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Thursday, January 16, 2020

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Thursday, January 16, 2020 [www.kildarepost.com](http://www.kildarepost.com) NEWS • ENTERTAINMENT • SPORT

## Odyssey VC creates 100 new jobs in Kildare

**KILDARE POST REPORTER**  
 editor@kildarepost.com

Odyssey VC, a leading Irish provider of compliant IT solutions, announced today that the company will create at least 100 new jobs at its headquarters in Sallins, Co Kildare.

The announcement of the new jobs and expansion was made this morning (Thursday 16 January) at Kildare County Council headquarters in Naas by Deputy Martin Heydon TD who was deputising for Minister for Business, Enterprise, and Innovation

Heather Humphreys TD. Supported by Enterprise Ireland, a spokesperson for the company stated that, owing to a significant and consistent year-on-year growth since its establishment in 2015, the company's growing global services necessitate the expansion.

The Sallins-based company is one of only six companies in the world, and the only Irish provider, offering compliant hosting services.

FULL STORY ON PAGE 4 →



Aladdin antics in Kilcock! Chris Bass, Ian McLean and Aaron Stone pictured at Kilcock Dramatic Society's production of Aladdin last week. See page 26 for more photos. PIC: A CONWAY

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## Contact us

### EDITORIAL

**Rose Barrett O'Donoghue**  
News Editor / Multimedia Journalist  
editor@kildarepost.com



**Senan Hogan**  
Content Manager  
senanhogan@kildarenow.com



**Louise McCarthy**  
Senior Multimedia Journalist  
louiseccarthy@kildarenow.com



**Aishling Conway**  
Photographer  
photos@kildarepost.com



### COMMERCIAL TEAM

**Anna Fortune**  
Commercial Manager  
086 728 8898  
anna.fortune@kildarepost.com



**Cathryn Kelleher**  
Multimedia Account Manager  
086 7288 778  
cathryn.kelleher@kildarepost.com



**Michael McHugh**  
Multimedia Account Manager  
045 408 200  
michael@kildarepost.com



### GENERAL ENQUIRIES

#### Kildare Post

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## NEWS

# Odyssey VC announce 100 new jobs for Kildare

**KILDARE POST REPORTER**  
editor@kildarepost.com

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The announcement of the new jobs and expansion was made this morning (Thursday 16 January) at Kildare County Council headquarters in Naas by Deputy Martin Heydon TD who was deputising for Minister for Business, Enterprise, and Innovation Heather Humphreys

TD. Today's announcement coincides with the launch of the company's new brand, CompliantCloud.com, which will be the digital offering of the company going forward. It is a first of its kind, web-based platform that allows regulated customers to manage compliant cloud hosting and additional compliance services online. It was developed in conjunction with regulatory bodies globally, including those in Ireland, the UK, EU member states and the United States.

The jobs will be highly skilled in nature and will be spread across the company's technical, product development, service delivery, compliance and sales and marketing departments.

Odyssey VC uniquely offers Integrated Cloud and Computerised System Lifecycle Management Services to Life Science companies that operate in highly regulated environments. Odyssey VC currently supports client

companies in Ireland and globally.

The company has delivered high double-digit year-on-year growth in revenue since its establishment and counts many global Fortune 500 Life Science companies as its customers including Pfizer, Amgen, Takeda and Alexion.

CEO and co-founder of Odyssey VC, Oisín Curran, said "Odyssey VC is delighted to announce the creation of these new jobs. It is a very positive indication of the significant growth we have achieved. I would like to express our thanks to Minister Humphreys for her kind words and Deputy Heydon for his attendance today. I would also like to thank everyone who has supported us over the years, including Kildare Local Enterprise Office and Enterprise Ireland. We look forward to continuing our growth, while providing the best-in-class services which has resulted in 100% repeat business across our client base."

The company has also recently adopted a new sustainability policy and has signed a contract with a green energy provider, SSE Airtricity. The company believes that cloud technology will be a major contributor to organisations reducing their carbon footprint.

Jennifer Melia, Head of the High Potential Start-Ups Unit, Enterprise Ireland said, "Odyssey's journey so far and how it has evolved from an exciting business idea into becoming a key regional employer is great inspiration for those setting out in development of their innovation."

"Innovation and driving competitiveness are crucial for Irish start-ups to grow and build scale both here and on an international level. At Enterprise Ireland, we are committed to supporting regionally based companies like Odyssey VC to plan, innovate and compete and we look forward to continuing our work with the team on their growth trajectory."

## INSIDE

GE 2020 is off!  
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Storm Brendan makes an impact  
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PAGE 8

Medical/Health Special  
PAGES 36-42



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

## Planning granted for 86 homes in Athy

**SENAN HOGAN**  
editor@kildarepost.com

A total of 86 homes have received the green light to be built in the Athy area.

The units will comprise of four-bedroom, three-bedroom and two-bedroom houses as well as one-bedroom and two-bedroom apartments.

Also in the plans is car parking, bin stores, bicycle

cycleway and footpath. Internal access roads and public lighting are also being built.

The location of the new housing is at Clonmullen and Gallowshill off the Geraldine Road in Athy.

The homes are being built by Paddy Raggett Homes Ltd which is based on the Waterford Road in Kilkenny.

The long-established firm has also worked on projects in Carlow, Kilkenny and Tipperary.



Houses and apartments are included in the development

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**CRIMEBRIEFS**

**Spate of burglaries**

There was a break-in at a house in Celbridge on January 8 and a car was taken from the driveway. The incident happened in the Castlewella Park area. The vehicle's registration is 08 D 11510 and a handbag in the car was also taken.

On the same day in Maynooth, cash and jewellery was taken in a burglary of a house in the Castle Park Avenue area.

Entry was gained through a ground floor window.

In the Straffan area on January 10, a back window was smashed of a house and the panic alarm activated.

Gardaí were called to the scene to investigate.

A day later on January 11, property was taken from a home in the Beaufort Green area of Maynooth between 5pm and 8pm.

Between January 11 and January 13, a home was broken into in the Baltracey area of Donadea and a TV and an iPad were taken.

Elsewhere, in the Sallins Bridge area of Sallins on January 13, a home was broken into via its utility room door but nothing was taken.

Also on January 13, tools were taken from a building site at Ardscull near Athy.

A vehicle was acting suspiciously in the area before the incident.

**Thefts from cars**

Kildare Gardai are investigating a series of thefts related to cars.

On January 8, a car was broken into in the Crescent residential area of Celbridge. A window was smashed and items were taken.

A catalytic converter was stolen from a car parked at Hazelhatch train station in Celbridge on January 9th. A similar crime took place in Chambers Park in Kilcock between 2am and 4am on January 14 when two vehicles had their catalytic converters taken.

Elsewhere, a registration plate, 07 KE 1177 was taken from a car in Timolin on January 12 and the plate was later used on a vehicle that took part in a crime in another part of the country.

And thieves stole a bumper, fog lights and parking sensors from a car in Simmonstown Manor, Celbridge on January 13.

**M7 arrests**

Searches carried out following the arrests of four suspects on the M7 near Naas last week have led to the seizure of cash drugs, vehicles in the Dublin area.

On Thursday, January 7 armed gardai stopped a car near the 'Naas Ball' and arrested men aged in their 30s, 40s and 50s under Section 30 of the Offences against the State Act, 1939.

Follow-up searches after the M7 arrests were conducted in the Windmill Road area of Crumlin, Dublin 12 on Friday and Saturday last and cash of various currencies and denominations was seized (approximate value €135,000).

A quantity of cannabis (pending analysis), a van and two motorcycles were also seized during the course of the search.

Gardaí said no new arrests have been made and investigations are ongoing.

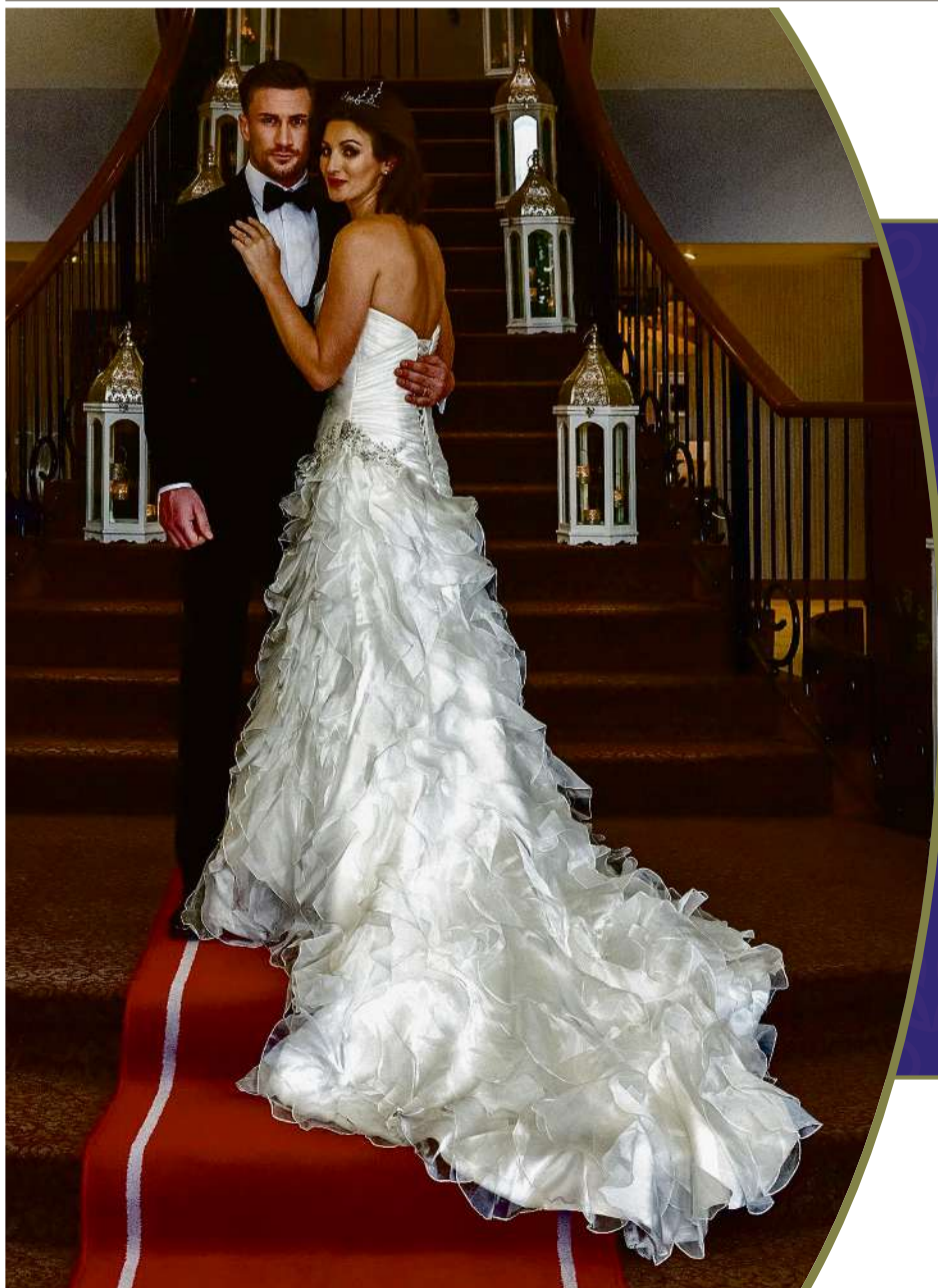
**Meeting**

A public information on crime prevention is taking place in St Laurence's GAA Club, Crookstown Narraghmore on January 23 at 7.30pm. Senior gardai will be attending and everybody is welcome.



**THOUSANDS RAISED FOR PAT**

Newbridge photographer Pat Tinsley pictured with a cheque for €6452.62, the proceeds of a recent fundraiser for his medical expenses. Also pictured are TD Fiona O'Loughlin, Eimear Stirrat, Breda Reid, Marie Malone, Theresa Harrison and Rita Timmons. PICTURE: AISHLING CONWAY



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# Kildare gets ready for key election battles

BY SENAN HOGAN  
editor@kildarepost.com

The two Kildare constituencies will be key political battlegrounds for the major parties in the general election on Saturday, February 8.

The announcement of the voting day by Taoiseach Leo Varadkar at a Cabinet meeting on Tuesday ended months of speculation and saw the three-and-a-half week campaign officially start.

It will be the first general election taking place on a Saturday since the foundation of the State in 1922.

There are four seats in each of the Kildare North and Kildare South constituencies.

With the exception of the outgoing Ceann Comhairle Seán O Feargháil, all sitting TDs will be seeking re-election to the Dáil.

Running in Kildare North are: Deputy Bernard Durkan (Fine Gael), Senator Anthony Lawlor

(Fine Gael), Deputy Frank O'Rourke (Fianna Fail), Deputy James Lawless (Fianna Fail), Réada Cronin (Sinn Féin), Emmet Stagg (Labour Party), Deputy Catherine Murphy (Social Democrats), Cllr Vincent P Martin (Green Party), Séamus Ó'Riain (Renua).

Kildare South candidates are: Deputy Martin Heydon (Fine Gael), Deputy Fiona O'Loughlin (Fianna Fáil), Cllr Suzanne Doyle (Fianna Fáil), Cllr Patricia Ryan (Sinn Féin), Cllr Mark Wall (Labour), Ronan Maher (Green Party), Linda Hayden (Social Democrats), Cathal Berry (Independent) and Sarah Walshe (Independent).

All the party leaders are expected to make at least one visit to Co Kildare during the campaign to go on walkabouts with candidates in local towns and villages.

The Saturday date came as a surprise as many believed the Taoiseach would opt for Friday, February 7 or 14.



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Newbridge: 21 Jan  
Leixlip/Celbridge: 7 May

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# Cold snap to come after stormy week in Kildare

**SENAN HOGAN**  
 editor@kildarepost.com

Kildare escaped the worst effects of Storm Brendan earlier this week but is now set to see an icy blast of cold weather this weekend with temperatures possibly plunging as low as to -4 degrees Celsius, Met Eireann said.

On Monday, storm force winds knocked trees blocking some roads and cutting out power to around 2,500 homes and businesses across the county.

The Orange Alert level weather saw Kildare County Council's response teams called to a number of

incidents throughout the day.

Today [Thursday] will see more wet and windy conditions with widespread rain and gusty southwest winds.

However the weather will then turn dry and very cold for a number of days.

Tomorrow [Friday] will see early frost clearing to leave a mix of sunny spells and passing showers.

But there will be a widespread sharp frost overnight with temperatures plunging to -2 Celsius.

Saturday will be a mostly dry day with spells of winter sunshine.

However it will be very

cold and frosty overnight with some icy stretches.

Temperatures of -4 to 0 degrees Celsius are forecast by Met Eireann.

Sunday will start cold and frosty but the day will see long spells of winter sunshine.

A high pressure weather pattern for the early days of next week will bring mainly dry weather.

Westerly winds will bring mild conditions but northeast winds will bring colder temperatures.

Irish Weather Online experts said the last weekend of the month (January 25-26) may usher in a return to windy and wet weather around then.



**A falling tree hanging dangerously on electricity lines on a road at Bishop's Hill in Ballymore Eustace on Monday. The area was later made safe by Kildare Co Council and the ESB**

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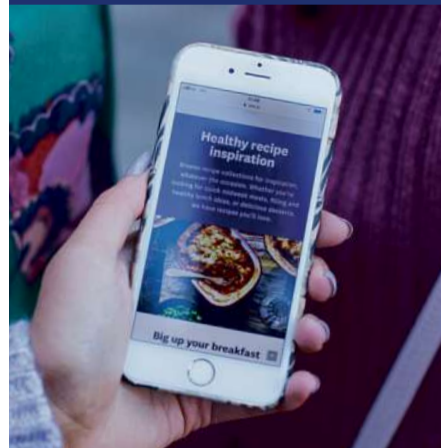
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NEWS

# Further delays revealed for M7 projects

**SENAN HOGAN**  
 editor@kildarepost.com

Further delays have been reported for the completion of the upgrade of the M7 including the Sallins Bypass and the Oberstown Interchange.

Kildare County Council has confirmed that the 80km/hr speed restriction on upgraded sections of the M7 will continue until at least mid-February.

The council had indicated

before Christmas that the reduced limited would apply to at least February 2.

However in a statement issued on Tuesday, the local authority said that joint contractors SIAC/Colas are still continuing their works on the motorway.

A spokesperson said: "Pending completion of these works and in the interests of both worker and public safety, the temporary 80 kilometre per hour speed limit is being maintained."

"It is anticipated that the works will not be completed until mid-February."

The Council also confirmed that the Sallins Bypass is also behind schedule as it had been due to be completed in early 2020.

The Council said the project "is now projected to be completed and open to traffic in summer 2020."

The statement added: "When the Sallins Bypass is completed the new interchange at Osberstown



The 80km/hr speed restriction on upgraded sections of the M7 will continue until at least mid-February

on the M7, Junction 9a, will open as well.

"Should the contractor SIAC/Colas achieve completion of the Sallins Bypass before summer 2020, updates will be announced."

It had been expected that the upgraded motorway would return to its original 120km/h speed limit before Christmas. Lanes are

currently operating at a reduced speed limit of 80km/h from Junction 8 Johnstown to the M7/M9 interchange at Junction 11.

All three lanes of the 13.5km stretch of motorway being upgraded opened on August 2 and the speed limit was due to revert to 120km/hr in mid-September — however this deadline came

and went.

GoSafe speed vans, which were introduced along the roadworks in November 2018 to enforce 60km/hr speed limits, are no longer stationed on the upgraded stretch.

However, units of Naas Roads Policing are continuing to monitor speed levels along the route.

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## NEWS

# Kildare schools to compete in national enterprise initiative

## KILDARE POST REPORTER

editor@kildarepost.com

Some 1500 students from schools across County Kildare will take part in this year's enterprise initiative organised by the Local Enterprise Office and funded by the government through the IDA.

County Kildare has a strong track record in the Student Enterprise Programme, with students from St Mary's College in Naas winning third place in the senior category at the national finals in Croke Park last year and Kilcock students winning an award at the national finals in 2017.

This year's programme will see two new pilot competitions across the Junior, Intermediate and Senior categories.

The first, the "My Entrepreneurial Journey" pilot will be run in the Junior and Intermediate cycle and is open to any students involved in wider competition. It requires them to map out the life of a successful entrepreneur and what is required.

In the senior category, there is

a new "Most Creative Business Idea" section. Under the theme "Go Green: Be Sustainable" students can push their most innovative ideas, without having to produce a product or service and it is open to all senior students taking part in the wider competition.

Peter Carey, Chief Executive of Kildare County Council said; "The aim of the Student Enterprise Programme is to instil that little bit of entrepreneurship in every student who takes part.

"Kildare County Council's Local Enterprise Office works closely with schools in Kildare to help spark their ideas but also ground them in what will help them make sales."

The national finals will take place on May 1 next at Croke Park. Best wishes to all our Kildare entrants.

The Enterprise Offices' Student Enterprise Programme is the largest programme of its kind involving secondary school students from across the country, with over 25,000 pupils from 515 secondary schools having participated in 2018/2019.



Students at St Wolstan's Celbridge pictured at Kildare's county final in 2018

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## NEWS

# Rally of support for woman, 95, whose home was damaged by fire

**HENRY BAURESS**  
editor@kildarepost.com

Up to 150 people attended a special gathering in Kilmeague last Saturday, January 11. Family and friends of Marie McDonagh braved very bad weather to turn up for what they described as a "show of support" rather than a demonstration for Mrs McDonagh.

The 95-year-old Kilmeague woman had to leave her fire-damaged home last April after a fire occurred at the house next door and thereafter caused excessive damage to three more family homes in the Willow Lawns estate, dKilmeague.

Kildare County Council has said that she might be back in her own next October, subject to no unexpected or unforeseen delays. The gathering, which met circa 1pm at Willow Lawns, was aimed at putting pressure on Kildare County Council, which has rented the house to Mrs McDonagh for the last 54 years.



**The large gathering of local people who turned out in Kilmeague to support the protest at the slow progress of KCC rebuilding Mrs McDonagh's house from recent fire damage**

On Sunday April 14, 2019, four family homes were damaged as a result of the fire, and the occupants, including Mrs McDonagh, had to be evacuated.

Mrs McDonagh lived with a family member for eight weeks until June 10, at which stage she got temporary accommodation in Bodkin Place, Kilmeague, from the council.

Family stated that the 95-year-old desperately wants to go back to her own home, and the family

believed the house would be renovated and repaired, and their mother moved back in for Christmas last. But as yet, work has not begun on the repairs.

Her grandson, Thomas, told us: "If we could just tell her when work is starting, it would give her a lift."

Cllr Brendan Weld has been working on the issue on behalf of the family.

He raised the issue in public last year and is unhappy with the delay. Speaking to the Kildare Post,

Cllr Weld said that damages to the house where the original fire took place had been repaired and the family were back in the house a mere six weeks after the fire.

Cllr Weld, who was present at the show of support along with Cllr Brendan Wyse and Cllr Aidan Farrelly, said the delay by the council in doing temporary repairs to Mrs McDonagh's house had made the situation worse.

When contacted, the council stated: "In the case of



**Mary McGrath and Thomas Dunne, grandchildren of Marie McDonagh, pictured at Mrs McDonagh's house** PICS: TONY KEANE

serious fire damage to property owned by Kildare County Council, the procedures with regard to technical inspections and insurance investigations, in consultation with An Garda Síochána, are commenced.

"On completion of this process, and based on the extent of the damage to the property, the Council may deem it necessary to appoint a consultant, in accordance with tender timelines and procedures, to prepare a tender for the required works

to reinstate/rebuild the property.

"A consultant has been appointed to prepare a tender for the required works and requested to prioritise this specific project in Kilmeague.

"It is anticipated that a contractor will be appointed in Q1 2020, and the estimated timeline for completion of the works will be approximately six months, subject to no unexpected or unforeseen delays" the council concluded.



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**Nollaig na mBan fundraiser**

**Ann McMullen, Trish Hewitt and Carmel Murphy pictured at the Gina Lavelle Walsh Memorial Fund Oiche Nollaig na mBan fundraiser at Keadeen Hotel, Newbridge, last Saturday, January 11.** PIC: T KEANE

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LIFESTYLE



Newbridge Parish Priest Fr. Paul Dempsey receives a late Christmas present from members of Newbridge Cancer Support Group, Brid Deegan, Anne O'Donnell, Sandie O'Neill, Yvonne Burke and Kay Dempsey after celebrating their Annual Mass at Ryston last Wednesday, January 8, followed by the group's Christmas party



Michael and Deirdre Francis

# NEWBRIDGE CANCER SUPPORT GROUP CHRISTMAS PARTY

Pictures: Pat Tinsley



Larry Gilmore and Mary Galvin



Violette Quille



Deirdre O'Sullivan, Helen White, Kathryn Downes and May Nolan

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Siobhan Hurley, Jo Doyle and Joan O'Rourke

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**NEWS**

**Standing) Phyllis Harris, Josephine Keogh, Marie Harris, (seated) Deborah Harris, Trisha Byrne, Sharron Harris and Sylvia O'Brien, pictured at the Gina Lavelle Walsh Memorial Fund Oíche Nollaig na mBan celebrations at Keadeen Hotel, Newbridge, last Saturday night, January 11**



**OÍCHE NOLLAIG NA MBAN AT KEADEEN HOTEL, NEWBRIDGE**

**Pictures: Tony Keane**



**LEFT: Ellen, Helena, and Marie Loakman**

**RIGHT: Aoife O'Leary, Aisling and Laura Murray, Karen Wolfe**



**No school warden needed for busy Monastervin street**

**PAULA CAMPBELL**  
editor@kildarepost.ie



**Cllr Fiona McLoughlin Healy**

Kildare and Newbridge councillors have been told that the traffic is so bad during school peak times in Monastervin that "there is no requirement for a warden".

Cllr Fiona McLoughlin Healy tabled a motion at this month's Kildare and Newbridge area meeting which was held on Wednesday, January 15.

It stated that the students of Scoil Eimhin Naofa in Drogheda street would benefit from an examination of the possible options for traffic calming, a safe pedestrian crossing and/or a school warden.

Cllr McLoughlin Healy said that as there is no yellow box for traffic on the street, this results in a back up of traffic during school peak times.

"There is no flow of traffic and it is very dangerous for the pupils," she said. "There is

one sign about children crossing the road and it is hidden behind a tree."

A report was given by the council safety officer Declan Keogh that the need for a school warden was looked at by the council — however he said the street does not require a warden as cars cannot move fast during peak times.

"As a result it is not that dangerous and it is not good to be scaremongering," he said.

Cllr McLoughlin Healy said that she was shocked to hear that the traffic is so bad that "there is no requirement for a warden".

It was agreed that the council would look at installing a yellow box for traffic flow.



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- St. Conleth's Community College, Station Road, Newbridge, Co. Kildare  
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- Ath Community College, Monastervin Road, Athy, Co. Kildare  
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Email: [nightclasses@athycollege.ie](mailto:nightclasses@athycollege.ie)  
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- Ardscoil Rath Iomgháin, Rathangan, Co. Kildare.  
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NEWS

# Kildare natives Brian and Sinead fly the flag on Dancing with the Stars

**KIM O'LEARY**  
 editor@kildarepost.com

The competition is heating up on Dancing with the Stars Ireland, with Kildare represented by former B\*Witched star Sinead O'Carroll and Big Brother winner Brian Dowling as the show enters its third week.

In week one, Rathangan native Brian and his dance partner Laura Nolan performed a sassy, well-coordinated salsa to Lizzo's Juice, delighting the audience and the judges, earning them 16 points. During rehearsals, Brian promised to "give it 150%" to his performance and he didn't disappoint, with Laura choosing the salsa because she felt it "really suits Brian's personality." The judges praised the duo's efforts, with judge Julian Benson describing the performance as a 'sassy salsa.'

Sinead O'Carroll of B\*Witched fame teamed up with pro dance partner Ryan McShane for an American smooth routine to Steve Lawrence's Bewitched. The pair impressed the judges and received a very positive 21 points.

Speaking to the Kildare Post this week, Brian and Sinead discussed their hopes for the show.

"It's pretty full-on, very physical, but I love the routine of it all. I've been interested in taking part in the show for years, it's the biggest show on Irish telly right now and it's aimed at a family-friendly audience at half six on a Sunday night. That's wonderful as my nieces are loving seeing me on it," explained Brian.

He described his professional dancing partner Laura as "a joy" to work with. "It's Laura's first year on Dancing with the Stars Ireland but she is such an incredible dancer, she's full of energy and precision, especially in ballroom dancing. She's a joy to work with, we go for lunch and we can just switch off then. I'm giving it 150% and I couldn't imagine doing it without Laura" said Brian.

Brian said that his family have been hugely supportive of him being on the show, and in the coming weeks his family will also gather in Rathangan on February 23 for the annual 'Run for Rosie' event (meeting at 12 noon at the

community centre). The race is in honour of Brian's mum Rosie, who sadly passed away from Sudden Arrhythmic Death Syndrome (SADS) on February 21, 2018. "The race will include a 3k, 5k and 10k and a buggy run for a worthy cause for the Family Screening Centre at the Mater Foundation. Last year we raised almost €30,000," he said.

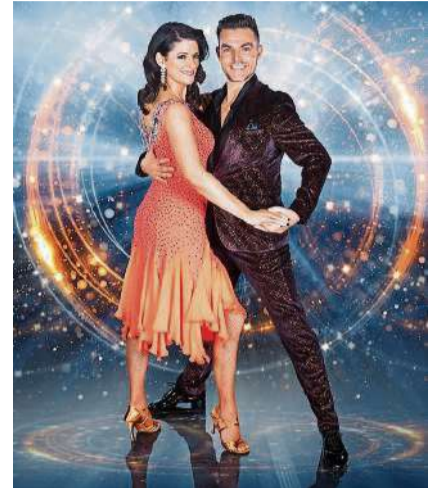
Meanwhile, talented Newbridge native Sinead O'Carroll has said that everyone is getting on well behind the scenes on this year's show. "We all get on really well, the banter is great and we all go out for lunch which is lovely. My dance partner Ryan has been amazing, he's very calm and relaxed which has made everything so much easier. When I was growing up in Newbridge, my mum and dad used to do a bit of ballroom dancing and we used to watch a programme called Come Dancing which was a real treat, so to be doing Dancing with the Stars for me is amazing," she explained.

Sinead also said that she was "absolutely delighted" to have gotten a score of 21 last Sunday from the judges. "I was shocked

with the score, I was in a bit of a daze afterward, but it was so great and we were delighted with it," she said.

Talented Sinead is best known for her part in superstar girl group B\*Witched, which, in the late nineties and early noughties, hit the top of the charts with catchy songs including Rollercoaster and C'Est La Vie. Mum-of-two Sinead has also appeared in Fair City, and runs her own stage school, Star Academy in Greystones.

This week the pressure is on for the celebrities as the first elimination draws closer on Sunday, 19 January, from 6.30pm on RTE 1.



Sinead O'Carroll from Newbridge with dance partner Ryan



Rathangan's Brian Dowling with DWTS dance partner, Laura

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# Packed calendar for Network Ireland Kildare in 2020

## Connect with your Network on Tuesday next, January 21

**ROSE B O'DONOGHUE**  
editor@kildarepost.com

After a very busy and successful year for Network Ireland Kildare in 2019, it looks like the year ahead will be equally hectic for recently elected President Tara Lane and the Kildare committee. Next Tuesday will see a different dynamic to the Kildare branch's opening event entitled 'Connect with your Network'.

Hosted at Killashee Hotel, on Tuesday, January 21, President Tara Lane describes this as "an exciting, new style event, and one not to be missed. This is an ideal event to get you inspired and invigorated for 2020 plus there will be post event coverage with media partners, the Kildare Post and KildareNow.com.

"New to the event, there will be an exhibition area where there will be 20 stands showcasing the amazing products and services of our members; the stands are reserved for members of Network Ireland Kildare Branch and a small charge applies" she added.

There will also be an Education Zone where

organisations such as the Local Enterprise Office Kildare, Kildare Wicklow Education and Training Services and other training providers will attend. "Attendees can find out all the training and upskilling available to you, your colleagues, family and friends" noted Tara.

The evening will also include a short presentation on Network Ireland and the benefits of being part of such a dynamic organisation and with lots of information on what's available to members, including a presentation on the free mentoring programme. The National Network President will also attend and update guests and members on the national news.

With a guided Networking session, lots of spot prizes, fun, energy and new contacts, Tara is encouraging all female workers or business women to attend; to commence at 7pm, there will be plenty of time to network over tea and coffee.

"If you would like to take a stand for only €20, please do book in straight away as they are already proving very popular, don't let your



Last year's hardworking committee photographed at the annual charity luncheon in December last at Killashee Hotel, in aid of Aobheann's Pink Tie

PICS: AISHLING CONWAY

business be the one that's not showcased" urged Tara.

"You also need to pre book your tickets; do bring along a friend, the more the merrier and all are very welcome. The event is free to members and non members - do invite your colleagues and friends. Pre-registration is vital on eventbrite.ie

"Also for your diary, the February event is on Tuesday 18, 'Tell Your Story, Bring Your Brand Alive', this event

will help you to express why your business is special, what gives it the edge and how to target your ideal customer and promote your business to them".



Blessed is he among Presidents: outgoing President Emma Jane Murphy (left) with Aubrey McCarthy and Tara Lane, recently elected President of Network Ireland Kildare Branch at the charity luncheon.

HAVE YOU A STORY?  
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## 2020 Calendar of Events

The March event will be hosted to coincide with International Women's Day and will be held on the sixth of the month. A members only networking event on Tuesday 24 March will be followed in April with 'Setting and Reaching Your Goals with Rob Cullen' — Tuesday 21 April.

"As you can see, there is a varied line-up of events for this spring and 2020," said Tara Lane, President of Network Ireland Kildare Branch 2020.

"I'm looking forward to welcoming everyone to some if not all of our fantastic calendar of events this year. We are having a big focus on upskilling, connecting and supporting women in business in Kildare. Our members are the backbone of Network Ireland Kildare Branch and we want to bring top speakers and events to

Kildare and assist them in growing and promoting their businesses. We would also like to thank the Local Enterprise Office Kildare with whom the events are run in association with, along with our supporters AIB and our media partners, the Kildare Post/KildareNow.

"My theme for 2020 is Grow with Network, whether it be grow yourself, grow your personal development, grow your skills, grow your business, you will find lots on our calendar to help you achieve this and more with Network Kildare."

Network Ireland Kildare branch currently has 144 members from a large variety of professions, from sole traders to CEOs, to employees. For further information, please contact: Tara Lane President, Network Ireland Kildare Branch on

087 978 9318.

2020 elected officials and committee Network Ireland Kildare Branch

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Vice President/ Awards Co  
Ordinator: Laura Maher  
Event Manager: Dee O'Connor

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**What to do if you find a stray**

The KWWSPCA is not legally allowed to take into its care stray dogs. By law, all stray dogs must go to the Kildare Dog Pound (or the Wicklow Dog Pound if found in Wicklow) where they have to stay for at least five working days to allow the owners a chance to reclaim them. If no owner comes forward in that time, the KWWSPCA or another animal rescue, is allowed to take them out of the pound and legally rehome them.

Almost a half of all the dogs rehomed by the KWWSPCA are from the Kildare Dog Pound, which in 2018 was over 120 dogs. The Kildare Dog Pound now only puts to sleep a very small percentage of the stray dogs

that come into its care and these are the dogs that have been killing or worrying livestock or are considered too dangerous to be rehomed.

If you find a dog or cat, check for a tag with the owner's address and/or phone number. If the animal does not have a tag, please take it to a vet and have it scanned for a microchip. If there is no microchip the best option to find the owner is to get the pet's photo and information onto Facebook.

Send the KWWSPCA a photo, details of where you found the animal, and a contact phone number that we can post on our Facebook page. You should contact other Facebook pages such as Lost and Found Dogs Kildare and Lora's Lost Dogs, as they

are very successful at reuniting lost pets with their owners. The ISPCA also has a Lost & Found section on their website where you can report animals you have found.

Details of found animals can be sent as follows:

Facebook private message on the KWWSPCA Facebook page; email [kwwsoca@gmail.com](mailto:kwwsoca@gmail.com) text or WhatsApp the KWWSPCA helpline 087-1279835. In the case of stray dogs you must also call the Dog Warden (for Kildare 05986 23388 and for Wicklow 0404 44873, 086 2771695/086 3846430) and they will either collect the dog from you or ask you to take the dog in. The Kildare Dog Pound is open between 10am and 12.45am on weekdays only and the Wicklow Dog Pound is open



The KWWSPCA rehomed a total of 120 dogs last year

from 11am - 12.30pm and 3-4pm on Monday to Friday and 10am to 12 noon on Saturdays.

**Dog of the Week — Juliet**

Juliet is a little Jack Russell terrier who needs a new home. She is almost two years old. Her current home has young children and she is a little boisterous for them, so she needs a home where there are teenage children or adults only. She is very affectionate, walks well on the lead and is house trained. Like most Jack Russells she can be a little reactive to some

other dogs.

She has been chipped, spayed and fully vaccinated. She is currently in a foster home therefore an appointment is needed if you would like to meet her with a view to adoption. With expressions of interest please contact 087 127 9835 or email [kwwsoca@gmail.com](mailto:kwwsoca@gmail.com). We ask for a minimum donation of €150 to partly offset some of our costs, a dog collar tag and dog licence are required to complete the adoption, and a home visit applies.

The Kildare & West Wicklow Society for the

Prevention of Cruelty to Animals (KWWSPCA) is a Registered Charity (Number CHY 6280) that investigates and deals with reports of cruelty and neglect to animals of all sorts; family pets, wild animals and birds, and horses, ponies and donkeys, throughout County Kildare and West Wicklow. The society is run entirely on a voluntary basis, there are no paid employees.

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Dog of the Week: Two-year-old Jack Russell terrier Juliet needs a forever home



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LIFESTYLE

# Newbridge Musical Society seeks new members for West Side Story

**KILDARE POST REPORTER**  
 editor@kildarepost.com

West Side Story is this year's production by Newbridge Musical Society, to be staged from April 13-18 next. The society is seeking new members to join its cast for the upcoming production of the iconic movie musical. The society held its first rehearsal for the show last week, but is still encouraging those with an interest in musical theatre and performing to join its cast, for what will mark the group's 40th annual production.

West Side Story will be performed at Newbridge College Theatre in April. The love story of Tony and Maria which is set in New York gangland terrain, is commonly regarded as the most acclaimed musical of all time. The couple's romance is impeded by the ongoing rivalry of the two gangs, the Jets and the Sharks, and is often compared to Shakespeare's classic tale of Romeo and Juliet.

Set in the mid-1950s in Manhattan's Upper West Side, the show's original Broadway run opened in 1957 to near universal critical praise, and introduced the world to its signature numbers, I Feel Pretty, America, and Maria. It has since been revived on Broadway in five separate

productions, while its 1961, the film adaptation won an incredible ten academy awards.

"West Side Story's explosive choreography, gripping story, and celebrated score have combined to ensure its enduring appeal, while its message on the devastating effects of poverty and prejudice remains as relevant as ever. These elements make it perfect choice for the Society's 40th production and a special show for its members to perform," says Newbridge Musical Society chairman, Conor Kilduff.

"Performing West Side Story is one of the most phenomenal experiences you can have on stage. Its songs, written by Leonard Bernstein and Stephen Sondheim, are simply incredible pieces of music, while the show is famous for its stunning dance routines. I think anyone who joins us on stage this year will be part of something remarkably memorable and unique. If you've ever thought about getting involved, now is the time to jump in. It's fantastic theatre, but above all else, it's just great fun."

Rehearsals for West Side Story take place at 8pm on Monday and Tuesday evenings at the Holy Family Secondary School, Naas Road, Newbridge, with all



interested persons welcome. For more information, contact newbridgemusicalsociety@gmail.com or 089 205 1247.

**Newbridge Musical Society performing Urinetown the Musical in April 2019. New members are welcome this year to perform in their 2020 presentation of West Side Story**

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#### MONDAY

- Aerobics N'Tone
- Alexander Technique
- Autodesk Revit
- Baking & Desserts
- Ballroom & Latin American Dancing
- Beginners Chakradance
- Bodhran Lessons - Beginners / Improvers
- Bookkeeping Manual & Computerised (Continuation)
- Child Development (Certified) - Level 5
- Counselling - An Introduction
- Crochet to Designer Wear
- Cuban Salsa - Beginners
- Digital Marketing (Certified) - Level 5
- Drawing the Portrait
- Early Childhood Care & Education - Major Award
- Fitsteps Strictly Dance Fitness
- French - Beginners
- Hand Built Pottery & Modelling
- Healthcare Support - Major Award
- Introduction to Text Production & Word Processing
- Introduction to Cyber Security
- Introduction to the World of Wine
- Kettlebells
- Leaving Cert Maths 6th Years - Ordinary Level (Cont.)
- Leaving Cert Maths 5th Years - Higher Level (Cont.)
- Leaving Cert Maths 6th Years - Higher Level (Cont.)
- Leaving Cert Maths Transition Years - Higher Level
- Legal Practice & Procedure (Certified Level 5)
- Make-Up Artist
- Modern / Latin Sequence Dance
- Online & Digital Marketing
- Ornamental Glass (Stained Glass)
- Palliative Care Support
- Photoshop for Photographers
- Pilates
- Presentation Skills
- Relax with Reiki
- Safety & Health at Work
- Sales Techniques
- Sign Language - Beginners
- Spanish - Improvers
- Spanish - Beginners
- Special Needs Assisting (Certified) - Level 5 (Contd)
- Trace Your Family
- Work Experience (Certified) - Level 5
- Yoga

#### TUESDAY

- Accounting Manual & Computerised
- Accounting Manual & Computerised - Continuation
- Barbering
- Business Administration Skills
- Cake Decorating
- Child Psychology (4 - 18 Years - Certified) - Level 6
- Cognitive Behavioural Therapy
- Computers - Beginners
- Computers - Improvers
- Computers Improvers - Pre ECCL
- Creative Photography & Techniques
- DIY
- Flower Arranging
- French - Conversational
- German - Improvers
- German - Beginners
- Hairstyling
- Healthy Living With Everyday Herbs
- Irish - Conversational
- Italian - Beginners
- Jewellery Making
- Jewellery Making - Intermediate
- Keyboard Piano - Beginners
- Keyboard Piano - Improvers
- Leaving Cert Irish - Higher Level - Continuation
- Leaving Cert Oral Irish - Continuation
- Make - Up (ITEC Certified) - Continuation
- Motivation Change Your Life
- Non-Duality and Mysticism
- Oil Painting
- Psychology - Introduction
- Psychology (NUI Maynooth - Certified) Continuation
- Public Speaking
- Quilling - Beginners
- Speaking with Confidence
- Start & Grow Your Own Business
- Tendering for Public Sector Business
- Total Body Tone (TBT)
- YOGA
- Zumba Fitness

#### WEDNESDAY

- 10-Week Change Your Body Challenge
- Art, Craft, Print & Design
- Autocad
- Bootcamp
- Bridge - Improvers
- Cake Decorating - Improvers
- Care of the Older Person (Certified) - Level 5
- Creative Writing
- Digital Photography (Certified) - Level 5
- Dressmaking - Beginners
- Furniture Restoration
- Guitar Lessons
- Hatha Yoga - Beginners
- Infection, Prevention & Control (Certified) - Level 5
- Leaving Cert Agriculture Science - Higher Level(Cont)
- Line Dancing
- Make-Up ITEC Certified (Certified) - Level 2
- MICROSOFT® Excel Office Specialist
- Mindfulness Meditation
- Online Business Development & Marketing
- Philosophy - Introduction
- Piloga
- Practical Interior Design
- Special Needs Assisting - Level 6
- Sports Psychology - Introduction
- Spring in the Garden
- Traditional Upholstery
- Training Delivery & Evaluation - Train the Trainer - L 6
- Ukulee Lessons - Improvers
- Watercolour Painting

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- Couch - 5K (All Fitness Levels) Sat
- 18 Personal Training Sessions Mon - Sat
- Strength & Conditioning Class Mon - Sat
- Sustainable Weight Loss Class Mon - Sat

#### THURSDAY

- Accounting Manual & Computerised - (Contd)
- Bee Keeping
- Bookkeeping Manual & Computerised
- Bridge - Beginners
- Canine Obedience Training
- Choice Theory
- Computer Programming - Introduction
- Cooking Healthy Traditional Asian Food
- Developing Resilience & Coping Skills Through Laughter
- Dog Grooming
- Drawing Techniques
- ECCL - Base Modules
- Information & Administration (Certified) - Level 5
- Italian - Improvers
- Joys of Cooking
- Medical Terminology
- Painting - Acrylics
- Payroll Manual & Computerised (Certified) - Level 5
- Piloga
- Practical First Aid
- Resilience Building
- Scriptwriting
- Somatic Movement Education
- Sound Wellness
- Special Needs Assisting - Certified Level 5
- TAI CHI QIGONG
- Tenor Banjo / Mandolin
- The Law of Attraction
- Ukulee
- Web Design Using Wordpress
- Woodcarving
- Woodworking - Basic
- Writing for Wellbeing

#### DAY COURSES

##### MONDAY

- Cognitive Behavioural Therapy .....10.30 - 1.00
- Creative Writing .....9.30 - 11.30
- Drawing - Introduction.....9.15 - 11.15
- Oil Painting .....11.30 - 1.30
- Pilates .....9.30 - 10.30

##### TUESDAY

- Jewellery Making.....9.30 - 12.00
- Mindfulness .....11.30 - 1.30
- Spanish - Improvers .....11.30 - 1.30
- Special Needs Assisting .....10.00 - 1.00
- Sugarcraft Cake Decorating - Sugarcraft Flowers.....9.30 - 11.30
- YOGA .....9.45 - 11.15

##### WEDNESDAY

- Spanish - Beginners .....11.30 - 1.30
- Watercolour Painting .....11.15 - 1.15
- Care Of The Older Person .....10.00 - 1.00
- Learning the Guitar Primary School Students .....3.45 - 4.45
- New ECCL - Base Modules .....9.30 - 12.30
- Somatic Movement Education .....9.30 - 11.00

##### THURSDAY

- Alexander Technique.....9.30 - 11.30
- Conversational Irish .....9.30 - 11.30
- Creative Photography & Techniques .....11.30 - 1.30
- Hairdressing Bootcamp .....9.30 - 11.30
- Personal Development & Wellbeing .....9.30 - 11.30
- Special Needs Assisting .....10.00 - 1.00

##### FRIDAY

- Canine Obedience Training .....10.00 - 11.00
- Computer for Improvers .....11.30 - 1.30
- Flower Arranging.....9.30 - 11.30
- Getting Started Computer Training.....9.30 - 11.30

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## ENTERTAINMENT



## A dame, a villain, and an underlying love story – it's panto time!

St Conleth's Troupe presents Aladdin the Panto

**ROSE B O'DONOGHUE**  
editor@kildarepost.com

Aladdin by St Conleth's Panto Troupe is now in rehearsals and will take to the stage at St Conleth's & Mary's National School, Main Street, Newbridge from January 25 to February 1 next inclusive.

The Newbridge-based panto troupe is now 80 years on the go, that's 80 years they boast of 'making 'em laugh', the troupe's slogan this year. Over the years, St Conleth's pantomime has drawn huge attendances from all over the county and beyond. The dame this year, Widow Twanky, is once again played by Michael F Malone, who has played the lead comic role in over 30 productions with St Conleth's.

The stage at St Conleth's NS has seen many greats of Newbridge performers such as Sharon McNamara, Cora Coffey, Marie

Mullane, Jimmy Dunny, Tammy Browne, Con Cummins, Owen C Lynch and media presenter, Brenda Donohue to mention but a few. Indeed, Sinead O'Carroll, formerly of B\*witched and currently starring on Dancing with the Stars is another local who starred in the renowned Newbridge panto in the past.

With a cast of 120 in total, including dancers, actors and chorus singers plus a live orchestra, Tony Finan says it's a super show will certainly make the audience laugh, young and old spectators alike.

Aladdin the Panto will present nine shows in total, with two shows on Saturday, 25 at 2.30pm and 7.30pm and two shows again on Sunday 26. Monday 27, the performers will take a break with a nightly show running from Tuesday 28 to Friday, 31 inclusive and then a final two shows at 2.30pm and

7.30pm on Saturday, February 1.

Tony himself will play the villain, Jafar, with young Daniel Flynn and Cora Hall as the lead love interests of Aladdin and Jasmine respectively; Emma O'Brien as Hanky Panky and Damian Pearson as Wishy Washy team up as a comic duet with Tanya Gallagher as Genie of the Lamp and Teresa Lynch as Ping Pong. That's just a sprinkling of the lead roles and no doubt, as always, there will be some great quips and all the usual panto drama and one line deliveries, along with super live singing and dancing.

You can purchase tickets online at eventbrite.ie but also from the local parish office in Newbridge. Admission per adult is €12; children €8; students/OAPS €10 and a family of four, €40. A villain, a dame, a love story, fab colourful costumes and great song and dance numbers, Aladdin the Panto, running from January 25 to February 1 inclusive.



Claire Regan and Geraldine Sweeney starring in a previous production with St Conleth's Panto Troupe

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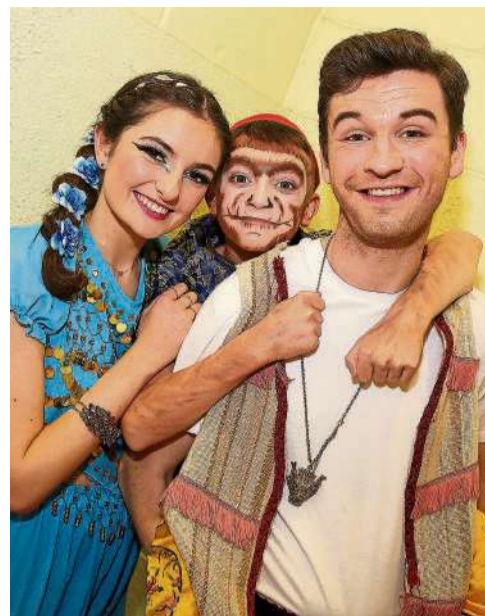
LIFESTYLE



Mija Kirsininkaide, Victoria Birmingham, Emily Conneely and Lauryn Byrne at Kilcock Musical and Dramatic Society's panto show Aladdin last Saturday night



Stephen Fagan as Jafar



Ciara White (Jasmine), Christopher Bass (Aladdin) and Charlie Reid (Abu)

# ALADDIN PANTO ON KILCOCK STAGE

Pictures: Aishling Conway



LEFT: Eve Morley, Rebecca Hopkins, Kate Birmingham and Sophie Cleere

RIGHT: Ian McLean as Widown Twankey



Heidi Quinn, Jade Bond, Jamie Place, Shannon Sweeney and Katie Norris

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**BT Young Scientist and Technology Exhibition**

# Kildare students impress at BT Young Scientist and Technology Exhibition 2020

**KIM O'LEARY**  
news@leinsterleader.ie

It was a busy and exciting time last week for budding young scientists from across County Kildare as 19 projects were on display at the BT Young Scientist and Technology Exhibition, which ran from January 8-11.

The schools which were selected to represent Co Kildare in the BT Young Scientist & Technology Exhibition 2020 included: Naas Community College, Patrician Brothers Secondary School in Newbridge, Newbridge College, Scoil Mhuire Community School in Clane, Coláiste Naomh Mhuire, Clongowes Wood College,



Celbridge Community School, Maynooth Education Campus, Coláiste Lorcáin, St Wolstan's Community School, and Gael Cholaiste Chill Dara.

The Kildare students made up part of the 550 finalists who represented their school and community at the 2020 BT Young

Scientist & Technology Exhibition.

Kildare had four winners among its entrants: Naas Community College's Makeup Cost vs Makeup Quality project received an award under the Highly Commended category. The Patrician Secondary School, Newbridge, won first in the Technology Intermediate Group Category, receiving a special award from National Council for Special Education (NCSE).

Amelia Read from St Mary's, Naas, came third in the Biological and Ecological Junior Individual category and her schoolmates Grace Moloney, Eimear Freeley and Aisling Hughes won an award under the Highly Commended category.

## Clongowes Wood: Linguistic Realities: Does Language Influence Thought and Cognition?

Rian O'Kelly expressed his keen interest in linguistic studies as he represented Clongowes Wood College, with assistance in his research from his teacher Yvonne Nolan. Rian's project, titled Linguistic Realities: Does Language Influence Thought and Cognition? investigated if the language you speak affects how you interpret and express on life's issues.

"I speak German myself and it was very interesting to look into the linguistics of language and how it can affect how you see the world. I had great help and support from Ms Nolan," said Rian.

**Rian O'Kelly, Clongowes Wood College, Clane, with his project, 'Linguistic Relativity: Does Language Influence Thought and Cognition?'**



## St Mary's, Naas: What actions can Ireland take to combat climate change?



**Sinead Jacob, Anna Shaw, St. Mary's College, Naas, with their project, 'What actions can Ireland take to combat climate change?'** ALL PHOTOS: TONY KEANE

Students Anna Shaw and Sinead Jacob teamed up to find out more about what Ireland can feasibly do to combat climate change in their project, under the guidance of their teacher Ursula Murphy.

"We were interested in this project after all the protests this year on Climate Action, like Greta Thunberg, and we looked into what Ireland can do to help recycle more," said Anna.

## Celbridge Community School: Does Food Affect How You Sleep?



**Cormac Gardiner, Róisín Thompson, Celbridge Community School, with their project, 'Does Food Affect Your Sleep?'**

Students Cormac Gardiner and Róisín Thompson worked together to look into the effects food can have on our sleep, investigating which foods can help us sleep better, with fruit and veg at the top of the list.

"We surveyed 100 students from first year and found that healthy eating of fruit

and vegetables helps students to sleep better and can boost their academic performance," explained Cormac.

"We also hope to expand on this and look into students sitting exams to see how certain foods affect their studying and exam results," added Róisín. They were assisted by their teacher Mary Gormley.

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**BT Young Scientist and Technology Exhibition**

St Wolstan's Community School, Celbridge: How different levels of caffeine affect your short-term memory

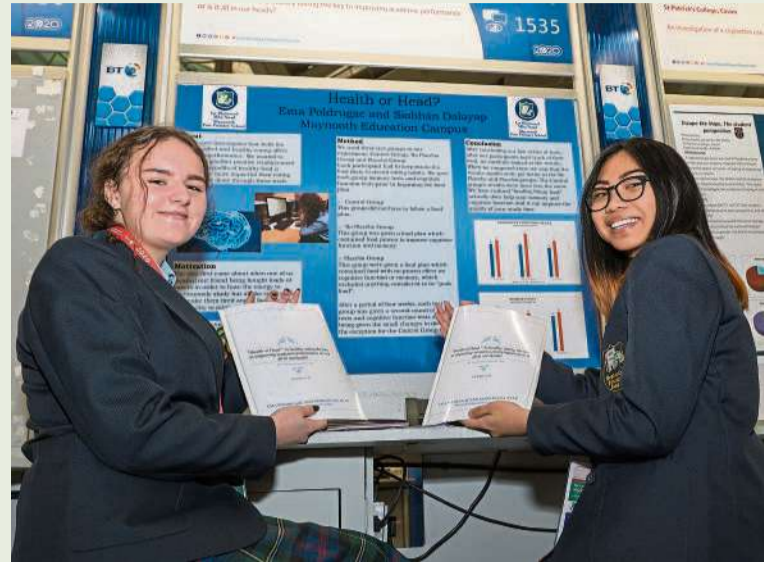


**Eimear O'Neill, Emma Russell, Aoife Ryder, St Wolstan's Community School, Celbridge, with their project, 'How do different levels of caffeine affect your short-term memory', BT Young Scientist & Technology Exhibition 2020**

St Wolstan's Community School TY pupils Eimear O'Neill, Aoife Ryder and Emma Russell looked into how different levels of caffeine in certain beverages affect short-term memory. "During the Junior Cert a lot of us drank beverages with caffeine in them and we wondered if it actually helped us or not in our studies, so we decided to do this project," explained Emma. Aoife said: "For girls, drinking tea with 35mm or so of caffeine actually improved

their short-term memory a little, Coca-Cola saw some improvement too. For boys there wasn't really that much of an effect from the tea, so we thought maybe a higher dose might work." But the girls warned that caffeine should only be consumed in small doses. "Small amounts can help memory, but we don't recommend having too much caffeine drinks every day," said Eimear. They were guided in their project by teacher Paula Kirrane.

Maynooth Education Campus: Health or Head: Is healthy eating the key to improving academic performance or is it all in our heads?



**Ema Poldrugac, Siobhán Dalayap, Maynooth Education Campus, with their project, 'Health or Head: Is healthy eating the key to improving academic performance or is it all in our heads?'**

Maynooth Education Campus was represented by Siobhan Dalayap and Ema Poldrugac, who along with their teacher Tom Dixon, investigated how healthy changes in diet can impact the performance of young people in school. "We selected students from each year to

make it fair and we also used a placebo to see if there's a difference between students with a more positive mindset," said Ema. "We found that a healthy diet and a positive mindset makes a big difference in academic performance," added Siobhan.

Newbridge College: A Mathematical View of a Heron's Fountain



**Joshua Murphy, Newbridge College, with his project, 'A Mathematical View of a Heron's Fountain'.**

Mathematics enthusiast and first year student Joshua Murphy from Newbridge College tested out Heron's Fountain using maths with an impressive demonstration,

with the aid of teacher Dermot Walsh. "I'm very pleased to be here and I've previously competed in sixth class in the Mini Scientist," explained Joshua.

Gael Cholaiste Chill Dara: The awareness of students of the HPV vaccine



**Róisín Ní Ghallchóir, Órlaith Ní Dhubhsláine, Síofra Ní Raghallaigh, Gael Cholaiste Chill Dara, Nás na Riogh, with their project, 'Fiosrúchán ar an Meon Dúiltach atá ag Daoine Faoin Vacsaín HPV'.**

Students Orlaith Ní Dhubhsláine, Róisín Ní Ghallchóir and Síofra Ní Raghallaigh wanted to find out how much students knew about the HPV vaccine. They were assisted by their teacher Michael Moriarty.

The young scientists found out that students and their parents felt they didn't receive enough information about the vaccine from the health service and that 76% girls under 18 had received the vaccine.

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## BT Young Scientist and Technology Exhibition

### Coláiste Lorcáin, Castledermot: An investigation into Iron Content in Foods after Food Processing and Cooking



**Abbie McDermott, Diaga Marini, Coláiste Lorcáin, Castledermot, with their project, 'An Investigation Into Iron Content in Foods After Food Processing and Cooking'.**

Students Diaga Marini and Abbie McDermott represented Colaiste Lorcain with their project investigating the effects of cooking and processing food has on its iron content.

"We were inspired to do this project because we have family members with iron deficiency anaemia and found that the longer you boil iron foods like spinach, the less iron content there is when you

get to eat it," said Abbie. "We'd recommend to try boiling iron foods less to get more nutrients from the food," added Diaga. Teacher Amy Sullivan assisted them with their project.

### Scoil Mhuire Community School, Clane: Analysis of leached chemicals from microbeads in water of different temperatures and when exposed to UV light



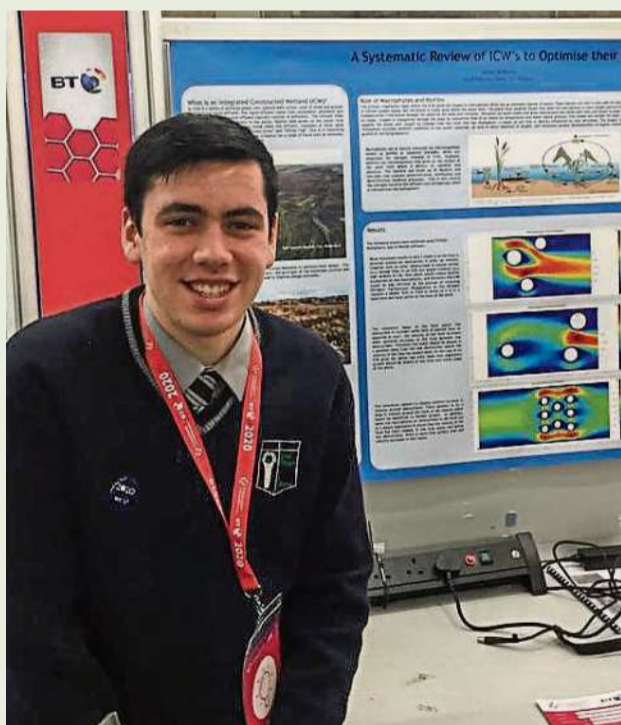
**Miriam McDermott, Anna Murphy, Scoil Mhuire Community School, Clane, with their project, 'Analysis of leached chemicals from microbeads in water of different temperatures and when exposed to UV light'**

Students Miriam McDermott and Anna Murphy looked into the effects of water temperature and UV light on leached chemicals from microbeads, finding that the microbeads can be broken down by

photooxidative degradation, meaning it allows for toxins/chemicals to be released. They were supervised by teacher Helena Lynn.

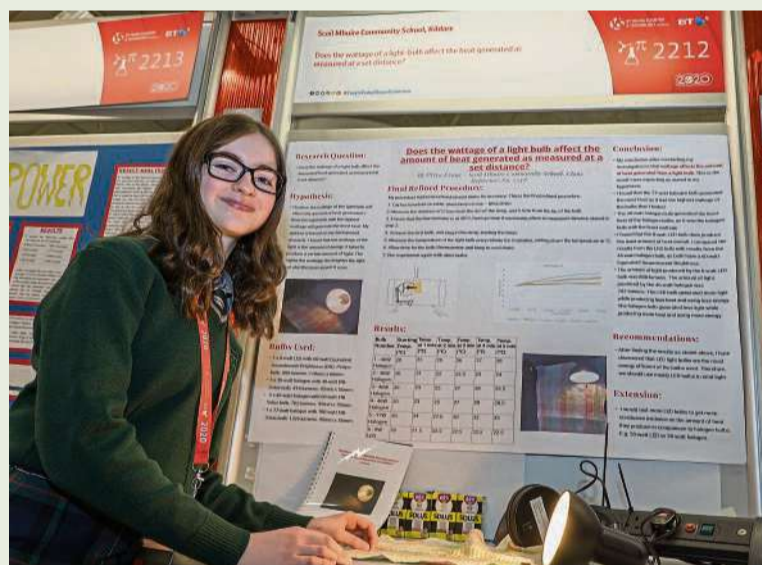
### Scoil Mhuire Community School, Clane: A Systematic Review of Constructed Wetlands to Optimise their Design

Adam McNulty from Scoil Mhuire Community School was determined to investigate the design aspects of the Integrated Constructed Wetlands (ICW) with a view to improving the aspects of ICW's implementation in Kildare and beyond. He was assisted by teacher Ms Helena Lynn.



**Adam McNulty, Scoil Mhuire Community School, Clane, with his project, 'A Systematic Review of Constructed Wetlands to Optimise Their Design'.**

### Scoil Mhuire Community School, Clane: Does the wattage of a light-bulb affect the heat generated as measured at a set distance?



**Priya Evans, Scoil Mhuire Community School, Clane, with her project, 'Does the wattage of a light-bulb affect the heat generated as measured at a set distance?'.**

Scoil Mhuire Community School pupil Priya Evans investigated the amount of heat a light-bulb generates and whether or not it varies due to the wattage/type of bulb.

"I found that LED bulbs are the best, they last longer than normal wattage bulbs," said Priya. The project was guided by teacher Helena Lynn.

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## BT Young Scientist and Technology Exhibition

### Patrician Secondary School, Newbridge: Reusable Braille Translator



**Justin Cunningham, Ruairi Mullally, Patrician Secondary School, Newbridge, with their project, 'Reusable Braille Translator'.**

Patrician Secondary School students Ruairi Mullally and Justin Cunningham teamed up to create an ingenious reusable device which can enhance visually impaired people's reading and web surfing experience by converting text into Braille form.

"Only 10% of people can read Braille but almost all of those that can have good job prospects, so we wanted to help improve the

reading of those who are visually impaired," explained Ruairi. "The wires is connected to this laptop and it converts the text into Braille form, making it easier to surf the web," added Justin.

They were assisted by teacher Colin Doheny. The boys came first in the Technology Intermediate Group Category, receiving a special award from National Council for Special Education (NCSE).

### Patrician Secondary School, Newbridge: Can High Speed Rail be Viable in Ireland?



**Fintan Lalor, Ben O'Shea, Nibu Rajan, Patrician Secondary School, Newbridge, with their project, 'Can High Speed Rail be Viable in Ireland?'.**

Train enthusiasts Fintan Lalor, Ben O'Shea and Nibu Rajan from Patrician Secondary School Newbridge teamed up to see if high speed trains are a viable option for Ireland in the future.

Under the guidance of teacher Colin Doherty, the teens investigated if introducing changes to current locomotives

and rolling stock would benefit rail travel.

"Fintan is a huge fan of trains so we decided to look into high speed rail," explained Nibu.

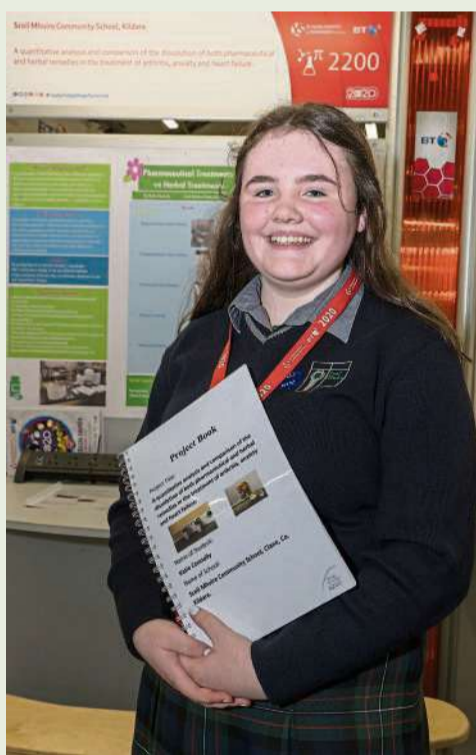
"From what we can see, in the long-term high speed rail wouldn't be viable for Ireland due to the economic situation and maintenance works," explained Fintan.

### Scoil Mhuire Community School, Clane: A quantitative analysis and comparison of the dissolution of pharmaceutical and herbal remedies to treat arthritis, anxiety and heart failure

Student Katie Connolly was inspired by her grandmother's arthritis diagnosis to look into the differences between pharmaceutical and herbal remedies to see which dissolves easier in the stomach.

"I found that if you eat first then take the pharmaceuticals it helps digestion," said Katie.

She was assisted in her project by teacher Helena Lynn.



**Katie Connolly, Scoil Mhuire Community School, with her project, 'A quantitative analysis and comparison of the dissolution of both pharmaceutical and herbal remedies in the treatment of arthritis, anxiety and heart failure'.**

### Naas Community College: Makeup Cost versus Makeup Quality



**Sarah Shanfrezan, Qistina Syazulifah, Mutiat Adebayo, Naas Community College, with their project, 'Makeup Cost -Vs- Makeup Quality'.**

Naas Community College students Mutiat Adebayo, Sarah Shanfrezan and Qistina Syazulifah's project Makeup Cost and Makeup Quality looked at the correlation between the cost of cosmetics and their quality, focusing on a wide range of brands and the chemicals they contain.

The girls were assisted by their teacher Michaela Pierre.

"Our question in the

beginning was should we buy makeup for it to be safer and better for us, so that's what we investigated. We examined four make-up brands from Dealz, Penneys, Benefit and Rimmel to compare the cost with the quality of the make-up. Most girls our age wear makeup and we wanted to see the effects of the chemicals in the make-up on skin. We particularly looked at

bronzer and found," said Mutiat.

"We did several tests in IT Carlow and we did an AS test which measured methal content and HP LC which measures an oxythleone and the amount of fluoride. For the results the least amount of ranking you have the better," explained Sarah.

The girls received an award under the Highly Commended category.

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## BT Young Scientist and Technology Exhibition

### St Mary's, Naas: Is our environment DYEing?



**Amelia Read, St. Mary's College, Naas, with her project, 'Is our environment DYEing?'.**

Amelia Read from St Mary's, Naas, displayed her project which looked at the effect of pigments and dyes on the local environment. She looked into pigments and dyes to see if it is better to source them locally or to use synthetic ones or to buy ones from foreign countries.

"It took me two or three months to gather all the research. My findings were that

synthetic dyes were the best, the environment and the cost and where they come from, and local dyes were the worst overall the colours in the dyes just completely washed out," she explained.

Amelia came third in the Biological and Ecological Junior Individual category. She was assisted by her teacher Nadine Hennessy.

### St Mary's, Naas: Do high levels of calcium in drinking water increase your probability of forming kidney stones?

Laura Whelan, Elizabeth Downey and Milena Fiodorow from St Mary's, Naas, teamed up to assess if the level of calcium in water can result in kidney stones developing.

"We found that Carlow had the highest-level of Calcium in water and that Monasterevin had the lowest, with calcium levels contributing to the development of kidney stones," they reported. They were helped in their research by teacher Naoise Gallagher.

**Milena Fiodorow, Elizabeth Downey, Laura Whelan, St. Mary's College, Naas, with their project, 'Do high levels of calcium in drinking water increase your probability of forming kidney stones?'.**

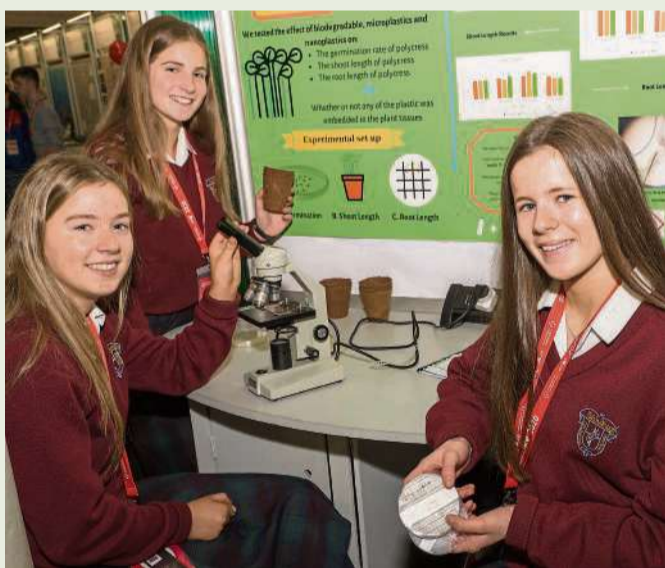


### St Mary's, Naas: An investigation into the effects of Microplastics, larger low-density Polyethylene Pellets and Biodegradable Plastic on the growth of Thale Cress

For their project Colaiste Naomh Mhuire pupils Grace Moloney, Eimear Freeley and Aisling Hughes looked at how material affects the rate of root and shoot growth of Thale Cress and if plastic embeds in the tissue.

"We found plastics can negatively stunt growth of the roots and can imbed in the tissue," said Eimear. They were guided in their research by teacher Naoise Gallagher.

The girls won an award under the Highly Commended category.



**Grace Moloney, Aisling Hughes, Eimear Freeley, St. Mary's College, Naas, with their project, 'An investigation on the effects of Microplastics, Larger low-density Polyethylene Pellets and Biodegradable Plastic on the growth of Thale Cress [Arabidopsis Thaliana]'.**

### St Mary's, Naas: Brace Yourself! An investigation into how the presence of orthodontic treatment influences the acidity or alkalinity of saliva

Students Emma Culhane, Sophie Newton and Ellen Sievright represented St Mary's with their project looking at the relationship between physical well-being and fluctuating pH levels.

"We looked at the Ph saliva during orthodontic treatment and found that while the saliva flow didn't change significantly, the saliva pH decreased to (P<0.05) after a few weeks of treatment", they explained.

They were assisted by teacher Naoise Gallagher.

**REPORTING BY KIM O'LEARY. PICTURES BY TONY KEANE**



**Sophie Naughton, Emma Culhane, Ellen Sievright, St. Mary's College, Naas, with their project, 'Brace Yourself! - An investigation into how the presence of orthodontic treatment influences the acidity or alkalinity of saliva'.**

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PICTURED: Stone faux leather fringe cropped jacket €87, cream printed frill sleeve maxi shirt dress €65, white leather embellished strap heeled boots €147.

# STYLEFILE

## ROSE BARRETT O'DONOGHUE

Your weekly Fashion and Beauty News fix!  
For PR or general enquiries, contact us at [editor@kildarepost.com](mailto:editor@kildarepost.com)



# Start the new year with RI's exciting new collection: Paris Texas

River Island's exciting new drop – the first collection of 2020 – is called Paris Texas.

You'll love the native American/Indian fringed jacket as featured on the previous page. RI introduce this range of western dresswear featuring sleek faux leathers, fringed trimmings, cowboy boots with delicate floral patterns, quirky jumpers and durable jeans – I love it all!

The collection features single and double breasted coats, and some with the distinctive fringed detail. Get country, gals, or should we say, 'Let's go, cowgirl!' It's a very different collection with #I'mWearingRI.

Available at River Island, Whitewater Shopping Centre, Newbridge and stores nationwide.



**Cream frill long sleeve knitted jumper €50**

**Black belted faux leather Mom shorts €45**



**Cream printed frill sleeve maxi shirt dress €65**



**Stone fringed jacket as featured on page 32**



**Blue Mom high rise jeans €50**



**Long sleeve knitted jumper €40**

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STYLE FILE



Beige longline coat with tassled details €120



Black fringe double breasted longline coat €120



Pink longline single breasted coat €107

# HomeCOOKING

by Barbara Collins



## Herby Chicken with Apple Cider Vinegar



I love using apple cider vinegar whenever I can. It has to be Long Meadow's version with Mother for me. I find it great for joints and general well-being. I take it every day diluted in water. The McKeever grow the apples in the orchard behind their house in Armagh. They make the most wonderful cider, juices and this vinegar. Find stockists at [www.longmeadowcider.com](http://www.longmeadowcider.com)

The fresh herbs are a must, so try to grow some in pots to have whenever you need them.

### INGREDIENTS

- 4 free-range chicken breasts
- 100ml rapeseed or olive oil
- Juice of a lemon
- 3 tbsp apple cider vinegar
- 3 cloves garlic pressed
- Handful fresh basil chopped
- Handful fresh parsley chopped
- 1 tsp fresh rosemary chopped
- 1 tsp fresh thyme chopped
- 1/2 tsp salt
- 1/2 tsp ground black pepper

### METHOD

Whisk together all ingredients except chicken to make marinade. Poke the chicken all over with a fork so it can absorb the marinade. Place the chicken in a dish, or zip-top bag and cover completely with the marinade. Let it marinate for up to 4 hours, with a minimum of 30 minutes. Heat the grill to a medium heat and brush with oil to prevent sticking. Place chicken on the grill and cook 4-6 minutes per side, depending on thickness. Let rest for 5 minutes, then serve hot

This recipe is great for dinner with potatoes and vegetables or with salad and good bread. It also works with couscous and roasted vegetables.

The **Other Side** of the **Coin****Treating Pre-Menstrual Tension (PMT)**

Sharing the ancient wisdom that is Chinese medicine



Pre-Menstrual Tension causes various symptoms and signs mostly including distention and pain in the breasts, headache, restlessness, a feeling of distention pain under the rib cage, restless sleep, fatigue, depression, irritability, anxiety, nervous tension, and abdominal bloating, a lot of this should sound very familiar to sufferers of PMT.

Typically, these symptoms will occur or intensify during the 7 to 14 days prior to menstruation, and last for 5 to 10 days. Most women experience their symptoms before the onset of menstruation, while some experience them during the period.

After the period, most women are back to normal. If a woman has these symptoms only infrequently, it is not considered to be PMT – PMT is recurrent and cyclical with every period.

The severe painful cramps and the irritability are by far, according to most

women, the worst symptoms of them all.

**Western Medicine**  
Many Western-trained doctors are at a loss when it comes to treating PMT. Studies show that over 150 physical and behavioral symptoms are associated with PMT. Premenstrual Tension (PMT) includes a long list of possible symptoms and combinations of symptoms, and most of these symptoms are subjective and therefore baffling to Western doctors, but they fit nicely into the Chinese medical pattern-differentiated model.

Dozens of these symptoms have been treated successfully with acupuncture and herbal medicine for many thousands of years. For example, a few thousand years of observation and clinical practice in China have shown clearly that PMT is associated with Chinese Medical Pattern called Liver Qi stagnation;

**Herbal Medicine**

Liver Qi stagnation is one of three of the typical patterns of disharmony in PMT; it is always treated with acupuncture points to relieve the Liver Qi constraint along with the but not always, Chinese herbal formulas Xiao Yao Wan and Chai Hu Shu Gan Wan.

These formulas contain herbs that ease the flow of liver energy throughout the body by unblocking and releasing the constrained Qi (energy) which is causing the pain and also strengthening the spleen, and nourishing the blood to restore normal menstruation.

They also work to take away stress and reduce the irritability.

**Outcome**  
In my own clinics I treat this problem on a regular basis and it always surprises me that a lot of women out there think that the symptoms of PMT are a normal thing that comes with the period and with being a

women.

Women sometimes by their nature tend to suffer and put up with pain, but they do not realise that long term PMT could cause various disorders in the womb like fibroids or ovarian cysts that may lead to infertility in the future.

Usually the length and frequency of the treatment is all dependent on the severity of the PMT and also how long the person is suffering from it.

The usual method is to have weekly treatments and usually there should be significant improvements after about 6-8 treatments depending also on the timing of the period.

For most problems 12 treatments is the average. But in severe cases 20 treatments would not be considered extreme, once a patient is 100% better then the treatment would be normally reduced to fortnightly for a while and then monthly, by coming off the treatment



slowly there is then less chance of the problem re-occurring.

At this stage treatments would be more maintenance in nature, getting a treatment 12 or 8 times per year would be a normal maintenance program that most people should then follow.

**A God Send**

Acupuncture and Chinese Herbal Medicine are a great blessing for the Western world; it's a unique form of natural medicine free from the side effects that plague conventional medicine, is it any wonder then that people are turning continually to this most ancient form of therapy in their thousands, most of my patients are so

glad to have the opportunity to be treated for problems that otherwise they would have to just settle for the normal drug treatment and put up with the nasty side effects.

Is there any disease out there that cannot be treated with Chinese Medicine? The answer: - Absolutely not. Simply put... all the symptoms and signs of a disease are diagnosed and a pattern is created from the information, the practitioner then creates the choice of acupuncture points and herbs that will best treat this pattern and that's it the disease is treated and the person is cured.

Kim-Dip.Ac. Lic.Ac. C.Ac. China MQP is a registered licensed practitioner of Chinese Medicine. Treatments are VHi, LAYA healthcare (formerly Quinn), Hibernian Health (Vivas) and HSF Healthplan approved. E mail kim@naturalhealthireland.com or write to the Natural Health Centre, Millfield, Bunclara, Tel. 074/9362606, From North 00353749362606 or to the Traditional Chinese Medical Practice, 5 Academy Court, Oliver Plunkett Rd., Letterkenny, Tel. 0863981882, from North 00353863981882. Visit the Website www.naturalhealthireland.com



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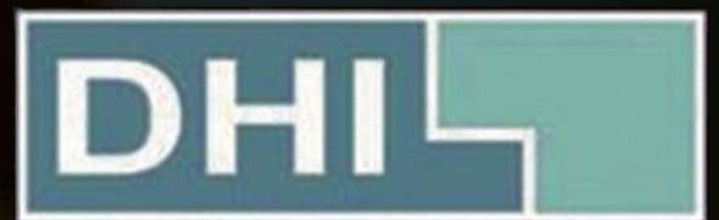
Balanced Bodies Holistic Centre was created when Laura from Ahimsa Wellness, Susanne from Suma Holistic Therapies and Lidwien from Mind Body Synergy decided to merge their practices to create a one-stop-shop for yoga, pilates, and holistic treatments for all of Co Kildare and beyond.

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Medical/Health Special

# Right at Home to host event to combat 'Blue Monday'

**PAUL O'MEARA**  
editor@kildarepost.com

The third Monday in January is approaching and its regarded as the most depressing or lonely day of the year. A Naas-based homecare provider will open its doors to anyone who is feeling the effects of 'Blue Monday' at their first Blue Monday coffee morning, which will take place on Monday next, January 20 at their Kildare branch offices.

The offices are located at Naas Enterprise Park, Newhall, Naas and the event will run from 11am to 1pm. In

an effort to alleviate Blue Monday loneliness, Right at Home is endeavouring to give something back to clients, staff and friends in the community by inviting them to a new year party to counter the loneliness that is often felt in January.

It's estimated that in Ireland, one third of older people over 65 live alone and 60 per cent of people aged over 80 live alone. With the number of over-65s living in Ireland expected to increase to 1.4 million by 2046, Right at Home is committed to addressing the issue of loneliness and encouraging their clients to get out, and

remain engaged with the local community.

Speaking about the event, David McKone, managing director of Right at Home Ireland, said "Blue Monday is a name given to a day in January, typically the third Monday of the month, which is associated with being the most depressing day of the year. In our experience, people experience a dip at this time of the year, when the party season has ended and

everything is returning to normal. So, we decided this would be a perfect opportunity to give our clients and staff a lift by inviting them out to our offices to have a chat and a cuppa and raise the spirits".

All welcome to attend a Blue Monday coffee morning at the offices of Right at Home, Naas Enterprise Park, from 11am-1pm on Monday next, January 20.



Ann Fitzgerald, Trina Burke, John Fitzgerald, Michelle Browne and Bernie Fisher At Russborough Parkrun



Sadhbh, Kevin and Caomhín Glennon PICS: Aishling Conway



Park Run at Russborough House and Parklands



Park Run at Russborough House and Parklands



Stephen and Tom Carter

## Kildare Sports Partnership #GetKildareMoving!

Operation Transformation Walk at St Catherine's Park Saturday, 18 January, 11 am at St Catherine's Park/Dog Park, Leixlip

All ages and fitness levels welcome, wheelchair accessible course.

Operation Transformation Naas Saturday, 18 January, 11 am Aras Chill Dara, Naas Operation Transformation, Athy Sunday, 19 January, 12.30pm at Athy Rowing and Canoeing Club.

Check out the full list of Operation Transformation programmes taking place across the county over the coming weeks. Let's support each other to make sustainable lifestyle changes over the coming weeks - check out Kildare Sports Partnership on Facebook!

"Volunteers in clubs and communities are doing incredible work to help promote the benefits of engaging in regular physical activity for our physical and mental health for all population groups" says Kildare Sports Partnership. Check out an OT programme in your area and lets #GetKildareMoving.

**REGISTERED PARTNERS INCLUDE:**

- Rosconnell Community Centre
- Celbridge GAA CLUB
- Carbury GAA
- St Laurence's GAA
- Celbridge Athletics Club
- Round Towers G.A.A
- Kildare Town
- Maynooth GAA
- Nurney Gaa

Other fitness activities to participate in: Parkrun at Russborough

House, every Saturday from 9.30am. Free of charge, just register at parkrun.ie

The Laurel Walkers will host an Operation Transformation programme beginning Wednesday January 15 at 7pm. Venue: Teach Diarmada Community Centre, Castledermot.

Ballymore Eustace OT 2020 - at Paddy's Murphy's from 8pm, weigh in - €10 to join, €1 per week thereafter.

Naas Pacemakers meet every Tuesday morning at 10am for a lovely walk around Naas Lakes. Meet at Vista, Naas - new members welcome. Contact walk leader Leo Cluxton at 085 851 4099 for further details

Two Mile House GAA Club will host an Operation Transformation programme every Monday and Wednesday evening at 7pm.

# The Other Side of the Coin

## Acupuncture for absence of period (Amenorrhoea) Sharing the ancient wisdom that is Chinese medicine



The absence of menstruation is called amenorrhoea. If you have missed three periods in a row and you are not pregnant or menopausal, this is a matter of serious concern.

You should be especially concerned if you are dealing with infertility issues. If menstruation has not begun by the age 16, it is called "primary amenorrhoea. If previously normal menstruation stops for more than three months in a woman who is not pregnant or breast feeding and is not nearing menopause, it is called "secondary amenorrhoea."

Secondary amenorrhea can be caused by any of the following disorders: pituitary dysfunction; ovarian dysfunction; adrenal gland dysfunction; thyroid dysfunction, etc.

Quite a few hormones are involved in the absence of menstruation, including follicle-stimulating hormone

(FSH), luteinizing hormone (LH), prolactin, estrogen, progesterone, androgen, and gonadotropin-releasing hormone (GnRH).

### Western Medicine

Because menstrual irregularities are so strongly linked to hormone imbalances, it is natural for Western doctors to prescribe hormone therapy to regulate menstrual cycles.

Progesterone and oestrogen are given to start or restart the periods. But because of recent alarms concerning adverse side effects it is imperative to seek an alternative treatment to restore the period.

In my own practice I often treat this problem and it has a very high rate of success, in my years of practice I have never yet failed to successfully treat this problem, Chinese medicine way excels Western medication in the successful treatment of amenorrhoea

### Chinese Medicine

In traditional Chinese



medicine, the most important organs that regulate Blood and menstruation are the Liver, Spleen, and Kidneys; and the key Fundamental Substances are Qi (pronounced chee) and Blood. The Liver "stores the Blood," and is responsible for maintaining a smooth and even flow of Blood, Qi, and emotions through the body.

Emotions such as anger, irritation, resentment, and anxiety can lead to stagnation of Liver Qi, which in turn can lead to Blood Stasis (especially in the lower body).

A main function of the Spleen is to produce Qi and

Blood.

If the Spleen is weak, there will eventually be a deficiency of Qi and/or Blood, so there will not be enough blood for normal menstruation, or enough Qi to regulate normal cycles.

Also, if the Spleen is too weak, it can lead to a condition of Dampness in the body, and Phlegm-Damp can obstruct the uterus. The Kidneys are the organ responsible for conception, reproduction, and aging over time. Kidney-essence is the ultimate origin of menstrual blood.

With all this in mind it is very important to get a proper

diagnosis from a qualified Chinese Medical Practitioner.

From the information gathered the Chinese medical practitioner will choose a prescription of acupuncture points and herbs most suited to the particular patient's pattern of deficiency or excess.

### Lifestyle

Besides the mechanisms discussed above, some lifestyle factors can cause amenorrhoea.

Long-term use of contraceptive pills can mess up the hormones and bring about Blood Deficiency or Kidney Qi Deficiency.

Excessive physical exercise or participation in sports, with over-use of the muscles and sinews, can lead to a deficiency condition of the Spleen and Liver.

The Spleen fails to produce adequate amounts of Blood, and the Liver fails to store Blood properly, which leads to amenorrhoea.

Herbal medicine and

Acupuncture and are the two widely used healing tools in traditional Chinese medicine to restore the period. Although both traditional Chinese medicine and conventional Western medicine aim to achieve the same goal --- restart the periods and restore the normal cycle, a significant difference exists between these two modalities.

Acupuncture stimulates the body to regulate its naturally occurring hormones and restore the normal hormone function, while conventional Western medicine restores the function of the thalamus-pituitary-ovary axis through the use of artificial hormones which have many nasty side effects.

Many studies in China reveal that acupuncture, moxibustion, and Chinese herbal medicine are superior to conventional medicine in the treatment of menstrual disorders, and especially amenorrhoea.

Kim-Dip.Ac. Lic.Ac. C.Ac. China MQP is a registered licensed practitioner of Chinese Medicine. Treatments are VHI, LAYA healthcare (formerly Quinn), Hibernian Health (Vivas) and HSF Healthplan approved. E mail kim@naturalhealthireland.com or write to the Natural Health Centre, Millfield, Buncrana, Tel. 074/9362606, From North 00353749362606 or to the The Traditional Chinese Medical Practice, 5 Academy Court, Oliver Plunkett Rd., Letterkenny, Tel. 0863981882, from North 00353863981882. Visit the Website www.naturalhealthireland.com

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Medical/Health Special

# The top ten benefits of staying healthy and keeping fit

See here the top ten benefits to staying healthy and keeping fit — it's so much more than just looking slim!

**1. REDUCES YOUR DEMENTIA RISK**

Over the years, studies have found that staying healthy and keeping active boosts both mind, body and energy levels – and reduces the risk of dementia. Physical activity helps to improve cognitive function in healthy elderly persons, and potentially reduces the risk of developing cognitive impairment.

**2. REDUCES YOUR OSTEOPOROSIS RISK**

Exercise, whether it's dancing, walking, jogging or yoga, all helps to prevent osteoporosis.

**3. IMPROVES YOUR SEX LIFE!**

When you exercise, the brain produces endorphins that stimulate the release of sex hormones and thereby increases your libido! These hormones also reduce your heart rate, lower

blood pressure and improve digestion.

**4. PREVENTS MUSCLE LOSS**

Regular exercise is an integral part of healthy aging. Exercise not only helps us maintain our muscle mass, it can increase it.

This helps to main our metabolism, gives us strength and endurance to complete tasks of everyday life, and helps prevent falls, which can be a life-changing experience for older adults.

**5. IMPROVES DIGESTION**

Exercise helps the intestinal muscles break down food and move it through your system correctly by strengthening the abdominal muscles and minimizing sluggishness.

**6. REDUCES STRESS, DEPRESSION AND ANXIETY**

When you exercise, neurotransmitters and endorphins that ease depression are released. Plus, you raise your body temperature, which has been shown to calm nerves.



Regular exercise helps to keep the mind and body healthy and to reduce the onset of dementia

**7. REDUCES CANCER RISK**

Studies in recent years have confirmed that the risk of lung, colon and breast cancers can be greatly reduced in regularly active people. A 2007 study found that exercise is an important step to preventing breast cancer because higher levels of estrogen (which is stored in fat) increase your risk.

**8. IMPROVES YOUR SKIN**

If vanity is still your

number-one motivation to get in shape, then add glowing skin to the list of benefits. Exercise enhances the blood flow to your skin is generally agreed. Studies have also shown that exercise improves acne by controlling the production of acne-inducing testosterone hormones like DHEA and DHT. Sweating can unclog pores and help clear up your breakouts—ultimately

detoxifying the skin of oils and dirt.

**9. ENHANCES MENTAL PERFORMANCE AND WORK PRODUCTIVITY**

We are a firm believer that exercise is important for improving overall quality of life, especially when it comes to work. Not only does exercise improve self-confidence in the workplace, which helps you take on leadership roles and

perform better, but it also increases overall productivity and focus.

**10. FIND A NEW CIRCLE OF FRIENDS**

Being a member of a health club/gym can also be great for increasing your circle of friends. Meeting people like you with common goals will not only enhance your social life but will also help keep you motivated. your fitness journey.

spin  
boot camp  
zumba

## First Step Fitness

**All classes only € 7**

<b>MONDAY</b>	10AM BODY TONING	7PM BOOT CAMP
<b>TUESDAY</b>	10AM SPIN	7PM ZUMBA FITNESS
<b>WEDNESDAY</b>	10AM BODY TONING	7PM SPIN
<b>THURSDAY</b>	10AM SPIN	7PM CIRCUIT TRAINING
<b>FRIDAY</b>	9.30AM ABS & BUMS	7PM SPIN
<b>SATURDAY</b>	10.15AM BODY PUMP	

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Gym Class Timetable

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Gym Opening hours: Weekdays: 9am-2.30pm & 4.30pm-9.00pm Saturday: 10am-2pm

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# Nourishing Naas: January Health Food(ie) Essentials

Add chia seeds to porridge? Spread almond butter on toast? Love turmeric in tea? As our tastes have changed so too have our pantries, which is why we were excited to welcome

Nourish Health Stores to Naas last year. Newly opened in Dunnes Stores on Main Street, Nourish is an Irish family business, founded in Dublin in 1986.

The new Nourish store in Naas is staffed by a team of local experts who have extensive knowledge about wholefoods and plant-based eating. Their colourful shelves are packed with delicious organic food, wholesome pantry essentials, vegan treats, nutritional supplements, herbal remedies, natural skincare and eco-friendly cleaning products.

To kick start your January healthy eating plan, here are Nourish's top five foodie essentials to add to your next shopping basket:



Apple cider vinegar a great start to the day

### Nut Butter

The perfect snack packed full of protein and healthy fats to protect your heart and keep you feeling fuller for longer. A brilliant source of fibre, calcium and Vitamin E, this nutritious snack is great on the go. Give it a try:

- Blend in a smoothie
- Stir into porridge
- Spread over toast

### Apple Cider Vinegar

Start your morning with a (good) kick in the guts using this digestive aid. Apple Cider Vinegar has been used for centuries to fight coughs and colds, improve digestion and boost immunity. Give this a go:

- Add a spoon to a glass of hot water and lemon each morning
- Swop salt for a dash of ACV
- Use in salad dressing

### Flaxseed

Flaxseed is one of the most powerful plantfoods on the planet. It gives any meal an instant nutritious hit of fibre, iron, calcium and omega 3. Here's our suggestion:



Flaxseed with fruit, a most nutritious meal



Pukka Mint tea - so refreshing

- Sprinkle on winter porridge
- Serve with a smoothie bowl
- Add to salads

### Pukka Tea

You haven't tried mint tea until you've tried Pukka Three mint tea. Sweet, fresh and full of flavour, this delicious digestive aid is one of over 40 organic brews to choose from. We also recommend:

- Lemon, Ginger and Manuka Honey
- Turmeric Gold
- Liquorice & Cinnamon

### Booja Booja Truffles

We all need a treat, so why not try a vegan one? These handmade vegan chocolate truffles pure decadence. With gorgeous gifting packaging and delectable flavours, these melt in the mouth truffles are divine. Why not try:

### Delicious Hazelnut Crunch

- Salted Caramel
- Midnight Espresso

Find Nourish Health Stores at Dunnes Stores, Main Street, Naas. [www.nourish.ie](http://www.nourish.ie)

# NOURISH

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..... HOME OF THE .....

# WHOLE FOOD

.....



Nourish, now open at Dunnes Stores, Main Street, Naas

The **Other Side** of the **Coin****The Treatment of Repetitive Strain Injuries**

Sharing the ancient wisdom that is Chinese medicine



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

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

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

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

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

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

**What is RSI?**

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

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



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

**Proper Positions**

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

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

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

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

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

Do not rest your wrists as

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

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

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

**Treatments**

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

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

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

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

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

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

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

Kim-Dip.Ac. Lic.Ac. C.Ac. China MQP is a registered licensed practitioner of Chinese Medicine. Treatments are VHi, LAYA healthcare (formerly Quinn), Hibernian Health (Vivas) and HSF Healthplan approved. E mail kim@naturalhealthireland.com or write to the Natural Health Centre, Millfield, Buncrana, Tel. 074/9362606, From North 00353749362606 or to the The Traditional Chinese Medical Practice, 5 Academy Court, Oliver Plunkett Rd., Letterkenny, Tel. 0863981882, from North 00353863981882. Visit the Website www.naturalhealthireland.com



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If you would like to attend and to find out if this class is appropriate for you please call us on 045 535344 or 086 8635222 or email thewaterfallclinic@gmail.com or www.thewaterfallclinic.ie

# IN THE GARDEN

## WITH JO

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



# New Year garden revamp



Happy new year to all our clients, gardeners and readers of our weekly column with the Kildare Post

The New Year always tends to bring lots of resolutions and home and garden improvements usually feature on the list.

Instead of putting these jobs on the long finger, why not make them a priority and start the New Year as you mean to go on. Let this be the year of accomplishments and transformations and where better to kick things off than in the garden.

With property prices being such a premium,

people are constantly looking at ways to maximise their living space and one of the best ways to do this is by fully utilising any outdoor area available. Treat your garden as another outdoor 'room' to be used as an extension of the house as additional living space.

Your needs as a person or family will determine the form your garden takes and we like to work with our clients to find out what works best for you. Our experience

often means that we will be able to add something you may not have thought of alone. Our input into your garden can be as little or as much as you require.

### GARDEN DESIGN ESPECIALLY FOR YOU

We can provide a simple design service, advising you on your garden, how to make the most of it and prepare a written plan and price for that. We can also introduce you to all the relevant hard landscapers, tree surgeons, electricians or any other service required to make your garden the masterpiece you imagine. This service is available for as little as €200 plus VAT.

We also provide a drawing service, so that you can see your garden plan in front of you and really get to grips with what you want. This provides valuable visual imagery and a kind of mood board for the garden, that also gives you the opportunity to work in stages on the plan. We go through all aspects of what you would like to achieve in your garden and thereafter, create a design tailored just for you. Our new design studio is a



Caragh Nurseries Design Studio - from small, enclosed gardens to utilising large, open spaces, Caragh Nurseries will work with you on an individual garden design to suit your needs.

great place to meet and show you plans, trees and plants that we suggest for your garden, or if you prefer, we can also travel to your location.

### PRACTICALITIES AND PRIVACY

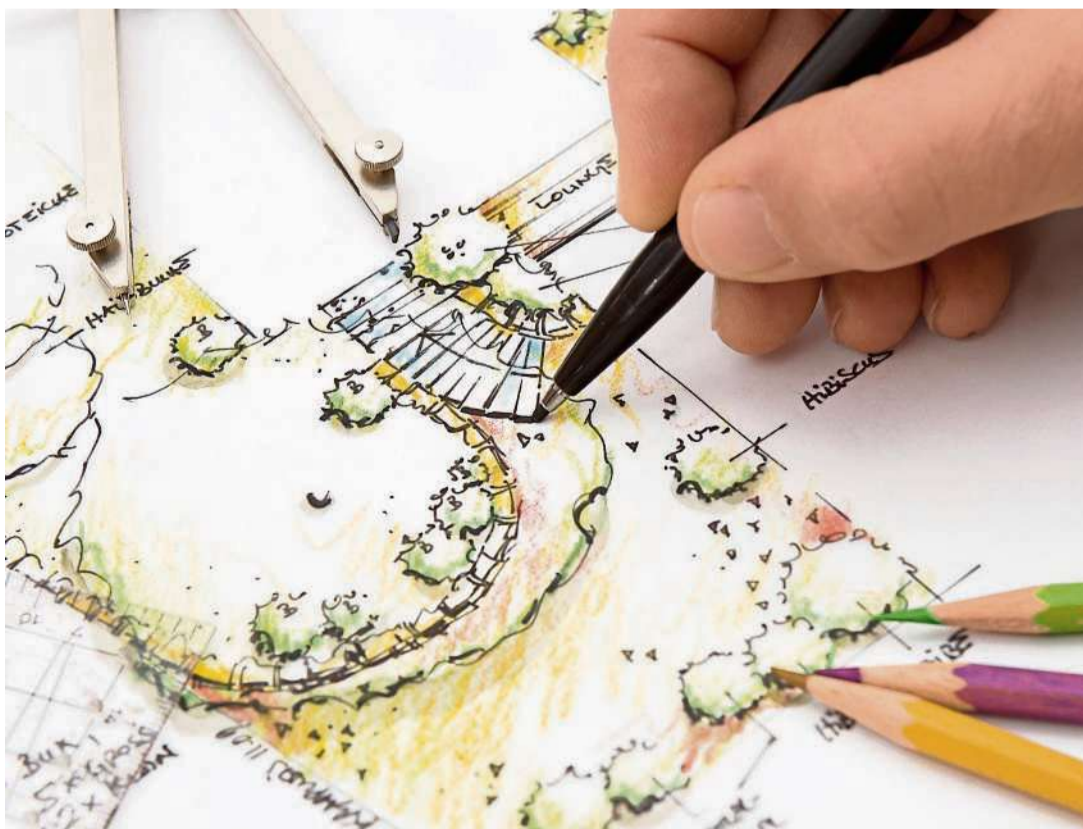
The practicalities of your garden are always foremost in our thoughts. We will ask you to consider how much maintenance you can realistically afford to give your garden and if the plan will work for you in the long term and not just now. Your garden is living and will grow

with you, so it is important to consider if your plan will fit in with what you will need ten years from now or more.

There are usually views that you like and lots that you want to hide, and we can advise on what will work best to hide that new apartment block or a neighbouring window for privacy. A garden should be the place you go to for comfort, to entertain, as an extension of your home. It should act as another element of the home, both spaces should compliment each other and we hope that

we can help you to achieve this.

As well as advising you on the design, we also provide planting and delivery services to make your dream a reality. We can project manage the entire garden build if necessary and in the case of our commercial and hospitality gardens this would usually be the case. We have been lucky enough to work with some fantastic hotels and restaurants and have not only given them amazing gardens but added value to their property.



Garden design blueprint sketching - every household's needs and family needs are different and Caragh Nurseries will work with to maximise your garden or patio space



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# ALL THINGS INTERIOR

## LOUISE HIGGINS



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# New Year – new fabric collections

At the start of the New Year many of the Fabric Design companies launch their new collections and this week I'm delighted to share with you some of the new fabric collections by Romo which will officially launch this week. United by design, colour and texture, the new collections offer a combination of must-have, usable designs and exquisite, enticing textures to produce a library of go-to fabrics.

Statement prints embellish the much-loved Dune brushed cotton in the Sarouk collection, while Okari decorative sheers and semi-sheers is an anthology of ethereal qualities. Other collections include a recolour of Romos popular Dune washable cotton and classic Leoni linen blend, now with a

stain repellent finish making it an ideal choice for busy households. Here is a brief overview of each collection:

**DUNE**

This beautiful washable cotton is available in an array of irresistible contemporary tones. The washable cotton plain has a refined, textural appearance with an appealing brushed finish and a beautiful soft handle perfect for curtains yet highly durable for upholstery. Priced at €45 per metre

**LEONI**

A unity of texture and colour, Leoni exudes sophisticated simplicity. Natural in appearance and touch, this linen blend has a wonderful movement of colour, offered in a broad palette of on-trend shades of versatile neutrals and

contemporary pastels, all with a stain repellent finish ensuring practicality and longevity. Priced at €71 per metre

**OKARI**

An ethereal collection of decorative, lightweight sheers and semi-sheers, Okari induces a calming and restorative ambience, with natural linens and understated designs in a restful palette. Subtle stripes and decorative foliage are a romantic display of design, while delicate metallic highlights add a touch of elegance. My favourite in this collection is the Levico wide width fabric with a decorative lightweight jacquard weave featuring an elegant diffused damask design that has a beautiful softness and fluid drape and costs €90.50 per



Sofa in Dune washable brushed cotton

metre for this wide width fabric with a width of 285cm.

**SAROUK**

Transposed onto Romo's much loved Dune brushed cotton, timeless designs including Art Deco inspired palm fronds, statement geometrics and elegant bamboo create a usable compendium of

contemporary prints. A delightful peach-skin finish adds a wonderful softness and textural appearance to the designs, presented in an uplifting palette featuring warm ochre, dusky pink, cool blue and fresh green. Versatility personified, this washable fabric has a soft handle for curtains and

excellent durability for upholstery. My favourites from this collection are Camanso, Sarouk, Keala and Sumba; all well priced at €54.50 per metre.

If you would like to see any of these fabrics in person or would like to arrange a home consultation, then please phone or email and I will be happy to schedule an appointment for you. We can also provide you with a measure, making and fitting service for your curtains and blinds if required. Remember if there is a topic that you would like covered in 2020 then please drop me a line with your suggestions.

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



Curtains in Kibali fabric in colour feather grey from Okari sheers collection



Chair in Sarouk lovgage from Sarouk Fabric collection



Dining room in Dune washable brushed cotton



Curtains in Sumba wild rose from Sarouk collection



Leoni linen blend fabrics from the Leoni collection



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The Evolution of Insulation

# All-new Hyundai i10 at Fitzpatrick's

In life, it's the small things that make a big difference — like the All-New i10.

With its fresh and expressive design and gigantic selection of cutting-edge technology — it's a clever companion that gives you the style and flexibility you need to make that difference.

City streets can get a bit crowded sometimes. So when it comes to navigating narrow intersections and squeezing into tight parking spaces, you'll love this clever city car's refreshing manoeuvrability.

Measuring just 3.67 metres long and 1.68 meters wide, the All-New i10 combines a compact exterior with a roomy interior with plenty of space and flexibility to live your life in a big way.

With its flowing lines and muscular contrasts, the All-New i10 catches the eye with a dynamic design like nothing else in the class.

Featuring one of the most comprehensive active safety technology packages in its class, including Hyundai SmartSense, our cutting-edge Advanced Driver Assistance Systems.

Inspired by the shape of human muscles clothed in

athletic sportswear, the smoothly muscled main body is shaped to provide maximum inner space.

Reflecting this inspiration, the design of the i10 presents a complementary contrast between soft surfaces and sharp lines that give the car a gentle technical look. In the interior, the designers balance athletic style with roominess and practicality.

All flowing lines and muscular contrasts, the All-New i10's dynamic new look catches the eye in an instant. In the front, the wide black grille and sculpted headlamps make a very sporty first impression. And inside the stylish new cabin, fresh patterns, textures and the latest multi-media technology welcome you with a clean and modern look.

With Hyundai SmartSense, our cutting-edge Advanced Driver Assistance Systems, the all-new i10 offers one of the most comprehensive active safety technology packages in its class — built to provide you with more safety and peace of mind.

With the biggest screen in its class and advanced connectivity features like



The Hyundai i10 now available at Fitzpatrick's Hyundai Kildare, Naas and Tullamore

Apple CarPlay™ and Android Auto™, it's easy to stay connected.

Featuring a lower roof and wider body than its predecessor, the All-New i10's lively design is like nothing else in the class. Its sleek and dynamic design offers a contrast between its soft surfaces and sharp lines.

Inspired by the shape of human muscles clothed in athletic sportswear, the clean, smoothly muscled main body has been shaped to provide maximum inner

space.

With 10 exterior colours and a two-tone roof available in black or red to choose from - you can personalise your own distinctive look with 22 colour combinations.

The wide cascading grille sends a powerful message, proudly announcing the wider body of the All-New i10. The round form of the new LED Daytime Running Lights are a nod to the i10's very successful heritage. They now feature a refined honeycomb structure.

\*Available on the Deluxe model only.

Inside the stylish new cabin, fresh patterns, textures and the latest multi-media technology welcome you with a clean and modern look. An eye-catching dashboard and door panels for a sporty edge throughout the cockpit.

The circular air-vents visually extend the dashboard into the door trim for a wider, more spacious feeling. They also guide the eye towards the large storage

compartments in the door and above the glove box.

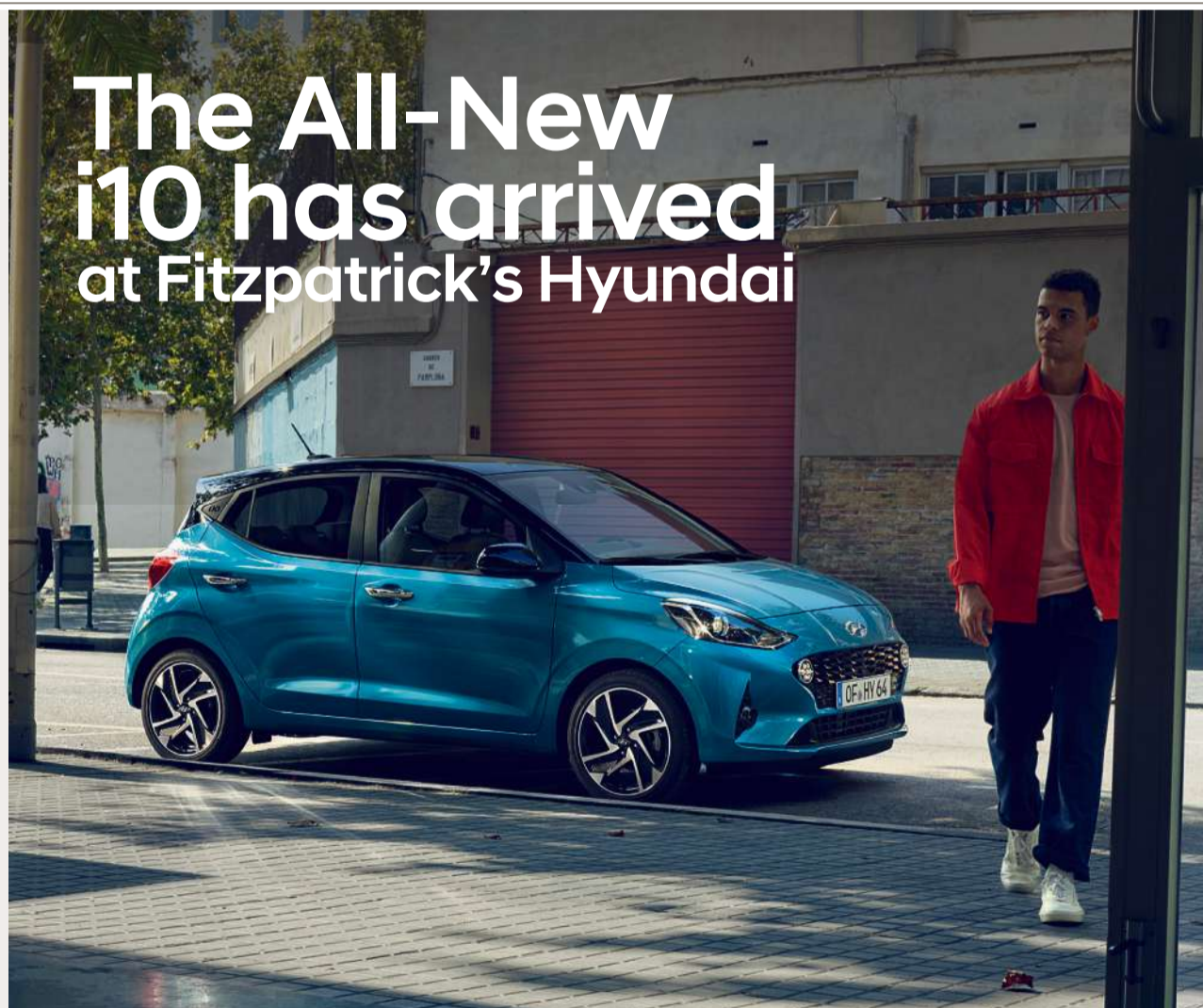
Efficient powertrains for town and country.

The All-New Hyundai i10 offers performance like no other with a multi-point fuel injection petrol engine. This is a 1.0-litre 3-cylinder engine with 67 PS and 96 Nm torque. Idle Stop and Go (IGS) is a standard for both powertrains.

It automatically switches off the engine when the car comes to a halt so you can enjoy lower fuel consumption, lower CO2 emissions and higher efficiency. Both engines are available two transmission choices.

Roomy and versatile, this compact city car fits everything your busy life can throw at it. So no matter if you're packing a lot of groceries or loads of luggage for a weekend get-away, you'll have plenty of cargo space and flexibility to live your life in a big way.

The new i10 is available at Fitzpatrick's Hyundai, Kildare, Naas and Tullamore. Fitzpatrick's are having an Open Weekend on Saturday and Sunday, January 25 and 26 at all of their showrooms from 10am to 4pm.



## The All-New i10 has arrived at Fitzpatrick's Hyundai

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\*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #i10 Classic. Retail price €14,245. Finance amount €9,746.75. 36 monthly repayments of €139.77. Total cost of credit €904.11. Optional final payment of €5,555.65. APR 3.9% as at 9th January 2020. Minimum deposit €5,248.25. Lending criteria, conditions apply. Available at authorised dealers for models booked and registered by 31st January 2020. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. \*Price excludes dealer delivery and related charges. Offer applies to 201 i10 Classic booked and registered by 31st January 2020. Model shown for illustrative purposes. WLTP Co2 120-127 g/km. Fuel consumption 5.3-5.6 l/100km

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## MOTORING

# New AUDI e-tron is shaping the future



## BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Thanks to the striking front of the new Audi e-tron, you will leave a lasting impression in the rear-view mirror of the vehicle ahead. One of the most eye-catching elements is the single-frame octagon-style grill with vertical struts. The platinum grey colour and the largely closed body are design features of Audi's first all-electric model.

The three-dimensional bonnet and optional tapered Matrix LED headlights complete the sporty look of the Audi e-tron. Powered entirely by electricity, the new Audi e-tron is everything you would expect from an Audi. With its aerodynamic design and elegant, luxurious cabin, the Audi e-tron marks a new era, not just for those seeking the benefits of electro-mobility, but for everyone who demands the driving experience of an Audi.

The new e-tron can be personalised to individual taste by way of twelve colour tones to choose from, including exclusive Antigua blue. With accents in high-voltage orange, the Audi e-tron highlights its character as a purely electric vehicle. They can be found,

for example, on the e-tron logo on the electric tailgate, and optionally on the calipers. The colour-highlighted wheel arch covers and door sills convey the message that the Audi e-tron is an off-road vehicle.

### LUXURIOUS PRACTICALITY

The new e-tron is a practical 5-seat SUV, with lots of space for a growing family and all their luggage. With the rear seat backs in place, there is an impressive 615-litres of usable space available, but this increases dramatically when the rear seats are folded flat. A 60-litre storage area under the bonnet can accommodate the car's charging cables, ensuring that boot space can be maximised.

Displays in the new e-tron feature OLED technology, and the Audi virtual cockpit comes with a new curved OLED screen. Inside, the e-tron feels as beautifully built as any modern Audi, with quality materials covering every surface. There are swathes of leather, polished plastic and high-grade metal trim, while getting comfortable in the car's luxury, and supportive seats is never an issue.

### IMPRESSIVE BATTERY RANGE

With the Audi e-tron, electric efficiency sacrifices nothing to performance. An electric motor at the front and one at the rear jointly produce 402bhp (300kW) and a whopping 664Nm of torque for swift forward motion. Unlike a



combustion-powered vehicle, the acceleration response is almost instant, providing a thrilling sensation in every respect.

The e-tron has a range of up to 391 kilometres on a single charge, and with an ever-expanding charging network, you can say goodbye to range anxiety. The e-tron can be charged in a number of convenient ways - at home using a domestic socket, or specially fitted wall box, or on the road at a high-powered charging station. Where available, the e-tron can be recharged to 80% in just 30 minutes at a 150kW charge station and 100% in 50 minutes.

Audi is working on

expanding the charging infrastructure in Ireland through a joint venture called IONITY. This will see six charging stations built on main routes, with each station having six 150kW fast charge points.

### NEW DESIGN LANGUAGE

With the new Audi e-tron comes the introduction of a new design language for the electric age. Details such as the daytime running light signature, no exhaust pipes and stitching on the seats are all reminiscent of an electric circuit board, giving a clear signal that e-tron is fully electric. One of the main design highlights are the optional 'virtual wing mirrors'.

A small camera processes the image digitally and shows this on high-contrast 7-inch OLED display on the inside of both front doors. The driver can adjust the display using the touchscreen function, just like a smartphone.

### MY TEST CAR

My test car was an Audi e-tron Sport 55 Quattro (265kW), which looked amazing in Galaxy Blue metallic paint. Equally amazing is the list of standard equipment, with key features such as 20" 5-arm dynamic design alloy wheels, adaptive air suspension, Audi departure warning, Audi drive select, Audi phonebox with wireless charging, Audi

smartphone interface, Audi sound system, Audi virtual cockpit, cruise control with speed limiter, electric boot lid, emergency call service, front and rear park assist and heated front seats.

There's also leather upholstery, LED headlamps with headlamp washers, MMI Navigation Plus, and power seat adjustment for the front seats with memory function, along with a whole host of other comfort, convenience, safety and technology features.

Also standard are two charge ports - one on either side of the car - along with semi-autonomous drive features. When on the move, the new e-tron is exceptionally quick (0-100km/h in just 5.7-seconds), supremely refined, serenely quiet, and possesses the outstanding build quality that Audi is famous for.

Audi's clever regenerative braking system harnesses energy which would otherwise be lost, and transfers this energy into enhanced battery range. Convenient, steering wheel-mounted paddles enable the e-tron driver to adjust the intensity of the regenerative braking, and it is a system that is particularly intuitive to use. The top speed of the new e-tron is electronically limited to 198km/h in an effort to preserve a usable all-electric

range.

### PRICING

The e-tron is Audi's first all-electric production car, and is just the start of Audi's all-electric journey, with many more exciting cars in the pipeline for the iconic German premium car manufacturer.

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For all your Audi e-tron enquiries, contact Audi Naas, Jigginstown, Newbridge Road, Naas at 045 906666.

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# New Subaru Forester e-BOXER — Euro NCAP's best in class!



**BREDA CORRIGAN**  
Member of Irish Motoring Writers' Association (IMWA)

Subaru have announced that the all-new Forester e-BOXER has been awarded the "Best in Class Car of 2019" in the Small Off-Road/MPV class.

This accolade is awarded to the best performing model in each class by the European New Car Assessment Programme (Euro NCAP) and considers all vehicles tested within the 2019 calendar year.

This announcement follows recent news that the Forester e-BOXER also received the maximum five stars with outstanding scores in all four NCAP assessment areas of Adult Occupant,



**Award winning Subaru Forester and XV e-BOXER**

Child Occupant, Vulnerable Road Users and Safety Assist. On the area of "Child Occupant Protection", the Forester e-BOXER achieved the highest score ever in its class with a 91% safety standard.

Subaru Ireland Managing Director Pat Ryan

commented: "We are delighted that the Forester e-BOXER has been recognised as a best in class vehicle by Euro NCAP. The award is testament to Subaru's on-going commitment to build the safest cars on the road today.

These results have been

made possible thanks to the Subaru Global Platform (SGP) which offers unrivalled chassis rigidity. Together with this solid body structure and best in class safety features, this all-new fifth generation Forester is the safest, most technologically advanced Forester yet."

In addition to these Euro NCAP awards, Subaru was voted Best Manufacturer for safety features in the 2019 Driver Power Survey, a UK based car ownership survey.

These awards endorse Subaru's ongoing safety philosophy which continues to enhance its primary,

active, passive, and preventive safety technologies to ensure enjoyment and peace of mind for all drivers and passengers.

**For information on Subaru in Kildare, contact PG Duffy & Sons, Newbridge, on 045 431340.**

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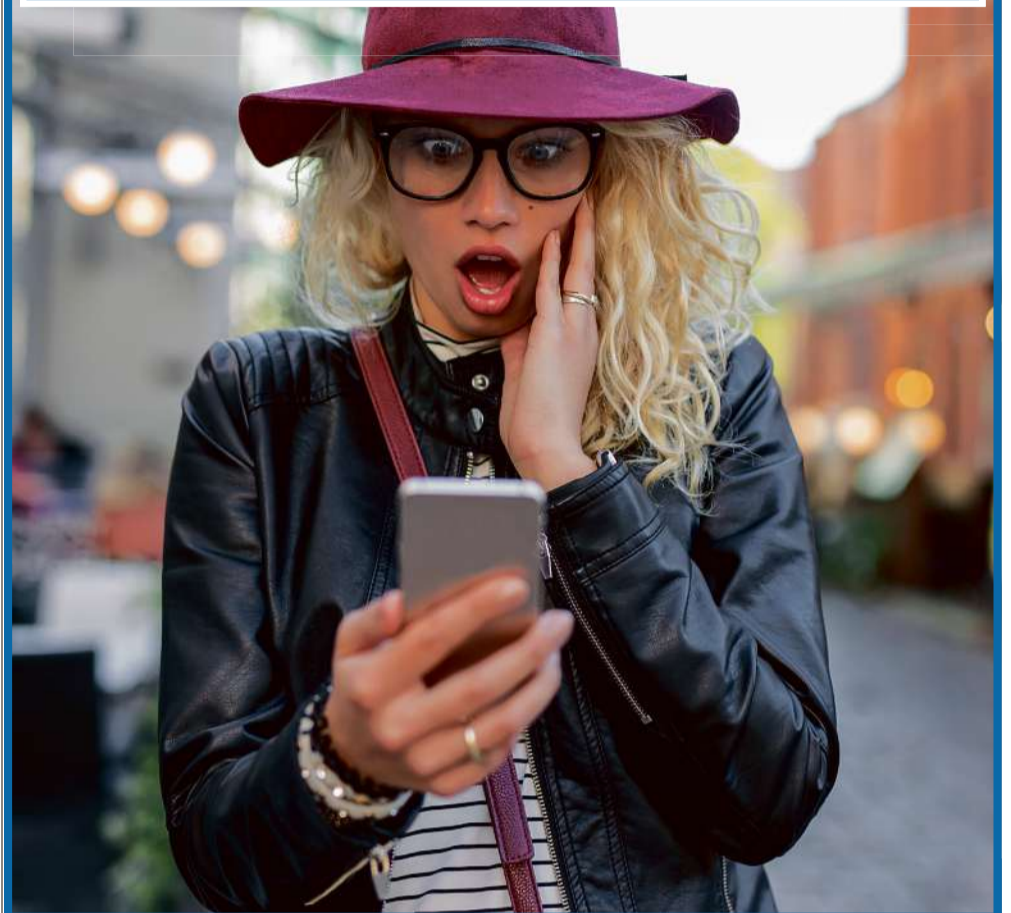
### Remuneration:

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- Competent in Basic IT skills • Full clean driving licence

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- Show good attention to detail
- Have good communication skills
- Competent in Basic IT skills
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**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

Full planning permission is sought for dormer bungalow.. Domestic garage bio disc treatment system ancillary site work at nursery Road Allenwood South.. J byrne. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee €20 within the period of 5 weeks beginning on the date of receipt by the authority of the application.

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

I WILLIAM DEVINE intend to apply for PERMISSION for development at this site at RAVEN CROSS, KILMURRAY, ENFIELD, CO. KILDARE. The development will consist/consists of: PERMISSION FOR THE CONSTRUCTION OF FRONT AND SIDE SINGLE STOREY EXTENSIONS TO EXISTING SINGLE STOREY DETACHED BUNGALOW, SINGLE STOREY FRONT PORCH, MODIFICATION OF WINDOW ARRANGEMENTS ON ALL FACADES, AND NEW INTERNAL WALL ARRANGEMENT AND ALL ASSOCIATED SITE WORKS. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. Prepared by DEREK WHYTE planning/engineering /architecture 0866001194

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

I, Marie O'Brien intend to apply for Planning Permission for a development on this site at Carbury, Co. Kildare. The development consists of  
(A) Erection of single storey type house,  
(B) garage / fuel store for domestic use,  
(C) the installation of a Proprietary wastewater treatment system and polishing filter and  
(D) Installation of new recessed entrance and all associated site works.  
That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

Kildare County Council Significant Further Information: Name of Applicant: Robert Doyle Location of Development: Blackrath and Athgarvan, Athgarvan, Co. Kildare. Planning register reference no. 19/117.  
The development applied for consisted of: Application for for planning permission for development at this site of 4.27 hectares (10.55 acres) at Blackrath and Athgarvan, Athgarvan, Co. Kildare. The development will consist of: (a) A new vehicular and pedestrian entrance connecting into a permitted new vehicular and pedestrian entrance onto the L-2032 Curragh Road (granted as part of approved Part 8 housing scheme ref. no.: P8 2018- 010); (b) 95 no. new houses. The proposed houses are detached, semi-detached and terraced over 1 to 3 stories with 17 no. house types as follows:  
-2 no. 4 bed dual aspect detached 2 storey house type A; -2 no. 5 bed detached dormer 3 storey house type B; -6 no. 5 bed semi-detached dormer 3 storey house types B1+B2; -2 no. 4 bed detached 2 storey house type C; -9 no. 4 bed semi-detached 2 storey house types C1+C2; -1 no. 4 bed dual aspect semi-detached 2 storey house type C3; -5 no. 4 bed detached dormer 3 storey house type D; -12 no. 4 bed semi-detached dormer 3 storey house types D3+D4; -14 no. 3 bed semi-detached 2 storey house types E3+E4; -3 no. 3 bed semi-detached 2 storey house type E5; -8 no. 3 bed terraced 2 storey house types F1+F2+F3+F4; -6 no. 4 bed detached dormer bungalow house type G2; -1 no. 4 bed dual aspect detached dormer bungalow house type G3; -10 no. 1 bed maisonette types J1+J2+J3+J4 (1 storey per unit in 2 storey building); -6 no. 3 bed terrace dormer bungalow house types K1+K2+K3+K4+K5+K6 (K3+K4 dual aspect); -4 no. 3 bed terrace 2 storey house types L1+L2+L3+L4 (L1+L4 dual aspect); -4 no. 2 bed terrace 2 storey house types M1+M2+M3+M4; (c) A proposed foul holding tank and pumping station for the development; and (d) All associated site development works to include roads, paths, car parking, service connections, boundary treatments, landscaping etc.  
Significant further information has been submitted to the Planning Authority and the significant further information consists of: Revised Access Arrangements A stage 3 Flood Risk Assessment has also been carried out to ascertain the risk of flooding within the overall masterplan site area. Significant further information is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during public opening hours of the Planning Department. A submission or observation in relation to the revised plans may be made in writing to the Planning Authority on payment of the prescribed fee within 2 weeks from receipt of new notices by the Planning Authority (this fee is not applicable to persons who made original observations / submissions)

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

SIGNIFICANT FURTHER INFORMATION/REVISED PLANS  
KILDARE COUNTY COUNCIL  
Significant further information in relation to planning file 19/1051 has been submitted by EOIN and AMY O'SULLIVAN who intend to apply for PERMISSION for development at this site at DOWDENS-TOWN LITTLE, BALLYMORE EUSTACE, CO. KILDARE.  
The development will consist of: PERMISSION TO CONSTRUCT A SINGLE STOREY SIDE AND REAR EXTENSION TO EXISTING SINGLE STOREY BUNGALOW, WASTEWATER TREATMENT SYSTEM TO REPLACE EXISTING SEPTIC TANK SYSTEM, SINGLE STOREY DOMESTIC GARAGE AND ALL ASSOCIATED SITE WORKS.  
The development previously applied for consisted of: PERMISSION TO CONSTRUCT A SINGLE STOREY SIDE AND REAR EXTENSION TO EXISTING SINGLE STOREY BUNGALOW, SINGLE STOREY DOMESTIC GARAGE AND ALL ASSOCIATED SITE WORKS. Significant further information/ revised plans, as appropriate, in relation to the application has been furnished to the planning authority in connection to planning file 19/1051 and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of the authority during its public opening hours. A submission or observation in relation to the significant further information, may be made in writing to the planning authority on payment of the prescribed fee within two weeks (within 5 weeks if the application is accompanied by an Environmental Impact Statement), from receipt of new notices by the Planning Authority (this fee is not applicable to persons who made original observations/submissions)

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

Green Road Partnership intend to apply for Planning Permission for a development at Mountrice, Monasterevin, Co. Kildare. The development will consist of the renovation and extension of an existing rural cottage comprising of:  
1)Renovation of existing cottage  
2)A single and 1&1/2 storey extension to the rear of the cottage  
3)Associated alterations to all cottage elevations  
4)Foul water to effluent treatment system & percolation area (to replace existing septic tank)  
5)surface water to soakaways,  
6)alterations to existing outbuilding to form a detached garage  
7)vehicular entrance from access road as granted under PI Ref. 18 275  
8)associated landscaping  
9)and all ancillary site works  
The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority during its public opening hours. A submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the planning Authority of the application. O'Loughlin Architects Ltd 087 9858836

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

Kildare County Council Significant Further Information: Name of Applicant: Robert Doyle Location of Development: Blackrath and Athgarvan, Athgarvan, Co. Kildare. Planning register reference no. 19/118. The development applied for consisted of: Application for for planning permission for development at this site of 1.39 hectares (3.43 acres) at Blackrath and Athgarvan, Athgarvan, Co. Kildare. The development will consist of: (a) A new vehicular and pedestrian entrance connecting into a permitted new vehicular and pedestrian entrance onto the L-2032 Curragh Road (granted as part of approved Part 8 housing scheme ref. no.: P8 2018- 010); (b) 18 no. new houses. The proposed houses are detached and semi-detached and single storey in height with 5 no. house types as follows:  
-1 no. 2 bed dual aspect semi-detached single storey house types H3; -1 no. 2 bed dual aspect semi-detached single storey house types H4; -6 no. 3 bed detached single storey house type G; -2 no. 3 bed dual aspect detached single storey house type G1; -8 no. 2 bed semi-detached single storey house types H1+H2; (c) A new pedestrian connection to the west of the site to provide an access and linkage point to, and from, the adjacent approved Part 8 housing scheme (ref. no.: P8 2018-010); and (d) All associated site development works to include roads, paths, car parking, service connections, boundary treatments, landscaping etc.  
Significant further information has been submitted to the Planning Authority and the significant further information consists of: Revised Access Arrangements A stage 3 Flood Risk Assessment has also been carried out to ascertain the risk of flooding within the overall masterplan site area. Significant further information is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during public opening hours of the Planning Department. A submission or observation in relation to the revised plans may be made in writing to the Planning Authority on payment of the prescribed fee within 2 weeks from receipt of new notices by the Planning Authority (this fee is not applicable to persons who made original observations / submissions)

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

Application is being made for FULL PLANNING PERMISSION for the following:  
Extensions and alterations to existing storey and a half type house to include  
(A)Single storey sitting room extension to front of existing house.  
(B)Single storey utility room and car port extension to rear of existing house.  
(C)Storey and a half living room and bedroom extension to side of existing house.  
(D)Modifications to front door opening, modified window openings to front gable, ground and first floor, omission of front dormer window, new velux rooflight to front of house, new bedroom window at first floor level, side gable, modified window opening to kitchen area, new window to dining area at ground floor level, side gable, modified patio door opening to include new window opening to toilet at ground floor level, internal modifications and all associated works.  
(E)Single storey domestic garage.  
(F)All associated site development works.  
All at Richardstown, Clane, County Kildare. For Sinead Ford  
The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

**PLANNING NOTICES**

**KILDARE COUNTY COUNCIL**

I, Joanne McLoughlin intend to apply for Retention Permission for a development on this site at Parsonstown, Carbury, Co. Kildare. The development consists of  
(A) Retention permission to existing dwelling previously granted permission under file ref: 08/1094 consisting of TV room to the side (East elevation),  
(B) Retention permission for a Window in Games room to rear (South elevation), including minor alterations to front (North elevation) consisting of natural stone cladding and plastered quion stones. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

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Please post to: Chairperson, Scoil Phádraig BNS, Clane, Co. Kildare or email: [office@clanebns.ie](mailto:office@clanebns.ie). Please include letter of application, CV, references, referee names and a copy of relevant certificates.



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# Clane trainer has biggest win of his career at Fairyhouse

Shane Nolan landed the biggest success of his career when Charlie Stout won the €100,000 Dan & Joan Moore Memorial Handicap Chase at Fairyhouse on Saturday.

The Clane trainer let the nine-year-old take his chance in the day's feature from 8lbs out of the handicap and his bravery was rewarded with a two-length win over the Gordon Elliott-trained Avenir D'une Vie. It was also the biggest career win for conditional jockey Conor McNamara who was completing a double having taken the opening hurdle on the Gavin Cromwell-trained Wolf Prince. Nolan said of his 10/1 winner, "He was unlucky at Christmas and was unlucky with Thurles being called off too. We stuck him in this race beforehand thinking if he won in Thurles or Leopardstown he'd be in the handicap proper. When he got carried out in Leopardstown we said we'd take a chance.

"I'm just delighted for the horse to have come back because he was lost there for a while, but we figured out what was wrong with him. I'm delighted for the lads that own him. He has a couple of new owners in him as well, so I'm delighted for

them. He goes on any ground, but I think he's at a stage now where nicer ground suits him better. We might go to Leopardstown for the Dublin Racing Festival, he'll have an entry anyway."

James Nash's fortunes have changed for the better and he was on the mark with the Gavin Brouder-ridden Alohamora in the 3m handicap hurdle.

The six-year-old scored over fences at Limerick at Christmas and followed up with a facile eight and a half length win under Gavin Brouder. "She stays well and you couldn't find a trip long enough for her. She has loads of options now, both over hurdles and fences."

Mark Walsh rounded off the week with further big race success as Andy Dufresne got back to winning ways for trainer Gordon Elliott in the Grade 2 Moscow Flyer Novice Hurdle.

Sent off the 8/15 favourite, he scored by three parts of a length but was chased all the way to the line by the Henry De Bromhead-trained Captain Guinness which made much of the running and looked to have the six-year-old in trouble before the home straight.

The winning trainer said, "He was beaten by a good horse at Navan last time, but I thought that was more like it today. Mark thought the inside track today over this trip was just a bit tight for him and he took a bit of organising.

"He's a nice horse and has galloped to the line. I'll have a chat with the owners now to see what way we'll go and whether we go straight to Cheltenham."

Oliver McKiernan and Barry Brown shared three winners over the Christmas and New Year period, and they were back in the number one spot when Difficult Decision readily landed the 2m4f handicap hurdle at Clonmel on Thursday. The seven-year-old was sent off a 16/1 chance on his handicap hurdle debut and came home two and half lengths to the good over the Robert Tyner-trained Spare Brakes.

It was a day to remember for Monasterevin conditional rider Aidan Kelly who landed the first win of his career at Thurles on Friday.

The 18-year-old partnered the Pdraig Roche-trained Open To The World to a short-head success in the 3m handicap chase, the 10/1 chance getting on top in dying strides to

beat Lady Writer.

The winning trainer said, "Aidan is well able to ride and is with me from the start. He came to work for Dad (Christy Roche) from RACE a few years back and stayed with me.

"He is a great worker. Kelly added, "I'm delighted. I'm with Pdraig every day and he lets me out to ride as much work as I can for other trainers so I'm very grateful to him. I'm with him two years and he has given me a load of chances."

Damian English gave Ronan Whelan the first of two winners at Dundalk on Friday night when saddling Lapilli to win the 5f handicap.

The 100/30 favourite was never far off the pace and went to the front over a furlong from the finish as he got the better of the Anthony McCann-trained Red Cymbal by a head. Whelan got his second on the Ado McGuinness-trained Bowerman which carried the colours of the Total Recall Racing Club to victory in the 8f conditions' race.

The 100/30 chance readily saw off the late challenge of 4/5 favourite No Needs Never to win by two and three parts of a length.

## HRI launch Ladies National Hunt Series

Horse Racing Ireland have launched a series of seven races for female jockeys. Four new races have been added to the racing calendar and along with three existing races, will come together to create

The Ladies National Hunt Series. The first race in the series, The Fairyhouse 2020 Ladies Handicap Hurdle, was the feature race at the County Meath track on New Year's Day and was won by Aine O'Connor on the Edward Harty-trained Spruced Up, owned by JP McManus.

The races, five over hurdles and two over fences, are open to amateurs and professionals and points will be allocated to each rider based on their placings in the races.

Double points will be allocated to those riders with less than 10 career wins.

"The next race in the series is the €20,000 Connolly's Red Mills Irish EBF Ladies Auction Maiden Hurdle at Gowran Park on Goffs Thyestes Chase Day, Thursday January 23.

### FANTASTIC

Lisa O'Neill, the champion lady amateur rider, commented, "The Ladies National Hunt Series is a fantastic initiative by Horse Racing Ireland to create opportunities to heighten the focus on female riders.

"We have a great bunch of lady riders in Ireland and the seven races will give everyone great exposure, especially high-profile meetings at Gowran Park on Thyestes day and at the Easter Festival at Fairyhouse" she concluded.

# Irish Stallion Trail draws large crowds

Thoroughbred breeders, racing professionals, and racing fans turned out in record numbers for the ITM Irish Stallion Trail 2020, which took place on Friday and Saturday last.

### LEADING STUDS

Some 30 of Ireland's leading farms opened their doors for the Trail to provide a showcase for the Irish

thoroughbred breeding industry. This was the sixth edition of the ITM Irish Stallion Trail and farms reported it to be the most successful yet, with a notable rise in attendance and extensive media coverage demonstrating the huge importance of horse racing and breeding in Ireland.

Public appetite for the Trail only seems to be

increasing and there were over 2,700 registrations recorded via the ITM website for the various farms, which cover the length of Ireland, from County Cork to County Down.

Alex Cairns, Marketing Executive at ITM, said: "The ITM Irish Stallion Trail has become an annual highlight for both breeders

and racing fans.

"The 30 farms involved put in a huge amount of work to promote the event and showcase the world-leading Irish stallion roster.

"At the same time, the Trail serves to offer racing fans behind the scenes access and provide significant public outreach for the racing industry in

general. ITM would like to thank all breeders, racing professionals, media, and fans who joined the ITM Irish Stallion Trail in 2020.

### GRATITUDE

"We also owe a huge debt of gratitude to the farms that so generously opened their doors and wish them every success for the 2020 covering season."



## Irish Stallion Trail at National Stud

LEFT: Kildare's Aidan Kelly with Open To The World who won at Thurles. Photo: Alain Barr  
ABOVE: Phoenix of Spain being paraded at Irish National Stud for the Irish Stallion Trail

GAA



Kildare U20 centre back Jack Collins flicks the ball clear from Senan Faulkner during the John Kerins Cup Round 2 game played at Hawkfield Centre of Excellence



Kildare Manager Gay Campbell jogs for the dressing room at half time

# Campbell pleased with Kildare character in U20 draw against Dublin

**ROBERT CRIBBIN**  
Sport@kildarepost.com

In the grand scheme of things, it was probably unjust but Kildare won't be complaining as they played out a draw with Dublin in Round 2 of the Under 20 John Kerins Cup. Despite Darragh Kirwan and Findlay Nairn kicking in second half goals, it was still up to Shane O'Sullivan to kick a late free to level up the game.

Dublin led by six points at one stage but manager Gay Campbell was pleased with how the Kildare side fought back.

"I have to credit the lads as it was obviously a terrible day - the conditions were awful - to play football let alone watch it so it was really tough for them".

"We will probably learn more from today than we did last week as we were asked plenty of questions by Dublin and they outplayed us for much of the game. So to get a result out of it was probably fortunate but credit to them as they kept going and they found a way back. A team that

does that always has a good chance".

"We're a long way from having a settled team and we have to give lads opportunities; Shane O'Sullivan is a huge positive and it's great having him with us as we didn't have him last year due to exams".

"More than him need to stand up though as we are short of scorers and it's not a problem we'd thought we'd have. But we are relying on frees too much and the goals got us out of a hole".

Meath is next up on Saturday for the Lillywhites and after emerging victorious in both of their games, it means the winner will top the group and qualify for a final against Galway or Kerry.

"If we win against Meath, we will go through and it will give us another competitive game before the championship which we need because we aren't in the preliminary round. We will be trying to win and there will be a few missing with the schools and colleges rule; whatever we have, we have

and we'll do our best.

"We will hope to be better than we were today because our skills even in the bad weather were poor - that's something we are very hard on at training."

He continued: "Our decision making was poor too but you have to credit Dublin as well as they put pressure on us and crowded us out. This league is about learning though so it's a good school day".

Kildare won't have a full deck to play from in that game with the school contingent being unavailable and a decision on their possible inclusion in the championship to be made soon.

"There's a meeting next week with regards the school players and most of the other counties have put in a derogation to allow them to play. We will just have to wait to see what way that will go" added Campbell.

"At least we'll have some finality on it and we gave the lads a game to feel part of the squad rather than coming in cold. They won't be playing

next week as it's pushing close to the Schools Championship and we are trying to be fair to everybody.

"If they are available for the championship then we'll have them back in but they'll only be available after their school is finished competing, and we can't control that" he concluded.



Luke Griffin holds off Dublin Rory O'Dwyer



Kildare Darren McDermott wins procession ahead of Dublin Lorcan O'Dell

## Draws made for GAA Pre-Season Competitions

- |                        |                          |                       |
|------------------------|--------------------------|-----------------------|
| <b>Aldridge Cup</b>    | <b>Castledermot</b>      | <b>Allenwood</b>      |
| <b>Group A</b>         | <b>Sarsfields</b>        | <b>St. Kevin's</b>    |
| <b>Johnstownbridge</b> | <b>Keogh Cup</b>         | <b>Ballyteague</b>    |
| <b>Bye</b>             | <b>Group A</b>           | <b>Dowling Cup</b>    |
| <b>Naas</b>            | <b>Straffan</b>          | <b>Group A</b>        |
| <b>Raheens</b>         | <b>Milltown</b>          | <b>Castlemitchell</b> |
|                        | <b>Suncroft</b>          | <b>Rheban</b>         |
| <b>Group B</b>         | <b>Ellistown</b>         | <b>Robertstown</b>    |
| <b>Celbridge</b>       |                          | <b>Ardcloagh</b>      |
| <b>Round Towers</b>    | <b>Group B</b>           | <b>Group B</b>        |
| <b>Moorefield</b>      | <b>Ballymore Eustace</b> | <b>Athy 2</b>         |
| <b>Maynooth</b>        | <b>Clogherinkoe</b>      | <b>Cappagh</b>        |
|                        | <b>Kilcullen</b>         | <b>Caragh</b>         |
| <b>Group C</b>         | <b>Sallins</b>           | <b>Rathcoffey</b>     |
| <b>Carbury</b>         | <b>Group C</b>           |                       |
| <b>Clane</b>           | <b>Two Mile House</b>    | <b>Group C</b>        |
| <b>Athy</b>            | <b>Kilcock</b>           | <b>Athgarvan</b>      |
| <b>St. Laurences</b>   | <b>Leixlip</b>           | <b>Ballykelly</b>     |
|                        | <b>Nurney</b>            | <b>Grange</b>         |
| <b>Group D</b>         |                          | <b>Kill</b>           |
| <b>Monasterevan</b>    | <b>Group D</b>           |                       |
| <b>Eadestown</b>       | <b>Rathangan</b>         |                       |

## SPORT

# Late O'Sullivan point ensures Kildare and Dublin share the spoils

## U20 John Kerins Cup Round 2

**KILDARE**  
**DUBLIN**

**2-13**  
**0-09**

**ROBERT CRIBBIN**  
sport@kildarepost.com

A very late Shane O'Sullivan free got Kildare somewhat out of jail as they drew with Dublin in the second round of the John Kerins Cup at a wet Manguard Plus Hawkfield on Saturday afternoon. Just minutes earlier, Dublin held a four point lead as the clock hit the 60 mark but Gay Campbell's charges bravely fought back with sub Findlay Nairn netting a fine goal before O'Sullivan equalised.

The visiting Dublin side were the better side for large periods and when leading by six points halfway through the second half they looked home and hosed. Kildare didn't throw in the towel though and despite having a mixed afternoon beforehand with the boot Darragh Kirwan scored the home side's opening goal in the 54th minute and from there, they set about reeling their opponents in.

The result means Dublin are now eliminated while near neighbours Kildare and Meath face off for a place in the final next weekend. After losing to Meath a week previous, Dublin knew a win was imperative if they were to keep their League hopes alive. They started on the right foot by kicking the first four points with a free from Ciaran Archer coming on the back of a trio of efforts from play by Luke Swan.

Kildare eventually got on the board with a ninth minute Shane O'Sullivan free and the full forward then followed up with his only point from play a couple of minutes later. Kilcock's Eoghan Mulhall with a beautifully curled effort left just a point between the sides approaching the halfway mark of the first half but Sean Lowry and Mark Hand with a couple of quickfire points had the Dubs leading with double scores advantage.

Between the 20th and 27th minutes Kildare got a bit of momentum going and it was all about O'Sullivan as he kicked four frees to edge the hosts in front. It was still Dublin who went into the interval with the lead though as Hand and Lorcan O'Dell gave them a 0-9 to 0-7 buffer. Both sides made a number of changes on resumption of play but it was Dublin who dealt with it better as they kicked four of the first six points (including three in a row) between the 37th and 42nd minutes.

Hand got three of the four points with sub Padraig Purcell also getting in on the act. Kildare's only response came via a couple of O'Sullivan frees and when Hand and Purcell extended their tallies to leave Dublin six clear going into the final quarter, they looked in complete control.

What followed was an eleven minute scoreless period for Dublin and in that time Kildare found their form. Darragh Kirwan finally



Kildare's Shane O'Sullivan slides in to gather possession ahead of Alan Murphy (Dublin) during the John Kerins Cup Round 3 game

registered on the scoreboard with a huge point from range before O'Sullivan reduced the deficit to just four points.

That point from play seemed to give Kirwan an added jolt of confidence as in the 54th minute he exchanged passes with Findlay Nairn and, despite the Naas man losing control of the ball twice in the build up, he remained composed to stroke a shot past Josh O'Neill in the Dublin goal.

Only trailing by a point Kildare looked primed to strike but that opportunity seemed to go when Purcell and Cillian McGuinness put Dublin four clear entering

stoppage time. Alex Beirne then kicked an incredible point in the 62nd minute but when Ciaran O'Reilly replied in kind for Dublin they looked to have done enough.

Kildare never stopped trying though and four minutes into stoppage time O'Sullivan stormed forward before feeding Nairn who placed a shot into the bottom corner.

There was still a late chance to force a draw when Colm Joyce was fouled and for the ninth time, O'Sullivan kicked over the free as Kildare snatched a draw to keep their final hopes very much alive.

**Kildare:** Cian Burke (Clane), Jack Hamill (Raheens), Tony O'Connor (Two Mile House), John Lawler (Eadestown), Paddy McDermott (Naas), Jack Collins (Two Mile House), Jack Doyle (Suncroft), Darren McDermott (Leixlip), Mark Grehan (Clogherinkoe), James Behan (Clane), Paudi Behan (Kilcullen), Eoghan Mulhall (Kilcock) 0-1, Darragh Kirwan (Naas) 1-1, Shane O'Sullivan (Clane) 0-10 (0-9fs), Cathal McCabe (Maynooth).

**Subs used:** Sam McCormack (Clane), Luke Griffin (Naas), Alex Beirne (Naas) 0-1, Sean Moore (Athy),

Findlay Nairn (Kilcock) 1-0, Dan Coughlan (Kilcullen), Adam Conneely (Two Mile House), Colm Joyce (Naas).

**Dublin:** Josh O'Neill; Michael Conroy, Alan Murphy, Josh Gannon, Rory O'Dwyer, Senan Faulkner, Mark O'Leary, Evan Flood, Cillian McGuinness 0-1, Mark Hand 0-6 (0-3fs), Lorcan O'Dell 0-2, Sean Lowry 0-1, Ciaran Archer 0-1 (0-1f), Luke Swan 0-3, Ciaran Johnson.

**Subs used:** Jake Turley, Tony Quinn, Padraig Purcell 0-4, Ciaran O'Reilly 0-1, Ciaran McManus, Sean Foran.

**Ref:** David Hickey (Carlow)



Kildare Colm Joyce turns inside Dublin Evan Flood



Kildare Darragh Kirwan pushes his way past Dublin Rory O'Dwyer

# Kildarepost Sport

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**Racing:**  
Irish Stallion  
Trail draws  
large crowds

**SEE PAGE 51**

## Huge boost for Kildare GAA as St Conleth's Park funding is confirmed

**ROBERT CRIBBIN**  
sport@kildarepost.com

There was great news for everyone associated with Kildare GAA on Friday last, January 10 when they got the green light for funding towards the redevelopment of St Conleth's Park. Along with Meath and Waterford, Kildare will receive government funding with €4.8 million going towards improved facilities for the county grounds. The investment will see a new state of the art all seater stand replacing the current one along with the dressing rooms; a VIP area, a bar and a multi function room also included.

A new entrance will be constructed and work is hoped to start at some stage in 2020. The news was confirmed by South Kildare TD Martin Heydon who showed Taoiseach Leo Varadkar around the ground earlier in the week.

"Kildare GAA have very exciting plans for the redevelopment of our county grounds in Newbridge which I have supported from the start. Kildare GAA, through its clubs, provide facilities for social, recreational and healthy activities the length and breadth of our county.

St Conleth's Park is the headquarters where every club and county player strives to play. The poor standard of our county grounds is not fitting for a proud and ambitious county of our size" said Deputy Heydon.



**Drawings showcasing the proposed development at St Conleth's Park, Newbridge**

Deputy Heydon said the funding is an investment for all Kildare men, women and youth who play, football, hurling and camogie in the county with the GAA funding for over half of the total €10m spend to be come from the GAA.

Kildare GAA also released a statement as they thanked all the parties that made this happen.

"Kildare GAA would like to take this opportunity to record our appreciation to all involved in the application process that was undertaken as part of the recent allocation of Large Scales Sports Capital Funding towards the

redevelopment of St Conleth's Park".

Chairman of Kildare Co Board, Mick Gorman said he was delighted with the figure announced and thanked everyone who worked to date to secure the funding.

"There's still an awful lot of work to be done" he said. "Everything has to be in place prior to the government funding coming through. We need to have the tender documents finalised, a contractor in place and all the other ancillary works have to be completed first".

Whilst Gorman noted that Kildare GAA will lose at least one

season of its big income club games, i.e. September and October, he hoped the project would proceed with the loss of only one season of lucrative gate returns. Whilst he welcomed the increase in members at Club Kildare in recent years, he noted "We need more, many more to come on board" and further added that there will be a major push from the Co Board in this regard over the coming months, along with a serious push to secure more companies and business sponsors.

Kildare GAA concluded: "Our successful application, that was submitted on 17 April 2019, would

not have been possible without the support of all our members and stakeholders, with particular reference to the Newbridge Community residents, Newbridge Tidy Towns, Kildare County Council, all our local politicians who have continually championed this project at their own respective levels of political engagement, Croke Park, The Leinster Council, The Camogie Association, Kildare Camogie, Kildare LGFA and Kildare GAA's St Conleth's Park redevelopment committee. We look forward to the commencement of this exciting project".



**KildareNow.com**

AS THE NEWS HAPPENS



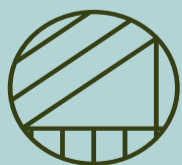
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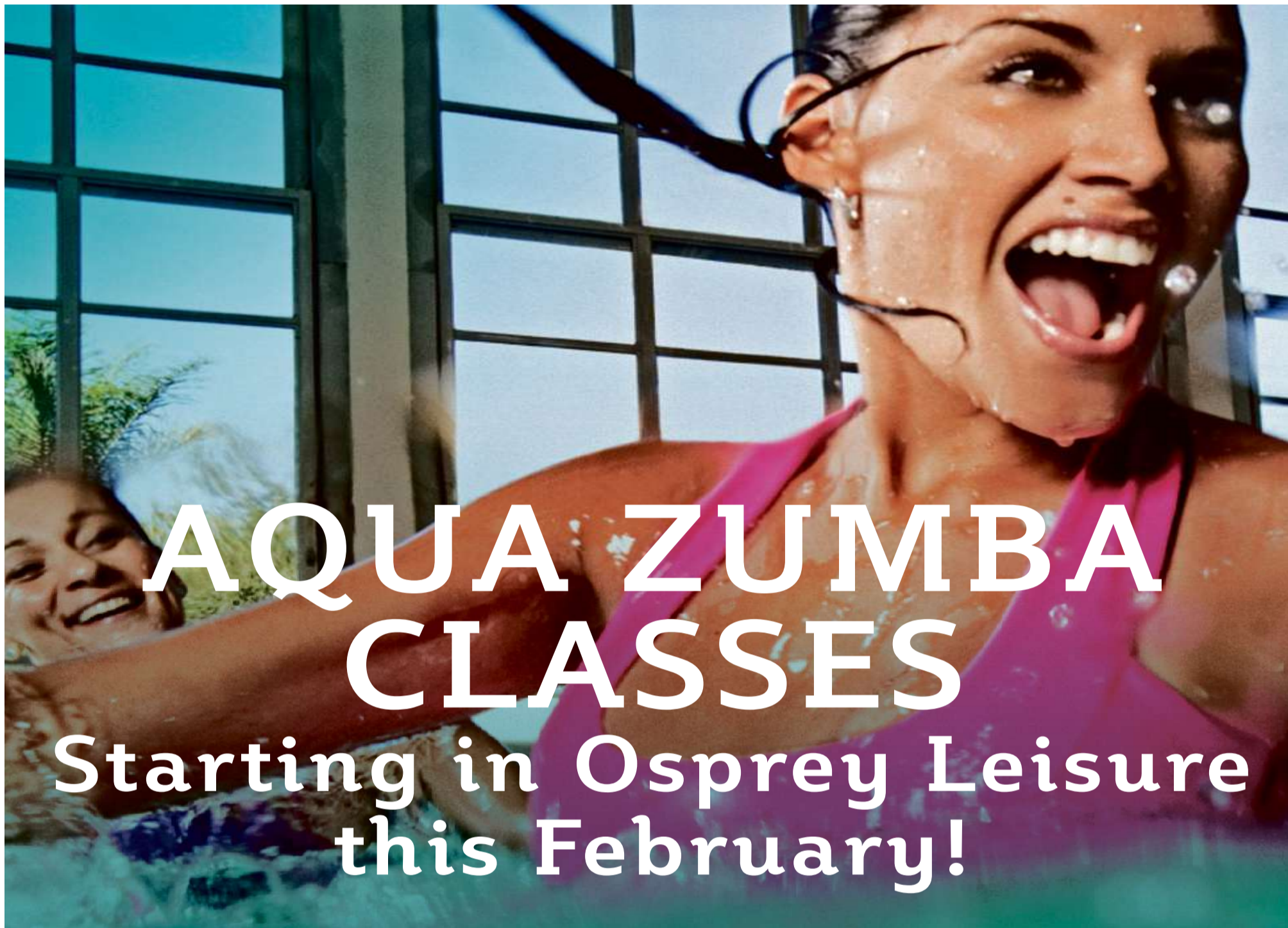
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