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REPORTER

Thursday, March 12, 2020

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JUMPING FOR JOY!



Kilkenny's Taggy Fogarty has made the semi-finals of Dancing With The Stars - more inside

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RUN RUN! Get your runners on for the Mini Marathon **P14**



Are you a savage for bacon and cabbage? P20



SPORT DJ to play Irish Open Pro-Am at Mount Juliet **P60**



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NEWS

Taggy's in the Dancing semi final!

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

He's used to finals and semi-finals on the hurling pitch, but it's a whole new challenge for Aidan 'Taggy' Fogarty as he competes in the semi-final of Dancing with the Stars this weekend!

Aidan and his professional dance partner Emily Barker have made it to the final four couples in the show, following the elimination of Fr Ray Kelly and his dancing partner Kylee Vincent last Sunday.

The final celebrity dancer to take the floor, last Sunday, was former Kilkenny All Ireland winner Aidan, with Emily.

Their American Smooth was to the Top Cat TV show theme tune, where Emily became an honorary cat, received the black and amber jersey.

Afterwards Aidan said: "It was great to be a cat again representing the Kilkenny cats! I have had huge support from the Kilkenny players.

Normally we're taking lumps out of each other, but Jackie Tyrell and Michael Rice are hereto support me tonight."

Judge Brian Redmond said: "Beautiful frame and huge movement across the floor. When you're in hold, you're so sophisticated. Everything we dream of when we see ballroom. You could become one of the leaders of the pack!"

NINE LIVES

Lorraine Barry said: "For me you look so comfortable in dancing position. Your fluidity in close hold is unbelievable. Your open work was great, but I'd like a little more ballroom content. It wasn't tip top, but cats have nine lives and I think you will live another day."

Darren Bennett said: "Top Cat was one of my favourite shows and it was again tonight. Last week I said you were back in the game and tonight you're back in the ballroom. The movement was beautiful and so, so easy to watch."



Aidan Fogarty and Emily Barker dancing a charleston to the theme tune from TV show Top Cat!

Aidan scored 25 from the judges. Aidan is the only Kilkenny man left in the competition, following the elimination of professional dancer John Edward Nolan and his celebrity partner Mary Kennedy last week.

There is an odds-on favourite for

the first time in the race to win Dancing With The Stars.

A standing ovation from the audience wasn't enough to turn punters in Ryan Andrews' favour, as they instead rallied behind radio presenter Lottie Ryan, who sunk into an odds-on 4/6 from 13/10.

Andrews drifted from 9/4 to 11/4.

Aidan Fogarty is still in the picture although his chances have been eased to 5/1 from 10/3, while Donegal model Grainne Gallanagh plunged into 9/1 from 33/1.

The semi-final is on RTE this Sunday evening.

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To obtain more information, without commitment, contact our Home Share team on **086 0148212** or **HomeShareSECH@hse.ie**

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NEWS

Katie's excellence is recognised at ceremony in UCC

MARY CODY

mary.cody@iconicnews.ie

A Kilkenny student recently received a prestigious award at a ceremony held in University College Cork (UCC).

The Johnson & Johnson Family of Companies in Ireland recently presented five students, including Katie Phelan from Kilkenny, with scholarships as part of its Women in STEM2D (WiSTEM2D) Award Programme. Katie is currently studying Biological & Chemical Sciences.

The acronym WiSTEM2D refers to Women in Science, Technology, Engineering, Mathematics, Manufacturing and Design. The WiSTEM2D programme underlines J&J's commitment to developing and implementing high-impact strategies to support female students undertaking STEM2D degree courses at UCC and in universities around the world.

Highlighting the importance of the WiSTEM2D programme for female students pursuing a career in one of the STEM2D disciplines, Alice Noel outlined the benefits of receiving the scholarship in 2019.

"After receiving a bursary from J&J, I was able to significantly reduce the hours in my

part time job which allowed me to focus more on college work. With the WiSTEM2D programme I received a mentor who was able to offer invaluable advice and overall support throughout the year, both professionally and personally."

In a recent survey among UCC students, 76% agreed that women are under-represented in STEM2D fields.

The WiSTEM2D programme is unique in terms of offering young women studying STEM2D courses the opportunity to engage with women working in those careers.

Liz Dooley, Head of Biologics, Clinical Supply Chain at Janssen Sciences Ireland said, "At J&J, we fundamentally believe in the idea that an equal world is an enabled world. The WiSTEM2D programme, along with the WiSTEM society here in UCC, both play a significant role in enabling young women who have ambitions of a career in STEM2D to build a peer network which will support their development.

Professor Sarah Culloty, Head of the College of Science, Engineering & Food Sciences, UCC, said, "With J&J's help, we believe that we can help nurture the minds of the female leaders that will drive future advances in STEM2D."



Katie Phelan was presented with the awards at a special ceremony in UCC recently



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ROUNDUP

Wonders of the Wake

Care to mourn the unfortunate loss of the city parade?

'The Wonders of the Irish Wake' is a unique celebration of the Irish wake - done through song, music, bardic poetry and story-telling. There are jigs and reels and the bardic poetry is recited from memory.

Tickets are now available at 'kilkennytradfest.com'.

The Big Scoop

Dogs Trust, Ireland's largest dog welfare charity, has launched their annual dog fouling awareness campaign, 'The Big Scoop' to encourage more people to be kind to their community and pick up after their dog.

Dog fouling is not a dog problem but a human one. In addition to dog poo being unsightly, it also poses a risk to your health.



Windgap clean-up

The Windgap village Tidy Towns group are organising their annual clean-up of the village, and environs on Saturday, March 21.

Volunteers and any civic minded people living in the area are asked to meet at the Lake car park at 10am where gloves, refuse sacks and pickers will be handed out to those who want to improve the place.

Student Awards

The deadline for students from third level institutions with an innovative business idea, technology or solution to apply to this year's 39th Enterprise Ireland Student Entrepreneur Awards, co-sponsored by Cruickshank, Grant Thornton and the Local Enterprise Offices is this Friday, 13 March 2020. The overall winner will share in a €35,000 prize fund.

Wellie Race cash

An impressive £20,500 was distributed to 29 charities at the traditional Last Supper function by the Wellie race Committee in Shortall's Lounge, Castlecomer on Friday night.

The Wellie Race has raised £370,000 for various charities



over those 40 years.

The Carlow-Kilkenny Home Care Team received €1,200.



Family Fun Run

Graigue Ballycallan athletics club, in association with St Aidan's NS, will host a chipped 5k/10k run as well as a family 5k in

Kilmanagh on Sunday, March 15.

The event starts at 11am. You can register online or at the school before the event.

Relay for Life

Relay for Life Kilkenny takes place this year on July 18 and 19 at Kilkenny Rugby Club, in association with the Irish Cancer Society.

You can register your team through Relay for Life on Facebook or email relayforlifekilkenny@gmail.com

Relay For Life is more than just a fundraiser; it's a celebration of solidarity.

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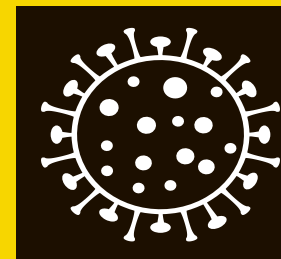
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Coronavirus COVID-19



Coronavirus
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Public Health
Advice

The Facts

Most at Risk

- Anyone who has been to an affected region in the last 14 days **AND** is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days **AND** is experiencing symptoms

Prevention



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces

Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

Affected Regions

Check the list of affected regions on www.hse.ie

What to do if you are at risk

I've been to an affected region in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

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SOCIAL SCENE

KILKENNY & PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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Crisis Café – a calming port in stormy weather

It's stormy times as we enter the unknown and we need to be mindful of one another. Mental ill-health affects us all at some stage in our lives and it is important to remember that and be kind to those in distress.

On Tuesday, I was at the launch of the Feasibility Study for an Out of Hours Crisis Café in Kilkenny. Commissioned by Lifelinkk, it's a study undertaken by Workhouse Union and financed by Kilkenny LEADER Partnership.

The Crisis Café Kilkenny Feasibility Study explores aspects of developing a self-referral, non-clinical out of hours services and support for people presenting with a mental health crisis in Kilkenny.

What defines a Crisis?

According to the feasibility study, a mental health crisis is described as feeling unable to cope or control a situation. In times of crisis, people need empathy, support, social interaction, a warm welcome and help.

MENTAL HEALTH

Deputy Malcolm Noonan, attended the launch in the capacity of his first official engagement as our new TD. He was delighted to officially launch the publication, especially with his back history in helping with mental health initiatives.

As one of the founding members of Lifelinkk, Noonan said "with this virus, we need to be mindful that self-isolation is going to be challenging on our mental health. We have to watch out for each other over the next couple of months and be careful of all the noise that is out there."

Why did the idea of the Crisis Café come from? The motivation to explore the crisis café model was in response to the high demand on current services, the inadequate out of hours support and the negative experiences encountered by people accessing mental health supports through A&E.

Dr Mike Watts who came up with the idea of the crisis café said at the launch, "I want this Café to become a port in stormy weather. I hope Kilkenny will eventually become like Finland and Norway where no medication is used for mental health".

In addition to the speakers, there was also moments of music and poetry. According to Trish Finnegan of Lifelinkk "it is also important when launching something as serious as the report to lighten the event a little, so we included the music and the poetry to lift the spirits and remind ourselves that life is for living.

Through collaboration we can make the lives of those who are struggling a little better.



ABOVE: Pictured at the launch of the study were Malcolm Noonan TD, Trish Finegan and Siobhan Donohoe PICTURES: HARRY REID



LEFT: Watched by the assembled guests in Rothe House, Liam from the Rhyme Rag Ensemble gave a presentation



Fergus Horgan, Malcolm Noonan TD, Siobhan Donohoe, Trish Finegan and Anne Buggy

HERO OF THE WEEK



Paul Cummins

Nominated as hero of the week by his friends is Paul Cummins.

Paul is the founder and coach of Kilkenny Storm Ice and Inline hockey teams. Over the last ten years he has nurtured, guided and coached many children resulting in several representing their country.

Next week the 12 Kilkenny Storm under-18s are representing Ireland in Chicago.

According to his colleagues, Paul is an amazing mentor who supports the children both on and off the rink.

He has been acknowledged nationally for his voluntary contribution to youth development, so we delighted to honour him locally too.

SOCIAL SCENE



ABOVE: Vincent Dempsey (producer), Siobhan Donohoe and Philip Hardy (director)
BELOW: A stage scene from Alice and the Wolf in the Watergate with Aoibhin Murphy (Mother, Amber, Newsreader) Aoife O'Sullivan (Red, Alice) Cormac Ó Broin (Bruce, Charlie Heard) Julie Sharkey (Granny, Saffron)
 PICTURES: HARRY REID

Food for thought from Barnstorm Theatre

Barnstorm Theatre is theatre for children, but I love how their story lines relate to two levels of the audience - the children and the parents.

Alice and the Wolf is about a teenage girl who spends virtually all her time online playing Wolf Wood. This game is the world's deepest, darkest online game.

She is consumed by the gaming world, after her dad leaves, and her mother is busy with her new friend who she met on line! On top of that

her best friend dumps her for a You Tube star. But what happens when the people you meet online come looking for you in real life? Who can you trust, and who is the Big Bad Wolf? **DANGEROUSLY DARK**

Written by Tom Swift, this is re-telling of the Little Red Riding Hood story in a digital fairy tale, that's deliciously funny and full of dangerously dark twists.

The moral of the play is it's not about who you are, but you pretend to be, so be careful. My favourite line was

delivered by Alice's granny, "this isn't the internet young lady, and you can't go around pretending you are someone you are not".

How many of us are guilty of painting the perfect picture of our 'best self' on line? Maybe it's time we all take a look at our on line profiles and how much time it is consuming us.

Try take a social media free day one or two days a week. And yes, I am taking my own advice. Thank you Barnstorm for the lesson.



Khan Kiely with Siobhan Donohoe

For the love of stories

There are lots of downsides to the coronavirus, and I am always trying to look at the cup half full.

So I'm preparing myself for the inevitable period of isolation, which I know my sanity levels will be at their peak!

There's nothing like a crisis to focus the mind and stories can help keep negative feelings away.

Thank God for initiatives like World Book Day and our local book shops bringing

stories to our children's doorsteps. Khan's Books, who has been in business for 26 years has been visiting schools for the past 15 years offering children their favourite authors at low prices.

If our schools do close, it's the perfect opportunity to get around the kitchen table, to play some board games, read and be creative. This is a time where we are going to need these stories more than ever.



With stellar music performances in bars and venues across the city, there will be something for all tastes in trad and folk

Tá sé anseo...Kilkenny Tradfest!

The Marble City Vintners are continuing to keep their love of Irish music alive and expect that Kilkenny will be the best place to be from March 12 to 17 for Kilkenny Tradfest.

With stellar music performances in bars and venues across the city, there will be something for all tastes in trad and folk.

STAND UNITED

Things are changing by the day at the moment and even though the St Patrick's Day parade is cancelled, we can still stand united as a community and help one another. We need to be more mindful of the vulnerable and follow the health guidelines.

Wishing you all a happy and safe St Patrick's Day.



NEWS

Get your runners on for the Mini Marathon!



Kilkenny's Aoihe Richardson won the 2019 Vhi Women's Mini Marathon. Will you run it in 2020?

Women from all over Kilkenny have been invited to join the largest all female event of its kind in the world.

The Vhi Women's Marathon is back for 2020. Over 30,000 women are expected to walk, jog and run the 10K route in Dublin City Centre on May 31. This year's event will feature a brand-new finisher t-shirt which will be given to everyone who crosses the finish line. Vhi is also rewarding each

of its customers who have paid the €25 entry fee for the event with a €25 reward which they can claim using Snap & Send in the Vhi app.

PERSONALISED NUMBER

For the first time ever this year, the Vhi Women's Mini Marathon is offering women the opportunity to have a personalised race number so each participant's name will appear on the race number that will be worn

on the day, giving women the opportunity to be cheered on and supported by the crowd.

Women who register for the event before 4th May have the opportunity to receive their race number by post and there will also be a number of race number pick-up points around the country in May.

Entries are open now at www.vhiwomensminimarathon.ie

Car owners warned over 'white gold' theft incidents

SAM MATTHEWS

sam.matthews@iconicnews.ie



Catalytic converters make gases less harmful

Gardaí in Kilkenny have warned that motorists are being targeted by thieves seeking the palladium in their vehicles' catalytic converters, with three stolen here in recent weeks.

Palladium, known as 'white gold' due to its value as a precious metal, is used in cars' exhausts to convert gases into less harmful gases. However, thieves are taking their time with their crime as they jack up cars and remove the converters.

"There has been a sharp

rise in the UK and Ireland over the last 12 months of Catalytic converter theft from cars," report gardai.

They are warning people to be vigilant for suspicious activity around parked vehicles. The advice is to park in a well lit area in a conspicuous manner, and speak to garages about having a theft deterrent cover fitted.

Classroom archaeology

The team behind the award-winning Medieval Mile Museum in Kilkenny City is offering schools around Ireland a unique classroom experience.

Curator, archaeologist Grace Fegan will visit the classroom and gives pupils a fun insight into the exciting detective work undertaken by archaeologists and historians. The visit concludes with an invitation to explore the museum. Enquiries to 056 7817022 or gfeagan@medievalmitemuseum.ie.



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NEWS

Local kids are tops at VEX IQ Robotics competition

Around 400 primary school children from across the region descended on Institute of Technology Carlow last Friday to participate in the VEX IQ Robotics competition.

Scoil Bhríde Paulstown (pictured inset) were among the winners on the day, taking home two prizes when they were awarded second place in both the Team Alliance Challenge and the STEAM art competition.

Kilkenny was represented by two schools in the competition — Scoil Bhríde Paulstown and St John's Senior School. They joined schools from Carlow, Laois and Kildare on the day and prizes were awarded to five schools for the best robots and an accompanying STEAM poster competition.

ROBOTS

The budding engineers had been preparing for the competition since last October and spent months building and enabling their own robots to participate in the competition, which was organised by the Institute's Student Services and assisted by a team from the Faculty of Engineering, the Computing Services Department, Estates and the Sports Office.

IT Carlow's sports hall was a cacophony of air horns, chanting, clapping, cheering and lively commentary as the various schools took to the 'arena' at their allocated times.

The participants were required to operate their robot, using both driver control and the autonomous programme they had written.

Between sessions, the schools enjoyed a fun science demonstration and tour of the campus and enjoyed meeting academic staff from various faculties.

PASSION

"Hosting the VEX IQ Robots competition at IT Carlow during Engineers Week was appropriate as we want to create a passion for STEM and a new generation of innovators" said David Denieffe, Vice-President for Academic Affairs, Institute of Technology Carlow.

"It was also gratifying to see so many girls participating in and engaged with the competition, particularly as it took place just ahead of International Women's Day. We congratulate all the schools, including Scoil Bhríde and St. John's Senior School, and their hardworking teachers, for their huge efforts.



Pictured are Clodagh Butler, Isabel Hayden, Amyka Stelzer and Diarmuid Considine with Kevin 2.0 (robot) and Jimbob the mascot bear from St John's Senior School Kilkenny



Pictured are pupils from St John's Senior School Kilkenny with Rosemary Flynn, Head of Student Services, IT Carlow (far left) and teachers Anna Marie Feeley and Claire Dermody PICTURES: PATRICK BROWNE

Go figure with LEGO in English or as Gaeilge at Medieval Mile Museum

What have Tutankhamun, William the Marshall, gladiator Gluteus Maximus, Linda the osteoarchaeologist, Tom the tour guide and Erik the Viking got in common?

They're all hiding out in Kilkenny's Medieval Mile Museum as LEGO mini figures and part of a motley crew of ten fun characters that feature in the museum's fabulously fun LEGO Hunt.

Tongue-in-cheek bios on the various characters in hiding are available to kids on a special hunt sheet and, with Seachtain na Gaeilge running until March 17, there is now an Irish language version available too. It's a great option for family fun time any weekend, as well as over St Patrick's weekend and Easter.

The initiative is all part of the

Medieval Mile Museum's objective of making the museum more accessible through a programme of events that includes family-friendly exhibitions, dining events, torchlight tours and even a silent disco.

Kids, big and small, who find all the characters and literally figure it out receive a special LEGO sticker. Check out www.medievalmuseuem.ie.



Ossory Youth calling for mentors

A lot of us have heard about the “One Good adult” - it has been shown that the presence of one good adult in a young person’s life has a positive influence on their mental health.

Be it a parent, mentor, teacher, football coach or school bus driver, we all have a role in supporting the young people around us. As part of the Mentoring Programme that run in Ossory Youth we have seen first-hand the impact the ‘One Good Adult’ can have on a young person’s life.

When a young person is struggling to cope with an issue, what can we do to help? That was the question Ossory Youth asked ourselves in 2012 when we were finding that more and more young people were looking for an individual and supportive space to work things out.

As an organisation Ossory Youth felt that they wanted to provide another individual support that is different to the traditional counselling route for young people. Mentoring as an approach has been widely used in youth organisations across the globe to give young people a chance to develop a relationship with an adult, separate from parents and teachers, a person who is simply just there to listen and offer friendly and supportive advice.

Since setting up the mentoring programme it has provided much needed support and guidance to over thirty young people on a one to one basis. This support was only possible by the dedication and

commitment of adult volunteers throughout the years, who gave up an hour a week to provide a friendly listening ear to a young person trying to keep up with modern adolescent life.

At Ossory Youth the organisation witnessed young people grow in confidence and self-belief over the years thanks to having someone to help them realise they always had the ability, it just needed to come to the surface. Many young people have went on to join groups in Ossory or elsewhere when the mentoring has finished. Ossory Youth are looking to increase the panel of mentors available.

“We are getting to the stage where we have a waiting list of young people seeking one to one support and we aren’t able to provide it straight away,” said Eilis Walklett, co-ordinator of the programme.

“We would like to be able to offer the mentoring at the time when it’s needed. That’s why we are making a fresh appeal to people in Kilkenny to try out volunteering as mentors for young people.

“We are inviting adults of all ages to contact us if they think they might like to try volunteering, even if they’re not sure what’s involved. We will talk it through with them without any commitment.”

Full training and support is provided on a ongoing basis to all mentors. For more contact Eilis Walklett on 056-7761200 or 087-9442112 or ewalklett@ossoryyouth.com



Former Dublin manager Jim Gavin was the guest of honour at the Shamrocks celebration dinner, which was held in Hotel Kilkenny at the weekend. The evening saw the club honour the members of all eight of their club All-Ireland winning teams. Gavin is pictured with former Shamrocks manager Henry Shefflin PICTURE: WILLIE DEMPSEY

Unmissable moments.

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- Crow's Feet ▪ Eye Brow Lift ▪ Smoker's Lines
- Excessive Sweating ▪ Chin Dimpling
- Nose to Mouth Lines ▪ Gummy Smile ▪ Neck



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- Dental Exams and Scale and polish ▪ Kids Dentistry
- Teeth Whitening
- Cosmetic Dentistry ▪ Preventive Dentistry



Relax Kids - Gillian Coady Creating calm confident kids

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- How to develop their self confidence and improve their sense of self
- How to regulate their moods or emotions ▪ How to manage stress and anxiety
- How to be more focussed and concentrate ▪ How to feel more positive, mindful and happy

Visiting restrictions in place at St Luke's

SAM MATTHEWS

sam.matthews@iconicnews.ie

Visiting restrictions are in place at St Luke's Hospital in Kilkenny to help prevent the spread of infection.

The Ireland East Hospital Group (IEHG) have put in place visitor restrictions at all IEHG Hospitals until further notice as a precautionary measure in order to protect the safety of patients/staff and to help prevent the spread of infection. Children in

particular should not visit patients in hospitals.

"We regret any distress or inconvenience these measures will cause to patients and their relatives," said an IEHG statement.

Exceptions to the ban include: Parents visiting children in hospital; partner visiting a maternity patient in the maternity unit; people visiting patients at end-of-life; specific nominated carer/family member assisting with care of confused patients (such as dementia); immediate

family members visiting patients in ICU/CCU. Exemptions are limited to one person per patient only (except where wheelchair and other support for a relative visiting may be needed).

The ban on visitors also applies to patients attending the Emergency Department. The hospital group is appealing to members of the public to co-operate with these necessary restrictions. Patients may use their mobile phone to keep in contact with families during their stay in

hospital while the visiting ban is in place.

"We understand that visiting restrictions may be upsetting for patients and their families, however, our priority is to protect all patients in our hospitals who are vulnerable to infection," said the IEHG.

"We would like to thank members of the public for their co-operation."

For more information on COVID-19 please see the HSE website or call the HSE Helpline 1850 241 850.



St Luke's Hospital in Kilkenny

Coronavirus takes its toll on events

Events, businesses and services are all being affected by the coronavirus, and arrangements are being made in an attempt to prevent its spread.

The biggest victim of cancellations so far has been Kilkenny's St Patrick's Day Parade.

EVENTS CANCELLED

St Mary's Cathedral —the planned screening of two films (March 31 and April 7) as part of the Lenten programme has been postponed.

An exhibition at the Nation Design & Craft Gallery has had its launch cancelled. The launch of Generation exhibition was due to take place on Thursday, March 12.

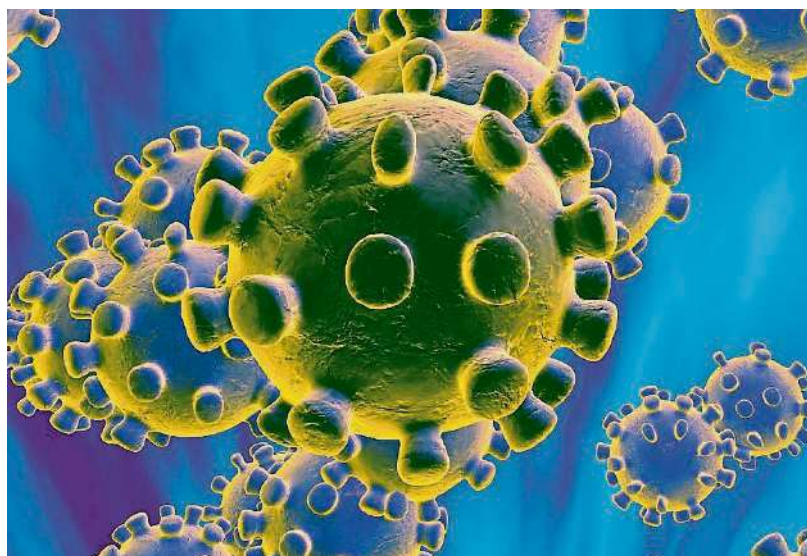
Kilkenny city St Patrick's Day Parade has been called off.

The John Street Carnival that was to follow the parade is also cancelled.

The Evans Home Open Day, scheduled for Saturday, March 14, has also been cancelled.

Kells History Society have cancelled all history lectures until further notice.

The regular Bridge session on



There has not yet been a confirmed case of the virus in Kilkenny, but its effects are being increasingly felt

Monday nights at Kilkenny Golf Club has been cancelled until further notice.

Irish Cancer Society has cancelled all Daffodil Day street collections and events that were scheduled for 27 March. Sports FAI - the organisation has instructed

there be no handshakes between teams/players and officials

Cois Nore Cancer Support Centre has closed until further notice. All therapies, and counselling groups are suspended. A helpline is available Tuesday to Friday, 10am to 4pm: 085-8882583.

Alone offers Covid-19 advice for older people

SIAN MOLOUGHNEY

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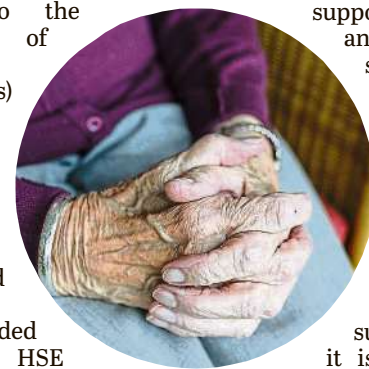
Alone, the organisation that supports older people, has set up a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of Covid-19 (coronavirus) in Ireland.

This support line is to add to the clinical advice and information being provided by the HSE through its website and helpline. Professional staff will be available to answer queries regarding Covid-19 (coronavirus) and give advice and reassurance.


The line will be open Monday to Friday, 8am-8pm, by calling 0818 222 024. Sean Moynihan, CEO of Alone said:

"The WHO advises us to be smart and inform ourselves about Covid-19 (coronavirus) and to be kind and support one another. This support line provides additional information supports for older people who may have concerns or support needs;

it is led by our voluntary sector who provide invaluable work with communities; and is working as part of our co-ordinated national response to COVID-19."



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LIFESTYLE



Eating Green for St Patrick's Day

Do you want to celebrate St Patrick's Day with something green but don't want cabbage?

A few drops of green food colouring makes any food 'festive'. Green milk shakes, green drinks, green food - use your imagination. Adding some mint flavouring will also add to sweet treats.

ABOVE: Traditional bacon and cabbage

RIGHT: In the USA Irish people eat corned beef and cabbage on St Patrick's Day



Celebrate with our national dish - bacon and cabbage

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

St Patrick's Day is probably going to be a little quieter this year, with fears of catching coronavirus leading to the cancellation of the annual parade in Kilkenny, and other towns and cities, as well as other social events.

It's a good reason to stay at home and cook a nice dinner to mark our national day.

Bacon and cabbage really is the traditional Irish dinner and perfect for our national holiday.

Chef Tom Comerford at the Kilkenny Ormonde Hotel has generously shared his take on the traditional dinner with us. Thanks to his top kitchen tips and flavours your St Patrick's Day dinner is sure to be a winner!

TOM COMERFORD'S BACON AND CABBAGE

INGREDIENTS

2kg bacon loin
1 carrot
2 celery sticks
1 whole leek
1 teasp. peppercorns
1kg finely sliced cabbage
2 tablesp. Irish butter

TOPPING

2 tablespoon of wholegrain mustard
2 tablespoon of brown sugar
Knob of butter

MUSTARD SAUCE

50g butter
25g flour
250ml of cooking liquid
75ml cream



1 tablesp. English mustard
Chopped parsley to finish.

CREAMED POTATOES

12 large rooster potato
200g Kerrygold butter
25ml cream

METHOD

Place bacon in a large saucepan, add the chopped vegetables and peppercorns. Cover with cold water, bring to boil and simmer gently for approximately 25 minutes per kg.

When cooked, remove the joint, keeping your liquid. Remove rind then score the fat, place it on a roasting tray, spread with mustard sugar and butter. Put into a preheated oven at 180C.

To make the sauce, melt the butter, add the flour and mustard and cook for two minutes. Whisk in the 250mls of bacon cooking liquid and cream, bring to boil. Reduce the heat and simmer for four minutes, taste for seasoning then add parsley

to finish.

To cook the cabbage, place it in a saucepan and cover with the remainder of the cooking liquid. Bring to boil, reduce and simmer for three or four minutes. Drain well toss with knob of butter, salt and pepper.

Cook the potatoes in salted water.

When fully cooked, drain and pass through a potato ricer, if you have one, or mash.

Add in softened butter and hot cream, season with salt and pepper.

TRADITIONAL DINNER THE AMERICAN WAY!

Anyone who has been in the USA for St Patrick's Day might have been surprised to be offered corned beef and cabbage as the 'traditional' national dish of the Irish.

Tasty as it is, it's not bacon and cabbage, so did 'bacon and cabbage' get lost in translation when Irish people immigrated?

The reason for the menu change is said to date back many, many years, to a time of mass Irish immigration to the USA.

The first generation of Irish-Americans were in search of the comforting taste of home - bacon and cabbage. But immigrants were too poor to afford the high price of pork and bacon, then a relatively more expensive meat. Instead, they turned to the cheapest cut of meat available: beef brisket. New York was a melting pot for immigrants from around the world, and the Irish picked up cooking traditions that they blended with their own.

Rather than boil the beef, the Irish adopted brining from Eastern Europeans, which is a way of salt-curing meat.

And the corn? Well, 'corned' has nothing to do with corn but instead refers to the corn-sized salt crystals used during the brining process. The corned beef was paired with the cabbage and a new culinary tradition was born.



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ENTERTAINMENT



FILM REVIEW

DERMOTT FERRY

Twitter: @FIZZYFERRY

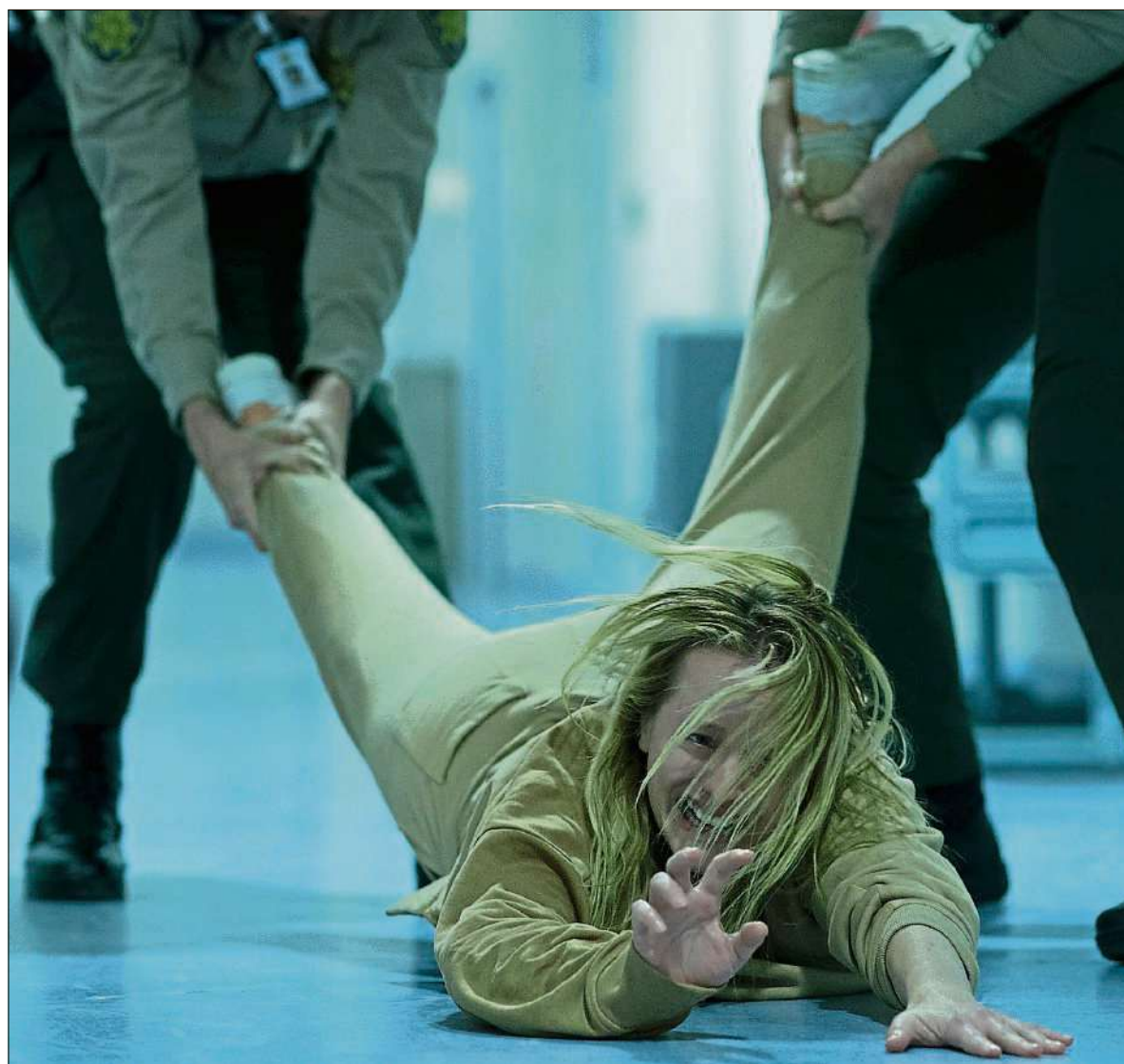
Invisible Man is well worth seeing

THE INVISIBLE MAN



DERMOTT FERRY, A SELF-CONFESSED FILM FAN, TODAY STARTS A NEW WEEKLY REVIEW FOR THE DERRY NEWS

First up is *The Invisible Man*. Apologies for the bad jokes.



When I first told people I was going to write a review of this week's new release, 'The Invisible Man,' I was met, rather expectedly, with the jokes. Amongst them, one person beamed 'you should write 'I couldn't see anyone there!', laughing like he had pulled a joke out of the Billy Connolly catalogue. So firstly, I want to assure you I won't be taking that route. So, if you are looking for a pun or two, you won't be able to see any he... - dammit, let's move on.

'The Invisible Man' is a continuation of Hollywood's new found love for reboots, with the classic novel by HG Wells first brought to the big screen back in 1933, and this time we have Australian director Leigh Whannell taking the reins to give it a more modern touch.

Whannell, who is attached to previous horror/thriller block-

busters such as *Saw* and *Insidious* as a writer, is well experienced in the genre, and from minute one, you know the film is in very good hands.

The film tells the story of

Cecilia, played by Elisabeth Moss.

We are thrown straight into her unhappy world in an opening sequence that absolutely sets the tone for what is to come in terms of sheer tension.

Cecilia has drugged her boyfriend Adrian (Oliver Jackson Cohen) into a deep sleep in the early hours of the morning, and immediately sets about the process of getting the hell out of there.

Which wouldn't be too difficult in a normal house, but a normal house it is not.

She has to tread a gadget world obstacle course featuring security alarms, passwords and cameras in what I can only describe is a setting you would see in a *Mission Impossible* meets *24* type of film.

Because it turns out, her boyfriend is a genius millionaire scientist/control freak who has taken every precaution in an attempt to keep her in his clutches.

After narrowly making her escape thanks to her sister Emily, Cecilia finally has some sort of freedom, but matters soon take a

very strange turn. Shortly afterwards she is delivered the news that Adrian has killed himself by his lawyer brother, and that he has also left \$5 million of his vast fortune to her. So hey, it's not all bad.

Except it is; it's very bad.

Just when Cecilia believes her

life is becoming a little bit rosier, events begin to spiral out of control in quite sinister ways. The oven suddenly goes on fire, her blanket is tossed around her bedroom, and she too ends up drugged. Adrian still very much has a pulse, and through his scientific and technical wizardry, he's only gone and made himself invisible in a bid to make his ex's life a living hell, with very tricks more brutal than the last.

A new tinder account and going back on the market would have been less hassle, but, what do I know?

Now on paper, it all sounds a bit over the top, and in the hands of a lesser film maker I may have headed for the exit early.

But this film delivers, for two reasons.

Firstly, Whannell's direction is flawless. He burrows into the quite effective horror trope of less is more, not resorting at all to endless jump scares that we see too often nowadays.

His camera work excels in making the viewer completely uneasy throughout. There is one sequence where the camera is simply moving slowly from left to right while Cecilia wanders the house alone during the night. Whannell plays with the audience superbly. He knows he has us in the palm of his hand. Where is Adrian? What will he do next?

Now in a role that requires the lead to portray terror, paranoia, rejection and abuse, Elisabeth Moss is outstanding.

This is a film with very strong themes; in some quarters it has been called the first big film of the #metoo movement in its representation of domestic abuse, and there is certainly symbols of that at different stages, with Moss carrying the flame in fine fashion as she attempts to defeat her own predator.

She is utterly convincing in her despair as her world begins to fall apart from all angles, including one horrifying turn of events that will have your jaw almost touching the floor - you have been warned. She shows all her acting props that were also on display in the hugely popular *Handmaid's Tale* series.

So, if you're a weirdo like myself and enjoy being disturbed and uncomfortable for two hours or so, then 'The Invisible Man' will be money well spent.

Hey, we might even get a sequel, although, given the film's climax, 'I can't see that' happening.

I'll stop now.

The Invisible Man is now showing at Brunswick Moviebowl.

In some quarters it has been called the first big film of the #metoo movement in its representation of domestic abuse



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Save money by making your mortgage green

SINCE December '19, two banks, AIB and BOI have launched green mortgage products, and they are mortgages which offer lower interest rates, if a properties energy ratings are an A3 or better.

The reasoning behind the product is to encourage people to become more energy efficient by rewarding them with a lower interest rate.

A BER (building energy rating) rating is an indication of what the energy performance of your home is. And the calculation is based on the energy used to heat your home, water, ventilation and lighting, levels of carbon dioxide emissions from your home, number of people living in the property etc.

The rating goes from A to G, with A1 being the best rating you can get, and G rated houses having the worst energy efficient rating.

One of the institutions who are offering this discount is Bank of Ireland, and if you qualify, you can reduce any fixed rate product between one and ten years by 0.2%, but it only applies to people who are buying or building a property for themselves, and those buying a property for investment. In both instances the mortgage has to be drawn down by the June 30 next.

It doesn't apply to existing mortgage holders, unless they are borrowing additional monies which will be used specifically to achieve a BER rating of A3 or better. The 0.2% discount is only granted on the new monies borrowed, and not on any existing mortgages secure on the property.

The discount only lasts for as long as the fixed rate chosen i.e. after the fixed rate period expires, you revert to what their variable or fixed rates are, without any further discount applying.

So, what does this discount mean in Euros' and cents.

BOI's current standard 5 year fixed rate is 3%, which means you can turn it into 2.80%.

If you borrowed, for example €300,000 over a 25 year term, rather than paying €1,422.63 per month, you'll pay €1,391.62, which is a saving of €31.01. And over 5 years, the saving amounts to €1,860.60.

Before I tell you more about AIB's green mortgage and how you get your properties energy rating assessed and what it will cost, I want to make quick reference to BOI's offering for first time buyers, because it's very good, and I say that for three reasons.

First off, if they are buying a new



Save on heating and your mortgage: You can apply for a green mortgage if your home has BER of A3 or better

property, under regulations that came into effect in November last year, the energy rating of a new build has to be A2. So, if they were choosing a fixed rate, they can request that their mortgage is set up as a green one and avail of that 0.2% discount.

My second reason is when people are saving for their 10% contribution, if they save into BOI's mortgage saver account, and save continuously for 6 months' at a minimum rate of €250 per month and a maximum of €2,500, and have €5,000 in this account when they come to drawdown their mortgage, they will be awarded a bonus payment of €2,000.

FTB's are always asking me if there is a particular account, they could save into so they could get a decent return, and my answer is always no, not if they want to save into capital guaranteed accounts which is the type of account they should save into. But with this account and the bonus payment it gives, you're effectively getting a guaranteed return of 45%, because if you wanted to turn €5,000 into €7,000, that's the net return you'd need to generate.

And finally, if a FTB uses BOI for their mortgage, they will qualify for

their 3% cashback offer. 2% on drawdown and 1% in 5 years' time.

From a monetary perspective, what these three offerings mean to a FTB borrowing €300,000 over a 25 year term, with the first 5 years' fixed is as follows:

Mortgage repayment reduced by green discount (0.2%) = €1,860.60
Mortgage saver, bonus payment = €2,000.

Cash back = €9,000.

Total = €12,860.60

The only drawback to the above is you have to use BOI for your mortgage, but if you were going to anyway, then I would certainly take advantage of these bonus payments and monthly repayment discounts.

Okay, back to green mortgage's and AIB's offering.

They are offering a discount of 0.10% but it only applies to their 5 year fixed offering. Which means if you wanted to avail of AIB's green mortgage discount, you have to choose a 5 year fixed rate and the rate they'll offer you is 2.45%, which is excellent by the way.

This offering doesn't just apply to first time buyers, any existing client of AIB's can avail of it provided their primary residence has a BER energy rating between A1 and B3 and they have more than 5 years' left on their existing mortgage.

The process of moving to this green 2.45% fixed rate is very simple. You need to complete and sign a mortgage amendment form and return it to AIB along with a copy of your BER certificate, that's it.

If you don't know what your properties energy rating is, the first thing you need to do is go to the Sustainable Energy Authority of Ireland's website www.seai.ie who have a list of BER assessors in your area. Contact a couple of them, and get a quote, because there is no set fee. I'd expect it's going to cost you somewhere between €150 and €300. The type and size of your property influences the cost. The SEAI also provide a grant of €50 which can be used towards the cost for homeowners who are applying for it for the first time.

If, for example, your property has an energy rating D, is it worth the investment of improving it to an A. And the answer is yes, even with no impact on reducing mortgage repayments, because according to the SEAI, you would reduce energy bills on a typical 3-bed semi-detached property by €1,500 every year.

ASK LIAM

Our personal finance expert answers your questions ...

Q. Liam, every month I still get a payment into my account which is Mortgage TRS. I use it to help with my repayments. I'm not sure how long I will continue to get this for. Any ideas?

A. You're going to have to plan on making your repayments without the assistance of this payment because it will stop at the end of this year.

The payment was actually due to finish at the end of 2017 but was extended for a further three years.

In order to qualify for this continued payment, you would have to have taken out a mortgage which was used to buy your primary residence between the January 1 in 2004 and December 31 in 2012.

And if you bought a property (your family home) for the first time between 2004 and 2008, you'd also qualify for this payment until the end of the year as well.

The amount you're in receipt of will depend on when you bought your property and whether you were a first or second time buyer. If you bought between 2004 and 2008, your mortgage interest relief is calculated at 30% of the amount of interest you'll pay this year. So, for example let's, assume the amount of interest you pay this year is €2,500, you will get 30% of this i.e. €750 and €62.50 will be either credited to your account each month or your mortgage repayments are reduced by this amount.

If you're a first time buyer and took out a mortgage between January '04 and December '12, relief is calculated at 20% up to a ceiling of €2,500 if you're single and €5,000 if you're married. Which means the maximum you are allowed receive each month is €41.67 for a single person and €83.33 for a couple who are married or in a civil partnership.

For non-first time buyers, the rate of relief paid is 15% with the ceiling set at €750 for a single person and €1,500 if you're married or in a civil partnership.

“
The process of moving to this green 2.45% fixed rate is very simple

DID YOU KNOW?

According to Global Finance magazine, the world's safest bank is KfW from Germany. It was established in 1948 under the Marshall Plan funding and is a state owned development bank.

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

DONATIONS APPEAL

We are compiling a World War II database and will be unveiling a memorial on 7th June 2020.

We will also be unveiling a memorial to Thomas Joseph Woodgate on 11th October 2020.

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LIFESTYLE



MAN ABOUT TOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

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Ten things that will never go out of style

FASHIONS fade, style is eternal. Sadly I didn't make that one up, it's a quote by Yves Saint Laurent but I do believe in this as it depicts the fact that finding your own style is much more important than jumping from one trend to the next.

Fashion trends will come and go - some will even repeat over a number of years - but authentic style guarantees longevity.

You can always check in with the latest trends and experiment with new designs without compromising your individual style, but having a base of menswear classics in your wardrobe will help you appear fashionable and original whether it's 2020 or 2050.

Here to help you achieve this is a short list of menswear pieces that just don't go out of style.

TRENCH COATS

The trench coat has been around for quite a long time. Originally created in 1895 to dress soldiers who went to war, the classic coat remains true to its military roots with a throat latch, hook and bar, D-ringed belt and storm flaps on the right shoulder to button over the coat (to keep the rain out).

The trench is a timeless, elegant piece that's light enough to wear over a suit and versatile enough to wear as part of a smart casual outfit. More than a century after it was created by Burberry, the trench is now a staple of many luxury brands and will still be as

popular in a centuries time.

GREY SUITS

Have a job interview coming up and not sure what to wear? You can't go wrong with a classic grey suit. The grey suit is timeless and works in a variety of different shades; appearing laid back in a pastel hue or business-like in charcoal.

Perfect for interviews, as a work suit, for a wedding or for auditioning to be the next James Bond, a classic grey suit will never go out of style.

CHAMBRAY SHIRTS

A chambray shirt is very similar to a denim shirt so you can include denim shirts in this list as the same rules apply. The chambray shirt can be traced back to the Nouvelle Vague movement in 1960's France and was popularised by iconic American actor Paul Newman.

A chambray shirt is a perfect vehicle to transform the casual to the smart casual with the simple addition of a blazer. Embrace its European heritage by pairing it with a linen blazer and smart chinos for a relaxed smart-casual Parisian feel.

WHITE SNEAKERS

Classic pure white sneakers are a style staple that have remained popular for decades among teens, adults and more recently, professionals. In recent years there's been a shift in menswear towards comfortable chic with the white sneaker providing a bridge from casual to smart casual to relaxed formal.

Some rules do apply: the

sneaker must be leather, low cut with no coloured logos or panels for a minimal feel that makes the sneaker seem dressy. Free from the confines of the gym, the sneaker has been set free to roam the fashion world and will be around for a very long time.

OXFORD AND DERBY SHOES

A solid pair of leather lace-up shoes are the anchor of every stylish man's wardrobe.

Oxfords and Derbys are timeless - whatever the season - and are distinguished by their lacing mechanism. The Oxford has a closed lacing system that's more streamlined; while the Derby boasts an open lacing system for a more relaxed casual look.

Whether you're attending a wedding party, giving a presentation at work or attending an event, these shoes are the starting point of all formal outfits.

DARK JEANS

A classic pair of dark denim jeans are an essential part of any casual wardrobe. Born in the 1800s as workwear, denim became an iconic fashion piece in the 1950s thanks in large part to Hollywood idols like James Dean and Marlon Brando who gave it a subcultural attachment that still influences its acceptance in fashion today.

Effortless in presentation and versatile in application - dark jeans give a casual yet stylish twist to any outfit.

THE TURTLENECK

In autumn or winter, a turtleneck sweater is to ultimate ally to the style-conscious man.



Style staple: You can't go wrong with a classic grey suit

Elegant and practical (it keeps your neck warm), the turtleneck continues to inspire generations of fashion-conscious men as an elegant alternative to a shirt under a suit or a blazer or as rugged piece of outerwear.

NAVY BLAZER

Coming in two general types - structured and unstructured - the role of this iconic menswear staple differs depending on its fabrication; structured being the more traditionally tailored version and unstructured being the more relaxed version. Keep the details minimal ensuring the blazer can transition from casual Friday to a fancy restaurant on Saturday.

BROWN LEATHER JACKET

A timeless essential that should find a home in every stylish man's wardrobe at some point in their life. If you're trying to pull off effortlessly cool then you really can't go wrong with a classic brown leather jacket. It won't come cheap but more than anything else on this list, time will only add to its value.

WAYFARERS

Released in the 1950s by Ray Ban, wayfarers are the best-selling eyewear off all time. Today, more eyewear brands have their own versions in a variety of styles: tortoiseshell, dark brown and even leather. But the original gloss black remains the most iconic and stylish version and they can be worn with everything.

First Look

Tommy Hilfiger X Mercedes Benz

Last week Tommy Hilfiger announced the launch of the third TommyXMercedes-Benz men's capsule collection, which builds on the brand's multi-year strategic partnership with the Mercedes-AMG Petronas Formula One Team.

The Spring 2020 collection blends the TOMMY HILFIGER brand's classic American cool sportswear heritage with the innovative technical expertise of the six-time Formula One™ World Champions. The men's TommyXMercedes-Benz capsule collection features timeless

styles including the chino, bomber jacket and hooded parka are elevated with a sophisticated tailored twist and technical elements, such as climate control finishes, perforations, rubberized tapes, seamed seals and Velcro adjusters Polos

and T-shirts are treated with TH Cool properties that include miDori® bioWick for moisture-wicking and fast-drying properties, while a cotton and Sorona® blend brings a soft feel to sweaters. The red, white and navy colour palette is enhanced with light greys and light blues, and the iconic TOMMY HILFIGER flag and



Mercedes-Benz TriStar are elevated through subtle execution.

The signature TOMMY HILFIGER stripe continues its minimalist approach on hems and cuffs, and blue pop coloured TriStar linings add an unexpected twist to classic outerwear. The

collection is clean and sophisticated for the modern Tommy Man.

The collection will launch globally online at tommy.com, in select Mercedes-Benz dealerships, at select TOMMY HILFIGER stores and with select wholesale partners starting March 2020.



The men's TommyX Mercedes-Benz capsule collection features timeless styles

To be happy and thrive, stay focussed on your strengths



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

I THOUGHT it's worth putting on the science hat and looking at Positive Psychology this week. Positive Psychology is the branch of psychology that looks at wellbeing.

It has a focus on studying the strengths that enable individuals and communities to thrive. Underlying beliefs are that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, rest and play.

Some of my formal training as a clinical psychologist was focused on deficits, disorders and when things go seriously wrong where there is harm or hurt to self and others.

What a contrast. I believe for change to happen we need to embrace strengths, resilience and resources. Additionally I believe we need to be scientific in this endeavour.

So I am happy to be called the Positive Psychologist based on the science.

Drawing on an evidence-based psychology allows us to more confidently use these tools to get the desired outcome of a life filled with meaning and engagement.

Let's look at some of the key areas that you can use to make change straight away.

The Power of Connection

You don't have to look that far. It's not about new people it's about connecting with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.

In Ireland we are blessed with GAA, soccer, rugby sporting, church and civil society groups who all seek help and support. They are all made up with people. Think of these as the cornerstones of your life and invest time in developing them.

Building these connections will help support and enrich you every day. The bottom line is that relationships are the most important overall contributor to happiness. People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning,



Discover a physical activity you enjoy and that suits your level of mobility and fitness

support and increase our feelings of self-worth.

So taking action to strengthen your relationships and create new connections is essential for happiness.

The Power of Activity

Be active, there is really strong evidence for physical exercise. The old adage 'healthy body healthy mind' is true. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Exercise helps endorphins which are the body's natural opiates, designed to relieve stress and enhance pleasure. It instantly improves our mood and can even lift us out of a depression.

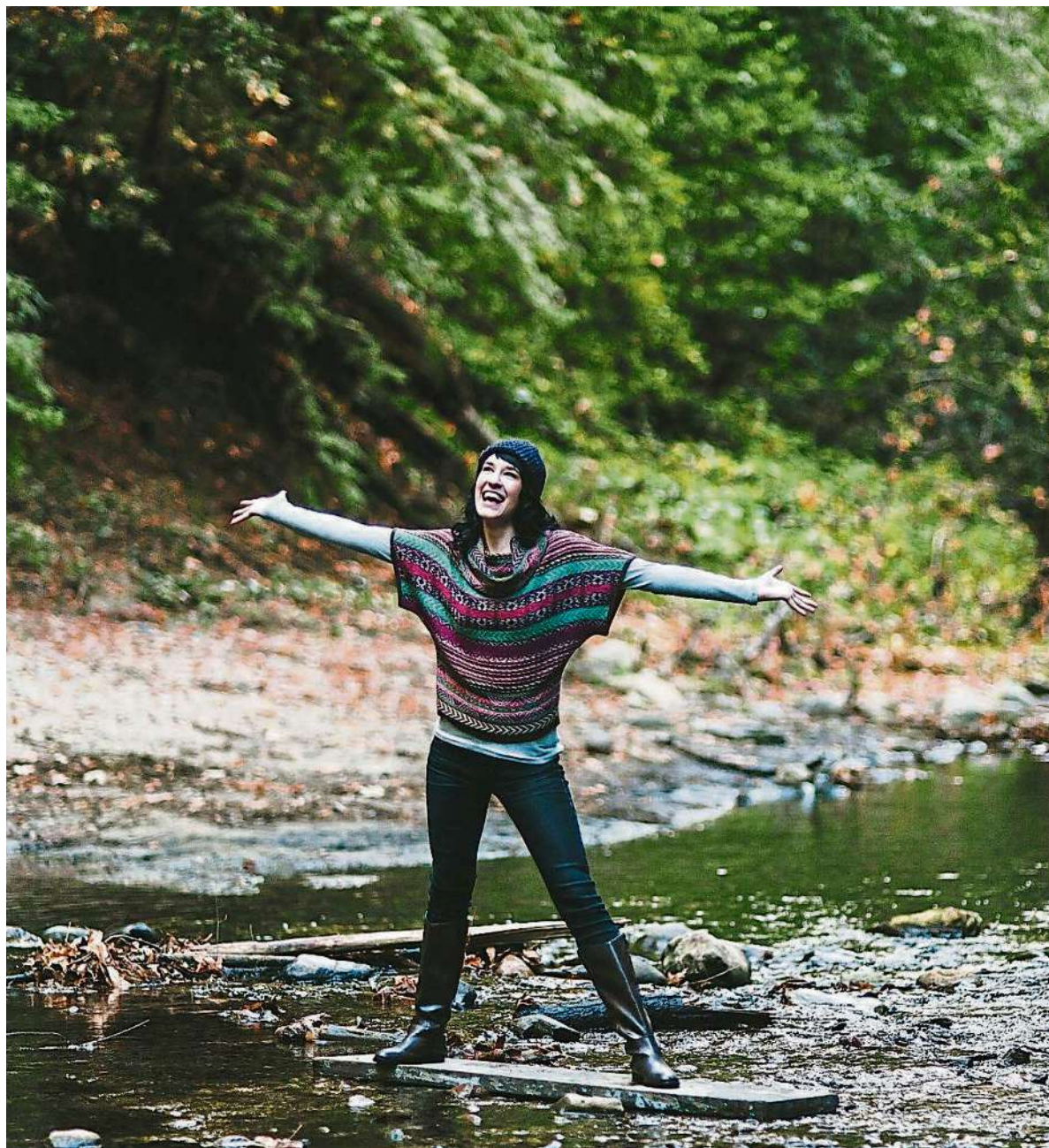
We don't all need to run marathons - there are simple things we can all do to be more active each day.

We can also boost our well-being by getting away from screens and technology, getting outside and making sure we get enough sleep!

The Power of Noticing

Take notice, Be curious. Catch the sight of the beautiful, a bird, a leaf, light reflecting water! Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

Reflecting on your experiences will help you appreciate what matters to you. I can't think of a more beautiful country. Our weather thankfully does not do extremes in general. Be thankful



Focus on your strengths, try something new, step outside your comfort zone PICTURE: PIXABAY

and stop and take notice.

Learning to be more mindful and aware can do wonders for our well-being in all areas of life. Being mindful helps us get in tune with our feelings in the now and stops us ruminating about the past or worrying about the future. By tuning in we get more out of each day.

The Power of Learning

Learning affects our well-being in lots of positive ways. Go outside of your comfort zone and try something new. Rediscover an old interest. Sign up for a course in September, think about it now and set it as a goal. Take on a different responsibility at work. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving.

Learning new things will make you more confident as well as being fun. What I really like about learning is that it exposes us to new

ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience.

The Power of Giving

Caring about others is fundamental to our happiness. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Research has demonstrated that helping others makes us happier and healthier too. Giving creates stronger connections between people and helps to build a happier society for everyone.

Now I am not talking about money, you can do that as well, you can also give time, ideas and

energy. So if you want to feel good, do good and give!

The beauty of these actions is that they can be combined. For example, you might decide to go on a charity walk, for example the Cystic Fibrosis Ireland International Walk, this year it's in Bulgaria www.cfireland.ie.

This is a great opportunity to walk, develop friendships, give, learn and help cure and control cystic fibrosis.

These steps to positivity and wellbeing are about how we interact with the outside world

Next week I will look at key areas from our inside world, effectively our attitude to life, that can enhance our happiness.

*** 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



It's better to have a series of shorter talks over time than to overwhelm your child with information

Talking to your children about coronavirus

If you keep checking your phone for the latest coronavirus updates, chances are your kids have noticed. Parents should be ready to answer kids' questions about coronavirus. If they don't seem interested or don't ask a lot of questions, that's OK too. Just follow their lead. Here's how to help kids understand the news about coronavirus.

1. Choose the Right Time to Talk

Try to avoid distractions. Is there a time each day when you check in with your child and ask how their day is going? Maybe it's on the way to music practice or after childcare pickup. If it's a time when you and your child can focus, use it to talk about coronavirus. But try not to have the conversation too late in the day. You don't want your

kids lying awake at night feeling afraid.

2. Find Out What Your Child Already Knows

Ask questions geared to your child's age level. For older kids, you might ask, "Are people in school talking about coronavirus? What are they saying?" For younger children, you could say, "Have you heard grownups talking about a new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.

Let your child guide the conversation. Be prepared for kids to ask questions, but don't offer information before they ask. It's better to have a series of shorter

talks over time than to overwhelm your child with information.

3. Offer Comfort — and Honesty

Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.

If your child asks about something and you don't know the answer, say so. Use the question as a chance to find out together. Check www.hse.ie for up-to-date, reliable information about coronavirus. That way, you have the facts and kids don't see headlines about deaths and other scary information.

Speak calmly and reassuringly. Explain that most people who get sick feel like they have a cold or the flu. Kids pick up on it when parents worry. So when you talk about coronavirus and the news, use a calm voice and try not to seem upset.

Give kids space to share their fears. It's natural for kids to worry, "Could I be next? Could that happen to me?" Let your child know that kids don't seem to get as sick as adults. Let them know they can always come to you for answers or to talk about what scares them.

Know when they need guidance. Be aware of how your kids get news and information, especially older kids who go online. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information.

4. Help Kids Feel in Control

Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!

Talk about all the things that are happening to keep people safe and

healthy. Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine. These talks also prepare kids for changes in their normal routine if schools or childcare services close in the future.

Put news stories in context. If they ask, explain that death from the virus is still rare, despite what they might hear. For older kids, watch the news with your kids so you can filter what they hear.

Kids and teens often worry more about family and friends than themselves. For example, if kids hear that older people are more likely to be seriously ill, they might worry about their grandparents. Letting them call or Skype with older relatives can help them feel reassured about loved ones.

Let your kids know that it's normal to feel stressed out at times. Everyone does. Recognising these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

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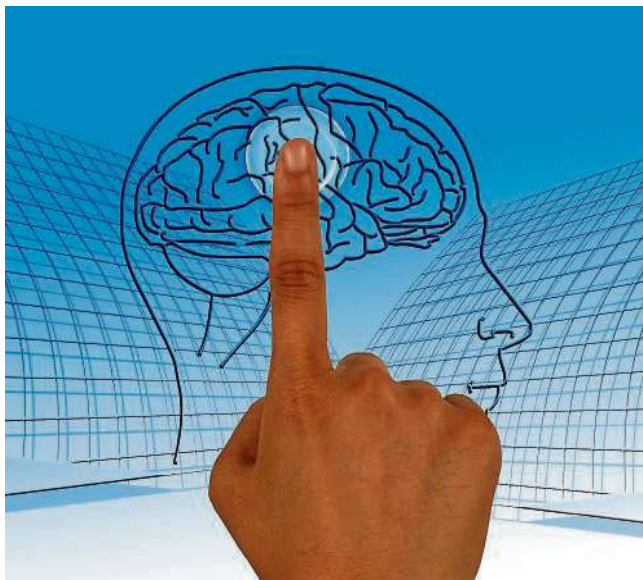
Importance of switching off

MARCH 6 was the National Unplug day in the US, encouraging people to turn off their electric appliances and phones and re-connect with others. Ironically, it turned out to be one of my most electronically packed day – with telecoms, phone calls, Skype consultations and working all day by my trusty laptop...

It made me ponder though on how much time we actually spend on our sources of blue light in this fast-paced life. Just as your machines need to be turned off and on again to re-boot and work properly, you also

need time off and complete rest – a Sabbath of some sort.

I don't know about you, but I find turning off even on my days off is becoming increasingly difficult and I have to physically remove myself from the vicinity of my computer, phone – even leave the country to force my brain not to think about work and some of my more complicated cases, trying to find the best solutions. This constant state of “being turned on” can have a detrimental effect on the body, and just like a computer with too many windows open – might slow down productivity, energy



Just as your machines need to be turned off and on again to re-boot and work properly, you also need time off

PICTURE: PIXABAY

and our ability to renew or fight infections.

Nutrition is extremely important in helping the body cope with prolonged

exposures to stress. Focusing on a diet that helps to balance blood sugar levels, support the adrenal glands, promote energy production

and calm the nervous system can have a profound effect on helping the body keep up. Avoiding sugar, processed foods and reducing caffeine are of the utmost importance. Regular, well balanced meals consisting of easily digestible proteins, essential fats, vegetables and small amounts of complex carbohydrates are the secret to helping your body keep your blood sugar levels – and therefore your energy levels, balanced thus helping you cope better.

What I tell all my clients, however, is that you can have the best diet – if you don't take time to switch off and prioritise sleep, no food or supplements can work efficiently. Emerging evidence supports meditation, prayer, focusing on gratitude may activate your healing / wellbeing hormones, while it is well established that your

immune system repairs and heals your body while sleeping, especially during deep sleep, between the hours of 11pm to 3am.

To help achieve this, reducing stress by the above dietary measures, breathing techniques, herbal remedies during the day and proper sleep hygiene in the evening is crucial. Eat a lighter dinner 4 hours before bedtime, not to have to digest while you were supposed to detox and repair overnight. Turn off all sources of blue light at least 2 hours before bedtime, make sure to remove all source of bright light from your bedroom – especially the small LED lights on TV and electric clocks. Have low level warm coloured lights, blackout curtains and eye masks for a good night's rest. Read a calming book and count your blessings. Allow one day each week for reflecting.

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Glorious green décor ideas

With St. Patrick's Day almost upon us, I thought it would be nice to share some inspirational tips on how to add the colour 'Green' to your interior décor. Green is a very versatile colour from sage green to emerald green so it's important to choose the right shade for your home. Whether you choose to paint your walls green, add some statement wallpaper, invest in a green velvet sofa or simply add some green accessories we have plenty of ideas here to suit all tastes.

LIGHTING

If you only want to add one statement piece to your rooms décor then you could consider a statement pendant in green like the Achates Ceiling from Aspire Design. This beautiful 9 light pendant is made with unique pieces of agate, each formed naturally in volcanic rock, are sliced and polished to a high shine. Combined with a gold finish metalwork to give a sense of nature and opulence.



Japura velvet in amazonite by Romo from Aspire Design

ACCESSORIES

Another way to inject some green into your interior is by using accessories. A rug will add extra warmth to your home in addition to instantly updating a tired interior. Other green items to consider are artwork, scatter cushions, glassware, candles and last but not least plants.

PAINT

If painting a full room in green a good option is 'Greengage' from Colourtrends historic collection. This can look fantastic for entrance halls and living rooms. If you want to opt for a darker moodier paint then 'Christmas Wreath' from colourtrends historic collection is great for either a feature wall, kitchen island or a statement piece of furniture.

I hope this column has you feeling extra patriotic this St. Patrick's Day. Happy Decorating and I hope enjoy creating rooms that will have all your friends 'Green with Envy'. Be brave and take the plunge to turn your home green for more than just one day in the year!! Thanks for taking the time to read my column and I hope you all have a wonderful time this St. Patrick's weekend. Remember if there is a topic that you would like covered in 2020 then please drop me a line as I'd love to hear your suggestions. Thanks Louise, winner of TV3's Showhouse Showdown,
0863999926 info@aspiredesign.ie



Achates 9 light ceiling pendant from Aspire Design

WALLPAPER

If you love wallpaper you could add a feature wall using a stunning floral wallpaper like the Floris wallpaper in peacock with its wistful blossoming branches reminiscent of a Japanese garden appear hand-painted on a subtly textured ground that has the appearance of a refined hand-made paper. A delicate pearlescent finish adds a soft iridescence and luxurious quality to this beautiful wallpaper.

SOFA

If your planning to update an existing sofa you could consider upholstering it in an emerald green velvet fabric or a fun spring floral fabric like our Saphira fabric. Alternatively, if you looking to purchase a new sofa then the Harper green velvet sofa is a good choice from EZ Living, Naas.



Upholstery in Leoni Seaglass by Romo from Aspire Design

CURTAINS

Soft spring florals can look fabulous in curtains to create a bright airy interior. Consider fabric like our Saphira collection in colour jade and add green accessories to accentuate the green colours in the fabric.



Nahli Rug in Kingfisher from Aspire Design



Curtains in Saphira in colour jade by Romo from Aspire Design



Floris wallcovering in peacock from Aspire Design



Upholstery in Saphira in colour jade by Romo from Aspire Design

OUT & ABOUT



Out & About

ALICE AND THE WOLF WOWS THE CROWDS AT WATERGATE THEATRE

Pictures: CHRISTOPHER DUNNE



All smiles! These students from Kilkenny School Project were happy

OUT & ABOUT



Strike a pose! Students from Kilkenny School Project were in great spirits after making the trip to the Watergate Theatre for the premiere of Alice and the Wolf



to see the premiere of Alice and the Wolf in the Watergate Theatre

ENTERTAINMENT

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

POTTER GIG

Mark Campden, a potter whose ceramics are distinctive for the skill of his brushwork decoration and rich in an imagery inspired by nature, will be showcasing his designs at Generation, an exhibition of objects and textiles designed and created using inherited traditions of creativity and innovation.

The exhibition, which will open at the National Design & Craft Gallery in Kilkenny invites us to consider the unique perspective of a group of Irish-based designer-makers who are custodians of craft traditions, continuing and/or reinventing the work begun by previous generations of their families.

Working in the traditional majolica technique, Mark's pieces are first formed in earthenware clay and covered with a white tin glaze while the surface of his work then becomes a canvas for meticulous hand-painted decoration.

INFLUENCE

The influence of his father, renowned potter Edgar Campden, is evident in Mark's own practice, which incorporates the majolica tradition from the Middle East, while Mark's mother Doreen is also an accomplished sculptor and ceramic artist.

Mark will join seven other designer-makers for Generation, all of whom believe that tradition is not static; it is in constant movement.

The exhibition traces ways in which their cultural legacy is defined, or sometimes redefined, as they navigate contemporary studio practices and workshops. Each is inspired by the craft tradition of earlier generations.

Curated by Frances McDonald and Muireann Charleton, Generation explores how generational relationships and personal histories have encouraged an added sense of responsibility, influenced aesthetic considerations and helped shape overall narratives, focusing on the idea that making matters, the exhibition reminds us that within any medium, the importance of making and respect for tradition remains at the heart of these family enterprises.

Find The Lost Messiahs on Friday



The Lost Messiahs, from left: James O'Connor, Eamonn Duff, Martha Cummins, Ollie Plunkett and Dave Bowe. catch them in Kyteler's Inn on Friday night

Portlaoise band The Lost Messiahs head to American in April for an East Coast Tour.

They are booked to play at many prestigious venues in New York, Philadelphia, Boston, New Jersey.

These venues have hosted many famous artists like Bruce Springsteen, Arcade Fire, Lady

Gaga, Interpol, The National and Bob Dylan.

You can catch the Lost Messiahs in Kilkenny at the Kyteler's Inn on Friday (tomorrow night) for one of their last gigs before their American tour

Their tour has garnered significant local support with many

people now joining the band on their trip Stateside. For anyone thinking of joining the band, check out their website: thelostmessiahs.com for more details. They will also be doing a number of radio and TV appearances in the states and plan to shoot a new video for their next single in New York.

The band released their new single 'Didn't have to be that way' taken from their new album 'Deconstruction of the Mind' last week. The single release is accompanied by a Peaky Blinder style gangster video, both of which are getting rave reviews and are worth checking out on youtube.

The Mai all set to fly to Watergate Theatre

Marina Carr's engrossing drama, The Mai, comes to the Watergate Theatre on Saturday, April 18 as part of a nine-venue national tour presented by Decadent Theatre Company. Andrew Flynn directs.

The Mai is an epic tale of three generations of an Irish family inspired by love but shattered by inescapable reality.

Set in the Midlands in the 1970s, it is both wildly funny and humorously tragic.

The play centres on a formidable 40-year-old woman, a teacher known as The Mai, whose husband Robert, a musician, has always felt stifled by her ideals of perfection.

After 17 years he leaves her, whereupon she sets about decorating a dream house in the hope that he will one day return.

From her fairy tale castle on the banks of the legendary Owl Lake, The Mai waits for him by the window. The play opens on the day

of Robert's unexpected return after a four-year absence.

Throughout the Mai and Robert's troubled reunion appears the memorable characters that comprise three generations of her family.

They are her two sisters meddling in the affairs of her three daughters with comical tenacity.

Towering above them is the irreverent matriarch, Grandma Fraochlan. She presides over all with her 'ancient and fantastical memory', reminding them that the past is looming over the present.

Until Decadent's 2018 production, The Mai had not had a major outing for more than 25 years.

"I first came across Marina Carr and The Mai in 1994 when I was in college and saw the Abbey production," said artistic director Andrew Flynn.

"I was just blown away by it - I



hadn't seen anything before that threw open a door on 1970s Irish society and the Irish family," he said.

"Through these wonderful characters Marina disputed the notion that family break down

wasn't possible. Instead she showed what was actually happening, and how troubled marriages got brushed under the carpet.

"It's a brilliant play because it's grey, not black and white," he added.

This new tour is a revival of Decadent's critically acclaimed 2018 production which the Irish Independent praised as a bang-up revival, bristling with comic energy that feels innovative and fresh today full of depth and passion, The Mai is one of the best Irish plays of the contemporary period.

After seeing the performance in Galway, playwright Marina Carr said: "I loved the set, the lighting, the music, Andrew's direction, and the beautiful cast. I feel very grateful. It's wonderful to see new life breathed into it.

"We're blessed with a wonderful cast and I consider myself lucky to get a second chance with The Mai."

ENTERTAINMENT

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

Grammy winner for the Arts Festival

Grammy winning singer and songwriter Lucinda Williams will appear at this year's Kilkenny Arts Festival on Sunday, August 16 at St Canice's Cathedral.

"When you start with songs this impressive, it's hard to go wrong," wrote Rolling Stone of Car Wheels on a Gravel Road, the 1998 album that ensured Lucinda Williams' place in the pantheon of country greats.

In a career spanning four decades, Williams has seldom gone wrong, writing and performing a string of classic songs, spearheading the Americana movement and earning three Grammys on the way.

This year Williams is celebrating 40 years in the business with her Keep Me With the Good Souls tour and Kilkenny Arts Festival is thrilled to welcome her to the city, accompanied by her crack three-piece band.

She will be armed with a hatful of songs spanning her dazzling career, including tracks from Good Souls Better Angels, a new album embracing everything from earthy blues to punk-inflected rock, and tailor made for these turbulent times.

Tickets are priced at €42 each and are selling fast.



BURSARIES

The Artlinks partnership of local authorities Arts Offices in Carlow, Kilkenny, Waterford and Wexford has awarded over €60,000 to artists in the South East.

Supported by the Arts Council/An Chomhairle Ealaíon this grants stream provides professional development opportunities and supports for established and emerging artists who are resident in these four counties.

It is an important resource for those in the arts and it provides great confidence boost for arts practitioners.

The recipients of bursaries from the Arts Office, Kilkenny County Council are: Kevin Hughes/Film; Billy Fenton/Literature; Elspeth Hayes/Music; Alex O'Leary/Music; Ali Comerford/Music; Ger Bourke/Theatre and Drama; Hannah McCormick/Theatre and Drama; Rachel Botha/Visual Art; Ramon Kassam/Visual Art; Graham Carew/Visual Art; Irene Whyte/Visual Art; Stephan Morton/Theatre and Drama and Rachel Burke/Visual Art.

Mary Butler, Arts Officer with Kilkenny County Council thanked all the ArtLinks members who made applications and said that she was pleased that the local authority could support so many artists to participate in their chosen courses, mentoring and workshops.

Please note that ArtLinks has an extended deadline for the Collaboration Award of 30th March 2020 at 4pm.

AIM

The aim of this new award is to encourage more collaboration between artists across the Artlinks counties and support artists seeking to expand their practice and networks regionally.

The award must involve collaboration between artists from two or more Artlinks counties in the development of new work, to be showcased in two or more Artlinks counties. The total value of the award is €10,000.

Please contact bernadette.roberts@kilkennycoco.ie if you require the guidelines and application form.

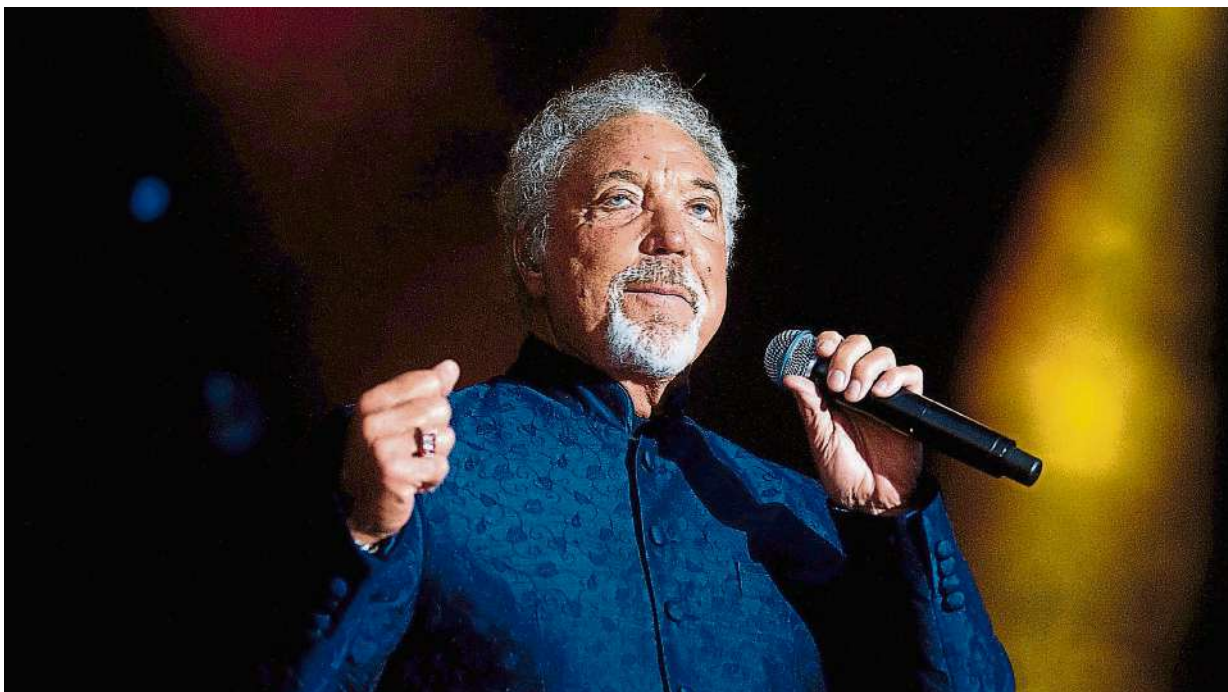
Is it not Unusual to see Tom Jones?

Danny Roman is recognised as Europe's number 1 Tom Jones tribute act.

In his Tom Jones tribute show, he not only possesses the charismatic, hip-swinging, sex appeal and look of the older Tom, he also has the power and vocal ability that has made Sir Tom Jones a singing legend throughout the world.

Singing in Tom Jones' original keys and incorporating the movements and mannerisms of him while performing his songs, this is a night you won't want to miss.

Jones has sold over 100 million records, with 36 Top 40 hits in the United Kingdom and 19 in the United States, including It's Not Unusual, What's New Pussycat, the theme song for the 1965 James Bond film Thunderball, Green, Green Grass of Home, Delilah, She's a Lady, Kiss and Sex Bomb.



Enjoy all of Tom Jones' hits in a night of nostalgia at the Watergate Theatre, Kilkenny on Sunday, March 28

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

Please note: Check with event organisers/booking venues to ensure events are proceeding, as cancellation due to Coronavirus-prevention strategies is an evolving situation.

Thursday

Cua Live, Anocht Restaurant, 7pm
An Evening with Roe & Co, The Dylan Whiskey Bar, 7pm
 Swing Dancing, Home Rule Club, 7.30pm
Paintclub Kilkenny, Langton's, 7.30pm
 Christy Moore (Magic Nights), Lyrath Estate Hotel, 8pm
The '50 Francis Street' Photography Exhibition, Pembroke Hotel, 8pm
 Castlecomer Community School Production, Watergate Theatre, 8pm
Emilie Conway, Sofa Sessions, Billy Byrne's, 9pm

Friday

Alice's Bar Opening, Kyteler's Inn, 6pm

Trad followed by Drops of Green, Kyteler's Inn, 6pm
 Tradfest at Matt's, Matt The Miller's, 6pm
Musical Bingo, Army Barracks, 8pm
 Theresa and the Stars, Springhill Court Hotel, 8pm
Tradfest Band, Rafter Dempseys, 9pm
 Devil The Bit, Lanigan's Bar, 9.30pm
Leonard Barry, Declan Folan and Michael McCague, Cleere's Bar, 9.30pm
 Zoe Conway, Donal Lunny and Martin O'Connor, Set Theatre, 9.30pm
Perfect Friction Live, Paris Texas, 10pm
 The Unusual Suspects, Left Bank, 10.30pm

Saturday

Tommy Lanigan Bodhrán Workshop, Rothe House, 11am
Zoe Conway Fiddle Masterclass, Rothe House, 11am
 Michael McCague Guitar Workshop, Rothe House, 2pm

Declan Folan Fiddle Workshop, Rothe House, 2pm
 Leonard Barry Uilleann Pipe Masterclass, Rothe House, 2pm
Alice Jones (Appalachian Stepdancing), Rothe House, 3pm
 Adult Drumming Workshop, Sullivan's Taproom, 3pm
Tommy Stenson Sean Nós Dancing Workshop, Rothe House, 4pm
 Trad In Special Places, Medieval Mile Museum, 4.30pm
Trad followed by DJ and Late Bar, Matt The Miller's, 6pm
 Ain't Misbehaving, Medieval Mile Museum, 7pm
Andy Irvine and Paul Brady, The Hub, 7pm
 Ruaile Buaile in aid of Cois Nore, Kilford Arms, 7.30pm
Jason Byrne (Wrecked But Ready), Langton's, 8pm
 The Kilfenora Ceilí Band, Watergate Theatre, 8pm
The Buddies Live, Home Rule Club, 9pm
 Steph Geremia Trio, Cleere's Bar, 9.30pm

Livewire, Rafter Dempseys, 10pm
 Live DJ, Lanigan's Bar, 10pm
Róisín Dubh, Kyteler's Inn, 10pm
 Sideline, Mick Doyle's (Graignamanagh), 10.30pm
Riff Shop, Left Bank, 11pm

Sunday

The Best of Trad, Billy Byrne's, from 2pm
Hot 4 Jazz Quartet, Left Bank, 5pm
 Tradfest at Matt's, Matt The Miller's, from 6pm
Generation 5, Kyteler's Inn, 6.30pm
 Tomas Jackman, Kyteler's Inn, 9pm
Reel To Reel Live, Paris Texas, 9pm
 Gavin Carroll, Rafter Dempseys, 9.30pm
The Barflys, Pumhouse Bar, 9.30pm
 Devil The Bit, Lanigan's Bar, 9.30pm

Monday

Tradfest Rollover at Matt's, Matt The Miller's, from 6pm
Pop Up Gaeltacht, Home Rule Club, 8pm
 Horslips, Set Theatre, 8pm
Kilkenny Storytelling Circle, Billy Byrne's, 8pm
 The Pearly Whites, Left Bank, 10.30pm

Tuesday

Paddy's Day Tradfest at Matt's, Matt The Miller's, from 6pm
Try the Pipes Taster Sessions, Kilkenny County Council (John St), 10am & 3pm
 Wonders of the Irish Wake, Parade Tower, 4pm
Tradfest Band, Rafter Dempseys, from 4pm
 Drops of Green, Left Bank, 5pm
Speed Dating, Newpark Hotel, 7.30pm
 Kila Live, Paris Texas, 7pm
Íarla Ó'Lionáird and Steve Cooney, Set Theatre, 7pm
 Barry McCormack followed by John Hegarty and John Fogarty, Cleere's Bar, 8pm

Search is on for Mr Personality

MARY CODY

mary.cody@iconicnews.ie

The launch of the 15th annual Mr Personality Festival took place on Tuesday in the Springhill Court Hotel.

The Mr Personality Festival, which is sponsored by Kilkenny/Carlow Relief Services is always one of the highlights on the extremely busy Macra Na Feirme calendar. This year the event takes place on Friday, April 24 and Saturday, April 25.

Described in the past as the male equivalent of the Rose of Tralee. Each county/macra region will have a representative who we will put their paces in a bid to be crowned Mr P 2020!

Each year huge crowds from around the country descend on the Marble City for what is always a fun-filled & memorable weekend.

The weekend itinerary is as follows – the contestants will arrive at the Springhill Court Hotel at 6 pm with the live interviews on stage starting at 9pm. The highly entertaining Claire Henriques will be conducting the interviews.

This will be followed by music from Hot Fuss and a DJ till late. Then on Saturday morning each contestant will be interviewed privately by the judges, after lunch contestant challenges take place in St Kierans College campus.

On Saturday evening after a photo call with sponsors, the informal banquet will take place starting at 8 pm. This will be followed by music from Deuces Wild and DJ till late.

The Mr Personality 2020 winner will be announced at about midnight. Tickets for the banquet will be on sale in the coming weeks by contacting the Springhill Court Hotel on (056) 7721122. For more see www.mrpersnality.ie



Christine O'Neill, Amy-Rose Holden and Aoife Power



Tom Walsh, Eddie Lanigan and Mayor Martin Brett



Attendees at the launch of the 2020 Macra na Feirme FRS Mr Personality Contest



Gillian Lawlor and Fabian Jacob



St. Patrick's Weekend 2020

FRIDAY 13th March

Alices Bar Opening Night

6pm Trad music by:

Anthony McCauly

8pm **Drops Of Green**

10pm **Acousticats**

SATURDAY 14th March

6pm Trad music by:

Anthony McCauley

8pm **Raglan Rogues**

10pm **Roisin Dubh**

SUNDAY 15th March

6pm Trad music by:

Anthony McCauley

6.30pm **Genaration 5**

9pm **Tomas Jackman**

MONDAY 16th March

6pm Trad music by:

Anthony McCauly

8pm **Drops Of Green**

Tuesday 17th March

5-7pm **Trad Session**

5-7pm **Generation 5**

7-9pm **Roisin Dubh**

10-12 **Raglan Rogues**

LATE BAR

LATE BAR

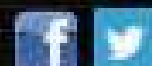
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Saturday 14th - Livewire from 10pm

Sunday 15th - Gavin Carroll from 9.30 - 11.30pm

St. Patrick's Day - Tradfest Band from 4pm

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 Horslips
 March 17th
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 Friday 20 March | 8pm

Queen of Technicolor
The Story of Maureen O'Hara

 Saturday 21 March | 8pm

Martin Harley

 Tuesday 24 March | 8pm

ENTERTAINMENT

Grease is the word: City schools pair up to make musical magic



Students from the Presentation Secondary School and St Kieran's College, who will form the cast and crew of Grease PICTURES: HARRY REID

SAM MATTHEWS

sam.matthews@iconicnews.ie

Two local schools have announced details of their upcoming production of Grease, which will be performed from April 30 — May 2 in the Watergate Theatre.

The show will be a joint production between St Kieran's College and Presentation Secondary School, involving the vast majority of the Transition Year cohort in both schools.

Grease is a 1978 musical romantic comedy based on the 1971 musical of the same name directed by Jim Jacobs and Warren Casey. It's set in 1959 at fictional Rydell High School, and follows a group of working-class teenagers as they navigate the complexities of peer pressure, politics, personal core values, and love.

SCHOOL MUSICALS

The cast has been rehearsing diligently already this year, with the hope of producing a fantastic event. School musicals were very common within St Kieran's College and Presentation Secondary School through the

mid-nineties, with the last production between the two schools being staged 21 years ago, in 1999.

These musicals began in 1987 under the guidance of Fr Richard Scriven and Ms Veronica McCarron. The two schools are helping to revive the tradition of having a shared school musical, with tickets going on sale in the coming weeks.

TEACHERS

The production is coming together under the guidance of teachers Regina Mulcahy, Laura Carroll, Fergal Brennan, Stephen Murphy and Niall O'Riordan.

Local business owners are also invited to place an advert in the musical programme. For more details contact fbrennan@stkieranscollege.ie

RIGHT: Charlie Delahunty (Danny Zuko) and Lucy McGrath (Sandy Dumbrowski) lead actors in Grease



ENTERTAINMENT

Pink Ladies and T-Birds: Charlie Fitzgerald, Amy Fennelly, Liam Walsh, Emma O'Brien, Liam Moloney, Sasha O'Hara, Caroline Barron, Lucy McGrath and Charlie Delahunty



The Main Cast of Grease: Amy Fennelly, Alan Dunphy, Niamh Brickell, Liam Moloney, Roisin Oakman, Liam Walsh, Emma O'Brien, Charlie Fitzgerald, Caroline Barron, Nick O'Keefe, Ellie O'Neill, Oisín Meegan, Sasha O'Hara, Aaron Moore, Charlie Delahunty and Lucy McGrath



Grease Lead Actors: Lucy McGrath (Sandy Dumbrowski) Charlie Delahunty (Danny Zuko) with Emma O'Brien (kizzo) and Liam Walsh (Kenickie)



Grease Producers/Directors with lead actors: Miss Laura O'Carroll, Lucy McGrath, Charlie Delahunty, Mr Fergal Brennan. Missing from photo: Miss Regina Mulcahy, Mr Stephen Murphy and Mr Niall O'Riordan



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Friday 1st May
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Saturday 2nd May
Night Show @ 7:30pm

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Electric avenue

Peugeot launches electrified range

TRISH WHELAN

www.CarandTravel.ie

PEUGEOT Ireland has launched a number of cars under its extensive electrification programme which includes hybrid, plug-in hybrid and the brand's first fully electric car.

Peugeot took a large cohort of motoring journalists to BrookLodge Hotel at Aughrim, Co Wicklow to test drive the new 208, 2008 SUV, together with the new e-208, 3008 Hybrid4 (AWD) and 508 Hybrid range. It proved a busy two days of motoring.

First up was the stylish 208 which we drove from Peugeot HQ at Gowan House on the Naas Road in Dublin to our hotel in Macreddin Village and returned to Dublin in the new 508.

In between we fitted in a local loop from the hotel to Aughrim in the hybrids and the new e-208, the brand's first electric car. It retails from €27,334, inclusive of SEAI grant and VRT relief, and comes with a 100kW (136hp) electric unit with 50kWh battery developing 260Nm of torque for instant response. It can do 0-100km/h in 8.1 secs and has a range of 340kms. The battery is guaranteed for 8 years or 160,000 for up to 70pc retention certifiable by the Peugeot dealer network. The has the same interior and boot space as the petrol and

diesel versions as the batteries are under the floor. The e-208 is the only electric car in its segment which includes Polo, Yaris, Fiesta, i20, Micra and Clio.

The new 2008 really impressed. It is one of the most stylish cars on the road as well as being extremely spacious. Prices start at €23,900 for the 1.2 PureTech 100bhp. There are also 130bhp/155bhp petrols; the diesel is a 1.5 BlueHDi 100bhp from €25,900. The brand's excellent Grip Control is offered and Peugeot have kept a spare wheel in all their passenger cars, except for EV models. An electrified 2008 is due in April with a range of 320kms WLTP.

Built on Peugeot's EMP2 platform which is designed for both ICE and electrified powertrains, means boot volumes of the 208 and 2008 are the same as the ICE versions (487 litres for the 508 and 530 litres for the SW). New driving modes are a Zero Emission 100pc electric mode; an exhilarating Sport mode; a Hybrid mode; and Comfort mode.

The Hybrid4 version of the 3008 and 508 ranges have passed stringent certifications tests under the new WLTP protocol and qualify for the newly calculated grant thresholds now applicable; under new rules, plug-in hybrids must now emit less than 50g/km CO2 and



The new e-208, the Peugeot's first-ever fully electric car

travel more than 50km in all-electric model to qualify for the €5,000 SEAI grant and €2,500 VRT relief schemes. The 3008 2.0 180bhp automatic is from €42,250, the PHEV 225hp is from €37,995. The 508 2.0 180hp is from €38,100 and the PHEV 225hp is €38,900. Both include SEAI and VRT grants and rebates.

The SUV 3008 Hybrid4 300bhp AWD model, available in the top of the range GT Line and GT trims, achieves 29g/km CO2 (1.3 L/100kms) and a 59km range in 100pc electric mode. It combines a 200hp PureTech petrol engine with two electric motors and can do from 0-100km/h in 5.9 secs. The battery capacity is 13.2kWh for a 100pc electric range. A full charge takes 1h45 when using a Wallbox. AWD mode provides improved traction on roads or difficult terrain.

In April, it will be joined by a 225bhp 2WD Hybrid version combining a 180hp petrol engine with a 110hp (80kW) electric motor located at the front of the car coupled to the e-EAT8 8-speed automatic gearbox.

The 508 fastback achieves 29g CO2/km and 54km in all-electric mode.

The new 508 Hybrid and SW estate Hybrid combine a 180bhp petrol engine with a 110bhp (80kW) electric motor for a combined power of 225bhp. Charging also takes 1h45 with a



Peugeot 508 hybrid qualifies for the newly calculated grant threshold

Wallbox (optional 6.6 kW charger, 32A).

An eBoxer LCV will arrive mid this year and an ePartner/eRifter will follow next year.

By 2023, 100pc of the Peugeot passenger car and light commercial vehicles range will offer an electrified version.

Commenting on the brand's performance, Colin Sheridan, Peugeot's Sales & Marketing Director said: "Yesterday we were at 81.6pc of the market, today we're operating at 100pc."

Speaking on electric car sales and the confusion among the general public concerning them,

he said: "The Government needs to give us clarity re the extension of both EV and PHEV grants going forward; on how it intends to treat the taxation on cars when the full WLTP regime comes into force at the end of this year because we will need to make decisions on model allocations."

He also said that the last Budget, which removed SEAI grants to companies for electric cars, has proved counter productive and quoted sales figures for electric cars year-to-date of just +100 units (1,084 vs 984 / +10.16pc) to 20/02/2020 which he said should have been higher.



The extremely spacious Peugeot 2008 starts at €23,900



MAIN: Peugeot 2008. INSET: Peugeot 208

Comfort and looks

DAVID WALSH
david@netacar.ie

I've attended quite a few car launches both at home and abroad but none like the recent one held by Peugeot.

Five new cars at the same time or 6 if a hatchback and estate are considered different models. They were; the all-new 208 and e-208, all new 2008, 3008 Hybrid and 508 / 508 SW Hybrid. Incidentally, the 3008 Hybrid is the most powerful car Peugeot has ever released with 300hp available via 4wd. (Pity this wasn't around for the sensuous RCZ model). The introduction of their first all-electric car in the e-208 is possibly the most significant and commences in earnest the electrification of the Peugeot range. (They don't consider the earlier iOn their first BEV as it was a multishare with Mitsubishi and Citroen). Following imminently is another all electric offering, the new e-2008.

The 208 hits the forecourts armed with possibly the best skin on a small car in years. It really is stunning looking and

arguably their best-looking small car since the iconic 205. You have the option of the all-electric e-208 version as well. In electric or ICE form there are two metallic colours available that are a no-cost option/choice, the two best colours in my book too, which is refreshingly clever and customer friendly from Peugeot.

The new 2008 loses the curves and gets a load of new creases. It's a much meatier and more purposeful looking car now. Big grilles are the current fashion and the 2008 has a sizeable one. Peugeot has resisted making it enormous thankfully. The 2008 and 208 benefit from a new 3d i-Cockpit. The principle being the most important driver information is in the foreground. I recall Honda doing this before, but Peugeot's is much more realistic.

The 3008 hybrid adds another version to the hugely successful 3008 range. The 3008 was a bit of a game changer for Peugeot and attracted a lot of new conquest buyers. Now with 2wd and 4wd hybrid offerings



they hope to attract a lot more.

Is there a car enthusiast that doesn't adore the 508 - easily one of the most striking cars to hit the road in a while? The SW version maintains

that ethos as well. And, you've guessed it, there is a carbon-correct, hybrid version of both now. The hybrid route Peugeot have chosen for the 3008 and 508 is a plug-in hybrid with all

electric range in the 3008 being 50kms or 40kms in the 508. Peugeot, with their carbon reduction obsession, has led to most of their cars attracting the lowest car tax rates.

I drove all the cars and as expected the Peugeot penchant for comfort is ever present. Looks is fast becoming their next penchant.

www.peugeot.ie

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<p>2017 (171) Audi A3 SPORTBACK 1.0 TFSI S TRONIC (AUTO) 115 BHP 5DR</p>  <p>€18,900 €64 per week</p> <p>FREE ROAD TAX</p>	<p>2016 (161) Audi A8 SE QUATTRO 3.0 TDI AUTO 262 BHP</p>  <p>€38,495 €130 per week</p> <p>FREE ROAD TAX</p>	<p>2016 (161) Audi A4 ULTRA 2.0 TDI 150 BHP</p>  <p>€18,900 €67 per week</p> <p>FREE ROAD TAX</p>	<p>2016 (162) Audi A3 SE SPORTBACK 1.6 TDI 110 BHP 5DR</p>  <p>€19,900 €67 per week</p> <p>FREE ROAD TAX</p>

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STARS IN THEIR CARS

Kilkenny People
 THE KILKENNY REPORTER
 FREE EVERY THURSDAY

Luke Donnelly



HI my name is Luke Donnelly and I'm a professional golfer. I play on the EuroPro Tour, which is held across the UK. This season we also have two events in Ireland.

I'm heading into my third year as a professional and over the past two years I've learned a lot about life on the road and the golf circuit. Getting to drive a Hyundai Kona with the Michael Lyng Motors logo gives me great pride knowing that I'm dealing with the best car dealership in Kilkenny and one of the best in the country. The support from Michael and Neil has taken so much pressure off me and that allows me to fully concentrate on my golf game.

While travelling a lot around Ireland and the UK, the one thing that stands out to me is the comfort of the Hyundai Kona. Long or short journeys, the comfort of the Kona makes the drive as nice as possible. On cold mornings going to the golf course, I switch on the heated seats - they are a dream and I never have any problems feeling the cold.

The Kona is a very easy car to drive. I'm only driving two years fully and I've never had a problem with driving the Kona, especially on some of those longer journeys. The cruise control system is a great addition and it takes the stress of driving away. Also, having the lane keep assist system and driver fatigue warning system brings

Luke is pictured here with Michael Lyng, Stephen Gleeson - Managing Director Hyundai Ireland, & Neil Lyng.

the safety of driving late at night to another level. The rearview parking with dynamic guidelines make parking easier than it is. If you drift offline with your reverse parking, with the guidelines you'll always be able to bring it back online and get that car parked straight!

I was very impressed with how much space there is in the Kona. I sometimes give people a lift to the golf course so

along with my golf clubs, trolley shoes and practice equipment, I can also fit in other people's clubs and bags. For anyone worrying about needing space for all the family extras, the Hyundai Kona would be a perfect fit.

Having the Apple CarPlay in the car is a massive bonus. With the Apple CarPlay I can make phone calls and send text messages while still driving by using the Siri voice control. I can also get Google maps up on the 7"

touchscreen which makes it safer for me to drive and also get directions. All I need is to connect up my phone using my iPhone lead and away I go!

Even if I need to get directions while driving, by using the Siri Voice control I can ask Siri to give me directions to my next venue and the directions will come up without having to go near my phone.

I can't recommend the Hyundai Kona enough. For any new or experienced drivers, the Kona is perfect. Match this with the customer service from Michael Lyng Motors and you will have no complaints!

Hyundai Kona

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The ideal candidate will be the voice of sports news in Kilkenny, with the ability and personality to work in a fast paced environment, generating and maintaining contacts in the strong sports community of Kilkenny.

Candidates must have a strong track record in journalism at a senior level,

in breaking and analysing high-profile stories. Strong credibility in the world of local sport is a must, likewise a solid contacts book.

This challenging role is ideally suited to a highly motivated individual with a flair for writing and an eye for detail. A strong social media presence, and an ability to work in the varied media environment which ranges from online to print and video, would be key strengths.

Knowledge of newspaper design would be an advantage. The Sports Editor will also be responsible for assigning freelance work, so a clear understanding of budgets and using resources well is important.

The closing date for applications is Friday March 27, 2020.

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PLANNING NOTICES

KILKENNY COUNTY COUNCIL

Planning Permission is sought by Christine and Alan Brett to comprise of the following:
1. To demolish existing single storey extension to the rear of the existing dwelling.
2. To construct a single & two storey extension to the rear and side of the existing dwelling.
3. Internal and elevational modifications to existing dwelling.
4. Provision of a new sewage treatment plant & percolation area and all associated site developments works at The Cottage, Firhouse, Grevine East, Co. Kilkenny. R95 XND5.

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

Signed: Gittens Murray Architects Ltd., No. 5 William Street, Kilkenny. Tel No: 056-7753933. web:www.gmarch.net

KILKENNY COUNTY COUNCIL

Planning Permission is sought by Andrew Glennon for construction of 41 No. 2 storey semi-detached and terraced housing units, 8 No. residential serviced sites together with proposed boundary treatments, landscaping and all associated site development works at Friary Walk, Clashacollare, Callan, Co. Kilkenny. The proposed road network and services to connect to existing residential development known as Friary Walk, (Planning permission ref.99-1809 & 10-458). The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m. - 1.00 p.m. and 2.00 p.m. - 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission. Signed: Gittens Murray Architects Ltd., No. 5 William Street, Kilkenny. Tel No: 056-7753933. web: www.gmarch.net

KILKENNY COUNTY COUNCIL

I Fleckvieh Irl Limited am applying to Kilkenny County Council for Planning Permission for the Development of a Livestock Quarantine Shed and all associated site works intended for development at Bonnettsstown, Co. Kilkenny. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m. - 1.00 p.m. and 2.00 p.m. - 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.



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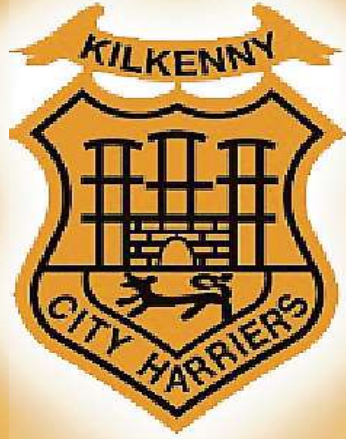
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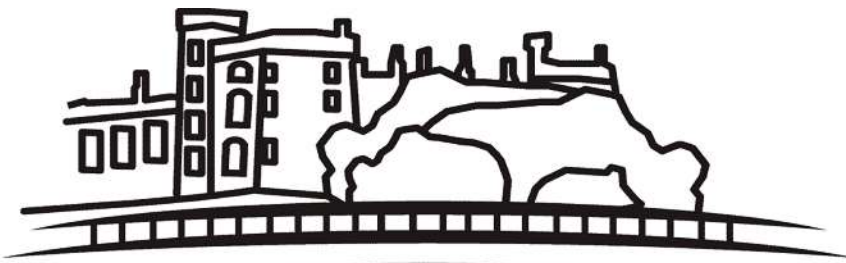
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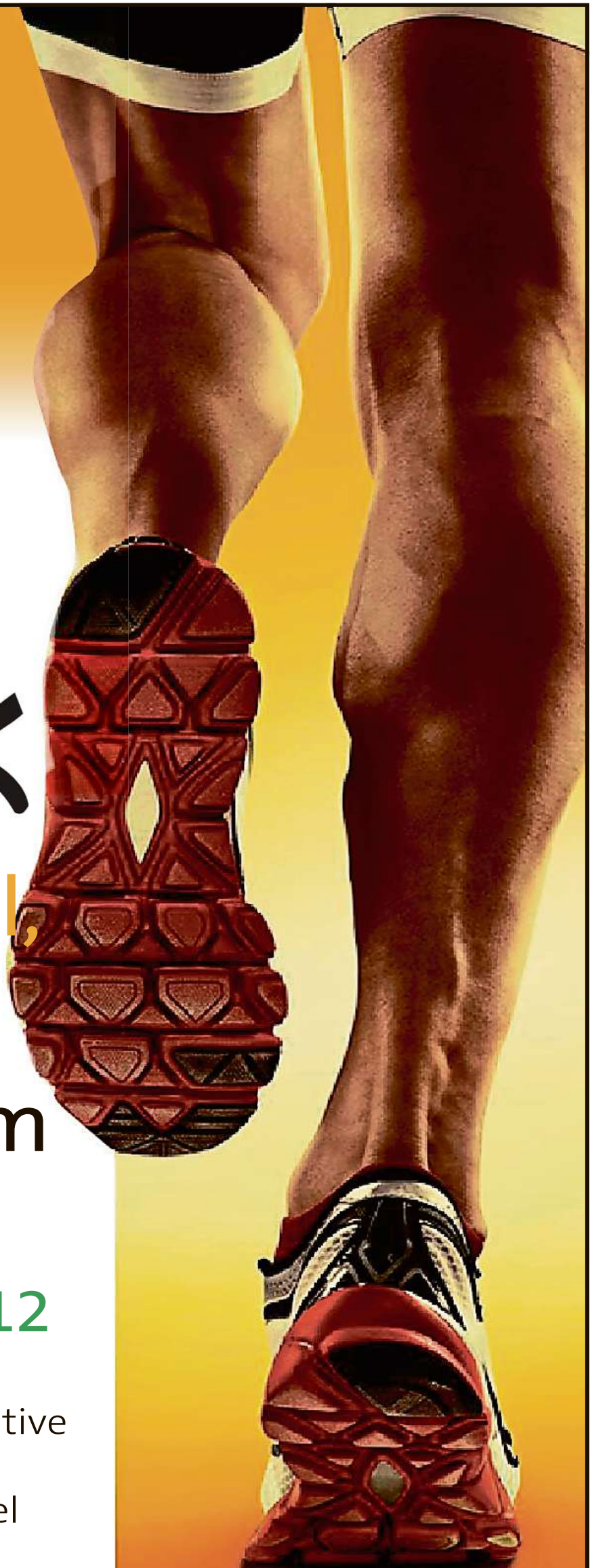
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RACE SERIES



All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny

ST PATRICK'S DAY PARADE SPECIAL



OUT ON PARADE: These ladies were all dressed up for the St Patrick's Day Parade in Kilkenny back in 1982 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



These children had the best seats in the house for the St Patrick's Day Parade!



These Scouts were well prepared for St Patrick's Day PICTURES: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



These Irish dancers were part of the St Patrick's Day Parade in Kilkenny in 1982



A brigade of Scouts troop down John Street during the 1982 St Patrick's Day Parade PICTURES: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



Cllr Luke Boyle, Mayor of Kilkenny; Pat Nolan, Kilkenny Tourist Office and members of a Dutch Military band on their visit to Kilkenny for St Patrick's Day PICTURES: MICHAEL BROPHY



Members of the St Patrick's Brass Band and Majorettes

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Kilkenny Girl Guides on parade through John Street as part of the 1982 St Patrick's Day Parade



A and B Coys on the 9bn FCA in the St Patrick's Day Parade in 1982. Leading the formation is Comdt Noel Bourke with the Colour Party of (from left:) Sgt Martin Byrne (Gowran), 2 Lt Richard Long (Stoneyford) and Sgt Eamon Holohan (Kilkenny) with Lt Michael Gannon in the background PICTURES: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Cllr Luke Boyle, Mayor of Kilkenny, presenting shamrock to the troops from James Stephens Barracks on St Patrick's Day 1981

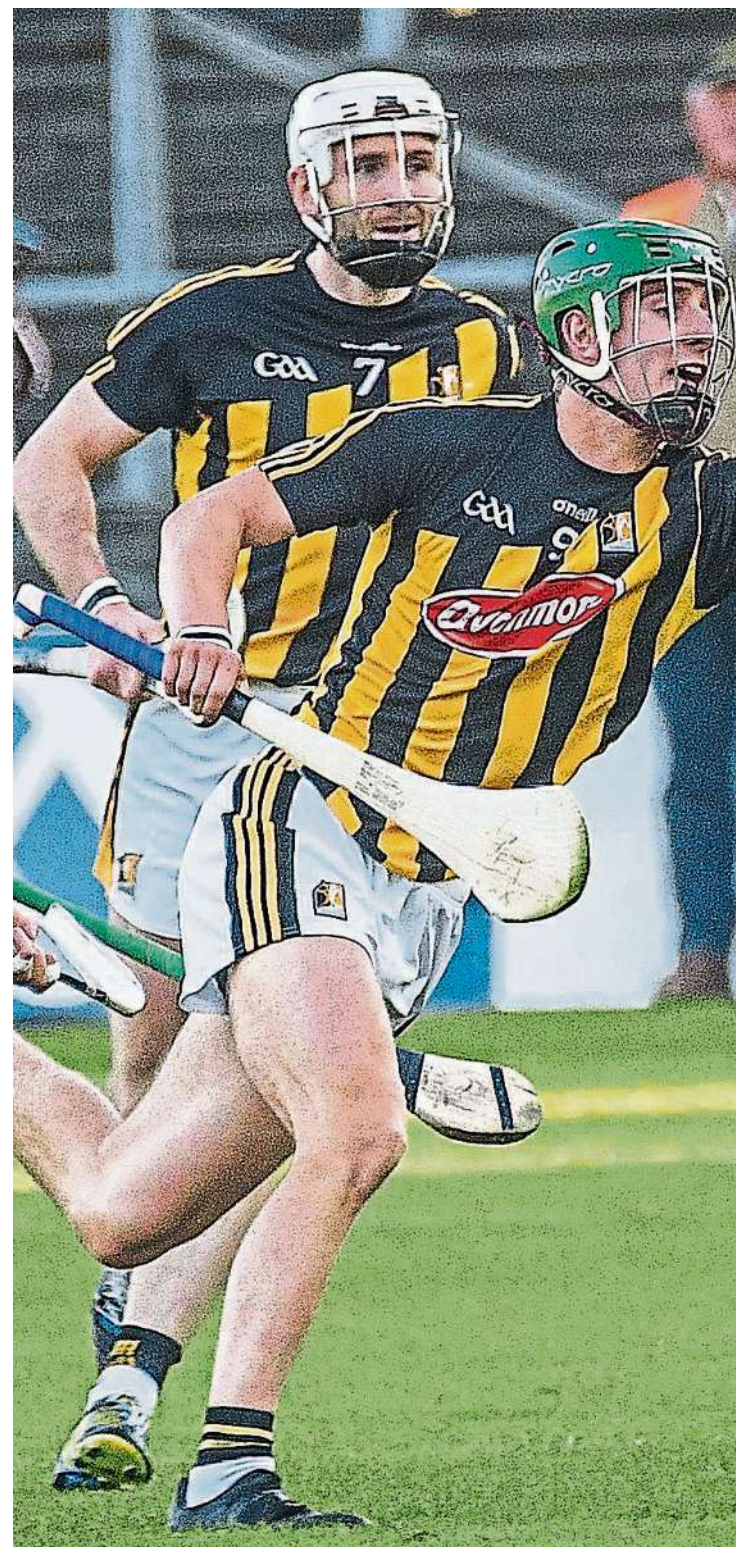


The James Stephens Pipe Band on parade through the city streets PICTURES: MICHAEL BROPHY

SPORT



TJ Reid looks set for a return to the Kilkenny team this weekend



Alan Murphy is the top scorer for Kilkenny in the National League

The mood in counties is good and fans could be in for a treat

The real business in the Allianz National Hurling League will begin to unfold this weekend when the competition reaches the knock-out stage.

From here on out it will be do-or-die hurling as the League runs towards a conclusion with the final scheduled for Saturday or Sunday, March 28 or 29.

Clare and Limerick are through to the semi-finals of the Division 1 and they will discover their opponents this weekend when the quarter-finals are completed.

The quarter-final line-up is:

Saturday - Wexford v Galway in Chadwicks Wexford Park (3pm).

Sunday - Kilkenny v Waterford in UPMC Nowlan Park (2pm).

Wexford and Galway meet in the Allianz League

quarter-final for a third successive year. To date they have scored one win each from the previous two ties.

Wexford won by 1-23 to 0-23 in 2018, while Galway won by 3-21 to 3-11 last year.

Galway lost two of their opening three games (to Limerick and Waterford) in this campaign but they finished strongly with wins over Cork and All-Ireland champions, Tipperary.

They trailed Tipperary by seven points at half-time in the game played Sunday, but they out-scored the MacCarthy Cup holders by 3-12 to 0-6 to secure a quarter-final date.

KILKENNY V WATERFORD

The counties last met in the Allianz League two years

ago when Kilkenny won a 1A game by 1-20 to 1-12.

Waterford are hoping to reach the semi-final for a second successive year. Kilkenny were last there in 2018.

People talk about the attitude of some counties towards the League, but one thing is for sure, both Kilkenny and Waterford are interested in it big time this season.

New Suirside manager, Liam Cahill said immediately on qualifying for the last eight that they wanted more, a semi-final spot.

He is finding his way with the squad, and the more game time the players get under his watch, the more he and his management team can learn

about them.

From day one Noreside manager, Brian Cody, has followed the usual refrain - Kilkenny want to make the semi-finals.

Cody is probably the one who reshaped intensity and competition in the modern game, and being easy or relaxed about any hurling match or competition just wouldn't sit with him.

And so Sunday's UPMC Nowlan Park clash should be informative. What the action and outcome will tell the respective management teams will be more important than what fans might think it will tell them.

The unknown in all these equations is what is going on in the background, on the training fields, in the gym and so on.

Management know the real story. Consequently, they are in the position to make a clear and informed analysis of things, overall

performance, individual performances, attitude and so on.

However, the victors will be the better off, no doubt about that.

They will earn the chance to go again, and in an even more competitive environment in the semi-finals that will follow.

One of the big driving influences now, apart from wanting to win the League title, is for counties to bridge the gap between the here and now and the start of the Leinster or Munster championships.

The shorter the gap counties have to bridge before the summer hurling the better.

It has been refreshing to listen to the utterances from All-Ireland champions of 2018, Limerick. They are in the semi-finals and they want to win the League.

The second semi-finalists, Clare have been saying the

same thing.

Waterford have hinted strongly at that thinking. Kilkenny are not afraid that doing well in the League might hamper them further down the line.

The mood among the contenders left standing is refreshing, and fans should enjoy the benefits.

HOW THEY GOT THERE

Kilkenny 3-21, Dublin 0-18.

Kilkenny 3-21, Carlow 0-9. Wexford 1-16, Kilkenny

1-14.

Kilkenny 1-19, Clare 3-13.

Kilkenny 3-22, Laois 1-19.

Played 5; won 3; drew 1; lost 1.

TOP SCORERS KILKENNY

Austin Murphy.....1-32 (0-29 frees, 0-2 65s).

Billy Ryan.....4-2.

Ger Aylward.....3-3.

Eoin Cody.....1-9

(0-4 frees, 1-0 penalty, 0-1 65).

Waterford 1-24, Cork 3-17.

Waterford 3-18,

Westmeath 1-15.

1-32
What Alan
Murphy scored
in League



Camogie

Loreto goal king Caoimhe cracks Athenry resistance in lost time

ALL-IRELAND PP SCHOOLS JUNIOR A CAMOGIE FINAL

**LORETO SS 4-9
PRES ATHENRY 2-12**

A blast of 3-1 from golden goal getter, Caoimhe Keher-Murtagh carried the Loreto Secondary School, Kilkenny to a dramatic victory in the All-Ireland post primary schools junior Roinn A camogie final.

The brilliant Rower-Inistioge attacker completed the hat-trick of goals with a wonder strike in the 63rd minute to all at once put her side in front for the first time and to clinch victory in Banagher on Saturday.

A high-class Presentation Athenry side had mounted massive opposition facing the gale force wind in the second half, but they were upended with what was the second last strike of the match.

The losers enjoyed a great start when Olwen Rabbitte palmed home a goal in their first attack after a mere 40 seconds.

ROARED INTO LEAD

They roared on into a lead of 1-3 to 0-1 after 10 before Keher Murtagh stopped them in their tracks. She shot her first goal in the 13th minute after making the best of a delivery from the right wing by Ava Shefflin.

The left full-forward nabbed her second goal in the 17th minute. This time she was at the end of a lovely move put together by the brilliant Amy Clifford and powerful midfielder, Asha McHardy.



Goal king Caoimhe Keher-Murtagh

With a point shortly afterwards via Ava Shefflin, Loreto levelled (1-5 to 2-2).

However, by the break the Presentation had driven ahead again, this time into a lead of 2-7 to 2-3.

The losers did even better after the turn, working up their advantage to 2-10 to 2-5 by the 38th minute although facing the near storm conditions.

The Loreto's next score was a goal from the driving Asha McHardy, with an assist from goal king Keher-Murtagh.

The Loreto were playing well, very well at times, but against a packed Athenry defence scoring progress was very difficult.

Back-to-back points from

the inspiring Amy Clifford in the 51st and 53rd minutes, one from play and the other at full pace off her left, were huge for the Loreto.

Those scores brought the gap down to 2-11 (17) to 3-7 (16). Athenry made another scoring break, but Keher-Murtagh had the final say.

SCORERS:

LORETO SS - Caoimhe Keher-Murtagh (3-1); Asha McHardy (1-2, points frees); Claire Doherty (0-2); Amy Clifford (0-2, one free); Ava Shefflin, Emma Manogue (0-1 each).

PRESENTATION COLLEGE - Sabina Rabbitte (1-8, seven points frees); Olwen Rabbitte (1-2); Caoimhe Kelly, Aisling Cronelly (0-1 each).

LORETO SS - Ali Kennedy (Windgap); Marie O'Keefe (Young Irelands), Hannah Larkin (James Stephens), Rachel Brennan (Tullaroan); Amy Clifford (Dicksboro), Kate McCluskey

(Graigue-Ballycallan), Chloe Delaney (Lisdowney); Rose Kelly (Dicksboro), Asha McHardy (Dicksboro); Ava Shefflin (Shamrocks Ballyhale), Claire Doherty (Graigue-Ballycallan), Emma Mulhall (Conahy Shamrocks); Emma Manogue, capt (James Stephens), Moya O'Brien (Graigue-Ballycallan), Caoimhe Keher-Murtagh (Rower-Inistioge). Sub - Ciara Dunne (Tullaroan).

PRESENTATION COLLEGE - Laura Feeney; Grace Murphy, Niamh Feeney, Chloe Quirke; Keisha Coleman, Ellen Burke, Grace Leen; Caoimhe Kelly, Aoibhe Carr; Tara Maher, Megan Gannon, Aisling Connelly; Emma Joyce, Sabina Rabbitte, Olwen Rabbitte. Subs - Siobhan Carr, Kayla Madden, Aileen Treacy.

PLAYER OF THE MATCH - Asha McHardy (Loreto).

PS - Great camogie, but the presentation of what was a national final fell short. There were no linesmen/women on either side during the first half, and one umpire was assigned to each of the two goals throughout. Poor form!

Limerick 1-21, Waterford 1-17.
Waterford 0-17, Galway 0-16.
Tipperary 0-24, Waterford 2-18.
Played 5; won 3; lost 2.

TOP SCORERS WATERFORD

Stephen Bennett.....3-24 (0-13 frees, 0-5 65s).
Pauric Mahony.....0-24 (0-18 frees, 0-1 65s).
Jack Fagan.....2-4.
Patrick Curran.....1-6.

GALWAY V WEXFORD

Galway 1-24, Westmeath 0-10.
Limerick 1-19, Galway 0-14.
Galway 3-21, Tipperary 3-13.
Waterford 0-17, Galway 0-16.
Galway 2-18, Cork 1-16.
Played 5; won 3; lost 2.

TOP SCORERS GALWAY

Galway - Joe Canning

.....0-19 (0-14 frees, 0-1 65s)
Evan Niland.....0-18 (0-17 frees)
Cathal Mannion....1-12 (0-3 frees).
Conor Whelan.....3-6
Wexford 2-27, Laois 2-16.
Clare 0-18, Wexford 0-15.
Wexford 1-16, Kilkenny 1-14.

TOP SCORERS WEXFORD

Paul Morris.....0-26 (0-14 frees, 0-1 65s).
Jack O'Connor.....1-16 (0-9, frees).
Rory O'Connor.....1-15 (0-6 frees).
Conor McDonald.....2-7.

SCHEDULE

The schedule for the rest of the National League is - quarter-finals on Saturday/Sunday, March 14 and 15; semi-finals on Saturday/Sunday, March 21 and 22; final on Saturday or Sunday, March 28 or 29.



The Loreto secondary school, Kilkenny squad who won the All-Ireland post primary schools junior camogie Roinn A final on Saturday, beating Presentation College, Athenry. The Loreto won the Roinn A senior and junior finals, plus the Roinn A 7-a-side championship. The seniors win was the school's seventh, while the juniors ran up an astonishing 10th success in 13 seasons PICTURE©INPHO/BRIAN REILLY-TROY

SPORT

No prize for Presentation as Claregalway take Cup plaudits

FAI SCHOOLS JUNIOR GIRLS NATIONAL CUP FINAL

**COL BHAILE CHLAIR 2
PRES KILKENNY 0**

There was agony for the Presentation Secondary School as Coláiste Bhaile Chláir finally broke the Kilkenny school's resolve to claim an historic victory in their Junior Cup campaign.

The Galway side had met the same opposition in the Senior showdown last month losing out 3-1 in a highly entertaining contest. They had also lost both the Senior and Junior Cup Finals to the Kilkenny stalwarts 12 months previous.

In fact, Cooney's side were contesting their third consecutive Junior crown having fallen foul of powerhouse Moville Community College 2-1 back in 2018.

The Westerners finally got their hands on the elusive prize with a splendid brace from Elisha Bohan who was exquisite to watch. She was assisted by some sharp

manoeuvring of Shauna Brennan and Kate Slevin in a wet and windy Midlands.

There were moments of brilliance from under-17 international Ellen Molloy but her shots from distance couldn't find the target while De Mange and Barcoe also impressed but it was all square at the break.

Elisha Bohan broke the deadlock 15 minutes from time when she was first to react to a Kilkenny clearance at the edge of the box as she rifled the ball into the top corner in fine style.

Just before the hour mark, Cooney introduced Michaela McGough and the First Year scholar made an immediate impact as her pace down the right flank saw her skip past the Kilkenny defence with her dazzling effort skimming off the crossbar.

The Kilkenny counter-attack always looked threatening but some brave goalkeeping from Alanah Griffin saw her keep a clean sheet and deny a frustrated duo of Phelan and Shortall.

The title was secured



The team from the Presentation Secondary School Kilkenny who reached the final of the FAI Schools Junior Girls National Cup in Athlone earlier this week

when Bohan struck home late on, from six yards out following some fabulous play by super sub Michaela McGough to cut the ball into her path.

Joe Carroll, FAI Schools Executive was on hand to present the Cup to a jubilant Kate Slevin, Captain of Claregalway.

COLÁISTE BHAILE CHLAIR (CLAREGALWAY COLLEGE): Alanah Griffin, Isabel Claffey, Ciara Hegarty, Chellene Trill, Niamh Donovan, Eabha O'Riordan, Kate Slevin (Captain), Laura Scanlon, Elisha Bohan, Shauna Brennan, Sarah Cogley.

SUBS USED: Michaela McGough (for Hegarty, 58), Chloe Flaherty (for Claffey, 70).

SUBS NOT USED: Leah O'Halloran, Jade Heery, Ruby Duggan, Megan Wing, Clodagh Crowley, Hannah Walsh.

TEACHER: Fabienne Cooney.

PRESENTATION SECONDARY SCHOOL: Emily Carroll, Anna Purcell, Alannah Coady, Clíodhna Murphy, Katie Ryan (Captain), Freya Hardy Petit De Mange, Keara Ryan, Niamh Phelan, Ellen Molloy, Sarah Barcoe, Emma Shortall.

SUBS: Kate Furlong, Eabha Carroll, Rachel Whelan, Aoife Doyle, Izzy Clancy, Louise McInerney, Caroline Barron, Sarah O'Gorman.

TEACHER: Clodagh McDonald.

ASSISTANT: Aisling Costelloe.

REFEREE: Paul Tone (Athlone).



DJ joins Pro-Am line-up

Golf

Former Kilkenny hurler DJ Carey has been added to the list of names taking part in this year's Dubai Duty Free Irish Open Pro-Am, which takes place on Wednesday, May 27, ahead of the second Rolex Series event of the 2020 Race to Dubai.

The tournament, which returns to Mount Juliet Estate (right) from May 27 to 31, will be hosted by the Ryder Cup star and Major winner, Northern Irishman Graeme McDowell.

Joining Carey in the Pro-Am is Irish rugby legend Paul O'Connell and



Comedian and Today FM Presenter Dermot Whelan, with more big names to be announced shortly.

"I'm a member at Mount Juliet Estate and it's a beautiful course," said Carey. "Being asked to play amongst

the professionals in the Dubai Duty Free Irish Open Pro-Am is a huge honour and a challenge but something I'm very much looking forward to."

MCILROY

Joining McDowell at Mount Juliet Estate in May is a star-studded field which includes World Number One Rory McIlroy, reigning Open Champion Shane Lowry and two-time Dubai Duty Free Irish Open winner Jon Rahm, with further names to be announced.

The Dubai Duty Free Irish Open takes place from May 27 to 31. Tournament tickets are available from dubaidutyfreeirishopen.com



REPORTER SPORT

Delta can make short work of his rivals in the Gold Cup

THE centrepiece of the mammoth four-day Cheltenham Festival takes place at 3.30pm this Friday with the staging of the Magners Gold Cup at Prestbury Park.

The 2019 winner Al Boum Photo will face a maximum of 11 rivals as he bids to make it back-to-back wins in the Blue

Riband of Jump racing, the £625,000 contest.

Al Boum Photo, trained by Willie Mullins, will be bidding to become the first horse since the Kauto Star (2007 & 2009) to win the prestigious contest twice.

Delta Work will bid to provide his trainer Gordon Elliott with a second Gold Cup on Friday,

following the triumph of Don Cossack four years ago.

Delta Work has bagged two Grade 1 prizes this season at Leopardstown in the Savills Chase and Paddy Power Irish Gold Cup, also run at the Foxrock venue.

Delta Work who finished third behind Topofthegame and Santini at last year's Festival before

impressing at the Punchestown Festival, has developed into a progressive staying chaser this winter.

Al Boum Photo tops the betting market for Friday's big race at odds of 7/2, but 5/1 shot Delta Work has strong each-way claims in the prized 3m 2f contest for top trainer Elliott.



Delta Work is our tip for the Cup

IS THAT ON THE BOX?

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

Thursday

HORSE RACING

CHELTENHAM
VIRGIN/ITV 1.30PM

GOLF

THE PLAYERS CHAMPIONS
SKY SPORTS 5PM

SOCCER

LASK V MAN UTD
BT SPORT 5.55PM

RUGBY UNION

OLYMPIAKOS V WOLVES
BT SPORT 8PM

SOCCER

INTER V GETAFE
BT SPORT 8PM

Cheltenham is underway and Virgin TV and ITV have you covered for the week



Friday

RUGBY UNION

CHIEFS V HURRICANES
SKY SPORTS 6AM

HORSE RACING

CHELTENHAM
VIRGIN/ITV 5PM

SOCCER

MOTHERWELL V ABERDEEN
BT SPORT 7.45PM

SOCCER

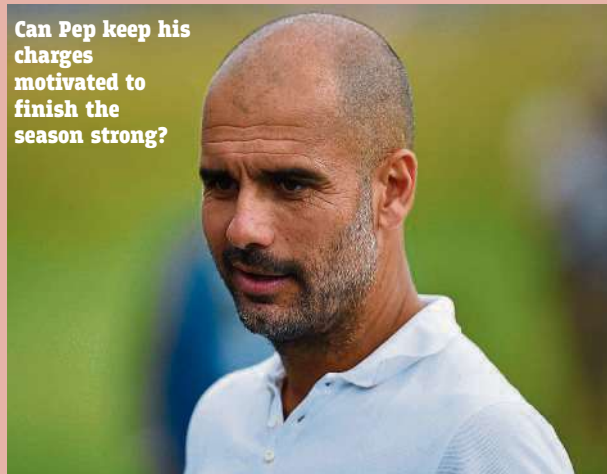
FULHAM V BRENTFORD
SKY SPORTS 7.45PM

GOLF

THE PLAYERS CHAMPIONS
SKY SPORTS 8PM

Saturday

Can Pep keep his charges motivated to finish the season strong?



RUGBY UNION

BLUES V LIONS
SKY SPORTS 3AM

RUGBY UNION

SUNWOLVES V CRUSADERS
SKY SPORTS 5.35AM

RUGBY UNION

REDS V BULLS
SKY SPORTS 8.15AM

SOCCER

WATFORD V LEICESTER
BT SPORT 12.30PM

RUGBY UNION

WALES V SCOTLAND
BBC ONE/VIRGIN 2.15PM

HURLING

GALWAY V WEXFORD
TG4 3PM

SOCCER

MAN CITY V BURNLEY
PREMIER SPORT 3PM

GOLF

THE PLAYERS CHAMPIONS
SKY SPORTS 5PM

NASCAR

ATLANTA 200
PREMIER SPORT 5.30PM

SOCCER

ASTON VILLA V CHELSEA
SKY SPORTS 5.30PM

GAELIC FOOTBALL

DONEGAL V TYRONE
EIR SPORT 7PM

GAELIC FOOTBALL

ARMAGH V ROSCOMMON
EIR SPORT 7PM

SOCCER

DEPORTIVO V SP GIJON
LALIGA TV 8PM

RUGBY UNION

JAGUARES V HIGHLANDERS
SKY SPORTS 11PM

Sunday

SOCCER

WEST HAM V WOLVES
SKY SPORTS 2PM

GAELIC FOOTBALL

GALWAY V MAYO
TG4 2PM (LIVE)

GAELIC FOOTBALL

MONAGHAN V KERRY
TG4 2PM (DEFERRED)

HURLING

KILKENNY V WATERFORD
TG4 2PM (DEFERRED)

SOCCER

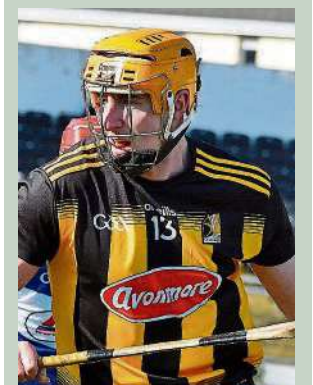
LIVINGSTON V HEARTS
BT SPORT 3PM

SOCCER

SPURS V MAN UTD
SKY SPORTS 4.30PM

GOLF

THE PLAYERS CHAMPIONS
SKY SPORTS 5PM



Kilkenny, Waterford, Wexford and Galway all play in the last eight

SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

THURSDAY

JJ KAVANAGH AND SONS SFC/RELEGION SMEI-FINAL
TBC: O'Loughlin Gaels v Clara (8pm)

KILKENNY CITROEN CENTRE MINOR B FC QUARTER-FINAL
Muckalee: Rower Inistioge v St Martin's (7.30pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Danesfort: Danesfort v Young Irelands (6.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP B

Mooncoin: Mooncoin v Barrow Rangers (7.30pm)

SATURDAY

COUNTY HURLING LEAGUE DIVISION 2

Tullaroan: Tullaroan v Bennettsbridge (2pm)

Ballyragget: St Patrick's v Danesfort (3.30pm)

Gowran: Young Irelands v Graigue Ballycallan (3.30pm)

MICHALE LYNG MOTORS HYUNDAI COUNTY HURLING LEAGUE DIVISION 3

Dunnamaggin: Dunnamaggin v St Martin's (11am)

Mount Leinster Rangers: Mt Leinster Rangers v Glenmore (3.30pm)

Lisdowney: Lisdowney v Carrickshock (3.30pm)

John Locke Park: John Lockes v Fenians (3.30pm)

ST CANICE'S CREDIT UNION LEAGUE DIVISION 1

St John's Park: O'Loughlin Gaels v Dicksboro (3.30pm)

Muckalee: Erin's Own v Rower Inistioge (3.30pm)

Páirc na Seamróg: Shamrocks Ballyhale v Mullinavat (3.30pm)

Clara: Clara v James Stephens (3.30pm)

JJ KAVANAGH & SONS MARTIN TREACY CUP GROUP A

Paulstown: Barrow Rangers v Slieverue (3.30pm)

Cloneen: Cloneen v Conahy Shamrocks (3.30pm)

Dr Tierney Park: Gaignamanagh v Piltown (3.30pm)

KILKENNY CITROEN CENTRE MINOR A FC SEMI-FINAL

TBC: Kilmacow v Dicksboro (11am)

Kilkenny Citroen Centre Minor C FC final

The Rower: Glenmore v Gaignamanagh (2pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP A

Páirc Sheamuis Stiophan: James Stephens v Erin's Own (10.45am)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP A

Tom Ryall Park: Graigue Ballycallan v St Patrick's (2.30pm)

Lisdowney: Lisdowney v Graigue Ballycallan (2.30pm)

Ballyragget: St Patrick's v Glenmore (7pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP C

Coon: St Martin's v Clara

(2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP D

Dunnamaggin: Kilmoganny v Shamrocks Ballyhale (2.30pm)

Kilmacow: Kilmacow v Kilmoganny (2.30pm)

Páirc na Seamróg: Shamrocks Ballyhale v Carrickshock (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP A

Palmerstown: Dicksboro v Slieverue (2pm)

Mullinavat: Mullinavat v Tullaroan (2.30pm)

Slieverue: Slieverue v Tullaroan (2.30pm)

Bennettsbridge: Bennettsbridge v Dicksboro (2.30pm)

Mullinavat: Danesfort v Mullinavat (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP B

Páirc Sheamuis Stiophan: James Stephens v Railyard (2.30pm)

Moneenroe: Railyard v Blacks and Whites (2.30pm)

Páirc Sheamuis Stiophan: James Stephens v Conahy Shamrocks (2.30pm)

Moneenroe: Railyard v Fenians (2.30pm)

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

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The Shamrocks Ballyhale invited members of their eight All-Ireland club senior hurling championship winning squads to a big celebration over the weekend to mark the most recent successes of back to back wins in the Kilkenny, Leinster and All-Ireland championships. The Skyline suite in Hotel Kilkenny was the venue for the big get together at which former Dublin football manager, Jim Gavin, was the special guest. On the night, former Shamrocks manager, Henry Shefflin, presented a framed and signed jersey, complete with championship medals, to Dervilla Doyle in honour of her late brother, Eoin

PICTURE: WILLIE DEMPSEY

SUNDAY

ALLIANZ NATIONAL HURLING LEAGUE QUARTER-FINAL

UPMC Nowlan Park: Kilkenny v Waterford (2pm). Ref: Alan Kelly (Galway).

JJ KAVANAGH AND SONS JFL, GROUP B

Moneenroe: Railyard v Kilmacow (11am)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP B

Dr Tierney Park: Barrow Rangers v Gaignamanagh (11.30am)

MONDAY

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP A

Danesfort: Danesfort v Slieverue (7pm)

WEDNESDAY

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN B NORTH

Graigue/Skeough: Graigue/Skeough v Gowran NS (3.30pm)

Tom Ryall Park: Kilmanagh NS v Clara NS (3.30pm)

Danesfort: Danesfort NS v Coon Muckalee NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN B SOUTH

Dunnamaggin: Dunnamaggin NS v Scoil Phádraig, Ballyhale (3.30pm)

Kilmacow: Kilmacow BNS v Glenmore NS (3.30pm)

Piltown: Piltown NS v Mooncoin Schools (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN D GROUP 1

St John's Park: The Model School v St Patrick's DLS

(3.30pm)

Tullaroan: Tullaroan NS v Galmoy NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN D GROUP 2

Muckalee: Coon Muckalee NS v Freshford NS (3.30pm)

Larchfield: Gaelscoil Osraí v Clogh Moneenroe NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN A LEAGUE

Canon Kearns Park: Castlecomer BNS v Thomastown NS (3.30pm)

Scoil McCauley Rice NS: Scoil McCauley Rice NS v St Patrick's DLS (3.30pm)

St Canice's NS: St Canice's NS v Gaelscoil Osraí (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C NORTH

Kilkenny CBS: Kilkenny CBS v St John's NS (3.30pm)

Paulstown: Goresbridge/Paulstown v Ballyragget NS (3.30pm)

Lisdowney: Lisdowney NS v Conahy NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C SOUTH

St Canice's NS: St Canice's NS v Bennettsbridge NS (3.30pm)

The Rower Mixed NS, Inistioge: Rower-Inistioge NS v Carrickshock NS (3.30pm)

Mullinavat: Mullinavat NS v Windgap NS (3.30pm)

SOCCER FIXTURES

THURSDAY

UNDER-12 GLANBIA LEAGUE DIVISION 1

Stoneyford Athletic v Thomastown Athletic, 5.15pm.

FRIDAY

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 2

Freebooters Boys v Evergreen City, Watershed 7.15pm.

UNDER-11 DAVID DORAN CUP

Spa United v Stoneyford Athletic, 7.30pm.

UNDER-11 DAVID DORAN SHIELD

Evergreen City v Callan Boys, 6.30pm.

SATURDAY

UNDER-19 LEAGUE

Deen Celtic v Thomastown United, 2.30pm.

Lions v Evergreen, 2.30pm.

Highview Athletic v Callan United, 2.30pm.

UNDER-15 ST CANICE'S CREDIT UNION LEAGUE DIVISION 1

Evergreen Athletic v River Rangers.

Thomastown Athletic v Stoneyford United, 10.30am.

Callan United v Bridge United Athletic, 12.30pm.

Deen Celtic v Freebooters Athletic, 2pm.

UNDER-15 ST CANICE'S CREDIT UNION DIVISION 1A

Highview Athletic v Evergreen Boys, 11am.

Evergreen City v Fort Rangers, 1pm.

Thomastown United Boys v Paulstown 06, 1pm.

Freshford Town v Freebooters Boys, 2pm.

UNDER-14 SCHOOLGIRLS' LEAGUE

Thomastown United v Lions, 3.30pm.

Bridge United v Evergreen City, 4.30pm.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Fort Rangers v Deen Celtic

Athletic, 10.30am.

Callan United v Freebooters Athletic, 11am.

Bridge United Athletic v Evergreen Athletic, 11am.

Thomastown United Athletic v Stoneyford United Athletic, 11am.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1A

Evergreen Boys v Highview Athletic.

Freebooters City v Spa United, Fair Green 11am.

East End United v Thomastown Boys, 11am.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 2

Stoneyford United Boys v Thomastown City, 11am.

Paulstown 06 v Deen Celtic Boys, 11am.

UNDER-12 GLANBIA LEAGUE DIVISION 2A

River Rangers v Evergreen Dynamos, 2pm.

UNDER-11 DAVID DORAN CUP

Evergreen Boys v Clover United.

Thomastown Athletic v Freebooters Athletic, 10.30am.

Lions v Deen Celtic Athletic, 11.30am.

River Rangers v Bridge United Athletic, 12 noon.

Freebooters Boys v Callan Athletic, Watershed 12.30pm.

Paulstown 06 v Evergreen Athletic, 12.30pm.

Freshford Town v Highview Athletic, 1pm.

UNDER-11 DAVID DORAN SHIELD

Highview Boys v Bridge United Boys, 1pm.

Stoneyford City v Thomastown Boys, 1pm.

Freebooters City v Stoneyford Boys, Watershed 1.30pm.

UNDER-10 SCHOOLGIRLS' LEAGUE

Evergreen v Bridge United.

Stoneyford United No 1 v Stoneyford United No 2.

Piltown v Spa United.

Lions v Callan United.

Freebooters City v Freebooters United.

UNDER-10 GERRY O'REILLY CUP

Callan United Athletic v Spa United, 10am.

UNDER-9 SCHOOLBOYS' DEVELOPMENT

Bridge United x4 v Freebooters x4, 10am.

Stoneyford United x3 v Thomastown United x3, 10am.

Evergreen x4 v Evergreen x4, 12.15pm.

Callan United x3 v Clover United x2, 10am.

Lions x2 v East End United x1, 10am.

Paulstown 06 x1 v Deen Celtic x2, 10am.

Freebooters x2 v Freshford Town x1, Watershed 10am.

Highview Athletic x2 v Spa United x2, 2pm.

SUNDAY

KCLR MCCALMONT CUP

Evergreen A v St John's, 11am.

Paulstown 06 v Bridge United A, 11am.

Stoneyford United v Thomastown United B, 2.30pm.

Deen Celtic v Callan Utd, 11am.

Thomastown United A v Newpark A, 11am.

Clover United B v Freebooters A, 11am.

River Rangers v Evergreen C, 11am.

Castlewarren Celtic v Evergreen 46, 2.30pm.

Ormonde Villa v Clover United A, 11am.

Evergreen B v Highview Athletic A, 2.30pm.

Highview Athletic B v Brookville, 2.30pm.

LEINSTER UNDER-19 CUP

Kilbarrack United v Freebooters, 2pm.

UNDER-17 LEAGUE

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