore and Michael O'Donnell.



Eugene Spellman, Mary O'Neill and Carmel Hickey.



Ann Hally, Diane Devereux, Marie Ryan and Denise Ryan.



Nora Coddihy, Mary Holleran and Joan O'Dwyer.



John devereux and Anne Halley.



Mary Flynn with her daughters Esther and Ber.



Breeda Doyle, Breeda Dwyer and parish priest Fr. Michael Kennedy.



Diane Moore, Joey Owens and Kevin Moore.



Joan Owens, Eileen O'Dwyer, Ann Lovett and Michael O'Donnell.



Fr. Meade, Jimmy Murphy and Willie Flood.



John and Breda Kirwan and Paddy O'Connor.



Helen Fitzgerald, Bridget O'Neill and Mary F. Barron.



Mary Meehan with her daughter Mary Ellen Nolan.



Mary Curran, Noreen McGrath and Diane Devereux.



Mary Peters, Mary O'Donnell and Margaret O'Gorman.



Robyn Meehan and Fergus Bell.

Liamie 'The Doc' Doherty fondly remembered by family and friends

Carrick-on-Suir's Liamie 'The Doc' Doherty was remembered and honoured with an anniversary mass in St. Nicholas Church to a backdrop of locally gifted musicians and singers from St. Christopher's Folk Group and Carrick-on-Suir Musical Society recently.

Mass was followed by a tribute night in the Carraig Hotel where a lineup of legendary musicians - all of whom the late Liamie had played with for over 50 years - got everyone dancing and

jiving.

It was a poignant yet joyful night where tales of earlier days were shared among friends who remembered Liamie and who always will. Vintage video footage of Liamie singing and musical performances going back over the years were shown between the band sessions as many sang along quietly tearful.

Liamie's sister Mary Sweetman, her husband Junior Sweetman and their sons Damien, Jamie and Graham joined in the celebrations. Damien spoke on be-

half of the family at the end of the night, thanking everyone for coming together to celebrate Liamie's life. He said his uncle Liamie was always happy on stage and even happier singing with the people of Carrick-on-Suir. He gave huge credit to all the musicians performing on the night who were all very much part of Liamie's life and united in music. "Thank you for being there for Liamie and by sharing your appreciation for Liamie by coming out here tonight to celebrate his life," he said.

Musician Billy Byrne who

was a friend of Liamie's thanked everyone for making the tribute night special. He thanked Willie Hartery for collating all the video clips shown on the night. The gathering then sang 'Carrick My Home Town' to a video recording of Liamie.

A special thanks to Willie Hartery, Tom Grace, Liam Barry, John Denby and all who contributed material and footage for the event. All proceeds of the night which amounted to €1,200 will go towards Camphill and St. Brigid's Hospice.



The late Liamie 'The Doc' Doherty from Carrick-on-Suir.



Billy Mackey, Helen Organ, Tom Murphy and Helen Nugent-O'Dwyer.



Tina Murphy, Barbara Connolly, Marian Smyth, June Ryan, Paddy Mackey and Helen Organ.



Family members of the late Liamie Doherty, including Mary Sweetman (sister) Junior Sweetman (brother-in-law), and nephews Damien and Graham Sweetman.



Margaret and Panni Bartley, Blondie Ryan, Brendan Meehan, Noel Shortiss, Michael Ryan and Jim Hawkins.

OUT AND ABOUT

Want South Tipp Today to cover an event?
Contact dylan.white@iconicnews.ie

Operation Transformation walks get people moving across Tipperary

For the eighth year running, Sport Ireland and local Sports Partnerships teamed up once again with RTÉ's Operation Transformation for the Operation Transformation Nationwide Walks, which took place recently at 80 locations around the country.

Despite the damp weather, crowds turned up to walk in Clonmel, Cahir, Nenagh, Templemore and Tipperary Town. The walks were a great success and enjoyed by all those who participated.

Valerie Connolly, sports co-ordinator with Tipperary Sports Partnership, said it was great to see so many people of all ages across the county enjoying the walks.

"I would like to encourage everyone to make 2018 their year to be active," she said.

The Clonmel walk was officially started by district Mayor Catherine Carey and

followed a route around Marlfield before returning to the Clonmel Park Hotel for refreshments.

Irish Heart Foundation walking leaders Ger and Siobhan Houlihan led the 218 walkers in Clonmel along the route.

Cllr. Richie Molloy launched the Cahir walk, which followed a route from Duneske onto the Clonmel Road, the Coláiste, Cahir Road and The Square, before returning to Duneske for refreshments provided by Cahir Tidy Towns. The 175 walkers were led by Irish Heart Foundation leaders Seamus Conway and Sheila Slattery.

In Tipperary Town, Cllr. Roger Kennedy launched the walk that started from the Canon Hayes Sports Centre and followed a 5km route, returning to the Canon Hayes Centre for refreshments. This was

the third year a walk was held in Tipperary Town as part of Operation Transformation, with a great turnout of just over 90 walkers completing the route.

Tipperary Sports Partnership is grateful to Operation Transformation, the Irish Heart Foundation, the Gardaí, Tipperary Civil Defence, Clonmel AC, Templemore AC, Duneske Leisure, Nenagh Éire Óg GAA Centre, Canon Hayes Sports Centre, Clonmel Park Hotel, Cahir and Nenagh Meet n' Train, Tipperary Wheelers, and St. Mary's Secondary School, as well as all other sponsors, volunteers and leaders for their assistance in facilitating and supporting the organisation of the event.

Follow Tipperary Sports Partnership on Facebook and Twitter to stay updated on further opportunities to keep active in 2018.



Jenny Hayes, Valerie O'Callaghan, Ger Condon and Phyllis Healy.



Orla Maher, Niamh Doyle and Lauren Connolly.



Valerie Connolly, Mayor Catherine Carey, Ger Holohan and Niall O'Sullivan.



LEFT: Rose and Sean Walzer at the start of the Operation Transformation 5k walk in Clonmel. ABOVE: Rian, Joe, Emma, Ailish and Aaron Wyse.

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Ben Currivan wins hurling scholarship worth over €1,500

The inaugural awarding of a scholarship by the Friends of Cashel Community School GAA Support Group was made recently to a first year hurler who displays characteristics such as leadership, being a team player, commitment to training and working hard academically.

Golden's Ben Currivan was thrilled to win the scholarship, with all 12 applicants receiving a Tipperary hat, socks and t-shirt.

The scholarship will be an annual event and will reimburse the winner the costs of attending a full academic year at Cashel Community School

as well as providing support to help the player develop on the pitch.

All first year hurlers were invited to apply for the scholarship and 12 applications were received. The application form was an essay outlining the player's strengths, ambitions and what they see themselves offering the school in the future. Because of the high calibre of all the applicants and the considerable effort that they went to, the Support Group decided to reward all of the applicants.

Overall winner Ben captained Golden National

School twice to winning county finals in 2014 and 2017 respectively. He also captained the Cashel Community School first year hurling team to win the Sciath Ui Cathain earlier this academic year.

Ben received a scholarship package worth over €1,500, including free books, gear, locker, food, uniform, transport to matches and free study for a year.

Staff and students at Cashel Community School congratulate Ben on winning this fantastic scholarship.



Back l-r: Principal John Gallagher, T.J. Quinn (gamesmaster), Margaret O'Carroll (club rep, Friends of Cashel Community School GAA Support Group), Cllr. Roger Kennedy (chairperson, board of management), Kevin Hally (games development officer). Front: Jamie Hynes (first year hurling coach), Ben Currivan (scholarship winner), Donal O'Dwyer (first year hurling coach).

A thrilled Jamie Palmer receives Godolphin Bursary

The Godolphin racing syndicate awarded its first bursary in Cashel Community School recently.

36 students applied for consideration, six were selected for interview and the overall winner was Jamie Palmer, a sixth year student from Clerihan. Jamie plans to study Mechanical Engineering in Edinburgh and his ambition is to work as a

design engineer in a prestige automaker such as Land Rover or Rolls Royce.

The bursary comprises an annual stipend of €1,500 per year of study at a recognised third level institution. Jamie was also awarded a laptop. Each year the recipient will be required to do 100 hours of voluntary work with charities, sporting groups or community organisations.

Cashel Community School is profoundly grateful to the Godolphin syndicate. Next year another student from the 2019 Leaving Cert class will be awarded this wonderful bursary.

The school is extremely proud of the fact that there are three awards each year to support Leaving Certificate students in third level.



Cllr. Roger Kennedy, Paddy Byrne (Godolphin), bursary award recipient Jamie Palmer, Ciara Devitt (Godolphin), deputy principal Margaret Moore, and principal John Gallagher.

New Year celebrations



Locals ringing in 2018 in Fethard.



Comeragh College's Luke McNamara and Edwin Reynolds with their project 'Common Misconceptions about Autism among Students' at the BT Young Scientist and Technology Exhibition 2018 which took place in the RDS Dublin recently.

Rockwell College students help families in need at Christmas

A joint project was recently undertaken by the S.R.C. and prefects of Rockwell College to raise much needed funds for the local branch of the Society of St. Vincent de Paul.

A large amount of food parcels as well as a cheque

for €475 was presented to Martin Quirke on behalf of the students of Rockwell College following a non-uniform day fundraiser. A food drive was also coordinated by students to support the annual Christmas Food Appeal for the charity.

Rockwell College has a long standing relationship with the Society for St. Vincent de Paul. The generous and thoughtful food donations were much appreciated and helped many families celebrate Christmas.



Rockwell's Kate Barlow, Robyn Boland and Robert Burke with chairman of S.R.C. Martin Quirke and Dick Hennessy of the Society of St. Vincent de Paul.



Tipperary's Jerry Kelly (hurling), Eimear Loughman (camogie) and Mark Russell (hurling) were amongst the talented young sports stars awarded sports scholarships by IT Carlow recently. The Sports Scholarship programme at Institute of Technology Carlow is now in its 18th year and offers a support package and/or bursaries to students of outstanding sporting ability. The scholarships provide financial and academic support, mentoring, injury rehabilitation, strength and conditioning support, high performance coaching and access to the institute's renowned sports facilities.

Scholarship Programme salutes outstanding young sporting talent

Canon Hayes Sports Scholarship Programme celebrated its 21st anniversary last year, with former Munster and Ireland rugby player Alan Quinlan amongst the very first group of recipients.

Canon Hayes chairman Martin Quinn says the scholarship programme was introduced by the Centre "with a view to giving something back to the communities that it serves. It is of major significance to the recipients in the development of their sporting careers and has benefitted over 200 young people since its introduction 21 years".

The scholarship entitles the recipients to free use of all the facilities in the centre and the adjoining Sean Treacy swimming pool, plus personal fitness advice and instruction for a year.

Alan Quinlan was back at the centre recently to present scholarships to the latest batch of recipients. "The scholarship programme was of immense benefit to me in my sporting development and I was very lucky to be a recipient for two successive years. I am delighted to be here to present scholarships to 11 recipients and I wish you well in the development of your sporting career. You are now members of an elite group and you are sporting ambassadors for the centre and for the club that you represent," Alan Quinlan said.

Martin Quinn congratulated the recipients and outlined their sporting achievements before they were presented with their scholarship certificate by Alan Quinlan.

The recipients were as follows:

Adam McGrath, Raheen,

Golden. Chosen Sport: GAA/Soccer. Sporting achievements in the past two years include member of the Galtee Rovers winning team in the West Tipperary U16 Football Championship 2015/16, captain of St. Michael's AFC u16 team 2015/16, and member of the county u17 football team.

Caoimhe Comerford, Reddanswalk, Tipperary. Chosen Sport: Ladies Gaelic Football. Sporting achievements in the past two years include Munster 'B' medal and an All Ireland 'B' Medal with Tipperary u16 football team, and county junior medal with Arravale Rovers ladies football team.

Kieran Breen, Donaskeigh. Chosen Sport: GAA. Sporting achievements in the past two years include Munster All-Ireland Minor medalist with Tipperary 2016, Munster All Ireland Senior 'B' Schools Medalist with Abbey CBS 2016, and Minor 'B' County Club finalist with Knockavilla/Donaskeigh Kickhams.

Megan Heffernan, Cordangan, Tipperary. Chosen Sport: Soccer. Captain of the Bansha Celtic u12 boys/girls team that won the Tipperary Cup and received Player of the Month. She was on the South Tipperary squad that played in the Gaynor Cup.

Shane Ryan, Bansha. Chosen Sport: Soccer/GAA. League of Ireland quarter final with Waterford United, West final with Galtee Rovers, and played with the Tipperary minor footballers and Abbey CBS in the All-Ireland final.

Niamh Richardson, Fawnagown, Tipperary. Chosen Sport: Ladies Gaelic Football. Sporting achievements in the past two years include making the starting team of the most senior team in her club, member 2016 Arravale Rovers Ladies Gaelic Football

Junior 'D' League and County Champions, and received Bronze Gaisce President's Award.

Edmond O'Dwyer, Bansha. Chosen Sport: Soccer/GAA. Sporting achievements in the past two years include being selected on Waterford Regional ETP soccer panel, numerous trials for the u15/16 Irish soccer team, signed for Limerick FC u17 SSE Airtricity League team, captained Galtee/Golden u16 football team, and vice-captain on the Tipperary u16 Gaelic football team.

Amber Kenny, Emly. Chosen Sport: Soccer. Sporting achievements in the past two years include training for a year with Cork City FC. He is currently playing with Douglas Hall and reached the intermediate FAI semi-final. He won the Challenge Cup and Steve Quinn Cup.

Lukas Mezelis, Tipperary Town. Chosen Sport: Taekwondo. Grading for Black Belt in Taekwondo, won first place in sparring in the Dublin Open and second place in sparring in Limerick.

Niall Heffernan, Kilfeacle. Chosen Sport: GAA. Tony Doran u17 inter-county blitz and u17 inter-county Shield titles. U16 'A' West football title and Minor 'A' West football title with Golden/Kilfeacle, and Munster and All-Ireland Senior 'B' with Abbey CBS. Junior Hurler of the Year 2016.

Shane Neville, Brensha, Tipperary. Chosen Sport: GAA. All-Ireland senior hurling medal with the Abbey CBS. Munster minor hurling medal with Tipperary in 2015, and Munster and All-Ireland hurling medals with Tipperary in 2016. West Tipperary senior football medal with Aherlow Gaels in 2016.



Standing: Martin Quinn (Canon Hayes Centre chairman), Niamh Richardson, Niall Heffernan, Edmond O'Dwyer, Shane Neville, Kieran Breen, Adam McGrath, Amber Kenny, Jennifer Coleman (Canon Hayes Centre manager). Seated: Megan Heffernan, Caoimhe Comerford, Alan Quinlan, Shane Ryan, Lukas Mezelis.

What I love most about being a foreigner living in Clonmel

By Teja Solar

Moving from Slovenia to an English-speaking country to pursue my studies seemed easy. I mean, I know the language well, or so I thought until people started talking to me with a heavy accent. I learnt that I don't actually need to respond to people greeting me with 'Well, how are ya?'. Pretty sure the

Penny's cashier doesn't care about my well-being.

Experiencing all four seasons in a day is often a rule rather a weather phenomenon. You may catch yourself being dangerously optimistic in the morning, spotting a speck of sun and deciding a skirt is a good idea. Don't be fooled, take those jeans with you or you will find yourself standing in a cold

puddle of misery by the end of the afternoon. I also learnt 20 degrees Celsius is considered 'roastin'. Being used to 35 degrees Celsius or more during summer, I find it a bit chilly and suitable for a thin cardigan, but it's not worth having an argument over.

Just like driving - I'm sorry but you lovely people drive on the wrong side of the road! My near fatal accidents remind

me of that every day when I'm crossing one-way roads and always looking the wrong way. Even though I have a driver's licence, I'll do everyone a favour and stick to walking. I would rather be late to class than cause a pile up.

Being on time is not a thing anyways. 'Oh, your bus leaves in five minutes? It's grand, you have at least 10

extra minutes, have a Tayto sandwich'. My body says no, but my heart screams yes and that's all that matters.

Everything is always grand. 'You spilt your juice? It's grand don't worry'. 'You forgot your glasses? It's grand, take mine'. 'You set the fire alarm off inside the entire apartment complex building because you burnt your cookies in the oven? Ah

it's grand dear, are you alright? Did you get hurt?'. At this point I'm not sure if you're all super nice or just don't care.

I think it's a mixture of both. Irish people seem to be just the right amount of 'minding their own business' while still showing care and concern, always accompanied by humour and heavy sarcasm. And that's grand!

Brilliant Beauty and the Beast at Cashel Community School

Cashel Community School's recent sell-out production of *Beauty and the Beast* was a huge hit with local audiences.

Belle was brought to life by Rachel O'Carroll, a veteran of three previous musicals. Her performance was distinguished by the poise and polish of a princess-in-waiting. She clearly relished the opportunity to showcase her vocal and acting talent. The number of little Belles clad in their princess dresses clamouring to have their photo taken with her was a testament to the sheer delight she brought to the part.

Donnacha O'Dwyer was *Beast*. Being *Beast* requires the actor to wear cumbersome paws, claws and a mighty mask. It would be all too easy to rely on clichés, stomping and roaring but this performance was truly revelatory. Donnacha was a vulnerable, compelling *Beast*. This young man animated the character beautifully in a subtle, nuanced performance that will long be remembered.

Gaston offers so much comedic potential and Adam Skeffington exploited every ounce of it. He relished every moment on stage, delivering a marvellous performance which showcased his voice perfectly.

Jack Ryan was Maurice, Belle's hapless father. He engaged us with a sympathetic



Cashel Community School's star-studded *Beauty and the Beast* cast received a standing ovation after all six performances.

and self-deprecating interpretation which evoked laughter, pity and relief.

Le Fou is the fool of the piece. Richie Crowe is a very perceptive young actor blessed with a wonderful voice and he did poor Le Fou great justice. As ever his was a very accomplished performance, great stage presence and marvellous timing.

'Tale As Old As Time' is sung by Mrs. Potts and Marianne Ryan delivered a strong performance, ably supported by first year students Éire

Morrissey, Gráinne O'Connor and Ross Walsh who alternated in the role of Chip.

James O'Sullivan's Lumière shone brightly and Ciarán McKenna was a charming, engaging Cogsworth. Babette is essentially a vivacious flirt and Clodagh Ryan exploited every ounce of coquettishness in a very charming performance.

The 'Silly Girls' were hugely enjoyable as portrayed by Aoife Linehan, Aoife O'Connor and Ashleigh

Myles. Shona Fitzgerald made the most of Madame de la Grande Bouche and Eoin Foley was a sympathetic bookseller.

Ben Keating was Monsieur D'Arque. It was his first time treading the boards but his nascent talent was clearly apparent. A great voice lent appropriate gravity to D'Arque's villainous machinations.

This was a mammoth show to produce and those involved backstage deserve particular praise for the seamless synchronicity with

which scenes changed and props were managed. The set itself was a triumph. Built by Seamus Murphy, it was designed by Mr. Andrew Fox and his transition year Art students. Costumes and make-up were excellent, overseen as always by Tracey Gibson, Marie White, Lisa Sutton and Caroline Power. The many dance numbers were expertly choreographed by Miriam Ball.

The production team of John Murray, Nicola Sheils and Lianne Bradley is to be

commended on a truly marvellous show. Next year's 25th show is already hotly anticipated.

Social anxiety in teenagers and how it affects us in college

Sinead Ni Chuana

Social anxiety is a very prevalent problem for teenagers in school and college. It can completely take over our lives, impede our progress and ruin the whole experience.

There are so many important aspects of college life that require us to communicate efficiently. Starting college, we're thrown right into the deep end. We don't know anyone, we've just moved away from home, and

we have to keep up with assignments. It can be very daunting, especially when you're terrified of talking to people.

It is reported that seven per cent of the general population of Europe suffer from social anxiety disorder. This doesn't surprise me, as the majority of students I've met have confided that they are very nervous talking to people, especially making new friends.

Meeting new people and making new friends is a huge

aspect of the college experience, and being thrown into a situation with new people can be terrifying. I was lucky enough to know someone in my course before going in, and I've made other friends since. I've grown up being told that you meet your lifelong friends in college. But there's conflict in my mind of wanting to make friends and being afraid of being judged.

In class, teachers tend to openly ask the class a question, to engage us without actually calling on us. But when

you can't even talk to someone one on one without getting nervous, speaking up in front of the whole class voluntarily isn't an option. Put an entire class of socially anxious teens together and you're left with an awkward silence with the teacher looking at the class expectantly. I feel guilty that no one is participating and the teacher is left hanging, but it's just oddly scary to speak up. You know logically that nothing bad can happen, but there's a voice in your head

telling you that you will sound like an idiot.

It seems hopeless, but staying positive is the first step in overcoming your social anxiety. Going to therapy can be an excellent resource and help you overcome your fears in a healthy environment. It does get better, and since the initial fear ended I've been having an amazing time! So if you're afraid it won't end, I promise you it will.

Visit nationalist.ie for the latest in Tipperary.



Tipperary Town's Leon L'Herrou (6) at the STEM family day in Thurles.



Tipperary Town's Betty L'Herrou (8) at the STEM family day in Thurles.

Anna, Aoife and Kiera graduate from the Royal College of Surgeons in Ireland

Tipperary's Anna Corby, Aoife O'Loughlin and Kiera Heffernan were among 889 healthcare and research professionals to graduate from the Royal College of Surgeons in Ireland (RCSI) recently.

RCSI conferred candidates with undergraduate and postgraduate awards at four separate ceremonies over two days as part of the college's winter conferring ceremonies.

The ceremonies were held between RCSI's York Street campus on St. Stephen's Green, Dublin, and the Convention Centre Dublin. Among those graduating with a Master of Pharmacy degree were Clonmel's Anna and Aoife, along with Kiera from Rossmore.

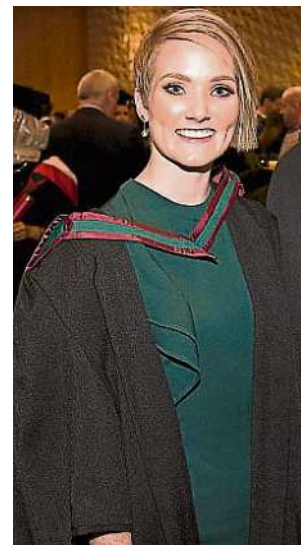
The two days of ceremonies included the graduation of 89 candidates from full-time undergraduate programmes including pharmacy, physiotherapy and medicine. 93 candidates

were conferred at the Diploma, Masters and Doctoral Degree ceremony and two further ceremonies saw the graduation of 707 candidates from the School of Nursing and Midwifery and Master's degree candidates.

Congratulating all those graduating on their success, Professor Cathal Kelly, chief executive/registrars of RCSI, said: "The RCSI conferring ceremonies are a fitting recognition of our graduate's accomplishments as all of their years of hard work and

dedication today come to fruition. These future healthcare and research professionals will now leave RCSI to continue on their exciting and varied career paths, all with the common goal of improving human health. I would like to congratulate everyone who will graduate today on their achievements and wish them success in their careers as healthcare professionals, and I look forward to seeing them back at the college as alumni of RCSI."

RCSI is ranked among the top 250 (top 2%) of universities worldwide in the Times Higher Education World University Rankings (2018) and its research is ranked first in Ireland for citations. It is an international not-for-profit health sciences institution, with its headquarters in Dublin, focused on education and research to drive improvements in human health worldwide. RCSI is a signatory of the Athena SWAN Charter.



Clonmel's Anna Corby graduated with a Master of Pharmacy degree.

New era for High School with two vice-principals appointed

The expansion in numbers attending Clonmel High School has seen the appointment of two vice-principals for the first time in the history of the school.

The two new additions to the teaching staff, Anthony Reynolds and Amy Walsh, have been settling into their vice-principal roles since the start of the academic year.

The vice-principal duo hail from the West of Ireland. They have been made feel very welcome by staff and students and are delighted to be part of the team tasked with enhancing the development of the school.

"The school has gone over 700 pupils so we were allowed appoint two vice-principals and it was great they came at the same time to carve out their roles. They are a great addition to the school and had to hit the ground running because of their involvement in school evaluation in October, which was an outstanding success," said principal Karen Steenson.

The principal also paid

tribute to the retired vice-principal Gerry Shanahan who kindly acted as a mentor to the two new vice-principals.

Anthony Reynolds is a native of County Leitrim and lives in Kilkenny with his wife Orla, three year-old daughter Molly and ten month-old son Sean.

His fourteen-year teaching career has brought him to England, Tallaght and Heywood Community School, Ballinacill, Abbeyleix.

It is his first experience of an all-boys school and he has taken on a pastoral role for the senior cycle students, among other duties.

Anthony is keen to play an influential role in the development of the IT and sporting facilities at the school.

He would like to see the school incorporate more e-learning and believes there is scope to enhance the sporting facilities.

Among his objectives would be an all-weather

astro-turf facility.

"I think such a facility is crucial and there is no reason why the High School, with the support of the community, cannot lead the way on such a project" said Anthony, who has a Gaelic football and basketball background.

Amy Walsh is a native of Roscommon and lives with her husband Phillip and their sixteen month-old son Maurice in Clonea Power.

She began her career at the Presentation in Thurles, where she spent thirteen years teaching English and Religion.

Amy, an All-Ireland handball winner, then moved to a national post working with the professional development support service for teachers with responsibility at national level for the co-ordination for the Leaving Certificate Applied programme, senior English literacy programme and school self-evaluation.

Amy is happy to be back working in the school environment. Among her duties at



Amy Walsh and Anthony Reynolds have settled into their roles at Clonmel High School since they started in September.

the school is the implementation of the changes to the Junior Cert.

"It is an ongoing process

and new to teachers and the students who are becoming accustomed to the new element of the value of their

input into new areas of learning, which gives recognition to their overall contribution," said Amy.

Student enrolments soar at Comeragh College

Comeragh College student population has increased by about 40% since it moved to its new state-of-the-art campus on the Pill Road in Carrick-on-Suir.

That's according to Comeragh College principal Kevin Langton, who along with the school's teaching staff and students, hosted an open night for 6th class students from primary schools in its catchment area recently.

Mr. Langton reported that the number of students attending Comeragh College has risen from 250 to 350

since April 2016, and the school is expecting another bumper enrolment of first year students in September next year.

He said the school has had to put a limit of 92 first years it will be able to enrol for the 2018/2019 academic year. Mr. Langton said Comeragh College's open night was a great success and attracted a very large crowd of prospective students and their parents, who listened to presentations given by staff and students and were given tours of the new campus.



Fifth year Comeragh College student Eamon Joy with past students Teresa Corcoran and Eileen Ryan.



Layla Keyes, Dean Walsh and Paulina Marlyniak.

OUT AND ABOUT

Send photos to dylan.white@iconicnews.ie

Ladrigan's XL are breakfast roll champions

Ladrigan's XL on Abbey Street in Cahir is home to Tipperary's best breakfast roll.

The proof really is in the pudding as Ladrigan's XL received over 2,000 votes from nationalist.ie readers in an online poll last July.

Celebrations are continuing at Ladrigan's XL, which is owned by Ian Pericho and employs 12 local people.

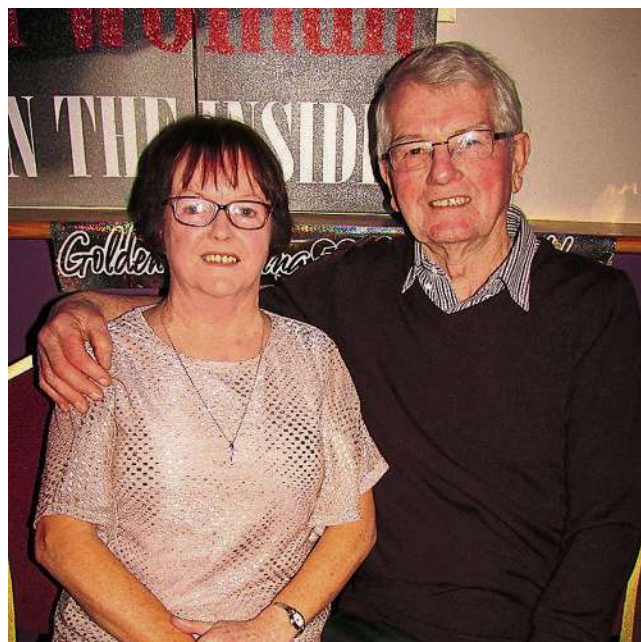
The Ladrigan's XL team are "over the moon" with their victory. The popular store,

which opened over 30 years ago, prides itself on excellent customer service. "Our exceptional deli is run by Maria Lonergan, and all our produce is cooked fresh every morning. A lot of detail goes into our breakfast rolls. It's brilliant news that we have been voted number one in Tipperary and it has given us a huge boost," the Ladrigan's XL team smiles.

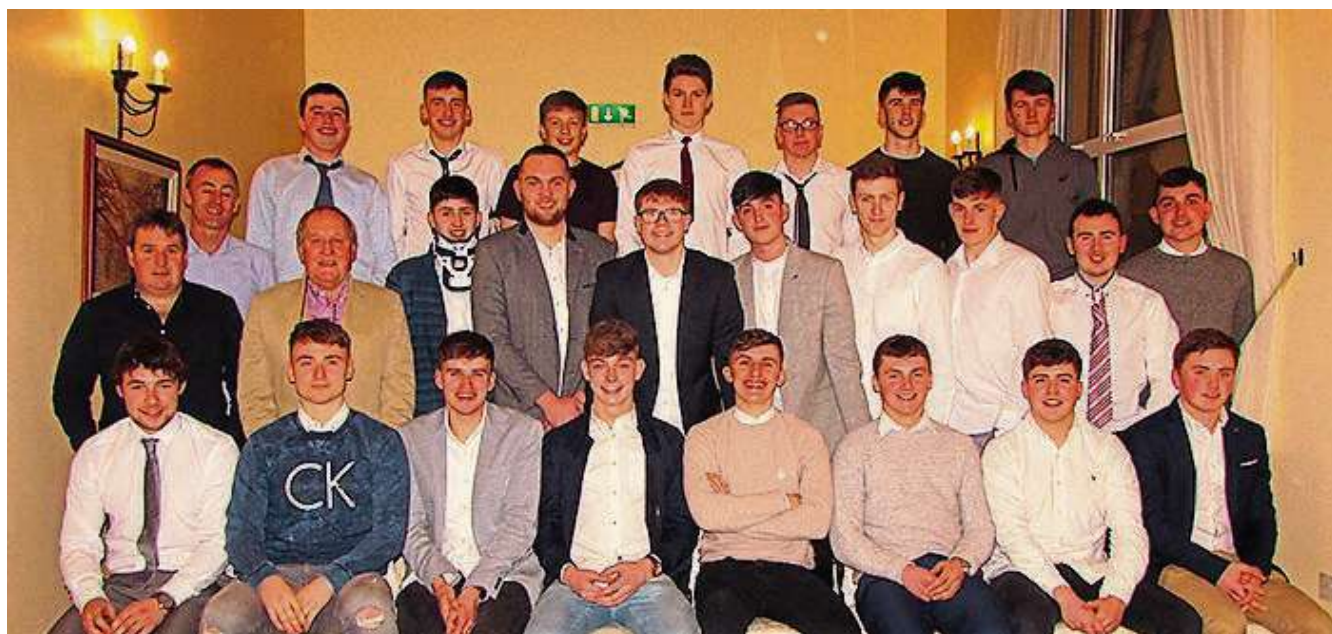
Pictured is Kailee Burke with one of Ladrigan XL's famous breakfast rolls.



Irish United Nations Veterans Association Post 24 members John Lyons and Matty McCarthy visited the Children's Ward at South Tipperary General Hospital over Christmas with presents.



Chris and Michael O'Dwyer celebrated their 50th wedding anniversary with family and friends in Cahir recently.



Cahir GAA Club presented medals to the under 21 South football and hurling champions in Cahir House Hotel recently.



Locals enjoying Duhill's New Year party



Rockwell students receive Entrance Scholarships to university

Five Rockwell College students received Entrance Scholarships this academic year, three of whom exceeded 600 points in the Leaving Certificate.

Roisin McCarthy received the University College Cork Quercus entrance scholar-

ship; James Hickey received an entrance scholarship to Dublin College University; and John Purcell, Young Economist of the Year Cahal Murphy, and Loic Gately received Ad Astra scholarships to University College Dublin, which recognise and support

highly talented students.

Rockwell College congratulated the students on their success and wished them all the best in the future at a special ceremony recently.



James Hickey.



Cahal Murphy receiving his award from Tipperary senior hurling manager Michael Ryan.



Loic Gately.

Jerry retires from Cashel Community School after 23 years

Retiring Cashel Community School caretaker Jerry Ryan was described as 'kind-hearted, talented and obliging' at his retirement function at the school recently.

Jerry retired as caretaker of Cashel Community School after almost 23 years of service and having worked with two different principals.

Presentations from the staff and students were made to Jerry to mark the occasion.

Principal John Gallagher said Jerry began working full time for the school in 1994. He said Jerry was an extremely friendly and obliging man who was 'good hearted and had a common sense approach to life'.

Principal Gallagher said Jerry would be greatly missed at the school. "He is a great people person and loved being around the school. He was a pleasure to work with, very popular with staff and students, and we all wish him the very best in his retirement," he added.



Roisin McCarthy.



John Purcell.

STUDENT HUB

Send photos to dylan.white@iconicnews.ie



CBS Secondary School in Carrick-on-Suir raised funds for food hampers for St. Nicholas Conference St. Vincent de Paul to distribute to people in Carrick-on-Suir over Christmas. From l-r: Declan Duggan, Shane Holden, Michael Lonergan (president of SVP in Carrick-on-Suir), Marion Grace (treasurer), Tom O'Keeffe (SVP), David Kelly, Adam Hunt.



Callum Ó Gallachóir (11) from Gaelscoil Chluain Meala was the winner of the primary school entry and Kevin Foley (16) from Gaelcholáiste Chéitinn Clonmel won the secondary school prize in the Nationwide XL Stores Creative Writing Competition in association with TG4's Ros na Rún. Callum won a €200 Eason's voucher for himself and a €500 Eason's voucher for his school while Kevin won a three week Gaeltacht trip during summer 2018.



CBS Greenschool and Presentation Primary School pupils raised funds for food hampers for St. Nicholas Conference St. Vincent de Paul to distribute to people in Carrick-on-Suir over Christmas.



Santa with children from the Montessori Rooms in Clonmel Childcare.



First class at Ss. Peter and Paul's Primary School in Clonmel raised funds for Temple Street Children's University Hospital over Christmas.



Locals enjoying Christmas celebrations in Clonea Power.

Tipperary students make Waterford Institute of Technology's Department of Sport and Exercise Science Honours List

Tipperary students come from across the Department of Sport and Exercise Science at Waterford Institute of Technology (WIT) were recognised for their academic achievement at the Honours List ceremony recently.

The Honours List was established in the Department of Sport and Exercise Science in 2015 to acknowledge and award excellent academic achievement by students in all degree years.

It was established as means to praise these high

achieving students and encourage them to keep up these standards across their full degree.

Students with an average mark across the academic year of greater than 65% in years 1 and 2, and greater than 70% in years 3 and 4 are awarded a place on the Honours List.

Tipperary students who made the Honours List include Exercise and Health student Jennifer Rice from Fethard; Sports Coaching and Performance student Saoirse Roberts from Clonmel; and Recreation and Sport Management stu-

dents Edel O'Dwyer from Cashel and Rachel O'Dwyer from Clonmel.

"These students are fantastic role models for our Department and reflect the culture of excellence and endeavour that our staff foster in all of our activities from teaching and learning to research and engagement. As we strive to continually improve the delivery of our programmes, it is very encouraging to see these students respond so positively to the varied challenges they are set," said Michael Harrison, Head of the Department of Sport and Exercise Science.



Jennifer Rice, Professor Willie Donnelly, Saoirse Roberts, Edel O'Dwyer, Rachel O'Dwyer.

'Sometimes it's better to follow an opportunity than pursue a passion'

By LAURA BUCKLEY

OPINION

One trillion dollars. That's the total cost of student loan debt in America - it's the second highest category behind mortgage repayments. Students in England will leave university with an average debt of just over £50,000 per person. Three quarters of these graduates will never be able to pay off what they owe as the interest is so high and can even still be paying off their third level borrowing in thirty years time.

Here in Ireland, the cost of getting a college degree is roughly €40,000 between travel costs, student accommodation and a €3,000 contribution fee that is high by European standards as well as other expenses. There is a hole in funding for third level institutions that needs to be filled - should it be by bringing in a graduate tax which will

push students' debt up by another twenty grand? Or increased aid in the form of grants and allowances footed by the taxpayer?

So, what does this all mean? Ever since fees were abolished over twenty years ago there has been a one size fits all when it comes to what a person should do upon finishing secondary school. A college education is accessible now - everyone who wants to go can go - regardless of their circumstances. A positive, universal thought you would imagine. Not so, if you ask me. Even with free fees many people cannot afford to go to college or the costs that arise from it and quite frankly not everyone needs or should have to go to college. If, for whatever reason, a person decides to drop out of a programme they are still liable to pay off any

loans they may have taken out and often do not get any money already paid reimbursed. So, a load of debt with no piece of paper to show for it and believe it or not it gets worse.

Eventually, you do earn that illustrious piece of paper after three to four years of study but alas no job. That's because you chose to study Philosophy or Ancient Civilizations which funnily enough are not subjects in high demand in today's jobs market. Since the Great Recession of 2008, the world of employment has changed dramatically. It is a buyer's market. Employers either need or want workers with specific, niche skills such as coding, being fluent in more than one language or SEO.

So, you either emigrate or take a job that you didn't need any degree for or you end up

on the live register. All the while that college debt prevents you from moving on in life, whether it's getting together a deposit for your first home or starting to make plans for your retirement through a pension.

So, what is it exactly that I'm trying to say here? Well, it's this - college nowadays is expensive, and instead of burdening yourself with a heap of debt that will form a millstone around your neck with no great benefit ask yourself one question: Is it worth it? This applies to everyone whether you're a school-leaver, unemployed, want to progress in your chosen career or a mature student.

Before you apply for the course that you'd like to do, think about it and do some research: Can I afford it? Do I qualify for any financial aid and will it be enough? Is all this time, money and effort going to be worth it in the long

run? What job/career will this programme lead to?

If the answer to any of these questions are negative, then consider this: instead of spending time indulging a passion you decide to take an opportunity. You can retrain through the Springboard Plus programme which gives workers the necessary qualifications for skills that are badly needed in the workplace. Springboard places are paid through the Department of Education at no cost to the student.

Local ETBs also provide vocational courses that are tuition free from QQI levels 3 to 5. According to a local newspaper, most students who complete their level 5 studies with Tipperary ETB are now working either full or part time. Colleges of further education are a cheaper and quicker alternative to ITs and universities that provide courses at level 5 and 6.

Another option is to take a gap year. Spend a year travelling and/or working in North America, Europe or Australasia. TEFL in Spain or volunteer on an NGO project in Ghana. Or you could just get a job, gain experience and work your way up the employment ladder seeking all sorts of great and lucrative chances along the way. There are jobs out there. Over 28,000 across the country were available on Indeed at the start of January.

Even during the recession with a 15% unemployment rate, bosses were finding it hard to source people with the relevant tools to work in the growing digital, technology and engineering sectors. One of the reasons for this is that people thought that a passion meant a job instead of a job leading to an opportunity. Maybe it's time for a rethink?

Rockwell College's new €1m sports pavilion to open in April

Visitors to Rockwell College over the last few months will have seen the progress on the new Fr. Aidan Lehane CSSP Pavilion adjacent to the rugby pitches at the college. This development has been in planning for three years and is a project initiated by the Rockwell College Union of past pupils to mark the sesquicentenary of Rockwell

College in 2014.

For many years now, the growth in pupil participation in a variety of sports has put increasing pressure on the existing changing rooms facility. Coaches, PE teachers and the student body have all been strong advocates for such a development. Previous modernisation programmes at Rockwell College did in-

clude plans for such a facility as far back as 2005, and the college community is looking forward to the opening of the nine changing rooms and fitness suite in April 2018.

A FITTING TRIBUTE TO FR. AIDAN LEHANE

The naming of the building in honour of the late Fr. Aidan Lehane CSSP is a fitting tribute to the man who

oversaw extensive development of the college sporting facilities. During his presidency of Rockwell College, the agricultural college was constructed, but also was the extensive sports facility comprising of the gymnasium, swimming pool, changing areas and the current weights room.

In addition to his contri-

bution to Rockwell College, Fr. Lehane has the distinction of serving as president of all five Holy Ghost (Spiritan) Colleges in Ireland. It is fitting that this new building is named after the man who, as president, oversaw the last period of new buildings at Rockwell College in the late 1960s and early 1970s.

With a final cost in the re-

gion of €1 million, the pavilion will enhance the extracurricular experience of all the boys and girls who attend and whose involvement in sports and physical activity is wholeheartedly encouraged. Parents and past pupils have generated all of the funds to date for this development, the first new build of Rockwell College in over 40 years.



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