

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, December 19, 2019

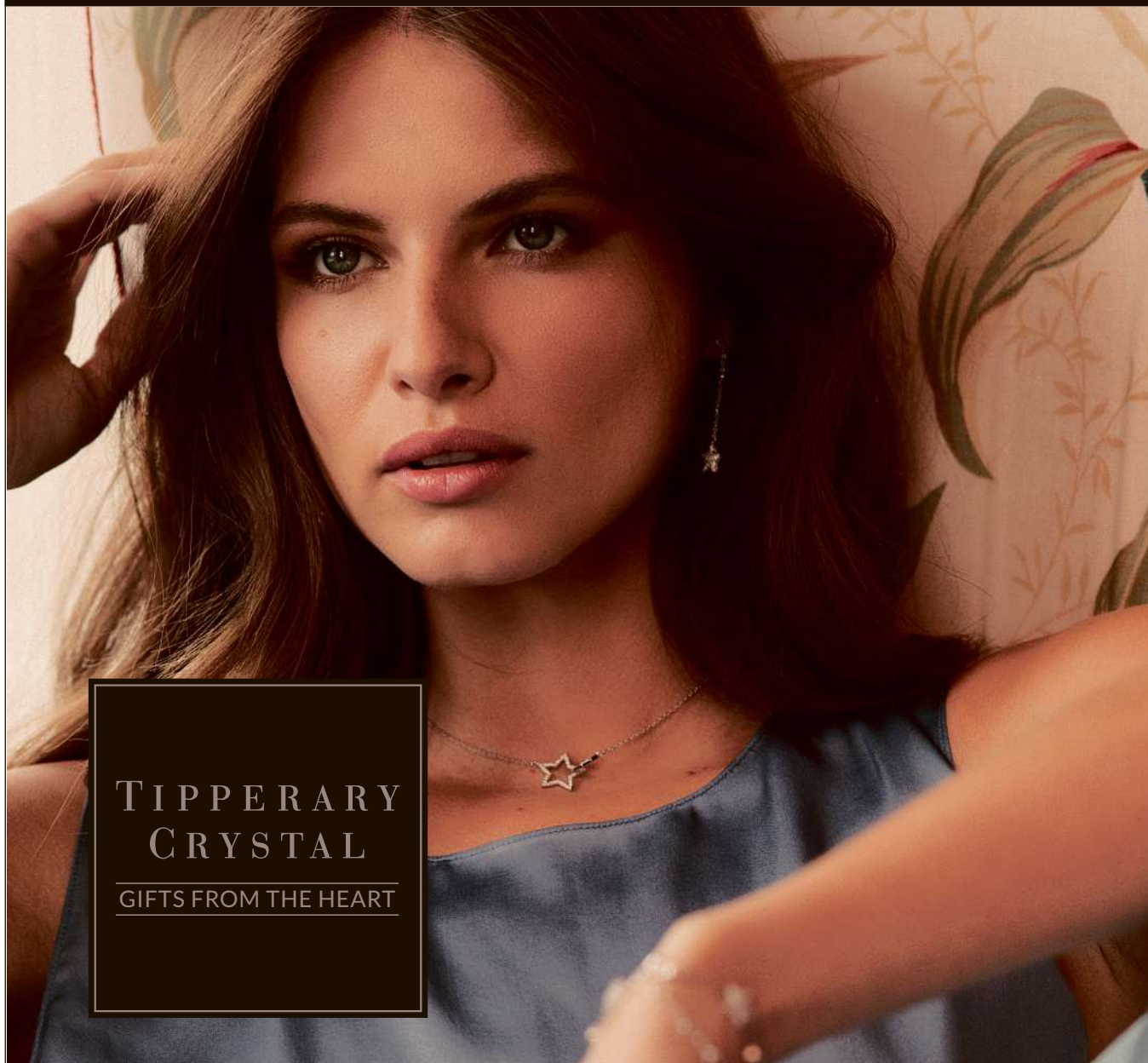
www.kilkennypeople.ie

056 7791000

KILKENNY'S BEST FREE NEWSPAPER INSIDE

ALLENS est. 1948

Your home and gift store



**TIPPERARY
CRYSTAL**
GIFTS FROM THE HEART



JEWELLERY

UP TO 50% OFF



CHRISTMAS

UP TO 40% OFF



CANDLES

UP TO 40% OFF

athlone
8 Church Street
0906 472 826

carlow
19-21 Castle Street
059 913 1160

kilkenny
94-95 High Street
056 772 2258

limerick gift
68 William Street
061 467 170

limerick interiors
19 William Street
061 310 748

www.allens.ie

follow us on facebook





WEDDING EVENING

THURSDAY 2ND JANUARY 5 - 8PM

LOVE BEGINS IN A **MOMENT**, GROWS OVER **TIME**, AND LASTS AN **ETERNITY**.

Following a complete refurbishment, combine tradition with a perfect setting....

View the major transformation, stunning Tara Ballroom with new Terrace and meet the experienced team to discuss your dream day.



SPRINGHILL COURT
HOTEL

Springhill Court Hotel, Waterford Road, Kilkenny
T: (056) 7721122 E: events@springhillcourt.com

SPRINGHILLCOURT.COM

Wishing all our readers and
advertisers a very Happy Christmas

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, December 19, 2019

www.kilkennypeople.ie

056 7791000



WHEN A CHILD IS BORN...

Junior infants of Gaelscoil Osraí nativity play



**RATH ÚLLORD
HOMES**

www.rathullord.ie



**New Show Houses
on View
- by appointment**

**Prices from
€350,000**



T: 056-770 2000
Licence No: 003414

**PHASE
2**

NEWS

Christmas Paw-ty & Collection for Protecting Pound Dogs raised €865

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

Petmania Kilkenny, along with Protecting Pound Dogs, hosted a Christmas Paw-ty and collection day, last Saturday, which raised €865.

Food and supplies were also donated to the animal charity.

Deirdre Damasceno Wall from Petmania Kilkenny said: "A big thank you to our customers for helping to raise this significant sum of money to help them with the important work they do protecting vulnerable dogs in Kilkenny."

"Petmania wants to champion the message that pets are a full-time commitment and careful consideration must be given before people start the adoption process. Having said that within the right home a canine companion or feline friend can become an invaluable family member and we believe that every pet deserve their own human to love them this Christmas."

Protecting Pound Dogs has many cute puppies in their care and all they want for Christmas is a loving home and to start their new adventure with a permanent family in the New Year. Petmania advise those thinking of



Nadia Blanchfield with Riley the Collie and (right) Caragh O'Neill with Luna the pug



getting a cat or dog for Christmas, consider where it will live, how much time the family can spend with the pet, how its exercise will be managed

and the year-round cost of feeding and caring for the animal. ahead of making a commitment.

For more info see petmania.ie

NEW DENTAL PRACTICE
OPENING DECEMBER
Bookings 056 7702566

GentleDentalcare

Proprietor
LINDA FEEHAN MEAGHER

Special Offers for December
Scale & Polish with Examination €70
Orthodontic Scale & Polish €40
Teeth Whitening €199
10% Discount for Students.
Examination & scale & polish with coverage €15

PRSI Scheme now available

GentleDentalcare | Smithlands | Loughboy | Kilkenny

WE CARE FOR YOU...

12TH - 17TH MARCH 2020
KILKENNY TRADFEST

**LEONARD BARRY
DECLAN FOLAN &
MICHAEL McCAGUE**

FRIDAY 13TH MARCH 2020
CLEERE'S, PARLIAMENT STREET
TIME: 9.30PM
TICKETS: €15 PLUS BOOKING FEE
WWW.KILKENNYTRADFEST.COM

MAIN SPONSOR: BULMERS
SPONSORS: KILKENNY COUNTY COUNCIL, KCV

Go Guaranteed Irish with DID Electrical

winter sale event

Kilkenny
Kilkenny Retail Park
Springhill Road
Ph: 056 779 5515

SAVE €400



Samsung USA Fridge Freezer

ONLY €999.99**

SAVE €200



Miele 7KG Washing Machine

ONLY €699.99*

SAVE €320



Samsung 65" Smart UHD LED TV

ONLY €679.99*

SAVE €100

FREE DELIVERY



Dyson V11 Absolute Vacuum Cleaner

ONLY €549.99

SAVE €150



JBL Xtreme 2 Portable Party Speaker

ONLY €199.99

SAVE €50



Electrolux Multifunction Double Oven

ONLY €649.99*

SAVE €100



Bosch Serie 4 8KG Heat Pump Tumble Dryer

ONLY €449.99*

SAVE €50



Samsung TAB A 10.1" 2019 32GB Tablet

ONLY €179.99

SAVE €50



e-Star 32" HD Smart LED TV

ONLY €199.99*

Big savings to smile about!

Guaranteed Irish
All together better

DID
ELECTRICAL

Pictures are for illustration purposes only. *Price includes a contribution to the cost of recycling of €5. **Price includes a contribution to the cost of recycling of €10. See did.ie for more details.

NEWS

'Magic Table' arrives in Kilkenny

SAM MATTHEWS
sam.matthews@iconicnews.ie

An award-winning innovation from the Netherlands — renowned for its cutting-edge approach to dementia care — has arrived in Kilkenny for the first time.

The Magic Table has been designed to help those at a later stage on their dementia journey to be more active and create moments of happiness. It consists of a series of interactive games that are projected on a table.

The light games encourage players to reach out towards them and the lights subsequently respond to their hand and arm movements, allowing the residents to play with light. The Magic Table will rotate in time to different libraries across the county. Its first installation is Loughboy Library, located at Loughboy Shopping Centre.

Yulefest Kilkenny has developed into an inclusive and curated Christmas festival. At the heart of its programming is accessibility and fun. A key feature of the Christmas festival is its community connectivity work and it works towards welcoming a diverse audience and including all members of the community.

As part of this outreach Yulefest Kilkenny, with the support of Kilkenny Leader Partnership have recently gifted a Magic Table to Kilkenny County Council Library Service.

"Throughout the Yulefest Kilkenny festival we have supported active retirement groups with attendance at our events and Kilkenny works hard on being an age friendly county," says Paula Lawler, Festival Director of Yulefest Kilkenny, which has brought the table to Kilkenny through the library service.



Taxback party At Lyrath

Joanna Murphy, Tom Gahan, Andrew Parish and Pauline McElroy attending Taxback Group's Christmas Party last Saturday in the Lyrath Estate PICTURE: VICKY COMERFORD



FACE²

76 St. Kieran Street, Kilkenny
Tel 056 7739971 | www.cakeface.ie

f Face_kilkenny @ Face_kilkenny

The new kid on the block FACE²

KILKENNY WAS CRYING OUT for a funky, cool new brunch destination to envy those in "The Big Smoke". Face² is the younger sibling to Cakeface which is nicely nestled in the heart of Irishtown. In true form of the youngest in family, Face² offers a big bold burst of energy to St. Kieran Street. The menu delights from the first look with options for the health-conscious and those indulgent days, from Bean Bowls to Pancakes, Grilled Cheese Sambos to Overnight Oats & so much more! Coffee is taken very seriously at Face², with a selection to rival that of the finest wine cellars, this is truly a coffee lovers paradise. Every day, you have a choice of coffee from two of Europe's finest roasters.

Just like its menu, the interior of Face² is vibrant and fresh with bright yellows, polished concrete and clean untreated pine. The double-height ceiling with hanging lights transcends that of an art gallery.

On Thursday 19th at 7.30pm, Face² is hosting an opening night in aid of Focus Ireland. The night will offer Mulled Wine, Festive Treats and an intimate acoustic performance by Elise, Sola and Sean Maher.

Tickets are available to buy online, all details are available on the Instagram & Facebook pages of Face²

BIG ON GIFT IDEAS & SAVINGS THIS CHRISTMAS



LG 50" 4K Ultra HD HDR Smart TV

- Incredible picture quality with 4K active HDR
- LG AI TV changes the way you watch TV with smart remote voice control

INCLUDES MAGIC REMOTE CONTROL

NETFLIX YouTube Wi-Fi

SAVE €70

€429

LG 55" Ultra HD 4K Smart TV

EXPERIENCE CHRISTMAS MOVIES ON THE BIG SCREEN

SAVE €100

€499

LG 55" OLED 4K Smart TV

ENJOY FOR CHRISTMAS & PAY LATER

- OLED pixels create astonishingly accurate & a wide colour range on the perfect black background
- AI expands your experience with Google Assistant & Alexa

FLEXI-FI OVER 3 YEARS €12 per week

5 YEAR PEACE OF MIND WARRANTY

RRP **€1499**

LG 75" 4K UHD Smart TV

STADIUM BE TOTALLY IMMERSED THIS CHRISTMAS

- Enjoy more realistic images with fine details & vivid colors at 4K higher resolution than Full HD

SAVE €200

€1399

LG XBOOM LK72 2.1 Channel Bluetooth Multi Media System

SAVE €30

€69

LG XBOOM PK7 Go Water-Resistant Bluetooth PARTY SPEAKER

Crystal-clear Meridian Audio sound & built-in lights.

SAVE €50

€109

LG XBOOM RK7 550W PARTY SPEAKER With Karaoke Creator

A powerhouse producing clear vocals from dual tweeters & deep bass from dual woofers.

SAVE €60

€229

LG XBOOM 230W Hi-Fi Entertainment System with Bluetooth

SAVE €60

€89

NEWS

ROUNDUP

Kiloganny pop-up

Due to the success of Kilmoganny's Free Shop Take it or Leave it Fabulous and Free outlet, it will now close at 1pm on Friday.

It will open today Thursday from 10am to 1pm and from 6.30pm to 8pm.

Donations of good quality goods welcome. No large plastic childrens toys as these are difficult to recycle.

Nine carols and lessons

The annual Civic Service of Lessons and Carols will take place in St Canice's Cathedral on Sunday, December 22 at 5pm.

This popular service sees the beautiful cathedral lit with over 1,000 candles. Invited guests include the Mayor of Kilkenny and councillors as well as representatives of Kilkenny public life.



Bridge results

Thomastown Bridge Club Results, Tuesday, December 3

1st Mandy Walsh & Catherine Walsh; 2nd Mossie Doyle & Ann Cassin; 3rd Ann Murphy & Kevin Hoyne.

Nore Club Results, Thursday, December 5
1st Margaret Knowles & Kay Lennon; 2nd Teresa Dunne & Angela Carroll; 3rd Annette Kelly & Joan Cashin

Wellies out in Kells!

On Sunday, December 29, the well loved Wellie Race that returns to Kells.

Smaller children can do the Wellie Dash, then head to a supervised disco for dancing and treats as their own parents complete the full 5k race.

With all this festive activity in Kells throughout the month of December the locals have no need to venture any further than the village.

Daisy Day at Hook

Hook Lighthouse will host traditional events this festive season.

St. Stephen's Day will feature a traditional Daisy Day Hunt, which dates from the 1940s, and on New Year's Day an 'Arrow Ceremony' ceremony dating back to the 1600s



will be reenacted. Both events are free to the public.



Film for Kells?

Kells Priory could be the location for a major scene in a new blockbuster film starring Matt Damon and Ben Affleck.

Director Ridley Scott recently visited the priory in advance of making a decision on where to shoot.

City joins elite group

Kilkenny city has been accepted as a member of the World Health Organisation's Global Network for Age Friendly Cities and Communities.

At a ceremony in Dublin attended by the Mayor of Kilkenny, Martin Brett, Taoiseach, Leo Varadkar, commended the city on its internationally recognised leadership in Age Friendly policies and practices.

FIANNA FAÏL
THE REPUBLICAN PARTY

Wishing you a very Happy Christmas and a Prosperous New Year

WEEKLY CLINIC,
Every Wednesday
from 10:30am to 1pm,
Constituency Office,
O'Loughlin Road.
Contact 056 77 70672,
cllrandrewmcguinness@gmail.com

ANDREW
McGUINNESS

Kilkenny County Council: Vote No. 1 Andrew McGuinness and continue your preference for: Joe Malone and John Coonan.

12TH - 17TH MARCH 2020 KILKENNY TRADEFEST

HORSLIPS

HORSLIPS
JOHNNIE FEAN | JIM LOCKHART | BARRY DEVLIN | RAY FEAN
SUPPORT BY REEL TO REEL
MONDAY 16TH MARCH 2020
LANGTONS, JOHN STREET (STANDING GIG)
TIME: 8.00PM
TICKETS: €30 PLUS BOOKING FEE
WWW.KILKENNYTRADFEST.COM

MAIN SPONSOR BULMERS

SPONSORS KILKENNY COUNTY COUNCIL KCCV

Facebook, Twitter, Instagram icons

FURNITURE & DESIGN

MASSIVE JANUARY SALE STARTS SOON

IRISH MADE BEDROOM FURNITURE



CEDER RANGE
LESS 25%
3FT BEDFRAME
 LESS 25%. NOW €216.75
4FT6 BEDFRAME
 LESS 25% NOW €246.75
3 DRW BEDSIDE
 LESS 25% NOW €81.75
ALL WARDROBES AND CHESTS LESS 25%
6 COLOURS TO CHOOSE FROM



LESS 25%

ANNA RANGE
LESS 25%
3FT BEDFRAME
 LESS 25% NOW €216.75.
4FT6 BEDFRAME
 LESS 25% NOW €276.75
5FT BEDFRAME
 LESS 25% NOW €299.25
ALL LOCKERS/LESS 25%
ALL CHESTS & ROBES LESS 25%

SALE STARTS SOON

25% OFF EVERYTHING

NO FURNITURE STORE IN CARLOW OR KILKENNY WILL BEAT US ON PRICE!

CHRISTMAS EVE & CHRISTMAS DAY CLOSED
ST STEPHENS DAY & FRIDAY 27TH CLOSED

SATURDAY 28TH DEC 10AM-6PM
MASSIVE SALE BEGINS

SUNDAY 29TH DEC 1.30 PM-5.30 PM
NEW YEARS EVE 10AM-4PM

NEW YEARS DAY CLOSED
2ND JANUARY 10AM-6PM

THE BIG SALE CONTINUES

All RESPA Mattresses + Divans Less 25%
25% OFF Bedroom Furniture
Dining Sets LESS 25% • All Mirrors Less 25%
At least 25% OFF ALL SOFAS

25% OFF SOFAS



THE NAVARRO ALL RECLINING SOFA **LESS 25%**

3 SEATER SOFA WAS €1079 SALE PRICE €810
2 SEATER WAS €779 SALE PRICE €585
RECLINING CHAIR WAS €499 SALE PRICE €375



DENVER RECLINING CHAIR WAS €699 **NOW €525**
2 SEATER WAS €995 NOW €745
3 SEATER WAS €1249 NOW €935

LOTS MORE SOFAS AND CORNERS IN STORE

FABRIC SOFAS



ASHLEY CORNER
LEFT OR RIGHT CORNER + F/STOOL, WAS €1449
SALE PRICE €1085



BILLIE CORNER
LEFT OR RIGHT FACING CORNER
WAS €1429 SALE PRICE €1140
ALSO AVAILABLE IN SCATTER CUSHIONS

25% OFF OAK ASSORTED DINING TABLES



French Grey Or Ice White
1.4-1.8 Ex Table & 4 chairs
 Was €1099 **Less 25% €825**
1.8m-2.3m table & 6 chairs
 Was €1599 **LESS 25% €1199**



1.4m-1.8m Danube Extending
Table & 4 Solid Oak chairs
 WAS €999 **LESS 25% €750**
1.8m-2.3m & 6 solid oak chairs
 Was €1499 **LESS 25% €999**



COLOGNE 2M SOLID TABLE
 WAS €899 **SALE PRICE €669**
2.7M TABLE WAS €1099
SALE PRICE €825

FURNITURE & DESIGN

UNIT 2, OAK HOUSE, ROYAL OAK ROAD, BAGENALSTOWN, CO. CARLOW

More than just a furniture store

AND STILL THE NO 1 STORE IN THE SOUTH EAST
ALL OFFERS ARE SUBJECT TO AVAILABILITY

Phone No. - 059 9723677, 059 9723694



NEWS

Jeremy Hickey to put together City Samba Band

To prepare for the 'The Continental Carnival' which is taking place all along John Street after the St. Patrick's Day Parade (2.30pm to 5.30pm on Tuesday March 17 2020) Tradfest organisers are looking for 12 want-to-be drummers to join a new samba drumming band!

(Traditionally 'The Continent' was the area across the River Nore, essentially St. John's Parish. Other areas in the town were The Butts', The Village and The Riochs!)

Meeting for drumming workshops every Tuesday at 8-9pm, beginning January 21 in Billy Byrnes, 'drummer boy' extraordinaire Jeremy Hickey will have you finely tuned in time for a 'Lá le Padraig' 2020 performance.

Drumming is proven to reduce stress levels and gives an enormous sense of well-being, not to mention



Jeremy at one of the workshops

an enjoyable way to learn new skills in pulse and rhythm. Taught by local multi-instrumentalist and award winning stickman Jeremy, these drumming workshops promise to be great fun!

No experience is necessary!

To book your place go to www.kilkennytradfest.com



Sylvia Knox & Ruth Carolan from Gael scoil Osraí, Lisa Morris from Amber, Clare Kilkenny & Ann Matthews from Soulful Spirit Choir and children from 6th class in Gael scoil Osraí, Loughboy

PICTURE: VICKY COMERFORD

Gael scoil sings for Amber

On Sunday last, the Choir & Banna Cheoil from Gael scoil Osraí, together with Soulful Spirit Choir hosted a Carol Service in St. Mary's Cathedral.

This was the children's debut performance singing with an adult choir and together they sang a mix of well-known and new Christmas carols and songs in both Irish & English. The school's Banna Cheoil performed several numbers including an upbeat medley of Jingle Bells which was met with huge applause. All of

this was done in aid of Amber Kilkenny Women's Refuge. This service provides emergency refuge accommodation, support and information for women and children affected by domestic violence. The organisers from Gael scoil Osraí and Soulful Spirit "would like to thank all those who attended in support of their efforts and gave so generously. We were delighted to have raised so much money for Amber Kilkenny Women's Refuge".



Nicola Delaney, Lisa Dowling, Lorraine Roche, Sinead Usher, Catherine Quirke, Julie Hayes, Jenny Millea and Eamon Clune attending the Taxback Group's Christmas Party last Saturday in the Lyxath Estate PICTURE: VICKY COMERFORD

Opening hours:
Monday-Friday: 8am-7pm
Saturday 9am -6pm

WiFi
Available



TYRELAND

CUFFESGRANGE (On The Kilkenny/Callan Road)

TEL: 056-7729111 | 087-1486860

Here at Tyreland, we aim to provide you with a fast and reliable service whether it's a big or small job.

We have a huge range of tyres to suit all Tractors, Lorries, trailers and agricultural needs, from wheelbarrows to earthmovers.



Our service van is available 24/7 for any breakdown or fitting of tyres at your convenience.

Mobile Number: 0871486860



We also supply and fit batteries for cars, vans, jeeps and tractors from €45.
Call in for a free battery test if you are in doubt.

While you wait we have a waiting room with a free cup of tea or coffee

All major cards accepted.



SOCIAL SCENE

KILKENNY & PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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



A night to remember at Viennesse Christmas Gala

This is a special column for a few reasons. It's my last for one for 2019, and it's been a wonderful 33 weeks of Kilkenny & Proud, meeting all the gorgeous people of Kilkenny. It's also about a personal Christmas story, about a boy I met 15 years ago busking on the streets of Dublin, who turned into a world star!

Let me introduce you to Vladimir Jablokov, who I featured in my Kilkenny People column a few weeks ago in the Day of the Life of Vladimir. Vladimir was born into a family of virtuoso classical musicians. He is from the fourth generation of musical maestros in Bratislava, Slovakia and began his formal classical-violin training at the age of six. All of Vladimir's six siblings grew up playing music with both their parents.

When Vladimir was 19, he fell out of love with music and packed his fishing rod to come to Ireland to catch salmon. His brother begged him to bring his violin with him, Vladimir reluctantly did. After two weeks in Ireland, with very little English and no money left, Vladimir took to the streets of Dublin to play his incredible sound.

It was Christmas 2004, when I heard Vladimir playing on the Ha'penny Bridge and his music took my breath away. I asked him to play at my upcoming wedding and Vladimir did. Little did I know that day on the bridge he would turn into the world famous star!

Today Vladimir is a world famous violinist and up there with the greats, such as André Rieu and Nigel Kennedy. He has performed for BBC Proms, Carnegie Hall and played for some presidents. He has shared a stage with opera's sweetheart Katherine Jenkins. As well as masterfully playing the violin, he conducts and manages a 85 piece production.

So after all this time, it was a wonderful Christmas gift to hear Vladimir and his family on Thursday at his recent performance for Yulfest Kilkenny for Vladimir's Viennese Christmas Gala. Not surprising, Lyrath was packed to the rafters as Vladimir, his family and the 85 piece production of orchestra and choir took to the stage. A night I will never forget. The icing on the Christmas cake was meeting Vladimir and his family afterwards with my own family. What a difference 15 years can make!



Siobhan Donohoe and Vladimir ALL PICTURES: VICKY COMERFORD



Above: Siobhan and Hannah Donohoe with the Jablokov family - Anton, Olga, Vladimir and Nicola Jablokov
Left: Siobhan Donohoe, Andrea Smith and Vladimir



Helen and Ronan Blanchfield with cousin Nicola Jablokov

GREETING OF THE WEEK



Instead of Hero of the Week, I'm using the opportunity to wish you all a wonderful Christmas. Thank you for reading and most of all, thank you for opening your doors and hearts to me. Seeing your eyes light up as you tell your stories, makes my job just brilliant. Enjoy the holiday with your loved ones, keep it simply and safe. Don't forget those who are alone. Please God, I will see you all again in 2020. Here's to a Happy Christmas and a Prosperous New Year to you all xxx



A MAGICAL CHRISTMAS AT KILKENNY CASTLE

On Friday, Kilkenny Castle put on a magnificent performance for the final weekend of the 50th anniversary celebrations of Kilkenny Castle in the care of the OPW. The long art gallery was home to operatic arias and seasonal favourites by opera and

music royalty. Performing was Ireland's leading operatic talents - Mairead Buicke (soprano) and Patrick Hyland (tenor) with acclaimed pianist, Derbhla Collins.

When soprano Mairead sang 'O mio babino caro' the hairs stood up on the bank of my neck! It's one of my

all-time favourite pieces by Puccini. The pair opened with Verdi's Brindisi from the opera La Traviata and I thought the roof would lift off the castle. Even if you are not into opera you would recognise many of the scores made famous from TV ads and could not resist enjoying it.



Left: Dara, Ceola, Bernie and John Leamy from Dunbell
Above: Anne Teehan and Siobhan Donohoe

ALL PICTURES: VICKY COMERFORD



Rory Cowen meets up with Declan McCann

Rocking around the Christmas Tree with Rory Cowen

KCLR Live rocked around the Christmas Tree for their Christmas Show on Monday at the Kilkenny Hibernian Hotel. Eimear Ní Bhraonáin was joined by her guest co-presenter Rory Cowan, well known actor from Fair City and Mrs. Browns Boys.

There was lots of other guests on hand to make the show extra special including singer Mickey

Joe Harte, Sandie Byrne Medium, the cast of the Watergate's sold-out panto "Beauty and the Beast". Chef Cormac Vesey popped in too, to treat us to his mystery French Christmas Cake.

I couldn't resist asking medium Sinead Byrne what 2020 has in store for me. I'll just have to wait now to see if it all comes true!



Alchemy - playing a special fundraising concert

Alchemy - A night at the museum

Combining the best of Kilkenny and Dublin, vocal group Alchemy continue to go from strength to strength as they prepare for their concert at the stunning Medieval Mile Museum this Saturday December 21st.

Last year, the group's Christmas concert raised welcome funds for local charity 'Taxi Watch', while this year the ladies of Alchemy have decided to perform in support of The Amber Women's Refuge.

It promises to be a spectacular evening of entertainment with Alchemy's unique interpretation of songs by U2, Leonard Cohen, Queen, David Bowie, Fleetwood Mac, Guns n' Roses as well as some timeless Christmas melodies, and a special guest appearance by Michael Hayes. Under the mantle of founder and musical director Christine Scarry, tickets are on sale from the medieval museum or online at www.medievalmilemuseum.ie

NEWS

Experience the winter solstice at Knockroe

SEAN KEANE

sean.keane@iconicnews.ie

The Winter Solstice will be celebrated at the Knockroe Passage Tomb (locally referred to as An Cáiseal) in South Kilkenny on Saturday, December 21.

Nestled between the hills of the Lingaun Valley in Knockroe lies, An Cáiseal a Megalithic Passage Tomb, the only Passage Tomb which records both the morning and evening Winter Solstice.

The Knockroe site which dated to 3,200 BC is older than Newgrange, Stonehenge and the Pyramids of Egypt.

It has the greatest number of decorated stones (30) outside the Boyne Valley.

Knockroe Passage Tomb is the only known site which has both a morning and evening solar alignment on the winter solstice.

The morning Solstice occurs at 8.40am while the evening Solstice occurs at 3.40pm.

The best way to get there from Kilkenny city is to drive to Callan and take the Windgap turn-off and go straight down past Windgap and a few miles past that, you turn up right



The magnificent formation at the Knockroe passage tomb in south Kilkenny where the winter solstice will be celebrated on Saturday morning and afternoon

straight after the slate Quarries.

There is limited parking near the site so it would be best to park a bit away and walk the few hundred yads.

The Cáiseal Conservation Committee, Lingaun Valley Tourism and Suir Valley Environmental Group will be on hand on the day to

oversee parking facilities and provide refreshments to visitors, with a guest speaker scheduled to attend the evening event.

Remember it is a rural setting and wellies or good boots would be advised, also plan on arriving early as there is a short walk in to the site.

Simplest body beautiful makeover of them all - Sleep

According to the Sleep Council, a great night's sleep is the single most natural solution to looking good and feeling great.

And it's calling on sub-standard sleepers everywhere to make 2020 the year to sleep fit.

Whether the problem is too little sleep or poor-quality sleep, working on sleep skills will reap more benefits than any pricey potions or so-called superfoods.

Lisa Artis of the Sleep Council said the benefits of healthy eating and exercise are well known but far less talked about is having a healthy sleep routine.

"Sleeping well is just as important to how we all look and feel as your five-a-day or gym routine," she said.

"They don't call it beauty sleep for nothing! You can spend a fortune on skin creams and watch your diet, but you need your sleep for glowing skin.

"When you're fast asleep, the body goes into repair

mode and regenerates skin, blood and brain cells, as well as muscles.

"As we well know, dark circles around the eyes can be one of the first signs of disturbed sleeping patterns," she added.

"In fact, lack of sleep can make you positively ugly according to research published in 2017.

"For a study at the Karolinska Institute in Stockholm, Sweden, volunteers were rated less beautiful after just a few hours less sleep.

"Photographs of men and women (aged 18-47) after two nights of eight hours sleep and two nights of just four were rated by a group of more than 100 people.

"They were perceived to be less healthy looking, less sociable and less intelligent after halving their sleep.

"Short of going under the knife, a good night's sleep is the single most effective solution to looking good," said Lisa.

**Wishing all my supporters, friends and family
a very Happy Christmas and peaceful new
year.**

**Cllr. John
Coonan**

Kilkenny county Council



FIANNA Fáil
THE REPUBLICAN PARTY

12TH - 17TH MARCH 2020 KILKENNY TRADFEST

**ZOË CONWAY
DÓNAL LUNNY &
MÁIRTÍN O'CONNOR**

FRIDAY 13TH MARCH 2020
SET THEATRE, JOHN STREET
TIME: 7.30PM

TICKETS: €20 PLUS BOOKING FEE
WWW.KILKENNYTRADFEST.COM

MAIN SPONSOR: BULMERS
SPONSORS: KILKENNY COUNTY COUNCIL, KCV, and social media icons for Facebook, Twitter, and Instagram.



MORE FOR EVERYONE THIS CHRISTMAS

WWW.LIDL.IE

CHRISTMAS Dinner



Bally Manor FRESH IRISH WHOLE TURKEY

3Kg | 1Kg = 3.00

FROM

€8.99



Fresh Irish Turkeys on sale 20th December

HURRY, IN-STORE NOW

SEE ONLINE FOR MORE STYLES

Deluxe IRISH STUFFED CARVERY LEG OF LAMB

1.5-1.7Kg | 1Kg = 13.99



ONLY! €13.99 Per Kg



Deluxe IRISH CHEESE HAMPER

1.12Kg | 1Kg = 10.62



Festive Savings!

WAS €17.99 €11.89



Deluxe CHOCOLATE & CHERRY MERINGUE WREATH

467g | 1Kg = 17.11



ONLY! €7.99

Christmas crackers SPECIAL OFFERS! CHECK IN-STORE FOR OUR ONE DAY ONLY OFFERS!



Check out www.lidl.ie

WHILE STOCKS LAST!

These products are planned carefully to ensure full availability. Despite this however, they may sell out quicker than expected. Prices correct at time of print. See in-store for latest offers. Photography shows serving suggestions & are demonstrative only. All offers apply to the Republic of Ireland only.

MORE FOR YOU



NEWS

St Canice's NS student is art competition county champ

SAM MATTHEWS
news@kilkennyreporter.ie

A sixth class pupil from St Canice's Co-Ed National School has been presented with a senior category county winner's plaque for his entry in the 'Someone Like Me' art competition.

Patryk Loszakiewicz impressed the judges with his submission — a pencil sketch of various superheroes with the caption 'We are all super in our own way'. He and his teacher Ms Casey were selected as county winners based on their insightful and inspirational responses to the theme.

The competition, which is supported by the National Disability Authority, attracted more than 2,600 entries from national schools across the length and breadth of the country. Now in

its fourth year, Someone Like Me aims to raise disability awareness among primary school children and give them a greater understanding of what unites children of differing abilities.

The competition saw them join 48 other schools to compete for the much sought-after national title at an awards ceremony held at Dublin City Hall on the International Day of People with Disabilities.

To enter the competition, teachers and their pupils worked through a special lesson plan which challenged them to respond artistically and creatively to the theme of Someone Like Me, while, at the same time, appreciating and respecting similarities and differences in people, developing a shared understanding of how we should treat others in a caring,



Pictured with Patryk Loszakiewicz are Mariusz Loszakiewicz and special guest Paralympian Peter Ryan. Pic Finbarr O'Rourke

sensitive and inclusive way, and promoting a sense of belonging.

Congratulating St Canice's NS on being named county winners, Minister of State with special responsibility for Disabilities Finian McGrath said that he was hugely encouraged by the growing interest in the competition.

"We are exceptionally pleased with the response to this year's

competition which illustrates just how willing our primary school teachers and pupils are to help build a more inclusive Ireland where everyone, irrespective of ability or disability, is treated with equal respect and feels like a valued member of society," he said.

"There are almost 650,000 people in Ireland with a disability which equates to 1 in 7 of the

population. Almost 10% of that number are children aged 15 and under. Initiatives like this are an important part of the work carried out by the Department of Justice and Equality to promote inclusiveness and I would like to pay tribute to the commitment of the teachers who invested important classroom time in working on their competition entries."



FOSTER & ALLEN

Timeless Memories Tour

Theatre Royal, Waterford
Saturday 25th January 2020

TICKETS €31 BOX OFFICE (051) 874402 & www.theatreroyal.ie

Watergate Theatre, Kilkenny
Sunday 26th January 2020

TICKETS €31 BOX OFFICE (056) 776 1674 & www.watergatetheatre.com



An Ideal Christmas Gift



*I wish all my friends
and constituents
a very Happy and
Peaceful Christmas*

**WORKING FOR YOU IN
OUR COMMUNITY**

EXPLORE THE CITY



The Cats can now explore their city with Transport For Ireland's new KK1 and KK2 bus services operated by City Direct. Enjoy €1 fares with your TFI Leap Card for the first 3 months. For more information and timetables, visit transportforireland.ie



€1 PROMO LEAP FARE

ENTERTAINMENT



Jane Kehoe, Irene Walsh and Mary Whelan



Maura Hickey, Michael Kavanagh and Josephine Kavanagh

Out & About

MAGICAL CHRISTMAS AT KILKENNY CASTLE

Pictures: VICKY COMERFORD



The gathering at the Christmas concert



Anne Teehan, Sarah Kenrick and Mayor Martin Brett



Chloe and Carmel O'Toole



Sean Martin and Brigid Boden



THE PERFECT GIFT THIS CHRISTMAS

Purchase a monetary **Gift Voucher**
and let them decide...

- » **Overnight Stays**
- » **Leisure Club Membership**
- » **Dining Experiences in Oscar's Bistro, Paddock Bar and Kupp Coffee Dock**

Our Gift to you...

Spend €150 or more and receive a Complimentary
Afternoon Tea Voucher for 2

*Complimentary Afternoon Tea voucher can only be redeemed between
February & June 2020. T&C's apply.



SPRINGHILL COURT
HOTEL

Springhill Court Hotel, Waterford Road, Kilkenny
T: (056) 7721122 E: reception@springhillcourt.com

SPRINGHILLCOURT.COM

LIFESTYLE



Coeliac Christmas Survival Guide

Coeliac disease is an auto-immune disease in which the affected individual reacts abnormally when gluten is ingested.

The intestine becomes inflamed and damaged resulting in poor absorption of essential nutrients.

Gluten is a protein found in many foods including bread, pasta, gravy, soy sauce and beer. There is no cure for coeliac

disease and the only treatment is a gluten-free diet. Annual medical check-ups are also advised.

Symptoms include abdominal pain, recurring mouth-ulcers, weight-loss, vomiting and diarrhoea. If untreated, coeliac disease can affect fertility and lead to other health conditions such as osteoporosis.

The first step to receiving a diagnosis is to visit your GP for a

simple blood test.

It is important to be on a gluten containing diet before testing. Eliminating gluten before testing could lead to a false negative test result.

If the test is positive you will be referred to a gastroenterologist for an endoscopy.

Once diagnosed, it is advised you visit a dietician to ensure optimum nutrition.

ULTIMATE TURKEY & BRIE LEFTOVER TOASTIE.

5 mins preparation, Makes 1 serving

INGREDIENTS

2 slices of Promise Gluten Free White loaf.
Left over Turkey Slices.
Rocket Salad.
Cranberry Sauce.
Butter.
Brie.



RECIPE

- Butter the bread, slice in half cover with a slice of brie, place on baking tray
- Melt in the oven at 180 for 5 minutes until cheese is melted
- Top with turkey slice, rocket and cranberry



Have a Merry Gluten-Free Christmas

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

An estimated 62,500 people in Ireland suffer from coeliac disease, with over 50,000 of that number currently undiagnosed.

An additional 390,000 people are intolerant or sensitive to gluten in food. That's an awful lot of people who need to watch what they eat during this traditional time of indulgence.

Christmas is about celebrating and enjoying some lovely food and these days there are a lot more gluten free treats around to make the festive season special. But that doesn't mean eating non-stop for an entire month!

The average person gains five to nine pounds in December and over-eating on gluten-free biscuits, sweets, treats and cakes has the same effect on our waistlines as it does when you eat the kind that contain gluten. With many gluten-free products containing more calories, it can be an even harder struggle to end Christmas the same size that you started!

So, to make sure you enjoy Christmas – and the treats that come with it – while also keeping an eye on the calories and ensuring you start the New Year in good shape, here are 10 tips on how to indulge yourself while keeping the calories in check...

1. DON'T SWEAT THE STAPLES

The best thing about Christmas for people with coeliac disease or who are gluten intolerant is that so many of the staple foods are gluten-free.

Remember to use gluten-free bread for the stuffing and to use corn flour instead of wheat for the gravy.



Gluten free cranberry and sweet potato turkey stuffing

2. ONLY SNACK IF YOU FEEL HUNGRY

At Christmas, there are a lot more nibbles around and it is easy to keep picking away at chocolates and gluten-free mince pies.

3. OUT OF SIGHT, OUT OF MIND

Try to keep treats and snacks in cupboards and at the back of the fridge until you need them. Leaving chocolate on the counter or treats at the front of the fridge makes you more likely to graze as you go by.

4. DON'T BUY SO MUCH

We overload shopping trollies at Christmas and then end up eating everything or throwing it out. Think about how many guests you are going to have and how much

they will actually eat. Shop smart and save pounds!

5. KEEP AN EYE ON PORTION SIZES

Pay attention to how much food is on your plate and how much you need. A good trick is to look at your hand with your fingers spread out. If what is on your actual plate is more than this, then push a little to one side to get the right amount.

6. TRY TO BALANCE YOUR PLATE

½ vegetables or salad; ¼ protein and ¼ carbs. It's not always going to be perfect but it will help.

7. HOW MANY COURSES?

If dessert is your thing, then skip the starter on Christmas nights out.

If you love savoury then don't feel you have to have dessert.

8. LIMIT ALCOHOL

Not only does it add calories (a bottle of wine can have up to 700) alcohol is also an appetite stimulant. This means that you eat more both on the night but also the following day. Do your liver and your waistline a favour and limit how many drinks you have on a Christmas night out.

9. MOVE

Exercise won't cancel out all of the extra food you eat, but it will help offset some of the worst excesses. Factor in 20 minutes of exercise everyday over Christmas – a walk, a run, a cycle, or skipping for

5 or 10 minutes.

10. LET IT ALL GO ON CHRISTMAS DAY

One day of unadulterated indulgence a year won't do you any harm. You might eat 6,000 calories on the day, but that's fine – it only becomes a problem if you keep that up for the whole 12 days of Christmas!

If you are eating out this Christmas, look for restaurants with the Coeliac Society Eating Out Pledge, where you can have great food secure in the knowledge you won't be inadvertently 'glutened' through cross contamination.

Enjoy the festive season and check out the Coeliac Society's gluten free Christmas guide at www.coeliac.ie

CRANBERRY AND SWEET POTATO TURKEY STUFFING

INGREDIENTS

Gluten free breadcrumbs
2 tbsps olive oil
30g butter
1 medium onion, chopped
2 small sweet potatoes, grated
pinch of saffron, soaked in 3 tpsns warm water
100g dried cranberries
75g pistachios, chopped
handful of flatleaf parsley

METHOD

Fry the onions in the oil and butter until softened Add the sweet potatoes and cook for a further 3/4 minutes.

Add the breadcrumbs, parsley, saffron and water, season with salt and pepper.

Bake at 180 degrees C for 15-20 minutes until golden brown. Stir in the cranberries and pistachios and serve.

We've gone mad for Christmas!!

THE LARGEST IRISH OWNED PROVIDER OF HEARING AIDS!

BLACKBERRY
HEARING



Over 65s get a €25 One4All voucher when they come in for a **FREE** Hearing Test with Blackberry Hearing.

Clinics in every county!

Get your hearing checked by a qualified audiologist in a local clinic. Call our friendly Irish team today on **01 6978470** to book a test!

Terms & Conditions: Offer applies to New Customers Only. Limited to 1 Voucher per Customer. Bookings to be made before December 31st 2019.

Modern hearing aids change people's lives yet only 1 in 7 people with hearing loss wear them!

According to the World Health Organization correcting hearing loss may be the single biggest contribution to positive mental health in the over 60s.

Startling statistics!

Blackberry Hearing was established in 2015 by Dave Gleeson and John Ryan to address the issues around people not acting on their hearing loss. These have been identified as

1. The long finger syndrome- or putting it off for too long!
2. Expense – Typically up to 40% less than other longer established providers
3. Transparency - How to go about checking it out!
4. Quality and customer care – Ensuring people get the most out of their hearing aids

By addressing these concerns, Blackberry Hearing has quickly become the country's largest Irish owned provider of quality hearing aids. The company employs BSc and MSc qualified audiologists and combines that with the latest technology hearing aids at much more affordable prices. Hundreds of Blackberry Hearing customers have left comments on Facebook commenting on the difference their Blackberry Hearing solution has made to their lives! These may be seen on Blackberry Hearing's website.

With over 50 clinics nationwide there will be one close to you. If you are concerned about you or a loved one missing out on life due to hearing loss simply call us at **01-6978470** and we will outline your options.

One of hundreds of customer comments below:

"Blackberry Hearing are amazing. I contacted them over 12 months ago. I eventually made the decision to get my hearing aids 3 weeks ago and am thrilled with them. They are a super company to deal with. Aftercare service is outstanding. Thank you for making my life so much better."

More Validated testimonials may be viewed at

www.blackberryhearing.com/testimonials

We also have a special Christmas offer on accessories such as a TV streamer with a pair of our Widex Evoke 440 model or a remote control with a pair of our Unique Widex 440s.

Blackberry Hearing has been chosen by the Irish Men's Shed Association and the ICA as their preferred hearing aid provider!

Modern Hearing aids properly programmed change people's lives, not just for those wearing them, but for friends and family too!



EDUCATION



STUDYRIGHT

RICHARD WINDLE

IN ASSOCIATION WITH Revise.ie

Welcome to H1 Physics

My name is Richie Windle and I am teaching physics, chemistry and junior certificate science in St. Kieran's college Kilkenny as well as teaching for revise.ie for over a decade.

It's my aim to give students the information required to achieve the highest possible grades in their examinations in a precise, condensed and exam focused way.

Physics is a 3 hour exam, with one paper. Within that paper there are 12 questions, 4 in section A and 8 in Section B.

Section A has 4 experiments which students must answer 3 from this section and 8 questions in section B where students must answer 5 questions.

Time is not an issue in the exam, generally students spend 5 minutes picking out their questions at the start of the exam, 21 minutes on each question and 7 minutes at the end to look over their work. In my experience most students answer 10 questions.

Now we will look in detail at the physics examination and question 1 of 12.

SECTION A QUESTION 1

Each year in the Leaving certificate, question 1 is a mechanics experiment.

There are 6 mechanics experiments. In this article I will give a brief recap of the possibilities for question 1, however each question is completely done out with in-depth analysis on revise.ie.

Option 1 Newton's second Law

Key exam points (Diagram 1/3 page and minimum 3 labels)

SEE FIG 1

A table of results will be given like the one in FIG 2

- * Force on the x axis and acceleration on the y axis
- * Slope of the graph is 1/mass invert slope to get mass
- * The weights get transferred from the trolley to the pan, thus mass is constant.
- * Non elastic string
- * Frictionless pulley
- * Dust track to overcome friction and slightly tilt the track to overcome gravity.
- * Force is Newton's on the pan and acceleration is measured on the ticker tape timer

FIG 1

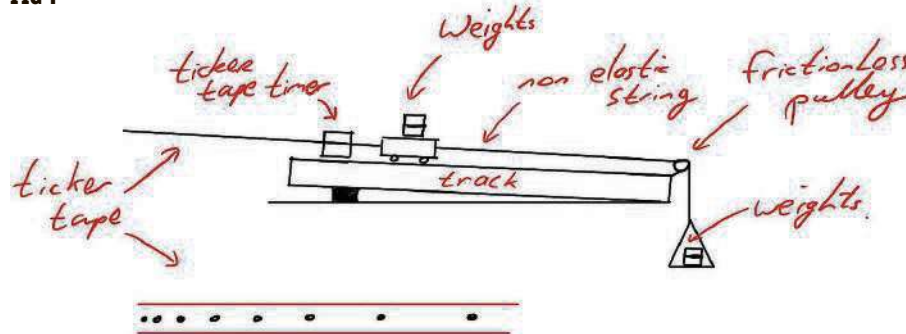


FIG 2

Force /N	0.1	0.2	0.3	0.4	0.5	0.6	0.7
Acceleration /m s ⁻²	0.10	0.22	0.32	0.44	0.55	0.65	0.76

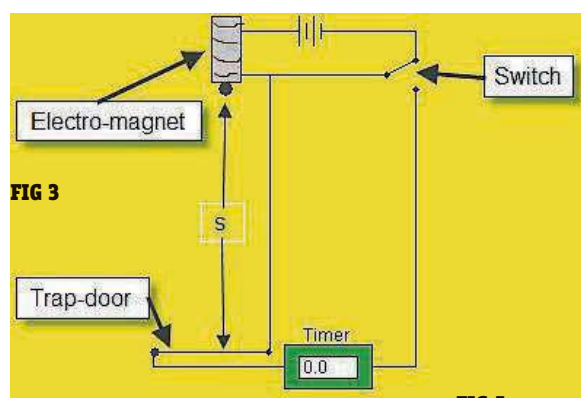


FIG 3

FIG 5

FIG 4

s/cm	30	40	50	60	70	80	90
t/ms	244	291	325	342	371	409	420

l/cm	40.0	50.0	60.0	70.0	80.0	90.0	100.0
t/s	38.4	42.6	47.4	51.6	54.6	57.9	60.0

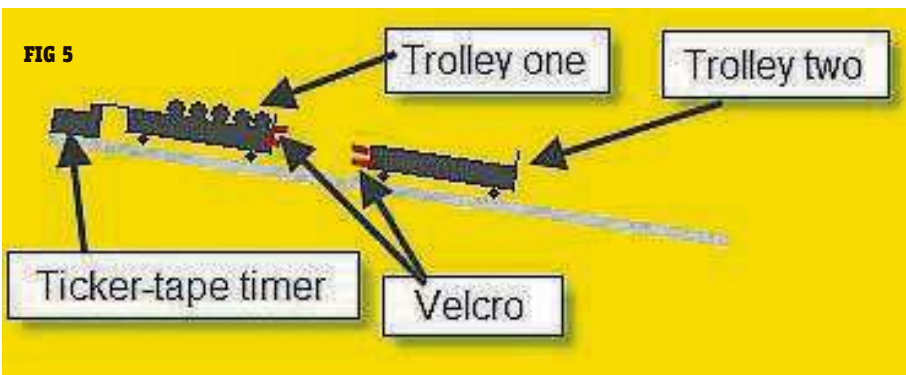


FIG 5

Examples include 2010 and 2003 question 1, for in-depth analysis click www.revise.ie

Option 2: Acceleration due to gravity (free fall)

SEE FIG 3 ABOVE

* When we flick the switch it turned on the timer and this remains on until the ball fell through the trap door at the bottom. The time was then read from the timer.

- * Measure length from the bottom of the ball to the top of the trapdoor as shown using a metre stick.
- * For a given length repeat and use the smallest time value recorded for t.
- * Use a small ball bearing to reduce air resistance
- * Make sure all windows and doors are closed so there is no draughts

A table of results will be given. SEE FIG 4 ABOVE

- * Change length to meters
- * Change time to seconds
- * Square time

Plot a graph as follows

$$s = ut + \frac{1}{2} (g) t^2$$

$$s = \frac{1}{2} (g) t^2$$

$$y = m x$$

$$t^2 (\text{sec}^2)$$

NOTE: u=0 as ball was at rest

Examples include 2009 and 2004 question 1, for in-depth analysis click www.revise.ie

OPTION 3: CONSERVATION OF MOMENTUM

SEE FIG 5

- * Use an electronic balance to measure mass of trolleys.
- * Velocity is measured by taking a section of the tape and using the formula velocity = distance/time.
- * We measured the distance between 11 dots and the time was the time for 10 intervals, where each interval was 1/50th of a second.
- * Using the formula momentum = mass * velocity.
- * Calculate the total momentum before and afterwards and showing that the total momentum before = total momentum after.
- * No graph just formula
- * Friction: sloped runway // oil wheels or clean track
- * Gravity: horizontal track // frictional force equal and // tilt track so that trolley moves with constant velocity

Examples include 2014 and 2011 question 1, for in-depth analysis click www.revise.ie

Option 4: Simple Pendulum

When an object is oscillating as above SHM applies (simple harmonic motion)

The following formula applies:

$$T = 2\pi \sqrt{\frac{L}{g}}$$

Square both sides $T^2 = \frac{4\pi^2 L}{g}$

Rearranging gives $\frac{y}{T^2} = \frac{m x}{g}$

A table of results like the one in FIG 6 will be given

Change length to meters.

Divide time by the number of oscillations and square it.

Examples include 2012 and 2008 question 1, for in-depth analysis click www.revise.ie

www.thewatershed.ie



What's on this Christmas?

Giant Inflatable Slide & Swim Sessions & Fitness Classes

Family Membership Promotion Free Children's Swim Lessons

Ts & Cs Apply

'12 Days of Christmas Deals' Enjoy a new treat each day!

Children's Christmas Camps 2nd and 3rd January

Swim Only €20 Multi-Activity €40



Merry Christmas from The Watershed!



Visit www.thewatershed.ie or download our Mobile App for a list of our Christmas Opening Hours & Fitness Classes

YOUR MONEY



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: [@liam_croke](https://twitter.com/liam_croke) LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

The 10 best financial books I read this year

As we get closer to the end of a year, I always like to share with people the books I've read and really enjoyed over the past 12 months. And maybe one of them might be worth a read over the Christmas period, or one could be a good gift if you're stuck for an idea for someone.

It's a privilege writing for you every week and I hope you found my articles enjoyable and helpful during the year. And I'd like to take this opportunity to wish you all a very happy Christmas and best wishes for the New Year.

Playing with FIRE – Scott Rieckens

A successful entrepreneur living in Southern California, Scott Rieckens had built a dream life: a happy marriage, a two-year-old daughter, membership to a boat club, and a BMW in the driveway.

But underneath the surface, he was creatively stifled, depressed, and overworked trying to help pay for his family's beach-town lifestyle. Then one day, Scott listened to a podcast interview that changed his life. Five months later, he had quit his job, convinced his family to leave their home, and cut their expenses in half.

This book shows you how Scott and his family devote everything to FIRE, a subculture obsessed with maximizing wealth and happiness.

Financial Freedom – Grant Sabatier

In 2010, 24-year old Grant Sabatier woke up to find he had \$2.26 in his bank account. Five years later, he had a net worth of over \$1.25 million.

His book is a step-by-step path to make more money in less time, so you have more time for the things you love.

AgeProof: Living Longer Without Running Out of Money or Breaking a Hip – Jean Chatzky & Michael Roizen

All the money in the world doesn't mean a thing if we can't get out of bed. And the healthiest body in the world won't stay that way if we're frazzled about five figures worth of debt, so the objective of the book is to safeguard your finances in much the same way as you stay healthy, and if you do both concurrently, your golden years really will be golden.

Alchemy, the surprising power of ideas that don't make sense – Rory Sutherland

Rory Sutherland is the Ogilvy advertising legend whose TED Talks have been viewed nearly 7 million times. In this, his first book he blends



Scott Rieckens in *Playing with FIRE*: The Documentary which came out this year as well

cutting-edge behavioural science, jaw-dropping stories and a touch of branding magic, on his mission to turn us all into idea alchemists.

Time and how to spend it (the 7 rules for richer, happier days) – James Wallman

Bestselling author, James Wallman investigates the persistent problem of wasted, unfulfilling time, and finds a powerful answer — a revolutionary approach to life based on the latest scientific discoveries. At its heart is the inspiring revelation that, when you play by the new rules, you can actively choose better experiences.

The Bullet Journal Method – Ryder Carroll

The Bullet Journal Method is about much more than organizing your notes and to-do lists. It's about what Carroll calls "intentional living:" weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life.

The Inner Game of Tennis – W. Timothy Gallwey

Probably my favourite book of the year.

You don't have to have ever held a tennis racket in your hand for you to read this book. If you've ever hindered your performance at anything i.e. sport or work or relationships, by doing all the wrong things i.e. trying too hard, criticizing yourself, always trying to correct things, but the end result is never performing any better, then this



Then one day, Scott listened to a podcast interview that changed his life

DID YOU KNOW?

In 1927 Santa received his very own pilot's licence from the Department of Commerce in the USA. Assistant Secretary for Aeronautics, William P. MacCracken, presented Santa with his licence along with airway maps and assurances that lights would be illuminating the skies on Christmas eve.

book will help, because it will help change your state of mind.

Everyday Millionaires – Chris Hogan

The book is based on the largest every study carried out on 10,000 millionaires.

In it, Hogan shows us how ordinary people built extraordinary wealth, and how we can too. He shows how millionaires live on less than they make, avoid debt, invest, are disciplined etc. but what's very revealing is that building wealth has almost nothing to do with your income or background.

Your Money or Your Life – Vicki Robin

An absolute classic and I think the best way to describe this book, is by sharing a testimonial from someone who has read the book, and the impact it made on them:

I could and will read and re-read this book, not for its literary value but for its simple explanations of concrete ways to observe your own connection with the material world. Whether or not you fully practice its program, it is the sanest and most convincing account of financial matters I've ever read.

The Stress Solution – Dr. Rangan Chatterjee

Dr. Chatterjee wrote this book because it's thought that between 60% and 80% of GP consultations are related to stress. He's seen first-hand how stress affects his patients and has found simple but effective methods in the way we approach our body, mind, relationships and purpose can lead us to lead more fulfilled and calmer lives.

ASK LIAM

Our personal finance expert answers your questions ...

Q: I've been looking at my credit card, which I have through my bank (Permanent TSB).

I've found that the interest rate on it is nearly 50% higher than what is offered by Ulster Bank for their Black credit card (22.53% vs 16.1%).

The UB card offers 0% interest for 6 months and 0% interest on balance transfers for 12 months.

I would have a balance transfer of approximately €750 if I switched in the coming weeks.

I'm trying to be as sensible as possible, because I normally don't rack up this much on my card, but I treated myself to something last month for which I hadn't budgeted...!

Since it may take me another month or two to clear, I'd like to be saving interest where possible, as well as having lower costs in the longer term. Liam, would you be able to give me some advice please?

A. Thank you for your question, and the saving you will achieve if you switch to the lower rate with UB is about €13.88 each month.

And how I arrived at this amount is as follows:
22.53% (Interest Rate)/365 (number of days in year) = 0.0617% (daily rate charged)

When you multiply the amount owing by the daily interest rate, it amounts to €0.46 i.e. €750 x 0.0617%.

And when you multiply the daily interest rate charge by the amount of days in the month, you get €13.88 (€0.46 x 30 = €13.88).

I hope that answers your question and regardless of whether the saving is significant or not, moving to a provider with a lower rate is always the right thing to do in the short and long term.

Connolly's RED MILLS[®] STORE

'Tis the Season...

As seen on Ireland AM & Xposé. Warm wools, sumptuous suede and luxurious leathers are all taking centre stage this season. Clothing, footwear & accessories, all from Red Mills in Kilkenny. Shop online at www.redmillsstore.ie



Embellished headband, €24.95



Tailored red blazer, €279



Leather boots, €399, Pure wool coat, €399.

RED MILLS • DUBLIN ROAD • KILKENNY

www.redmillsstore.ie

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
www.aspiredesign.ie

Classy Christmas dining décor



DIY place cards like rosemary wreaths



DIY festive centre piece with baubles and greenery



TOP: Festive Table Setting - Image from Pinterest, LEFT: DIY creative centre piece with candy canes and roses, RIGHT: 10 piece taper candle tray €98.00 from Meadows and Byrne

For most people Christmas dinner is their favourite meal of the year. This week I thought I share some simple ideas on how to add some festive cheer to your dining table setting.

With Christmas Day, St. Stephens Day and New Year's Day fast approaching this is the perfect time to introduce some festive décor to ensure you wow your dinner guests, both big and small. Whether you love to make your own centre pieces and decorations or if you'd rather purchase, we've lots of suggestions to suit your taste and budget. Items suggested here are sourced locally from Kildare stores.

ADD A CENTRE PIECE.

There are many ways you can add a festive centre piece to your table. Consider creating your own using garlands and then customising with cones or baubles depending on the mood and style you want to achieve e.g. fun, opulent etc. To create a rustic centre piece consider using candles of different heights, mixed with wood and greenery.

Alternatively, if table space is minimum opt for a smaller centre piece. You could create your own DIY festive vase like these beautiful candy cane vases filled with roses. This Berry Tree from the Kilkenny Shop

would also make a great centre piece. For atmospheric light consider these Atticus and stone votives from Carraig Donn which are perfect for tea lights and leave ample space on your dinner table for your festive meal.

You could create your own DIY festive vase like these beautiful candy cane vases. Simply stick some candy canes to the outside of a jar, add some red ribbon and finish with some red roses.

UPDATE YOUR DINING CHAIRS

You can simply use some red ribbon, greenery and pine cones to update your dining room chairs for an instant stylish look. Another DIY idea is to create your own small wreaths to hang on the back of your dining chairs. Alternatively, for younger guests you could add these Santa chair covers available for just €2.99 from Home Store and More in Newbridge.

CREATE SOME FESTIVE NAPKINS

Napkin holders are a great way to add some festive cheer to your tables setting. You could opt for these beautiful reindeer etch napkin ring set at €19.95 for a set of six from Meadows and Byrne. Alternatively, you could add some rosemary or candy canes and a festive ribbon for

an instant Christmas feeling. Another option is to use some cinnamon sticks mixed with some greenery. This will look fantastic and add some Christmas scent to your dining room.

ADD SOME DIY PLACE CARDS

Placemats are also a great addition as well as practical too. Paul Costello Living have a lovely Christmas range at €15.00 for a set of four from Dunnes Stores. Add some customised place cards to your table setting. These can be fun and festive, or sophisticated and elegant depending on your guests and the look you want to achieve. These festive wreaths made simply from wire and rosemary look super. For children consider these festive Santa Hat place cards.

Thanks again for taking the time to read my interiors column and I hope you found the content helpful. I hope you all have a wonderful Christmas and Best Wishes for a peaceful, healthy and prosperous New Year. Remember if there is a topic that you would like covered in 2020 then please drop me a line. Thanks, Louise winner of TV3's Showhouse Showdown, 0863999926 info@aspire design.ie

or info@perfectheadboards.ie



ABOVE: Cinnamon evergreen napkins

LEFT: Hang wreaths on the back of chairs

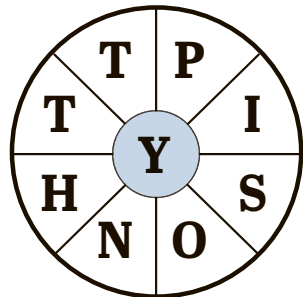
LIFESTYLE

SUDOKU

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

WORDWHEEL

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



How you rate:

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

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Mooted in downward movement (8)
- Some reckless pedestrians were in a hurry (4)
- Instrument not quite razor-edged (4)
- Industrial action that is sure to be noticed (8)
- It could be tricky for her playing in clubs (5)
- Belonging to country with all due ceremony (2,5)
- The stupidity of having no feelings? (13)
- Not in but not left completely (8)
- Come together in some ethereal way (4)
- Clique make loud gesture (7)
- Material taken from the ground is put back (5)
- Was sorry, we hear, for being impolite (4)
- Trust spinster content in negligence (8)

Down

- Deletion is certain after a period of time (7)
- Burden journalists with work (7)
- Opportunity to be in the open air is a remote possibility (7,6)
- Soldier never seen in public? (7)
- Do they indicate how hot-headed the scholar is? (7)
- Finds it lonely without girls? (6)
- He jeers when head of school gets money box (7)
- Observed the cake was plain on top (7)
- Draw out some philatelic items (6)
- How many have an anaesthetic effect? (7)
- This place is extraordinary (7)

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

Quick Clues:

Across

- Rabble (4-4)
- Sour (4)
- Record (4)
- Mishap (8)
- Inane (5)
- Special gifts (7)
- Pun (4,4,5)
- Curiosity (8)
- Slender (4)
- Slavery (7)
- Dense (5)
- Vivacity (4)
- Amaze (8)

Down

- Beginning (7)
- Ability (7)
- Wit (13)
- Detergent (7)
- Loathes (7)
- Head cushion (6)
- Flexible (7)
- Feeler (7)
- Tumult (6)
- Obsolete (7)
- Gods (7)

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

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

CODEWORD

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

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD: Cryptic: Across: 1 In debt; 4 Proper; 9 Second opinion; 10 Clothed; 11 Brace; 12 Board; 14 Sweet; 18 Armed; 19 Expense; 21 Dissertations; 22 Recess; 23 Greens. Down: 1 Insect; 2 Doctor of music; 3 Bench; 5 Rainbow; 6 Private income; 7 Ranger; 8 Bonds; 13 Redress; 15 Madder; 16 Jetty; 17 Versus; 20 Peter.

SUDOKU:

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

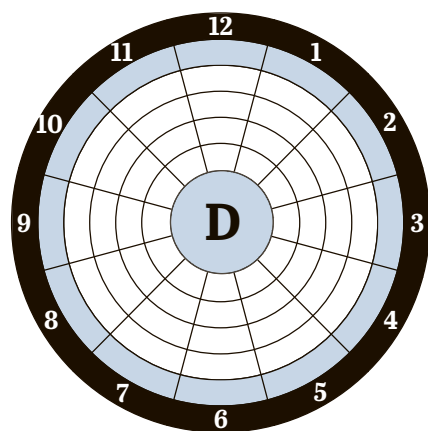
Quick: Across: 1 Recipe; 4 Limpid; 9 Multitudinous; 10 Shorten; 11 Amuse; 12 Sully; 14 Beach; 18 Brain; 19 Reclaim; 21 Unimaginative; 22 Tamper; 23 Change. Down: 1 Remiss; 2 Colloquialism; 3 Point; 5 Imitate; 6 Pronunciation; 7 Dispel; 8 Funny; 13 Lineage; 15 Abrupt; 16 Train; 17 Impede; 20 Clash.

CODEWORD:

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

CLOCKWORD

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



- Danger
- Stretch
- Tended
- Plump
- Shouted
- Evil
- Be imminent
- Required
- Hit with the foot
- Reptile
- Left
- Profit

KAKURO

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

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

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

				9	28			3	22	
	5	8			45			8		12
31								9		
4				6				13		
				10				16		
11					19			18		
										14
3				8	13					17
				8				16		
					6					14
				15						12
								6		
				18						8
13					15					7
										12
15										

SPLIT DECISION

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

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

NINER

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

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

THE CLUES:

- 9216929 gives food;
92728 gives food;
53477 gives a way to cook food.

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Bucket, 2 Urgent, 3 Secret, 4 Turbot, 5 Expert, 6 Relent, 7 Knight, 8 Eldest, 9 Abrupt, 10 Throat, 11 Object, 12 Nought.

CELEBRITY: Buster Keaton.

NINER:

CLERKSHIP.

KAKURO:

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

SUDOKU:

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

SPLIT DECISION:

P	L	A	N	T
A		U		H
R	A	D	I	O
K		I		R
S	A	T	I	N

LIFESTYLE



Be kind to each other this Christmas: Helping each other with even small domestic tasks, is a way of understanding another's struggle, minimise blame

The greatest gift: Peace and harmony this Christmas



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 CLINICAL PSYCHOLOGIST
 ADJUNCT ASSOCIATE PROFESSOR
 UCD SCHOOL OF PSYCHOLOGY

LET'S face it, Christmas is wonderful but there are times during Christmas where there is conflict associated with family dynamics, financial pressures, toxic expectations, fuelled often by alcohol. So if we are going to have a peaceful Christmas what strategies can you use; here's my top five tips for Christmas peace and harmony...

1. Acceptance – accepting and tolerating differences is essential in every relationship. Couple need to learn to regularly take time to put themselves in the other's shoes, respect their differences and think about what makes the

other person happy in order to strengthen the relationship. Even when it comes to discussing difficult topics like children's gifts, parenting styles, family of origin pressures – eg Christmas at home or in family in laws!

2. Find the third path – it's all too common for couples to squabble over how Christmas 'should be', linked to their own experiences as children. For example, for one partner, presents need to be opened on Christmas Eve for other's on Christmas morning. Couples need to negotiate these emotionally charged 'family of origin' cultural differences and, ideally, carve out

their own 'couple way' of celebrating Christmas by creating a third way that is about their relationship and their new family. So get working on creating your very own Christmas traditions – eg try walk, jog or run the GOAL mile Christmas morning details for your local GOAL mile www.goal.ie.

3. Practice teamwork – everyday stresses stack-up within everyone especially in the run-up to Christmas. The Murphy's are doing a bit of renovation and hoping to be in by Christmas so I understand even more stress this year! Consequently it's helpful for partners to get to know not only feelings of stress mounting up within themselves, but also in their partners. Helping each other with even small domestic tasks, is a way of understanding another's struggle, minimise blame and create more time to relax, with a shared sense of accomplishment.

4. Two powerful words – despite the length of a relationship, saying 'love you' and 'thank you' is really important. Some couples assume the other knows they are grateful, but 'thank you' is a



Regular 'Love you' sprinkles magic into the relationship ensuring its not all about kids but about the adults as well

magical phrase that can unlock important feelings of validation and prevents feelings of being taken for granted and creating resentment. It creates a benign cycle between partners, encouraging 'the giver' to repeat a generous act – even if it is just unloading the dishwasher or making a cup of tea in the morning. Regular 'Love you' sprinkles magic into the relationship ensuring its not all about kids but about the

adults as well.

5. Play together – laughing and 'playing' has all kinds of health benefits, from easing stress, countering depression and boosting positive mood: it releases hormones that can increase our sense of wellbeing. Research reveals that most people look for a good sense of humour in their ideal mate and sharing a sense of what's funny affirms an intimate relationship – so watch a funny film together and dust off those long-neglected board games to lighten the mood and increase a sense of pleasure in life and each other. Bring your inner child out to play.

So this Christmas may I wish you a peaceful one and you have health, peace and joy with many moments of pleasure meaning and play

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

POSITIVE PARENTING



Children who receive praise from their parents develop higher and more secure self-esteem

Building self-esteem through love and praise

SELF-esteem is how we feel about ourselves. It is personal, it is relational, and it begins in early childhood. As we move through life, school, social activities, personal characteristics, and interactions within the family all shape our sense of self. Positive praise, especially in relation to a child's intrinsic characteristics and efforts, is one of the most effective tools to build their self-esteem.

As children learn about the world, they tend to accept without question most of what they are told about themselves. Developing self-esteem from an early age is important - so a child can draw on this as they grow older.

Usually, we talk about 'high' or 'low' self-esteem. In children, high self-esteem is typically associated with positive attitudes and

behaviours, such as happiness, the ability to make friends, ability to overcome difficulties, and positive self-beliefs. In contrast, low self-esteem is usually recognised by a tendency to focus on weaknesses or mistakes, difficulty in recognising positive self-attributes, and blaming oneself for difficulties or failures.

When children receive frequent positive messages from their parents, they are more likely to internalise this form of thinking and use it to strengthen their own confidence. Praise needs to be specific and meaningful. Empty praise does not help, as children won't internalise it.

Self-esteem can also be 'secure' or 'fragile.' Individuals with secure self-esteem genuinely like and value themselves for who they are, rather than for their talents or

accomplishments. These children also tend to recognise both their strengths and weaknesses, are more socially confident, and manage to 'bounce-back' from failures. On the other hand, fragile self-esteem is based on achievements: 'what I do,' rather than 'who I am'. Children with fragile self-esteem tend to seek constant validation, often boasting or exaggerating their achievements. That is why parents can often misinterpret this kind of behaviour as high self-esteem. But beneath the surface, children might be experiencing difficulty accepting their weaknesses, may tend to blame others for failures, and may not respond well to criticism.

Children who receive praise from their parents develop higher and more secure self-esteem.

Notice unique, intrinsic, positive characteristics about your child, and tell them. This means the wonderful personality traits that make them who they are, such as kindness or a good sense of humour. Praise their efforts, not just their successes. That way, children understand that it is ok to fail, and they should be proud for trying, regardless of the outcomes.

This article was contributed by Megan McGinley, Assistant Psychologist, HSE Child and Family Primary Care Psychology Services. HSE Psychology Services are a member of Parenting Limerick, a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.

Top Tips

To build self-esteem

1. Empower your child to manage difficulties

Children feel "effective" when they see that good things come from efforts like trying hard, getting close to a goal, or making progress. You can help your child to feel empowered by coaching their problem-solving abilities. Brainstorming and role plays are techniques that helps children think about new possibilities and gives them a chance to practice their problem-solving skills.

2. Monitor self-talk

We often tend to be our own worst critics. Children are no exception. Take notice of how your child talks about themselves. Is it overly negative? If so, they may need help in reframing how they talk to themselves. Teach your children to quietly tell themselves thoughts that help them gain control over or put the situation in perspective such as "I can handle this" or "With more practise, I'll get it".

3. Provide them with acceptance, love, and security

Children who feel accepted tend to have more secure self-esteem. Several research studies have shown that the parent-child relationship is amongst the most significant indicators of self-esteem. Children are more likely to accept themselves if those that are closest to provide them with unconditional acceptance.





HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Christmas energy balls

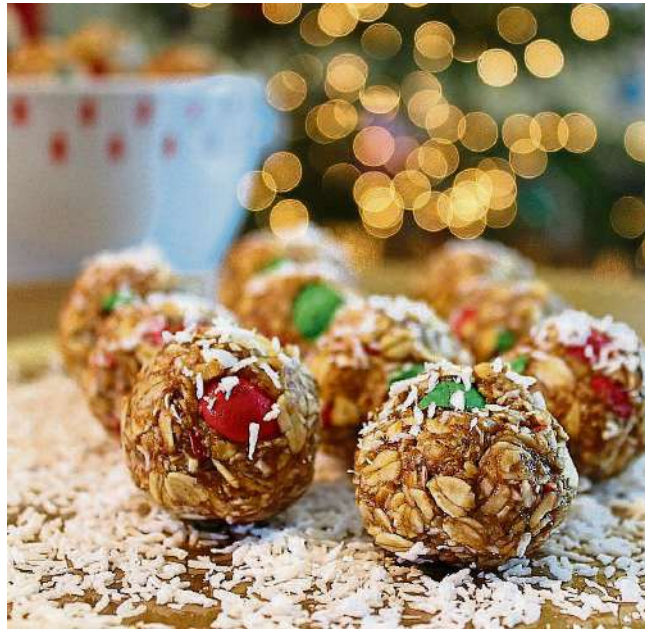
DECEMBER brought lovely crisp, cold weather, the decorations popped up in the neighbourhood and the choir concerts – it is really beginning to look a lot like Christmas.

However, instead of joy, gratitude, quiet reflection on the year and the real reason for the season so many people find the holiday season overwhelming. High stress of financial or family issues, the pressure of targets at work, overeating on processed foods and sugary selection boxes are for many what represents the

end of the year.

It is hard to stay healthy when our immune system is suppressed by stress hormones and sugar – each on its own would be enough to open the way for viruses, but the two together is really detrimental. With a few simple steps and having healthy option emergency snacks you can greatly strengthen your body while gratitude and focusing on love paint the holidays bright.

Start the day with a heavy, balanced breakfast such as an omelette or egg muffins and keep to regular



It only takes a few simple ingredients to make these tasty energy balls

mealtimes to balance blood sugar levels – this will make it easier to say no to those

treats hanging around your workplace. Avoid sugar as much as possible, create your

own treats of nuts and dried fruits or bake cookies and banana bread with a mix of almond flour in the dough, sweeten with a mix of stevia and erythritol.

Make sure you eat healthy fats and cholesterol – these are your friend, not foe. Emerging evidence show that populations with high fat and cholesterol rich foods such as eggs and lamb have lower risk of cardiovascular disease. Low fat diets, processed foods, vegetable oils and sugar are what lead to blood vessel damage, not fat and cholesterol.

On the other hand, cholesterol is needed to repair the body and provide hormone balance – without it your adrenals and sex hormones will suffer.

Take time for self-care and calming exercises. A simple breathing technique you can do anywhere, anytime can calm down your

stress hormones, whilst doing what you love, feeling gratitude activate your healing mechanisms.

Mind yourself first to be able to mind others or give your best at work.

Christmas Spice Energy Balls

- * 200g dates
- * 220g mixed nuts and/or seeds (walnuts, pecans, cashews, pumpkin seeds)
- * 3 tbsp coconut oil
- * 1 tsp mixed spice
- * Raw cacao powder to coat

Blend the nuts and seeds in a food processor until finely ground and set aside. Process the dried fruits and while the blades running slowly pour in the melted oil, spice mix and the ground nuts. It will start to clump together.

Form walnut-sized balls of the mixture and roll them in cacao powder. Chill for an hour and enjoy on the go.

**Wishing everyone a Happy Christmas
and
a very peaceful 2020.**

**Senator Jennifer
Murnane O'Connor**

Senator in

Carlow - Kilkenny



LIFESTYLE



Top 10 Tips for a sustainable and green Christmas

Ireland will generate approximately 90,000 tonnes of packaging waste this Christmas. Academics at the University College Cork (UCC) Environmental Research Institute (ERI), have come together to dream of a green Christmas. Here are their top tips to follow!

1. Buy a real Christmas tree! Given that it involves cutting down trees, this might at first sound counter-intuitive as a sustainability measure. After all, you could re-use a fake tree year after year, sparing a tree every time. But that would be the wrong way to look at it because your plastic tree will eventually end up in landfill, whereas if demand for real trees continues then they will keep being replanted. (Dr Markus Eichhorn, School of Biological, Ecological, Earth and Environmental Sciences)

2 Give the gift of a plant: Now is a good time of year to take cuttings from your house plants and pot them up as gifts for your nearest and dearest. It's easy to take cuttings from many succulents, spider plants or Christmas Cactus and pop them into some peat-free compost in a recycled or re-usable plant pot. Alternatively, mid-winter is a good time to plant a deciduous tree outside in Ireland as it will need the full spring season to develop a decent root-system for the drier months. – (Dr Eoin Lettice, Plant Scientist at the School of Biological,

Earth and Environmental Sciences (BEES) and the Environmental Research Institute (ERI) at UCC)

3 15 million crackers will be pulled in Ireland over Christmas, contributing further unnecessary plastic waste. Maybe consider making your own home-made Christmas crackers with recyclable materials (and better jokes). (Dr Tom Reed, Senior Lecturer in Zoology, School of Biological, Earth and Environmental Sciences (BEES), UCC)

4 Chestnuts roasting on a... if you've been burning coal, peat or wood in your living room fire, then you have been very naughty indeed. Domestic Solid Fuel burning is one of the largest sources of air pollution in Ireland. Your fire is not only harmful to you in your own house, but also to your neighbours, because 90% of the smoke and chemical fumes end up next door. Burning coal, wood and peat is especially harmful to asthmatics, the young, the old, people with existing heart conditions and the pregnant. And just think what it does to poor old Santa when he tries to deliver your fantastic presents down the chimney. We can only hope that he has good medical insurance! To keep Santa (and us) healthy, wherever you live in Ireland, then put some solar panels on your roof, insulate your homes better and install a heat pump. – (John Sodeau, Emeritus Professor



of Chemistry, UCC)

5 Be a Sustainable Foodie. Try to resist buying enough food to feed an army, as much of this will probably end up as waste – instead, try a 'refuse, reuse, rot' approach to your food shopping. Refuse to overbuy, reuse all leftovers and rot or compost what's left. Planning ahead by ordering your fruit and vegetables through a local box scheme, enjoy some social festivities and visit your local farmers market, or buy in bulk (plastic-free, of course!) and batch cook so that you've more time to enjoy family traditions. (Dr Claire O'Neill and Professor Mary McCarthy, UCC CUBS)

6 Don't fight at the dinner table! The Christmas family get together is famed for its fights and fall-outs - all that food, mulled wine, and being cooped up for one day with your nearest and dearest can prove too much. We are always advised to

avoid talking about religion and politics at the dinner table. Likewise, if climate change is an issue that raises some hackles at the Christmas dinner table, and one that you feel strongly about, we would recommend that you listen as much as you talk, avoid reciting too many climate change facts, and connect the issue to everyday life such as that local cycle path that could be extended to the community school. Of course, try to avoid gloom and doom and focus on the positive benefits of climate action - it is Christmas after all! – (Dr Paul Bolger, Manager of the Environmental Research Institute, UCC)

7 Leave the door open for Santa! An open fireplace with a chimney is very handy for Santa but he can also choose to come in the door if you decide to install an efficient stove or upgrade your heating system. Burning a fuel like coal in your fireplace over the winter produces about 1 tonne of Carbon Dioxide (a heat-trapping gas). This is similar to a person taking a return flight to New York. Heat-trapping gasses are causing our climate to change in ways that are not good so trying to reduce our emissions is the perfect gift for the planet! (Dr Paul Deane, Energy Policy and Modelling Group, MaREI Centre)

8 Think electric – Christmas can be when we mull buying a new car for next year. So look at the electric

options, you can now choose from battery-electric vehicles (BEV) to plug-in hybrid-electric vehicles (PHEV) to hybrid-electric vehicles (HEV). BEVs have a motor tax of €120. A HEV, such as the Toyota Corolla, costs about 7ckm and comes with a motor tax of €170.

9 Avoid the plastic! - Earlier this year UCC researchers found plastic 2,100m under the sea off Co Kerry coast. When buying presents look at their plastic wrapping, try to avoid toys or other gifts that would increase the amount of plastic waste you generate. Why not replace the glossy, non-recycled paper wrapping with recycled paper? Whenever possible try to buy your gifts and food from local sources and in family-owned shops, to promote local communities and also reduce the carbon footprint of transporting things all over the world. Nowadays we all enjoy internet shopping, but one should take this time of the year to reflect on the environmental and social costs of big online retailers (Dr Rossana Henriques, Senior Lecturer in Plant Genetics at the School of BEES, UCC)

10 Think of the birds! – UCC research earlier this year outlined how climate change is occurring so fast that common birds such as magpies cannot adapt and are at the risk of extinction. This Christmas leave the gift of water and the correct food out for our feathered friends.

KILKENNY ON ICE COMPETITION



Out & About

**YOUR CHANCE TO WIN FAMILY
PASSES TO KILKENNY ON ICE**



COLOUR



WIN-WIN-
Family Pa
Kilkenny O

WINTER RING COMPETITION

THE KILKENNY FREE EVERY THURSDAY
REPORTER



WIN
passes
on Ice

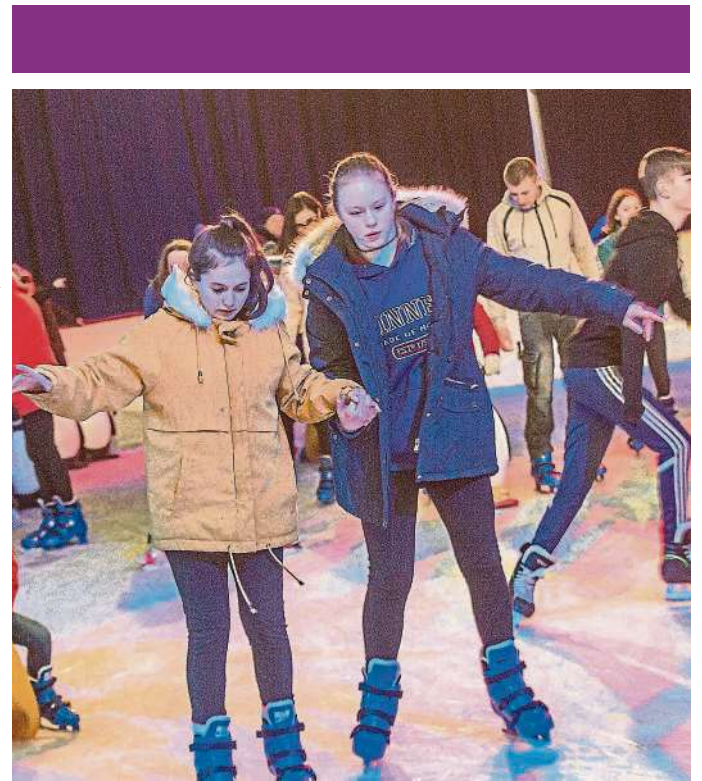
Name: Age:.....

Address:.....

.....

Contact Number:

To be in with a chance to win one of five family passes to Kilkenny On Ice, simply Colour in the picture above and return to: Kilkenny People 34 High Street. **(CLOSING DATE IS JANUARY 2, 2020)**



ENTERTAINMENT

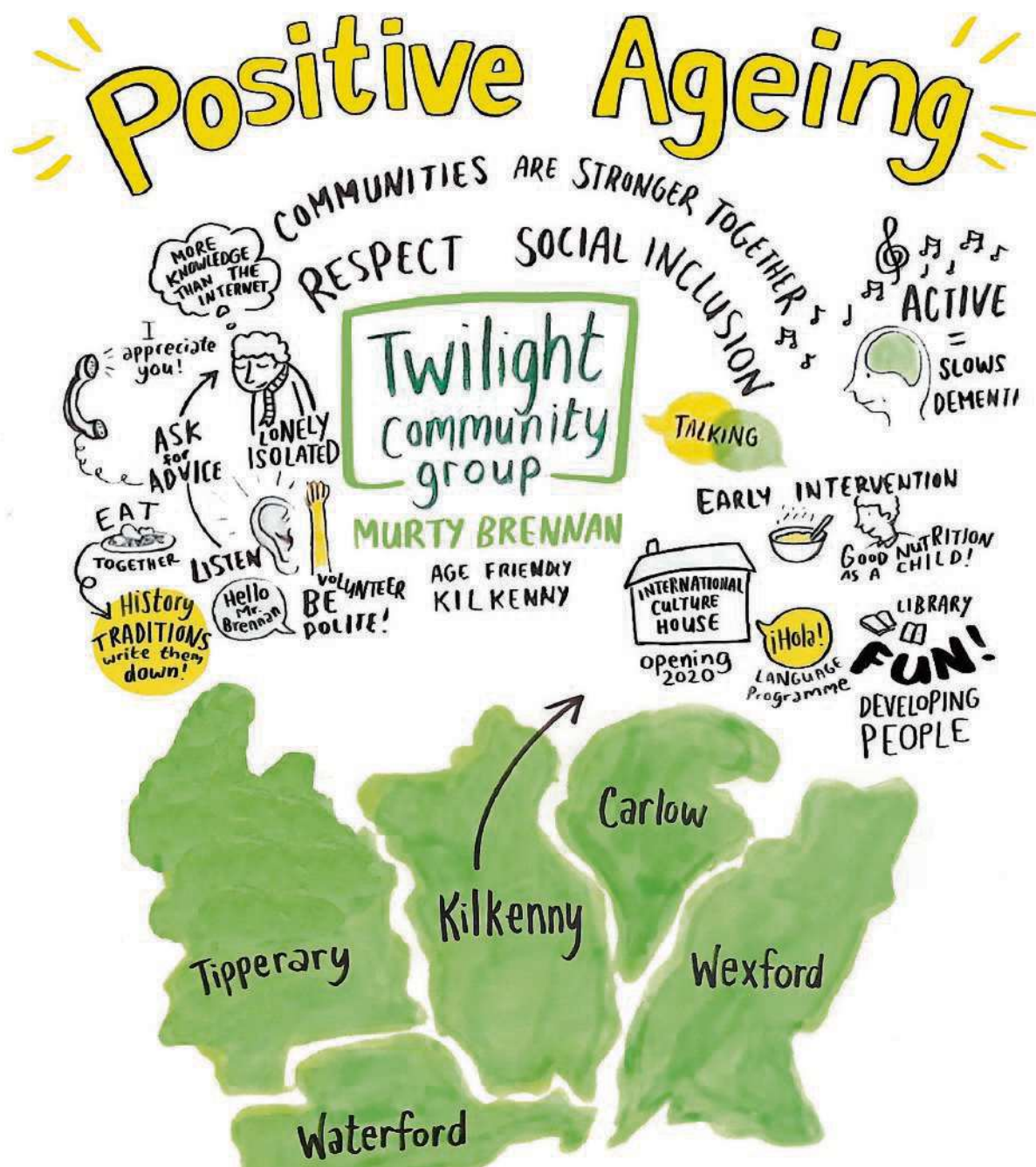
YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN KILKENNY

Kilkenny focus on Positive Ageing

The HSE/South East Community Healthcare, came together in Kilkenny with the five South East based Age Friendly Alliances and Older Persons Councils for a conference to further advance positive ageing as a policy and practice issue for all ages and sectors of society and produced the poster on the left thanks to Graphic artist Hazel Hurley who captured the meaning of the initiative which was shared at the conference on Positive Ageing, held at the Newpark Hotel in Kilkenny.

The Older Persons Council, Age Friendly Ireland and Healthy Ireland representatives from the HSE, and Local Community Development Committees (LCDCs) from counties Carlow, Kilkenny, South Tipperary, Waterford and Wexford helped to host the event, which was attended by individuals and delegates from organisations throughout the South East that have a stake in the subject.

Participants heard from Age Friendly Ireland, the National Older Person Council and Positive Ageing. Representatives of the Gárdai and the Tipperary Sports Partnership also spoke at the event.



ARTS NEWS

For Kilquane Drama Group, Coon it's rehearsal time for their 27th Production coming in 2020.

They will perform Love Thy Neighbour, a three act comedy by Jimmy Keary on February 1, 2019 in The Concert Hall, Thomastown and in Coon Hall on February 7, 8 and 9.

They made donations from their play, Poor Jimmy to the following: The Samaritans, Brow Rangers, North Kilkenny Wheelchair Assoc, Coon School Parents Council, Coon Field Committee, Friends of Castlecomer Hospital, Coon Community Club, Coon Tidy Towns, Coon Safe Heart, Carlow Kilkenny Home Care Team, Coon School, Castlecomer Basketball, Old Leighlin Cathedral, Coon Playschool, Muckalee Football, Muckalee Grotto and Ray of Sunshine.

Kilquane Drama thanked all those who supported and helped in any way. **COULD YOU BE A CURATOR?**

Kilkenny County Council's Arts Office is seeking applications for their 2020 emerging curators programme which will enable curators to gain direct experience in the field of curating exhibitions for the Arts Office Gallery.

Successful candidates will receive support beyond the financial value of the project.

The person chosen will gain experience and professional development in curating and managing three exhibitions in 2020 which will also enable them to develop and expand their artistic and creative networks and expand their relationships.

The applicant will benefit from working alongside a long established Arts Department within Kilkenny County Council benefitting from the years of experience and expertise of the Arts Officer and her staff.

The successful curator will also be mentored by Eamonn Maxwell.

Eamonn is a curator and cultural consultant who has been involved in over 60 exhibitions in UK, Ireland and Europe, including curating the Irish Pavilion at 2011 Venice Biennale.

Watergate Panto is almost booked out!

In just over two weeks, the Watergate stage will come to life with the magic of Panto.

Beauty and the Beast really is the hottest ticket in town this Christmas.

It starts on Wednesday, January 1 and runs until January 5 and again from January 8 to 12.

Families are in for the ultimate treat enjoying song, dance, comedy, spectacular sets, lighting and a very talented cast of magical characters.

Once upon a time in a faraway land, a young prince lived in a shining castle.

One winter's night an old beggar woman called by and offered him a single rose in return for some shelter.

Loosely based on the Disney classic Beauty and the Beast this tale as old as time will warm your heart as you watch one of the world's greatest love stories unfold, live at the Watergate.

However, be warned our Panto may have quite a few unexpected surprises.

In a mission to locate her aging father, Belle finds herself lost in the Beast's enchanted castle where she befriends some larger than life characters such as Monsieur Big and the loveable Mrs Potts.

You will laugh out loud at the crazy antics of Croissant and Croquette, the not so trusty palace workers.

The uber confident Gastric Band will go to any lengths trying to woo Belle and turn the villagers against the Beast while our Kool Kids (tots to teens) from all over Kilkenny steal the show!

Will our Beauty manage to tame the Beast and break the spell before the last petal falls?

Very limited availability with a number of shows already sold out. Contact the box office on 056-7761674 or visit watergatetheatre.com



The stars of Beauty & The Beast clockwise from top left: Claire Henriques - Croissant; David Doyle - Gastric Band; Edward Hayden - LeFool and Sarah Brennan - Croquette

Apply now for an arts grant to Kilkenny County Council

The arts office of Kilkenny County Council are now taking applications for their Arts Act Grant, the Tyrone Guthrie Residential Bursary Award and the Moth Residential Bursary Award 2020.

The arts grants are open to visual arts, theatre, literature, music, film, literature, dance and Multi-disciplinary events.

Who is eligible to apply: Groups and Organisations promoting the Arts and individual artists to pursue their practice, to develop within their chosen discipline and deliver projects.

TYRONE GUTHRIE BURSARY

Kilkenny County Council's Arts Office in partnership with the Tyrone Guthrie Centre is offering its annual residency opportunity

for a practitioner in any art form who is based in Kilkenny to spend two weeks at the centre, Annaghmakerrig, Co Monaghan which is world renowned and has strong links with Kilkenny.

The aim of the residency is to assist and encourage both established and emerging practitioners in their chosen art form, in giving them an opportunity to work intensively on a project alongside others in a very unique environment in the Ulster countryside.

Many established writers have said the residency at Annaghmakerrig was a hugely rewarding experience for them.

THE MOTH BURSARY 2020

Kilkenny County Council Arts Office in partnership with The Moth is offering a week long



Performers at this year's international harpists festival in Kilkenny co-funded by Kilkenny County Council

residency at The Moth Retreat, Co Cavan, to an emerging writer (including playwrights and song-writers) who are based in Kilkenny city or county.

Closing date for receipt of completed applications for all of the grants and bursaries is no later than 4pm on Monday, January 20 of next year.

Application forms, guidelines and criteria for all above may be obtained from: Deirdre Southey, Arts Office, Kilkenny County Council.

Johns Day Care Centre Christmas Party at the Kilford Arms Hotel



Kilkenny on ICE

Mondays - Fridays

Off Peak: 4pm - 9pm On Peak: 11am - 9pm (On Peak lasts from 21st Dec 2019 - 5th Jan 2020) (Last session at 8pm)

Saturdays & Sundays

Open from 11am - 9pm (11.00am Sundays is Sensory Session Quiet Time)
(Last session at 8pm)

Nov 23rd - Jan 5th

The Hub, Cíllin Hill

www.kilkennyonice.com





Serving Food

Monday - Thursday 12 noon - 8pm

Friday - Sunday 12 noon - 9.30pm

Live Music Every Weekend

MENU

STARTER

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

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

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

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

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

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

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

MAINS

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

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

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

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

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

DESSERTS

DESSERTS - €6

TEA/ COFFEE €2 extra with dessert

PORT POACHED PEARS with crème anglaise

CHEESE CAKE of the Day served with fresh whipped cream

CHOCOLATE ALMOND GLUTEN FREE BROWNIE with ice cream and chocolate sauce

APPLE AND BERRY CRUMBLE with crème anglaise

ICE CREAM AND SORBETS - €2/scoop or 3 for €5

NEW MENU COMING SOON BY CHEF CHRIS METZGER



Irishtown, Kilkenny, R95 DH32

For bookings call Mike on: **085 168 80 70**

Email: kovachospitality@gmail.com

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

Thursday

Christmas Organ Recital, St Canice's Cathedral, 7pm
The Pinsetters, Carroll's Thomastown, 9pm

Friday

Rod Stewart Tribute, Watergate Theatre, 8pm
Bingo Loco Christmas Special, Ormonde Hotel, 6pm
 Gavin Caroll, Rafter Dempsey's, 9pm
The Stunning, Set Theatre, 8pm
 Drops of Green, Kyteler's Inn, 8pm

Saturday

Doggy Christmas Parade, Butler House, 2pm
Alchemy, Medieval Mile Museum, 7.30pm
 Elf, Watergate Theatre, 2pm
Kilkenny Festive Parkrun, Kilkenny Castle, 9.30am
 Chopin: Op.74 Songs - Bartosz Thiede, St Canice's Cathedral, 1.30pm
Seniors Gone Crackers, Thomastown Community Hall, 7.30pm
 Christmas Party, Hayes Bar Urlingford, 8.30pm
 Live music, Kytelers Inn, 9pm

Sunday

Santa's Fairytale Christmas, Watergate Theatre, 12pm
Sung Eucharist with Advent Hymns, Saint Canice's Cathedral, 11.30pm
 Service of Nine Lessons and Carols, St Canice's Cathedral, 5pm
Moot Christmas Party, Home Rule Club, 9pm

Monday

Davey Cashin, Pete Fagan and Band, Left Bank, 9pm
DJ Welshy, Langtons, 10.30pm
 Joe Daly Magic Show, Watergate Theatre, 3pm
Village Weekly Bingo, James Stephens GAA Club, 7.30pm
 Christmas Bash, Corner House Bennettsbridge, 9pm.

Any Day

Yulefest, multiple venues over the week ahead



Kilkenny City Vocational School Staff and Committee at the Winter Wonderland: Cllr. Deirdre Cullen, Michael Farrell, Jane Purcell, Sheila Sheehy, Annmarie Bergin, Mary O'Shea, Cathy McSorley and Mark Aylward
 PICTURE: HARRY REID

12TH - 17TH MARCH 2020 **KILKENNY TRADFEST**

HORSLIPS
ANDY IRVINE & PAUL BRADY
CHRISTY MOORE
KILFENORA CEILÍ BAND
ZOE CONWAY | DONAL LUNNY | MAIRTÍN O'CONNOR
LEONARD BARRY | DECLAN FOLAN | MICHAEL MCCAGUE
STEPH GEREMIA TRIO

TRADTRAIL HEADLINE GIGS
KILA | PERFECT FRICTION | REEL TO REEL

WORKSHOPS		MASTERCLASSES
TOMMY STENSON SEAN NÓS DANCING	TOMMY LANIGAN BODHRÁN	DONAL LUNNY BOUZOUKI
DECLAN FOLAN FIDDLE	MICHAEL MCCAGUE GUITAR	ZOE CONWAY FIDDLE
JEREMY HICKEY SAMBA DRUMMING	LEONARD BARRY ULLEANN PIPES	MAIRTÍN O'CONNOR ACCORDION
ALICE JONES APPALACHIAN FOLK DANCING		

**& MORE TO BE ANNOUNCED...
 BOOK YOUR TICKETS TODAY
WWW.KILKENNYTRADFEST.COM**

MAIN SPONSOR

SPONSORS



Mike Denver

affectionately known as the 'Galway Boy' is at the height of his powers and this year celebrates 16 years on the entertainment scene. Mike's meteoric rise in popularity over the past while culminated with him being voted "Entertainer of the Year 2016" together with No 1 album of the Year 'Cut Loose' at the ACMA Awards in RTE. To date Mike has released 15 successful albums and 5 DVD'S. His latest album 'Work in Man' is receiving rave reviews and looks like achieving the No 1 spot. Backed by a band comprising of Ireland's top musicians Mike presents atwo and a half high energy show which features all his 'Hits' including 'Tommy K', 'Wasn't that a Party', 'Galway Girl', 'Blown Away', plus 'hits' from the 60's and 70's. What a night in prospect Guests on various concerts include Brendan Shine, Philomena Begley, Ray Lynam, Trudi Lalor and Olivia Douglas

CLONMEL PARK HOTEL

Thursday February 6th. Tel 052-6188700

Johnny McEvoy

has always been highly acclaimed for his excellent 'Live' show and his recent nationwide concert tour received a huge response from his legion of fans nationwide. This nostalgic evening of 'Song and Story' features all of Johnny's many 'Hit Songs', including Muirsin Durkan-Boston Burglar-Those Brown Eyes-Long Long Before Your Time etc plus some songs from his new album. His songs are haunting, evocative and beautifully presented with many in the folk and ballad style. Johnny McEvoy has been one of the most enduring and talented singer/songwriters in these islands over the past 50 years. His concert performance is second to none with his songs beautifully delivered in truly artistic fashion and story telling of the finest order. This a full evening with Johnny McEvoy and Band. No support.

SPRINGHILL COURT KILKENNY.

Saturday January 11th

Tel 056-7721122



These chocolate chip cookies will go down a treat this Christmas

Cook's notes

Once you roll the dough into parchment feel free to freeze this and then you can use whenever you need it, or make an extra batch for the freezer. Do not over mix the mix as this will warm the ingredients and lead to flat cookies.

Makes: 20

Ingredients:

- 100g unsalted butter (room temperature)
- 100g light brown sugar
- 100g caster sugar
- 1 free range egg
- 1 tsp vanilla extract
- 275g plain flour
- 1/2 tsp baking powder
- 1/2 tsp sea salt
- 100g milk chocolate, roughly chopped

- 50g dark chocolate, roughly chopped
- 50g white chocolate, roughly chopped

Method:

- Preheat the oven to 200°C (180°C fan oven)
- Beat the butter and both sugars together in a stand alone mixer until incorporated but don't mix too much, add the egg and vanilla and beat again. Combine the flour, baking powder and salt in a small bowl and add to the mixer, beat together and then stir through the chocolate.
- Place the mix in the refrigerator for at least 30 minutes. Remove and scoop out 20 even sized pieces onto two large baking trays lined with parchment paper as you go, spacing adequately apart as they do spread a little.
- Bake in a preheated oven for 12-14 minutes. Allow to cool for five minutes on the trays before transferring to cooling racks to cool completely.



NATHAN CARTER The Christmas Show



Great Christmas Gift!

**Lyrate Estate Kilkenny
Friday 27 December
056 776 0088
www.ticketmaster.ie**

TOMMY SWARBRIGG PRESENTS
Reeling in....

Great Christmas Gift

The SHOWBAND Years



**Watergate Theatre
Kilkenny
Sunday 2 February
056-77 61 674**

www.watergatetheatre.com

ENTERTAINMENT



Pictured at the Santa run were Nikki Rice and Charlie Beale aged 6

Out & About

YULEFEST KILKENNY 2019

Pictures: DYLAN VAUGHAN



Darth Vader of the 501st Ireland Garrison Star Wars costumed characters pictured arriving to James Stephens Army Barracks



Participants getting warmed up before the Santa Run at Kilkenny Castle



LEFT: Darth Vader and Charlie Beale aged 6

ABOVE: At the run was Anais Morrow aged 7 from Clara and her dog Clochard

RIGHT: Amber Byrne aged 4



A storm trooper checks ID as people enter the barracks



The Star Wars characters of the 501st Ireland Garrison Star Wars costumed characters pictured at James Stephens Army Barracks

THE KILKENNY REPORTER

MOTORING



E: advertising@thekilkennyreporter.ie T: Shane: 087 6577256 Patrick: 086 048 2018



'The whole car looks substantial and purposeful. Its gorgeous! Its only available in the exclusive Flame red paintwork of my test car and with gorgeous black alloy wheels' eye-catcher.

Mazda MX-5 30th Edition Roadster

Hugh Maguire: on a 'superb little roadster' that's both fun and

I know it's December and not an ideal month in which to road test a drop top roadster, but despite the chill in the air and days of rain I did manage to drive the new Mazda MX-5 30th Edition with the roof down and the heater cranked to full on one or two days this week.

The Mazda MX-5 first launched back in 1989 and since then well over 1 million have been sold. The simple formula of a compact two seat roadster with rear wheel drive and a nippy petrol engine ensured its success.

The car I am road testing this week is a special edition

built to celebrate the 30th anniversary of this lovely roadster.

Just 3,000 will be built worldwide with Ireland getting just 10 cars all of which are snapped up I guess.

SO HAS IT ANY STREET CRED?

The styling is muscular and all the better for that. The whole car looks substantial and purposeful. Its gorgeous! Its only available in the exclusive Flame red paintwork of my test car and with gorgeous black alloy

wheels, it's a real eye-catcher.

WHAT'S IT LIKE INSIDE?

The two seat cabin is very well finished with high grade trim and materials throughout. The driver and passenger sit low and well back giving you a feeling of really being an integral part of the car. There is an adequate amount of storage space for a roadster with extra stowage available behind both seats. The boot is reasonable and would fit about two cabin sized overnight bags.

There are plenty of goodies too, such as heated seats, keyless entry, a Bose sound system, lane departure warning, Leather and Alcantara trim, LED headlights, Front and rear

Smart City brake, Driver attention alert, Apple car play, Android Auto to name but some, so the new MX-5 30th Edition lacks nothing really on the specification list.

WHAT IS UNDER THE BONNET?

Powered by Mazda's SkyActive 2.0 litre 4 cylinder petrol mated to a lovely 6-speed manual gearbox with a power output of 184 bhp this little roadster has plenty of pep in its step. There's a nice growl from the engine when worked and I found overall performance to be good.

It's quite frugal too burning 6.6 litres per 100km over my road test. Road tax is €300.00 for a year.

WHAT'S IT LIKE TO DRIVE?

With rear wheel drive, a limited slip differential, Brembo brakes, the engine up front and near 50/50 weight distribution the MX-5 is a driver's delight. The 2.0 litre is potent enough to thrill without ending up in licence losing territory. You don't have to be driving the MX-5 quickly to extract pleasure from the way it rides and handles and this is one of the key virtues that has made it such a success. It's just a great fun roadster.

Trundling along with the roof down, listening to the sounds around you is just another aspect of roof down motoring to be enjoyed yet it handles with aplomb and will

delight the enthusiastic driver on a twisty country road.

The MX-5 is not about huge performance figures, but it delivers huge fun!

VERDICT

The latest Mazda MX-5 30th Anniversary Edition is a worthy limited edition of this truly excellent car. It's a superb little roadster that will prove both fun and totally reliable. I loved it.

That roof is well insulated for Irish rainy days and when the sun does appear you can drop it in seconds and enjoy wind in the hair motoring. The MX-5 range starts at €28,195. This rather special Anniversary edition costs €40,995.

MOTORING

Ford Puma Hybrid Crossover due in January

Puma: hybrid crossover arriving across Ireland

The new Ford Puma – an all new SUV-inspired compact crossover – will be available across Ireland from early January.

The exciting new Puma fuses stunning exterior design, best-in-class uncompromised load space, and sophisticated mild-hybrid powertrain technology.

The new model introduces a new chapter in Ford's design identity with charismatic styling cues including distinctive wing-top mounted headlamps and athletic, aerodynamic lines.

Compact crossover proportions deliver a raised ride-height for a confidence-enhancing driving experience, and support class-leading uncompromised luggage capacity of 444 litres thanks to the innovative Ford MegaBox.

The MegaBox provides a deep, versatile storage space that is capable of comfortably

accommodating two golf bags in an upright position.

Powerful, responsive performance and optimised fuel efficiency is delivered for Puma customers using Ford's EcoBoost Hybrid 48-volt technology.

The mild-hybrid powertrain seamlessly integrates electric torque assistance with a low-friction, three-cylinder 1.0litre EcoBoost petrol engine.

Commenting on the arrival of the all new Ford Puma in Ireland, Ciarán McMahon, Chairman and Managing Director of Ford Ireland, said, "I am sure the new Ford Puma will be a big hit in the Irish market.

"It is a compact SUV that feels like a much bigger car thanks, in part, to the innovative design of the MegaBox boot area.

"Then add in the very fuel efficient mild hybrid 1.0 litre EcoBoost petrol engine and you can see why Puma will tick all the boxes for many



'The new model introduces a new chapter in Ford's design identity with charismatic styling cues including distinctive wing-top mounted headlamps and athletic, aerodynamic lines'

prospective new car buyers."

The new Puma joins Ford's expanding line-up of SUV and SUV-inspired crossover models in Europe, including the Fiesta Active, Focus Active, EcoSport and Kuga.

SUVs now account for more than one in five Ford vehicles sold in Europe, and sales rose more than 19 per

cent in 2018.

In Ireland, new Puma will be offered in three series: Titanium, ST-Line and ST-Line X.

Spec for Puma Titanium includes: 17-inch machined alloy wheels; LED projector headlamps with auto high beam; Pre-collision assist; 8-inch SYNC with Navigation and FordPass Connect

modem; keyless start; electronic a/c; massage driver and passenger seats; ambient lighting; wireless charging; cruise control with adjustable speed limiter; rear spoiler.

Spec for Puma ST-Line adds: ST-Line sports body kit; large rear spoiler; LED fog lamps with cornering feature; ST-Line sports

exhaust; 12.3-inch digital cluster; dark sports headliner; flat-bottom steering wheel; alloy pedal and gear knob.

Spec for ST-Line X adds: 18-inch matt black alloy wheels; SYNC Gen 3 8-inch touchscreen with navigation and B&O Play sound system; partial leather sports trim; privacy glass; shark fin antenna.

Suzuki steps up its self-charging hybrid models for its range in Spring 2020

Hybrid: Powertrain will be introduced for S-Cross models

In line with continued plans to further reduce CO₂ emissions and improve fuel economy across its range of vehicles, Suzuki GB PLC is excited to introduce three 48-Volt Self-Charging Hybrid equipped derivatives to its range in Spring 2020 which will also include the launch of the new K14D Boosterjet petrol engine.

The new Hybrid Powertrain will be introduced for Swift Sport, Vitara and S-Cross models and offer up to 20 per cent lower CO₂ emissions, a greater level of torque and 15 per cent overall improvement in WLTP Combined fuel consumption.

These models will directly replace the current 1.4-litre Boosterjet derivatives with manual transmission.

Similar in basic principle to the 12V Hybrid SHVS (Smart Hybrid Vehicle by Suzuki) system that Suzuki pioneered in 2016 and fitted to all manual transmission

models in the Ignis range and Swift SZ5 models, the newly developed 48V Hybrid Powertrain remains very lightweight in design and the components add less than 15kg to the overall weight of the vehicle.

The new and higher-powered Suzuki SHVS system consists of a 48V lithium-ion battery, Integrated Starter Generator (known as ISG) and 48V-12V (DC/DC) converter to power components requiring lower voltage including lights, audio and air conditioning.

The ISG acts as both a generator and starter motor, is belt driven and assists the petrol engine during vehicle take off for a higher level of torque with 235Nm available from 2,000rpm.

The compact and high-performance lithium-ion battery stores electrical energy recovered from deceleration and braking and incorporates an idle stop function operated via the Integrated Starter



'A further benefit of the new 48V Hybrid system is the introduction of electric motor idling when the clutch is disengaged and the engine speed is approximately 1,000rpm'

Generator.

This battery, along with the DC/DC convertor unit, are located under the front seats to assist overall weight distribution.

A further benefit of the new 48V Hybrid system is the introduction of electric

motor idling when the clutch is disengaged and the engine speed is approximately 1,000rpm.

This feature essentially replaces fuel injection with power from the electric motor to then control and maintain engine idling at

vehicle speeds below 10mph and when stationary.

This function therefore eliminates fuel consumption under these conditions as engine momentum is electrically controlled by the ISG unit and the car is ready to re-accelerate on request

with no engine restart delay.

Further detail and full specifications of the three new Hybrid models will be announced in advance of media and public launch which is planned for March 2020.

Avail of an Approved Used Jaguar this December in Auto Boland Waterford

Inspected, guaranteed and ready for action. The Jaguar Approved Programme has been designed to ensure that you receive the same level of quality, service and customer satisfaction that you would when buying a new car. Peace of mind comes as standard when you choose one of our Approved Cars. And at Auto Boland Waterford, we ensure that every car has been thoroughly checked by specialist technicians and is covered by our own comprehensive warranty. Call our Sales Team on 051-335000 for more information. See www.autoboland.com.



AUTO BOLAND.

CORK ROAD, WATERFORD

051-335000

www.autoboland.com

191 JAGUAR F-TYPE R-DYNAMIC 300PS AUTO

EX DEMO
NEW €89,900
NOW €74,995

171 JAGUAR XF XF 163 BHP 2.0D PRESTIGE

€26,995 €83 PER WEEK*

191 JAGUAR E-PACE 2.0D 150PS FWD

€35,995 €111 PER WEEK*

171 JAGUAR XE 2.0D PRESTIGE 163PS

€23,995 €73 PER WEEK*

182 JAGUAR E-PACE 2.0D 150 BHP FWD

EX DEMO
€31,995 €98 PER WEEK*

181 JAGUAR XF 2.0D PRESTIGE RWD

€30,995 €95 PER WEEK*

191 JAGUAR E-PACE 2.0D 150 BHP

€35,495 €109 PER WEEK*

WISHING ALL OUR CUSTOMERS A MERRY CHRISTMAS AND A HAPPY NEW YEAR

191 JAGUAR F-PACE 2.0 160 BHP RWD

EX DEMO
NEW €65,850
NOW €56,995

181 JAGUAR E-PACE 2.0D 150 BHP

€33,995 €104 PER WEEK*

171 JAGUAR XE 2.0D PRESTIGE 163PS

€24,995 €77 PER WEEK*

191 JAGUAR F-PACE 163 BHP MANUAL

€45,995 €142 PER WEEK*

191 JAGUAR E-PACE 2.0 D150PS AWD AUTO

€37,995 €117 PER WEEK*

162 JAGUAR F-PACE AWD R-SPORT AUTO

€38,995 €120 PER WEEK*

191 JAGUAR XE 2.0D PRESTIGE AUTO

EX DEMO
NEW €48,795
NOW €39,995

*T&CS APPLY. RRP includes scrappage allowance of €2,000. Finance rates inclusive of 30% Deposit/Trade-in. All offers correct at time of publishing and are subject to availability. (Warning: You will not own these goods until final payment is made)

O'BRIENS KILKENNY



KILKENNY RETAIL & BUSINESS PARK,
WATERFORD ROAD, KILKENNY.
056-7756567 | WWW.OBRIENSKILKENNY.IE



XMAS SALE



2019 (191) RENAULT KANGOO

VAN
BUSINESS
1.5 DCI
75 BHP



€10,900 + VAT

€52 per week

2019 (191) RENAULT CLIO

DYNAMIQUE
NAV
1.0 TCE
90 BHP
5DR



€14,900

€72 per week

2018 (181) PEUGEOT

208
ACCESS 1.2
68 BHP
5DR



€12,495

€60 per week

2018 (182) TOYOTA YARIS

ICON
VVT-I
1.0
5DR



€13,900

€67 per week

2018 (182) FORD FOCUS

TITANIUM
1.5 TDI
95 BHP
5DR



€18,900

€91 per week

2018 (181) RENAULT KADJAR

DYNAMIQUE
NAV
1.5 DCI
110 BHP



€20,900

€99 per week

2017 (171) SKODA OCTAVIA

AMBITION
1.6 TDI
110 BHP
DSG
(AUTO)



€13,900

€67 per week

2017 (172) MINI HATCH ONE

XN72
2DR



€14,900

€72 per week

2017 (172) VOLKSWAGEN GOLF

COMFORTLINE
1.6 TDI
115 BHP
5DR



€16,995

€82 per week

2018 (181) PEUGEOT 3008

ACTIVE
1.6 BLUE
HDI
120 BHP



€23,995

€115 per week

2016 (161) RENAULT KANGOO

VAN
BUSINESS
1.5 DCI
75 BHP



€6,495 + VAT

€31 per week

2016 (162) SKODA FABIA

AMBITION
1.4 TDI
90 BHP



€9,900

€47 per week

2016 (161) HONDA CR-V

ES SPORT
1.6 I-DTEC
2WD



€19,900

€96 per week

2015 (152) DACIA SANDERO STEPWAY

ALTERNATIVE
1.5 DCI
90 BHP
5DR



€8,900

€43 per week

2015 (152) RENAULT FLUENCE

LIMITED
1.5 DCI
95 BHP



€10,900

€52 per week

2015 (151) LAND ROVER DISCOVERY

4.3.0
TDV6 XE
5 SEATER
AUTO



€34,900 + VAT

€169 per week

Above weekly figures based on no deposit
Contact our sales team today: John, Karl or Richie.
PRICES QUOTED INCLUDE €2,000 SCRAPPAGE ALLOWANCE
Arrive & Drive! Finance arranged on the day by RCI Bank
Lowest APR Rates Available



BANK
AND
SERVICES



KILKENNY RETAIL & BUSINESS PARK,
WATERFORD ROAD, KILKENNY.
056-7756567
WWW.OBRIENSKILKENNY.IE

The Kilkenny Great War Memorial Committee

Second World War Names Appeal

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

**Deadline extended
to March 17th 2020**

Email: kilkennywarmemorial@gmail.com

Phone: 086 3369080

Post to: 48 John Street, Kilkenny



INFANT CHILD JESUS BLESSED MOTHER OF JESUS



**Infant Jesus said; The more you honour me,
The more I shall bless you.**

**The infant child Jesus has come to the world
through the immaculate blessed
Mother Mary queen of Heaven and Earth.**

LORD THY WILL BE DONE

Phone - Tommy O' Neill - Ballyhale

Anne Doran- Kilkenny - 086 3273511

Classifieds

RECRUITMENT SERVICES



**Castlecomer
Discovery Park**
Yours to enjoy

Cafe Operator Wanted

We are one of Ireland's best adventure centres located in Castlecomer, Co. Kilkenny.

We are currently exploring the potential to forge a business partnership with a creative, food professional to operate our Café.

We currently open 7 days a week 10-5, we are looking to work with someone that has both the creativity to create a destination food venue and business acumen to operate profitably year round.

This is an exciting opportunity for someone that either has an existing business and wishes to expand or a professional that is looking to create a business in a stunning location.

Contact Errol Delaney by email on erroldelaney@eircom.net or Phone 0872626488



Pharmaceutical
Energy & Utilities
Data Centres
Office & Retail
Food & Beverage

Celebrating
35
Years
Anniversary

Succeed by delivering a better experience

WE ARE HIRING...

In your locality and throughout Ireland:

- Apprentices Electrical & Plumbing
- Electricians
- E&I Technicians
- QA/QC M&E
- High Voltage Commissioners
- Engineers M&E
- Quantity Surveyors
- Health & Safety Officers
- General Operatives



A GLOBAL ORGANISATION -
OUR FAMILY CULTURE AND VALUES REMAIN.
COMPETITIVE SALARIES, OPPORTUNITIES TO WORK ABROAD
AND CONTINUOUS TRAINING AND DEVELOPMENT.

Find out about all our opportunities at:
www.suireng.ie or send your CV FAO Helen at hrd@suireng.ie

THE KILKENNY **FREE EVERY THURSDAY** REPORTER



ARE YOU LOOKING
FOR STAFF??

**Advertise in
KILKENNY'S
BEST
RECRUITMENT
SECTION**

Get in touch today
056 7721015
shane.keegan@iconicnews.ie



TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

IN MEMORIAM



CANTWELL (4th Anniversary) In loving memory of Tom who died on Christmas Day 2015

One life lived
Many lives touched
Always in our hearts

Anniversary Mass will be offered in St. Joseph's Church Foulkstown at 10am on Christmas Day.

Suaimhneas Siorai

The Hand of God



Though today, you walk in sorrow
You will not be alone.
There is One whose loving wisdom
Is far greater than our own.

Put your trusting hand in His,
As a little child would do
And He like a loving father
Will guide and comfort you!

Day by day, there will come to you
New faith, new hope, new light.
You'll find that stars unseen by day,
Shine through the darkest night

And though your heart is longing,
For the dear one who's at rest.
You'll know before the journey's end,
That God's dear ways are best!



Sympathy Prayer

*Dear Lord,
please comfort
those in grief,*

*Love them,
lift them, give
relief*

*For loss
they've
suffered,
sadness felt,*

*Make this
sorrow slowly
melt.*

*Lord, let
happy
memories ease,*

*Creating
peace like a
gentle breeze,*

*And as you
help them
make it
through.*

*Draw them
closer, Lord,
to you.*



USEFUL SERVICES

LANGTONS denture clinic
Restore your Natural Smile!
Visit us today, your local Denturist Practice.
Free Consultation *Medical Cards Welcome*
Patrick Langton Dip CDT RCS (Eng.) DD Msc 056 771 2741
2 Priory Sq, Dean St, Kilkenny info@langtonsdenture.ie

POWERWASHING & STEAM CLEANING
- Soft Washing / Red Stain Removal - Residential
- Roof Cleaning a speciality - Commercial
- Cleaning of Pvc, Walls, Paths & Tarmacadam - Industrial
Fully Insured
Call John: 087 923 73 15

Firewood For Sale
Softwood & Hardwood
Small and big bags available
Trailer loads delivered to order
Call Michael Hearne:
086 258 48 72
Callan Area

ACE CHIMNEY SWEEP
CALL SEAMUS
087-7794047
• Guarantee Clean
• Brush & Vacuum System
• Crow Guard Fitted
• Stoves, Cookers & open Fires
• Power Sweeping Service
Spotless Service Fully Insured

THE KILKENNY FREE EVERY THURSDAY REPORTER
Job Vacancy??
~
To advertise here contact
Shane: 087 6577256 - Patrick: 086 0482018

BREAKING NEWS

ADVERTISE IN KILKENNY'S BEST RECRUITMENT SECTION



Get in touch today

056 7721015

shane.keegan@iconicnews.ie

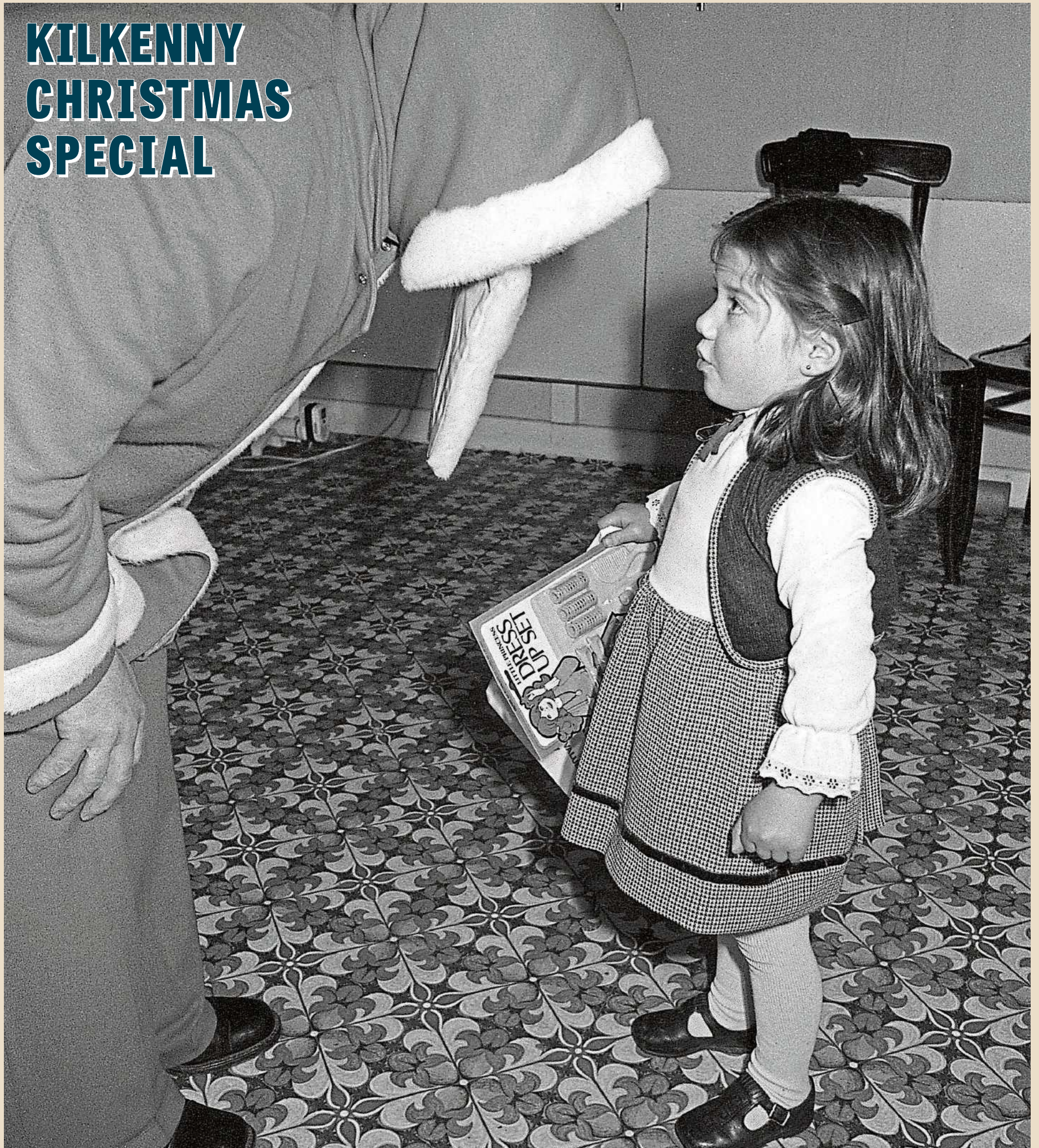
THE KILKENNY FREE EVERY THURSDAY REPORTER

www.kilkennyreporter.ie

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny

**KILKENNY
CHRISTMAS
SPECIAL**



All I want for Christmas is... A snapshot with Santa which was taken at the Monster House Christmas Party in 1981 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



There's a scrum to meet Santa at the Kilkenny Rugby Club Christmas Party in 1981
PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



A scene from the Nativity Play and Concert in St Patrick's Church, Kilkenny in 1981 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Luke Boyle, Mayor of Kilkenny, and Cllr Margaret Tynan switch on the 1981 Christmas Lights on High Street PICTURE: MICHAEL BROPHY



ABOVE AND MIDDLE: Scenes from the Nativity Play and Concert at St Patrick's Church

Fr Jackie Robinson conducts the Nativity Concert in St Patrick's Church in 1981 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



Plenty of concentration on the faces of these tots as it's play time at the 1981 Kilkenny Rugby Club Christmas Party PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



All smiles at the 1981 Kilkenny Rugby Club Christmas Party PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



A packed congregation enjoys the Nativity Play and Concert in St Patrick's Church in 1981 | PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



The faces of the choir at the Nativity Play and Concert in St Patrick's Church PICTURE: MICHAEL BROPHY

SPORT

Lowry and Taylor are Ireland's king and queen of sports

In what was a great year for Irish sport, here's a look back at some of the highlights and the heroes who dominated the back page headlines in 2019

Katie Taylor's enduring appeal among Ireland's public, the success on the field of Dublin's five in-a-row footballers and Ireland's Tokyo-bound women's hockey team, and the popularity of Gaelic Games are all reflected in the findings of the Teneo Sport and Sponsorship Index (TSSI) 2019.

The TSSI is a comprehensive 1,000 person nationally representative survey with quotas imposed across gender, region, age and social class. The research was carried out by Teneo's Sports and Sponsorship team and iReach and examines the Irish general public's attitudes towards sport and their sporting heroes. This is the view of the general public and not a survey of sports fans. It is the tenth year of the TSSI and the research was carried out between November 19 and November 29.

MOST MEMORABLE SPORTING MOMENT

Shane Lowry's debut Major win at The Open in Portrush captured the hearts and minds of the Irish public as the Offaly golfer took top spot in the Greatest Sporting Moment of 2019 category with the support of 30% of respondents – just beating Katie Taylor.

Taylor's moment was beating Christina Linardatou to become a two-weight world champion and she got the backing of 29% of respondents.

These were by far and away Ireland's greatest sporting achievements according to the general public, with Róisín Upton's sudden-death penalty against Canada to send



Katie Taylor is Ireland's most admired sports star for the third year in a row

Ireland's women's hockey team to the Tokyo 2020 Olympics in third place on 9%.

Two hurling moments round out the top five – Wexford winning a rare Leinster title (6%) and Tipperary's Séamus Callanan's vital goal in the All-Ireland final win over Kilkenny (5%).

TEAM OF THE YEAR

This was a split decision

between two teams that made history this year; Dublin's senior footballers and Ireland's women's hockey team, in a further positive sign for women's sport, each receiving 25% of the vote. The Dubs achieved something that was never done before – a five in-a-row of Sam Maguire wins. Unsurprisingly, their support rises to 37% among Dublin-based respondents.

Our hockey team qualified for the Olympics for the first time ever in the most dramatic of fashions, beating Canada in a sudden-death penalty shoot-out with Róisín Upton scoring the winner despite having broken her wrist during the game.

There is a gender difference in terms of voting – overall Dublin attracted 32% of male votes and 17% of

female. In an almost mirror image, 33% of women voted for Ireland's hockey stars against 18% of men.

In third place in the poll was Ireland's Under-20 rugby team, who won this year's Six Nations. They received 16% of backing after they kept the flag flying during a mixed year for Irish rugby, with Ireland's medal-winning rowing squad (9%) and Tipperary's All-Ireland hurling champions (8%) rounding out the top five places

MOST ADMIRABLE SPORTS STAR

Katie Taylor makes it a three in-a-row of wins in Ireland's most Admired Sport Star category, holding on to the title she took in 2017 and 2018. In fact, it's the fifth time in seven years that she has topped this particular poll, the only other winners in that time are the now-retired former Ireland rugby captain Paul O'Connell in 2015 and MMA fighter Conor McGregor in 2016. McGregor took 16% of votes three years ago but interestingly his support collapsed to just 2% in 2019.

Taylor is a clear winner with a quarter of the votes, well ahead of second placed Shane Lowry on 10% and her popularity with the general public remains enduring.

Irish rugby didn't hit the highs of 2018, yet this didn't

stop Jonathan Sexton coming third on 6%, with Munster captain Peter O'Mahony and recently retired Ireland skipper Rory Best sharing joint fourth on 5% alongside rowing brothers Gary and Paul O'Donovan. Dublin's Stephen Cluxton is the highest ranked GAA player on 3%.

FAVOURITE SPORT

Gaelic Games holds on to its status as Ireland's Favourite Sport for the second year on the bounce, having moved to the top of the charts for the first time ever in 2018. Soccer had been the nation's number one for eight years in succession from 2010, when the TSSI research was first carried out.

Gaelic Games (football, ladies, hurling and camogie) won 19% support, just ahead of soccer (men and women's) on 18%, with rugby, (men's and women's), third on 13%.

Swimming is on 5%, a two percentage point jump in 12 months, and remains fourth while golf also picks up a percent to sit on 4%, though drops one place to fifth.

When it comes to sport that people "like", but that isn't necessarily their favourite sport, tennis (19%) golf (18%), athletics (18%) and horse racing (12%) all poll strongly.

2020 VISION

The Tokyo 2020 Olympic Games is the sporting event the Irish public is most looking forward to next year with 22% of votes, with Euro 2020 in second place on 17% despite four games in the tournament being held at Dublin's Aviva Stadium. Rugby's Six Nations is the next most anticipated event on 14% with the All-Ireland Senior Hurling Championship (12%) All-Ireland Senior Football Championship (9%) rounding out the top five. However, combined, all four Gaelic Games' All-Ireland championships (including camogie on 1% and ladies football on 2%) gather 24% of votes.

"Wrapping up a rollercoaster year for Irish sport, the findings from Teneo Sport and Sponsorship Index confirm the central role and contribution that sport, our sports teams and athletes play in our culture and society," said Rob Pearson, Director, Teneo Ireland. All Ireland Championships.'



Shane Lowry's success at The Open was voted Ireland's top sporting moment of 2019

SPORT

Kilkenny School Project put football wins back-to-back

Allianz Cumann na mBunscol football

KILKENNY SP
WINDGAP

1-4
0-4

Kilkenny School Project made it back-to-back wins in the Allianz Cumann na mBunscol Toymaster Roinn C football championship final when they defeated Windgap by a goal in MW Hire Training Centre, Dunmore on Saturday.

In fact, the showdown was a repeat of last year when KSP won their first ever schools' title. Strikingly, they defeated the same opposition by the same margin.

Allowing for the fact that KSP also won their first girls' title by defeating Windgap last week, the southerners would be forgiven for not wanting to see the oppositions blue and yellow for a long while.

Games between these two sides are always hard fought and exciting. This one was no different.

This is an 11-a-side competition, but there didn't seem to be much extra room on the pitch as every ball was contested keenly by both sides.

The early exchanges were tight and it took nine minutes for the first score to arrive.

Windgap captain, Pdraig Egan, pointed a free from 25 metres to get the ball rolling.

RESPONDED

KSP responded immediately. Maciej Miegoc forced a smart save from Hugo Seagrave in the Windgap goal.

Ted Crowley pointed a

minute later for the KSP's first score before the accurate Egan slotted over another free as Windgap pressed forward.

However, KSP started to get on top as they played with the assistance of the wind.

Ted Crowley fired over a lovely score to tie things up. Windgap defended stoutly to the end of the half, and although Mark Askins pointed a free two minutes before the break, the southern side would have been happy to turn around only a point in arrears after playing into the wind.

Half-time scorer: KSP 0-3, Windgap 0-2.

The second half began with Windgap using the wind well and pressing forward.

The lively Aisling O'Shea picked up an injury and ended up moving to full-forward. It was KSP's turn to have to defend well, and they did so while looking dangerous on the break.

BROKE FORWARD

Cayden Byrne broke forward and got into a one-on-one with Hugo Seagrave, but the Windgap 'keeper did enough to force the shot wide.

Windgap kept pushing forward, but they could not find a way through the solid KSP defence.

As happens when a team enjoys a period on the attack, KSP made gains.

Morgan O'Toole went on a great run, and after playing a lovely dummy, placed Oscar Downer, who fired a shot passed the helpless Hugo Seagrave.



The successful Kilkenny Schools Project squad

Windgap showed their true grit and went straight down the field and forced a free after Tadhg Kennedy was fouled. Pdraig Egan duly scored his third point and just a score divided the teams again.

Once again Windgap pressed forward, but the KSP defence repelled every attack and, on the break, Cayden Byrne showed great soccer skills and rolled a pass to Morgan O'Toole, who first timed it from the ground and over the bar.

Aisling O'Shea forced another free with the clock

heading into the red. Pdraig Egan added a point to leave just a goal between the teams.

During the four minutes of injury time, Windgap tried really hard for the score that would have forced a replay.

However, the School Project wouldn't give up a chance, never mind a score. When referee John McCormack blew the final whistle it was the Waterford Road school that were celebrating.

This was an absorbing game of football, with heroes all over the field on both

sides.

The quality of football was excellent, even allowing for the heavy pitch and spectators got full value for money.

For Windgap, it was disappointment for a second year, but they can hold their heads high as a young team forced the issue all way.

For KSP, it was the story of the buses! When one title finally arrived, a second followed quickly afterwards.

KILKENNY SCHOOL PROJECT - Jethro Duffin, Alex Prior, Ted Donohue, Lewis Kenealy, Eddie Daly, Louis Mackin (joint capt), Mark Askins, joint capt (0-1, free), Ted Crowley (0-2), Oscar Downer

(1-0), Maciej Miegoc, Morgan O'Toole (0-1).

SUBS - Cayden Byrne, Enda McLoughlin, Brandon Higgins, Oliver McGrath, Patrick Cahill, Diego Brennan, Dominiks Osporv, Adam Miegoc, Max Marc, Ethan Hogan Eyre, Amir Zouaoui.

WINDGAP - Hugo Seagrave, Jack Egan, Darragh Enright, Alex Culleton, Ona Kennedy, Aisling O'Shea, Aidan O'Shea, Pdraig Egan, capt (0-4, frees), Sam Moloney, Tadhg Kennedy, Alyn Ahearne.

SUBS - Laura Doyle, Jules Seagrave, Darragh Houlihan, Joe Moloney, Mikey Saunders, Shane Norris, Shane oyle, Killian Weldon, Leon Ozarowski, Emily Franey, Lauren Enright, Alaina O'Shea, Frankie Dollard, Aidan Doyle, Conor Power, Jack Murray, Rory Quigley, Cathal Barron.

REFEREE - John McCormack (James Stephens).



The Windgap delegates at Kilkenny GAA Convention which was held on Monday night (from left) - Tom Egan, Pat Moore, PJ Egan and Eamon Doyle



Lisdowney full-back, Ben Tallis, and Daryl Maye Dunleavy (Piltown) battle for possession during the Roinn B under-21 HC final on Sunday. Lisdowney won by 1-16 to 1-7 Picture: Willie Dempsey

SPORT

Mullins' French fancy Dolcita aims for Fairyhouse glory

Horse Racing

Dolcita will follow in the footsteps of the mighty Laurina and bid for the Grade 3 Solerina Mares at Fairyhouse early in the New Year after her success in the mares' maiden hurdle at Tramore on Tuesday.

Willie Mullins' French import scored an 11-length success under Paul Townend on her first start for the stable, easily justifying odds of 8/13 favourite in the colours of Sullivan Bloodstock.

Joseph O'Brien and Mikey Sheehy were the early winners at Dundalk on Friday where the well-backed 13/8 favourite Ozone scored a runaway success in the 12f handicap.

The three-year-old had been running over hurdles and he could hardly have won any easier under Sheehy who was riding his seventh career winner.

Castlecomer trainer Pat Murphy won the 8f handicap with Able Jack which was ridden by apprentice Gavin Ryan. Owned by Mark Finnane, the 12/1 chance made light of his outside draw to win by a neck from Dark Magic.

Murphy made it two on the night when May Remain added to an earlier course win in the 6f handicap. Dubliner Gary Halpin was in the saddle on this occasion as the 10/1 chance scored by half a length from Tom McCourt's A Likely Story.

Willie Mullins and Paul Townend were winners again as Monkfish won the 2m7f maiden hurdle in fine style at Fairyhouse on Saturday.

Another odds-on favourite, the 1/2 chance went clear from the second last hurdle to win by 11 lengths from Joseph O'Brien's Time To Get Up.

Joseph O'Brien was also on the mark again as he won the concluding bumper with Castra Vetera. Ridden by Tom Hamilton, the 3/1 shot led inside the final furlong and won by all of seven lengths from outsider Carrigeen Lotus.

And O'Brien rounded off the week with another bumper winner 5/4 favourite Uhtred impressed in the Listed "Future champions" INH Flat Race at Navan on Sunday. Hamilton was again in the saddle as the four-year-old eased to a four and a half length victory from



Monkfish, ridden by Paul Townend, on the way to victory in The Irish Racing Yearbook Maiden Hurdle at Fairyhouse for Willie Mullins PICTURE: CAROLINE NORRIS

the Gordon Elliott-trained Fantasio D'Alene.

CHAMPION HURDLE

Ruby Walsh has labelled the Champion Hurdle picture as foggy and believes Klassikal Dream, the horse who gave him his 59th and final Cheltenham Festival victory in last season's Supreme Novices' Hurdle, could yet come good on the biggest stage.

The two-mile hurdling division was dealt a blow earlier this summer when last season's Champion Hurdle winner Espoir D'Allen suffered a fatal injury, while the former dual champion Buveur D'Air is out of action for the foreseeable future after picking up an injury in the Fighting Fifth at Newcastle.

However, criticisms of the current crop of two-mile hurdlers is unjust according to Walsh, who won the race twice on Hurricane Fly and once aboard Faugheen and Annie Power.

The Paddy Power ambassador, who was

speaking at a media event organised by the firm on Monday, believes it is far too early in the season to describe the division as weak, and admitted he would be keeping the faith with Klassikal Dream, a general 4-1 favourite for the race.

Walsh said: "The Champion Hurdle picture is foggy, it's not weak. If Fusil Raffles bolts up in the Christmas Hurdle and Klassikal Dream wins at Leopardstown, all of a sudden, what was this weak or glum picture becomes a lot more solid.

"It's only December and we're creating all this hype about it being the worst Champion Hurdle since the Champion Hurdle was invented. Please.

"I'd be keeping the faith with Klassikal Dream and Sharjah did nothing wrong last year either. Saldier picked up a slight setback after winning the Morgiana but he'll be back in the new year and his form with Espoir D'Allen looks rock solid.

"I think people are drawing conclusions and a lot of it is hype driven because people want Envoi Allen to run in the Champion Hurdle."

Asked his opinion on where Gordon Elliott's crack youngster should be aimed, Walsh replied: "When you're a novice you beat novices.

"That's my honest opinion. I work in media now, too, and I'm supposed to be hyping it up and creating the best events we can, but that's the way I'd be thinking.

"Alderbrook and Royal Gait won a Champion Hurdle as novices and Master Minded won a Champion Chase as a five-year-old. Of course it can be done, but it's not what I'd do."

LEOPARDSTOWN

It's the most wonderful time of the year – the Leopardstown Christmas Festival.

With seven Grade 1 races in four days, €1.2 million up for grabs and a bumper festive crowd, the 2019 edition of the Festival looks

set to serve up another helping of National Hunt magic.

After it all kicks off on St Stephen's Day with the Racing Post Novice Chase, the racing keeps up apace with the "Sugar Paddy" Chase headlining the following day.

NEED TO KNOW

When: 27 December 27, 13:15

Distance: 2m1f

Fences: 11

Purse: €125,000

Age: 5yo+

Trainer with most wins: Willie Mullins and Colm Murphy – three

Jockey with most wins: Barry Geraghty and Ruby Walsh – three

STAR ENTRIES

Willie Mullins and Enda Bolger go head-to-head once again as Ballyoisin seeks revenge over Cilaos Emery with the latter winning well when the two met last time out at the Hilly Way Chase.

With six wins in ten starts and an enviable unbeaten record over fences, Mullins' horse made it two wins on the

spin after a comeback victory at Naas having spent 289 days off, it looks as though he could be back to top form.

One of eight Mullins-trained entrants in the 19-horse race, the legendary trainer will no doubt have eyes on claiming his first win in the "Sugar Paddy" since Ruby Walsh rode Douvan home back in 2016.

Gordon Elliott is similarly well-represented and will be keen to add a "Sugar Paddy" triumph to his collection, with Duca De Thaix and Hardline both going.

MEMORABLE RACES

2013 – Beneficent made the telling break in the closing straight to seal a third Grade One win at Leopardstown back in 2013.

2011 – Robbie Power rode Big Zeb all the way to a third victory in four years at the "Sugar Paddy" back in 2011.

2014 – There was a shock in store in 2014 when 16/1 surprise Twinlight won well, much to the delight of Mullins.

COLM KINSELLA

Nathan Aspinall has class to hit bullseye at 'Ally Pally'

THE PDC William Hill World Darts Championship continues until New Year's Day and the event held at London's Alexandra Palace has become a key feature of Christmas viewing for sports fans.

Darts' biggest event sees 96 players competing across 28 sessions of action from December

13-January 1 for The Sid Waddell Trophy and stg£2.5million in prize money.

The tournament's popularity is heightened by Sky Sports' comprehensive coverage during the festive period.

The winner of the tournament will pocket stg£500,000, while the runner-up receives stg£200,000.

A stg£100,000 bonus is on offer for any player who hits two nine-dart finishes in the tournament.

There is plenty of Irish interest in the tournament with no fewer than eight players from the island stepping up to the oche.

Unsurprisingly, Dutch maestro Michael van Gerwen is the bookies'

favourite to land the title at odds of 11/10, followed by Welshman Gerwyn Price at 9/2 and Peter Wright at 12/1.

However, at odds of 25/1 this week, Nathan Aspinall, who is in second round action on Friday evening, is a sporting each way option to land the title.

For more, see #LLSport



We think Aspinall can win it all....

IS THAT ON THE BOX?

Wednesday

DARTS
PDC WORLD CHAMPIONSHIP
SKY SPORTS 12.30PM

SOCCER
MONTERREY V LIVERPOOL
BBC2 5.30PM

SOCCER
BARCELONA V R MADRID
PREMIER SPORT 7PM

SOCCER
HEARTS V CELTIC
BT SPORT 7.45PM

SOCCER
OXFORD V MAN CITY
SKY SPORTS 7.45PM

Wednesday sees El Clásico take centre



Thursday

CRICKET
MELBOURNE V SYDNEY
BT SPORT 8AM

SOCCER
MELBOURNE V PERTH
BT SPORT 8.30AM

SNOWBOARDING
CAREZZA OPEN
BT SPORT 8.30AM

DARTS
PDC WORLD CHAMPIONSHIP
SKY SPORTS 12.30PM

BOXING
RIAKPORHE V MASSEY
SKY SPORTS 7PM

Friday

DARTS
PDC WORLD CHAMPIONSHIP
SKY SPORTS 12.30PM

RUGBY UNION
LEINSTER V ULSTER
PREMIER SPORT 7.35PM

RUGBY UNION
GLOUCESTER V WORCESTER
BT SPORT 7.45PM

SOCCER
MIDDLEBORO V STOKE
SKY SPORTS 7.45PM

SOCCER
HIBS V RANGERS
BT SPORT 7.45PM

Saturday

Set your recording devices for some Saturday night football



SOCCER
MALLORCA V SEVILLA
PREMIER SPORT 12NOON

SOCCER
CARDIFF V PRESTON
SKY SPORTS 12.30PM

SOCCER
EVERTON V ARSENAL
BT SPORT 12.30PM

RUGBY UNION
EALING V NEWCASTLE
SKY SPORTS 3PM

RUGBY UNION
LEICESTER V EXETER
BT SPORT 3PM

RUGBY UNION
DRAGONS V SCARLETS
S4C 5.15PM

RUGBY UNION
CONNACHT V MUNSTER
TG4 5.15PM

SOCCER
SOLIHULL V BARROW
BT SPORT 5.20PM

SOCCER
MAN CITY V LEICESTER
SKY SPORTS 5.30PM

RUGBY UNION
GLASGOW V EDINBURGH
PREMIER SPORT 5.45PM

AMERICAN FOOTBALL
TEXANS @ BUCCANEERS
SKY SPORTS 6PM

RUGBY UNION
OSPREYS V CARDIFF
PREMIER SPORTS 7.35PM

AMERICAN FOOTBALL
BILLS @ PATRIOTS
SKY SPORTS 9.30PM

BASKETBALL
HORNETS @ JAZZ
SKY SPORTS 10PM

Sunday

DARTS
PDC WORLD CHAMPIONSHIP
SKY SPORTS 12.30PM

SOCCER
WATFORD V MAN UTD
SKY SPORTS 2PM

RUGBY UNION
LONDON IRISH V BATH
BT SPORT 3PM

SOCCER
SPURS V CHELSEA
SKY SPORTS 4.30PM

AMERICAN FOOTBALL
NFL REDZONE
SKY SPORTS 6PM

SOCCER
REAL MADRID V AT BILBAO
PREMIER SPORT 8PM

BASKETBALL
RAPTORS @ MAVERICKS
SKY SPORTS 8.35PM



Jose Mourinho hosts his old side Chelsea in the Premier League

SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

FRIDAY

MASITA PPS JUNIOR HURLING FINAL REPLAY

Banagher: St Kieran's College v Presentation College, Athenry (1pm)

SATURDAY

PERMANENT TSB UNDER-19 HURLING SEMI-FINAL

Lisdowney: Lisdowney v Mullinavat (1pm)

PERMANENT TSB UNDER-19 HL FINAL

Coon: St Lachtain's v St Martin's (12.30pm)

KILKENNY CITROEN CENTRE MINOR A FC SEMI-FINAL

Danesfort: Danesfort v Piltown (12noon)

KILKENNY CITROEN CENTRE MINOR C FC QUARTER-FINAL

Clara: Clara v Blacks and Whites (2pm)

DUGGAN STEEL UNDER-15 C FC FINAL REPLAY

Thomastown: Bennettsbridge v Graignamanagh (2pm)

SUNDAY

JJ KAVANAGH & SONS UNDER 21 C HC FINAL

TBC: Carrickshock v Slieverue (12.30pm)

PERMANENT TSB UNDER 19 HURLING COUNTY FINAL

TBC: Tullogher Rosbercon v Conahy Shamrocks (12.30pm)

KILKENNY CITROEN CENTRE MINOR B FC SEMI-FINAL

Gowran: Young Irelands v Carrickshock (2pm)

DUGGAN STEEL UNDER-15 A FOOTBALL CHAMPIONSHIP SEMI-FINAL

St John's Park: Graigue Ballycallan v O'Loughlin Gaels (12 noon)

MONDAY

KILKENNY HONDA CENTRE MINOR HURLING B LEAGUE FINAL

MW Hire Dunmore: Young Irelands v St Martin's (7pm)

CHRISTMAS SOCCER FIXTURES



The O'Loughlin Gaels squad who won the under-21 Roinnip A hurling championship, beating Shamrocks of Ballyhale by 1-19 to 0-13 in the final in UPMC Nowlan Park on Sunday. This was O'Loughlin's fourth win in the championship PICTURE: WILLIE DEMPSEY

SATURDAY, DECEMBER 28

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Stoneyford United Athletic v Fort Rangers, 10.30am.

SUNDAY, DECEMBER 29

ST CANICE'S CREDIT UNION PREMIER DIVISION

Deen Celtic A v Thomastown

United A, 11am.
Highview Athletic A v Evergreen A, 11am.
Freebooters B v Freebooters A, 11am.

INTOSPORT.IE DIVISION 1

Fort Rangers v Stoneyford United, 11am.

Ormonde Villa v East End United, 11am.

EAMONN MAHER COACH HIRE DIVISION 2

Freshford Town A v Lions,

11am.
Castlewarren Celtic v Thomastown United B, Watershed 2pm.
Paulstown 06 v Highview Athletic B, 2pm.
DIVISION 3 LEAGUE
Evergreen 46 v Newpark B, 2pm.
PAT MAHER SHIELD
Callan United v Bridge United, 11am.
Newpark v Tullaroan, 11am.

Luke Hogan (O'Loughlin's) and Enda Kenneally in action during the under-21 Roinn A hurling championship final



A late blast of scores did the business for determined Piltown

UNDER-21 ROINN A CAMOGIE FINAL

PILTOWN THOMASTOWN

2-11
2-5

AOIFE LANIGAN

at Kilmacow

With a yellow weather warning in place, Piltown travelled down the road to Kilmacow to take on old rivals Thomastown in the under-21 Roinn A camogie championship final.

Surprisingly, although the ground was heavy underfoot, the wind wasn't as strong as expected. The action was hot, however, and

the issue was in the melting pot up to the dying minutes.

Thomastown were first on the scoreboard with a point, but a pointed free from Aine Doyle saw Piltown level in the opening minutes.

A score from play by Aoife Doyle put the score at 0-2 to 0-1 to Piltown in the eight minute.

In the 10th minute Thomastown's Therese Donnelly slipped a ball past Aoife Norris to put the scoreline at 1-1 to 0-2 to Thomastown.

Piltown hit back with a goal from Emily McCarthy in the 12th minute to see them regain a single point

lead.

Additional scores from frees by Aoife Norris and Aine Doyle and another point from play by Aoife Doyle left Piltown ahead by 1-6 to 1-2 at half-time.

FOUGHT BACK

The teams exchanged points from frees in the opening minutes of the second half.

A lovely point from play for Nicola Phelan and another from Aoife Doyle saw Piltown looking comfortable when ahead by six points.

However, Thomastown fought back. A goal from Roisin O'Keeffe got them going. A point from

Therese Donnelly left just two between the teams.

Piltown must have feared another final might be slipping away.

A long range free from Aoife Norris settled Piltown, giving them a three point cushion.

The icing on the cake was a goal from Marlise Flynn in injury time. That shot Piltown back ahead by six points. Victory!

SCORERS:

PILTOWN - Aine Doyle (0-6, five frees); Emily McCarthy, Marlise Flynn (1-0 each); Aoife Doyle (0-2); Aoife Norris (0-2, frees); Nicola Phelan (0-1).

THOMASTOWN - Roisin O'Keeffe (1-4, four points frees); Therese Donnelly (1-1).

PILTOWN - Aoife Norris (capt); Shauna Coady, Jenni O'Dea, Patsy Kenny; Emer Long, Alanna Gallagher, Steacy O'Brien; Chloe Power, Aoife Doyle; Sophie Holden, Emily McCarthy, Aine Doyle; Nicola Phelan, Ellen O'Keeffe, Marlise Flynn.

SUBS - C. Dunne for C. Power; F. Long, L. Norris, A. Haheesy, S. Tobin, A. O'Brien, D. O'Brien, R. O'Shea, M. Norris, A. Hanlon, L. Power, S.J. Brophy, M.B. Kirby, D. Frisby

THOMASTOWN - Dearbhail O'Keeffe; Laura Quigley, Laura Tennyson, Una Donnelly; Aine Kirwan, Sinead O'Keeffe, Caoimhe Kelly; Lisa Donnelly, Ailish O'Shea; Roisin O'Keeffe, Blathnaid Galway, Eva Hynes; Ruth Ryan, Eimear Farrell, Therese Donnelly.

SUBS - S. Barcoe for Ruth Ryan; Shelly Donnelly, Roisin Galway, Roisin Moran, Ciara Prendergast, Ellen Ryan, Sinead Galway, Ciara Morrissey, Niamh O'Connell, Abby Wemyss.



• EAT IN • TAKE OUT • DELIVERY

DON, FADILAH and the team are looking forward to all the festivities of Christmas and the New Year. 2019 has been another fantastic year for Aroi and Kilkenny as a foodie destination. Executive chef Fadilah who was just named "Best Asian Fusion Chef in Ireland 2019" has travelled extensively in Asia sourcing new ideas and recipes she can bring back to Aroi in Kilkenny.

Our dishes are easily adapted to suit our Vegan and Vegetarian guests. Finish off your meal with one of Fadilahs delectable homemade desserts. We are super excited about 2020, we have so many ideas for our menu, we are constantly looking at how we can make Aroi a dining experience like no other, that will bring visitors from around Ireland to Kilkenny.

In 2019 we received accolades from our peers in the hospitality industry. That makes us work even harder, now



we know people are looking at us to lead the way when it comes to Cuisine in Kilkenny. Our team is like a family, everyone contributes something, we love when we hit another milestone that we have set for ourselves. our

Mixologist recently launched our new cocktail menu which includes all the favourites. We would like to take this opportunity to wish all our customers a very happy Christmas and a peaceful New year.

Every Tuesday is Movie Night

Main course, gelato & a ticket to your favourite movie (Tickets are valid for either IMC cinemas)

Only €17 from 5pm

Thursday is ladies night out at Aroi.

Order a starter & a main course with us on Thursday you get a complimentary glass of Prosecco.

Monday	12pm-10pm
Tuesday	12pm-10pm
Wednesday	12pm-10pm
Thursday	12pm-10pm
Friday	12pm-10.30pm
Saturday	12pm-10.30pm
Sunday	12pm-9pm

**Friary Street,
Kilkenny,
Ireland
Tel: (056) 770 3644
Email: kilkenny@aroi.eu**



*Food image for illustration purposes only



A LUXURY GIFT...

EXPERIENCE THE ULTIMATE IN LUXURY AT
LYRATH ESTATE KILKENNY



Purchase a Monetary Gift Voucher and let them decide:

🌲 Dining Options 🌲 Spa Treats 🌲 Overnight Breaks

Spend €500 or more and receive your gift of a
Deluxe Pamper Me & Afternoon Tea Voucher at Oasis Spa.



LYRATH ESTATE
KILKENNY

T: (056) 776 0088

LYRATH.COM

E: info@lyrath.com