

REPORTER

Thursday, March 19, 2020

www.kilkennypeople.ie

056 7791000

KEEPING IT GREEN!



Celebrating St Patrick's Day in Kirkland Washington, USA are Marguerite Kearns, originally from Kilmoganny, Co Kilkenny and her son Alex Zissimopoulos. Kirkland, a suburb of Seattle, is the epicentre of the USA coronavirus outbreak



KILKENNY & PROUD Giving charities a helping hand **P12**



We're not bluffin' with these muffins! **P20**



TOP MARKS Students show they mean business! **P21**

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NEWS

Hot to trot - our Taggy was the dancing cat that got the cream

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

Eleven weeks of dancing fun came to an end, last Sunday evening, with the grand final of Dancing with the Stars.

Kilkenny All Ireland hurling star Aidan Taggy Fogarty did the county proud by making it to the final of the show, proving he had made a smooth transition from hurler to dancer!

He exceeded even his own expectations by making it into the final, commenting on the last night he never imagined he would be there on grand final night.

Aidan danced with professional dancer Emily Barker throughout the series.

Judges commented that he performed best in the classic ballroom dances, like the waltz, but Aidan and Emily tackled a wide variety of styles. Among them - they danced a foxtrot to Half a World Away by Oasis, they tackled the challenge of the Charleston to Bingo Bingo by Basement Jaxx, and performed a Paso Doble to Pompeii by Bastille. And who can forget when Aidan and Emily performed the American Smooth to the TV theme tune from Top Cat!

One of the top dancers from the start of the series, Aidan's odds to take home the Glitterball trophy were shortened by the bookies.

At home in Kilkenny he was even given the honour of being the man to lead out the city's St Patrick's Day Parade, which sadly had to be



Aidan and Emily performed a slow waltz in the final of Dancing with the Stars

cancelled because of coronavirus regulations.

Before that happened, Aidan

and Emily had a great day in the county, visiting Nowlan Park, local schools and even Aidan's own

former primary school.

Both Aidan, and Kilkenny professional dancer John Edward

Nolan, did Kilkenny proud this year. We can't wait to see what the next series bring to our screens.



All pictures: some of the highlights of Aidan's time on Dancing with the Stars

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Figures quoted include €2,000 scrappage allowance

NEWS

Harness community spirit, listen to experts

SAM MATTHEWS
sam.matthews@iconicnews.ie

Kilkenny's prominent community leaders are calling on the public to follow the expert medical advice and harness the Cats' famous community spirit to get through the current crisis.

Many have already taken up the baton, volunteering to deliver meals to people, while others are making 'black and amber' face masks using cloth to help in the fight against Covid-19. With Taoiseach Leo Varadkar issuing a rallying call on St Patrick's Day, the pandemic has focused the mind like no other issue.

The likes of Kilkenny senior hurling manager Brian Cody, Bishop of Ossory Dermot Farrell, and Cathaoirleach of Kilkenny County Council Peter 'Chap' Cleere are among those here urging people to be safe and to be resilient.

"The thing to do is to listen to the doctors, the HSE, and the experts — with the public working together and looking out for the most vulnerable," says hurling legend Cody.

"We will get back to what we have always done. In the meantime, we need to adapt to this situation. We



With Taoiseach Leo Varadkar issuing a rallying call on St Patrick's Day, the coronavirus pandemic has focused the mind like no other issue

need to fill our days with something - there is not a huge amount anyone can do, but keep in contact with each other. We use technology so much when things are normal; we can use it now in a meaningful way."

And people are listening. Across the country and county, people are doing the right thing — minimising social contact and staying in, working from home where possible.

"Kilkenny has a deep

understanding and love for community," says Cllr Cleere.

"We need to draw on our deepest values and harness that community spirit. The advice on what each of us needs to do is clear: we all need to follow that advice — not just for our own health, but for the benefit of all those around us. Each one of us needs to think of vulnerable people in our midst and ask ourselves what we can do to help them through this."

Advice and support available for older people

SAM MATTHEWS
sam.matthews@iconicnews.ie

Kilkenny Age Friendly, which represents the group most at risk from Covid-19, has urged communities to stand together to protect the most vulnerable.

PRO Murty Brennan says that in recent years, the forum has encouraged older people to be active in the community and avoid isolation, but unfortunately the current pandemic crisis now means they must remain at home, and avoid social gatherings.

"For the past number of years, we have been encouraging our seniors to become active in our communities," he said.

"We have promoted a society of come together, be inclusive, avoid isolation. Now, with one wave of a giant hand across the global we must rethink everything. We now want our seniors to remain at home, avoid public contact, avoid those



Help is available from freephone numbers

afternoons with friends playing bingo, bridge — or just friendly chat for company."

Meanwhile, Alone, another 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 in Ireland.

This support line is to complement 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 to 8pm, by calling **0818-222024**.

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NEWS

ROUNDUP

Cheers, Guinness!

Guinness is announcing the establishment of a €1.5 million fund providing support to communities affected by Covid-19 in Ireland.

SUPPORT

The fund will see €1.2 million go to support bar staff, alongside a further €300,000 to elderly vulnerable people through a partnership with ALONE, and its Befriending service.

Virtual Parade

This year St Patrick's Day was different. Because of coronavirus regulations we had no parades in Kilkenny - so we had a virtual parade!

Thank you to everyone who sent in your photographs. You can see a full gallery on kilkennypeople.ie

Pictured here are Annamaria, Sara and Emma Ventimiglia.



Good news from Sky

Sky has partnered with NBCUniversal to make a range of movies available to rent at home through Sky Store, on the same day as the global premieres. This will begin with DreamWorks Animation's Trolls World Tour on April 6, the sequel to the Trolls blockbuster. This Friday, The Hunt, The Invisible Man and Emma will also be available on Sky Store.

Town Twinning

Templeorum Town Twinning is celebrating its 40th Anniversary in July 2020. To celebrate this, the Mellac Twinning Committee have issued a special invitation to all past members and their families who may be interested in travelling to Mellac in 2020.

Travel dates are July 13 to July 20.

For further information contact Nelly on 087-7649302.

Dinners for Winners

Dinners for Winners are delivering meals to the elderly and families free of charge during the Covid-19 crisis.

The meals are home-cooked and need to be heated up. They can be bought in bulk €65 for 10 meals or €100 for 20 meals.

For more



information contact James Fennelly on 087-4222344 or james@dinnerforwinners.com



A must-see video!

A heartfelt message from those serving overseas.

A video wishing all a Happy St Patrick's Day -

from Kilkenny hurler Lt Paul Murphy and his colleagues serving in the Lebanon is well worth a watch on kilkennypeople.ie

Transfusion Thank You

A big thank you to everyone who attended and donated blood at the recent visit of the Mobile Unit of The Blood Transfusion Service to Durrow.

A total of 163 people attended the Clinic, including 17 new donors and seven lapsed donors.

Four donors received silver awards for 10 donations and two donors received gold awards for 20 donations.

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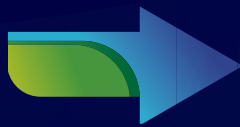


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Kilkenny shopping made easy this Mother's Day

Kilkenny is a treasure trove for gifts and crafts, discover the variety of traditional craftsmanship, pottery, jewellery, textiles, glass, and art on offer this Mother's Day.

This year from the comfort of their own home shoppers can remind their mother just how special she is.

NICHOLAS MOSSE

The crafty and creative will enjoy the treasure trove that is the Nicholas Mosse Pottery shop. Nicholas Mosse and his team make every single piece of pottery they produce by hand. Using cut sponges, they individually sponge dab the patterns onto each piece of pottery. This is a thoughtful gift for any of the mothers who like entertaining or appreciate talented craftsmanship. See www.nicholasmosse.com.

JERPOINT GLASS

Jerpoint Glass Studio is an Irish handmade glass company and a true family business. Established in

1979 by Keith and Kathleen Leadbetter, together with their small team of glass blowers, they have built Jerpoint into an internationally recognised name. The skilled craftsmen individually create each piece in the Jerpoint collection. See www.jerpointglass.com.

KILKENNY DESIGN CENTRE

Offering an unrivalled selection of Irish handcrafted gifts, the centre specialises in handcrafted works of exceptional quality. Stocking a selection of jewellery, knitwear, celtic gifts, china and crystal, pottery and glass and stunning one off contemporary design pieces. The centre is renowned for showcasing emerging Irish craftspeople and their unique work, respected and sought after all over the world. See www.kilkennydesign.com.

LORIMAT JEWELLERS

Lorimat Jewellers are synonymous with vintage jewellery.

They have a wide range of earrings, necklaces, and bracelets to surprise your Mum for Mother's Day.

All jewellery items can be ordered online and delivered in an attractive presentation box, with a choice of inscriptions. www.vintageengagementrings.ie.

MOTH TO A FLAME

Who doesn't love candles? Established by Larry Kinsella in 1999, Moth to a Flame have been making a range of distinctive handmade candles beside the river in Bennettsbridge. Silkmoth scented, Glow-globe, Rock, Irish Heritage, Gloworm candles and more can be ordered online. See www.mothtoaflame.ie.

NEWBRIDGE SILVERWARE

A unique history of craftsmanship and experience, combined with a contemporary and fresh attitude to design, puts NewbridgeSilverware on the cutting edge of modern living. See www.newbridgesilverware.com.

www.newbridgesilverware.com.

DUISKE GLASS

Duiske Glass is a handcut glass and handcut crystal brand that enjoys significant success in Ireland and globally. The brand is particularly well known for its grapevine cut which is still handcut at Duiske Glass. A piece of the Duiske Glass collection is a unique and thoughtful gift that will impress your Mum on Mother's Day www.duiskeglasskilkenny.ie

BUTTERS LIP

Butterslip is a crafty little shop full of colourful ideas and little

gems. The online shop is curated with a selection of timeless pieces all beautifully presented in a pretty pink Butterslip boxes. www.butterslip.com

AUTUMN HOTEL STAY

Treat your mum with a stay in one of Kilkenny's hotels with a gift voucher, where she can cross the thresholds of our castles, medieval streets, boutiques and sample our legendary food offering this autumn. Visit www.visitkilkenny.ie to view hotels in Kilkenny.

For more inspiration for Mother's Day gift ideas visit www.visitkilkenny.ie



BUSINESS AS USUAL FOR THE KILKENNY REPORTER - KEEPING THE LOCAL COMMUNITY INFORMED

It will be business as usual for the The Kilkenny Reporter during the current Covid-19 outbreak as we will continue to publish our newspaper and website at this time.

We have a series of contingency plans in place to deal with Covid-19 and we have the infrastructure in place to ensure staff can work from home if the situation arises.

We have seen a surge in traffic to our website in recent weeks as people endeavour to stay informed about the evolving situation with Covid-19 in their area.

We will continue to provide an up-to-the-minute information service online for our community while our newspaper will analyse and assess the ongoing situation on the ground.

Our advertising team is always available and can be contacted using the details below.

We are happy to assist local businesses with keeping our local community informed about opening times, offers and changes to business hours at this difficult time.

Log on to www.kilkennypeople.ie for minute by minute updates.

Michael Byrne 086 2600854
michael.byrne@iconicnews.ie

Patrick Bermingham 086 0482018
patrick.bermingham@kilkennypeople.ie

Theresa Byrne 086 8210742
theresa.byrne@kilkennypeople.ie

Helen Muldowney
helen.muldowney@kilkennypeople.ie

LIFESTYLE

Covid-19 is here so it is time to manage the fear



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

THE reality is that the presence of Covid-19, which is a new illness that can affect our lungs and airways, has arrived in our communities.

It's caused by a virus called coronavirus and its arrival in Ireland is frightening for many people.

In my own family, I can think of individuals who are significantly at risk and I'm sure most people are in the same boat.

It's the 'unknowns' that generate fear, and the absence of control.

FEAR & ANXIETY

Some individuals will be particularly anxious, for example those over 65 years, vulnerable elderly, those who have a long-term medical condition – for example, heart disease, lung disease, diabetes or liver diseases, cancer and particular mental health presentations eg health anxiety and individuals with contamination OCD.

In my experience, fear can be as contagious as the Covid-19! So the challenge is to get some perspective, and before we get perspective let's look at some facts.

Not everyone will be infected by the virus.

And of those that are infected, 85% will only experience mild symptoms.

It's the vulnerable groups that are our real concern.

Estimates for the mortality rate vary a little, but it is mostly thought to be 2% or less.

MINIMISING THE RISK

The risk of catching coronavirus in Ireland is low. This will likely change. However, most people may continue to go to work



Thankfully coronavirus has minimal impact on children. Nevertheless children I think are worried and will need reassurance and guidance on facts

and other public places, as usual.

Coronavirus is spread in sneeze or cough droplets.

Anyone who knows they have been in close contact with a confirmed case in the last 14 days and has symptoms (cough, shortness of breath, fever) should: isolate themselves from other people - this means going into a different, well-ventilated room, contact their GP, and in a medical emergency if symptoms are severe phone 112 or 999.

PROTECT YOURSELF FROM CORONAVIRUS

- * Wash your hands properly and regularly.
- * Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- * Put used tissues into a bin and wash your hands.
- * Avoid people who are coughing and sneezing.
- * Clean and disinfect frequently



The best defense against the spread of Covid-19 is proper, frequent hand washing

touched objects and surfaces.

* Follow the travel advice from the Department of Foreign Affairs.

CHILDREN AND CORONAVIRUS

As a parent and mindful of those vulnerable in our family circle that our boys engage with, good hand washing is vital and singing 'happy birthday' twice is the time required for a good hand wash. It's a rhyme every child knows so let's get singing!

Thankfully coronavirus has minimal impact on children. Nevertheless children I think are worried and will need reassurance and guidance on facts. Parents will need to be informed so they can act as myth busters.

TREATMENT FOR CORONAVIRUS

There is no specific treatment for coronavirus. But many of the symptoms of the virus can be treated.

If you get the virus, your healthcare professional will advise you on the best treatment based on your symptoms. Antibiotics do not work against coronavirus or any viruses. They only work against bacterial infections.

PERSPECTIVE

We are going to be challenged and have increasing fear/ anxiety as Covid-19 cases increase and its impact evolves.

Increasing uneasiness, stress, irritability and checking for symptoms will emerge. It is likely that we interpret normal aches and pains might to be the virus.

It's time to take a collective view. Together we will be challenged and it's only together that we can get through this.

Good precautions and hand washing are the way to go. Let's minimise getting our information

through Dr Google, WhatsApp etc where rumours and fake news abound. Stick to credible sources including the www.hse.ie and www.hpsc.ie where there are regular updates relating to Covid-19 in Ireland.

We need to tune our stress down, stick to normal routines, make time for rest and relaxation, take walks in nature, avoid crowds, eat healthily, and ensure we are getting good sleep.

Let's be sensible. We will face adversity, we will prevail.

*** 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/>**

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SOCIAL SCENE

KILKENNY & PROUD

with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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

Vows to wow - milliner Siobhan pulls her wedding day out of a hat!

We need some positive news more than ever. So how lovely it is to hear about the unexpected and unconventional wedding of hat designer Siobhan Daly to her fiancé Jack Conroy on Monday evening.

Siobhan literally pulled this wedding out of a hat! The couple were due to be married on March 27 in front of 240 guests. However on Wednesday evening last they decided to bring it forward. Siobhan contacted their priest, Fr Roderick Whearty, who told her he had availability for Monday at 4pm.

Siobhan simply contacted her fiancé by text and asked "are you

free Monday at 4pm", to which he replied "let's get married on Monday at 4pm!"

TOOK VOWS

They had no wedding meal, no wedding dress, no hair and make-up but fortunately Siobhan was able to make her own head piece. The couple took their vows in front of a handful of guests that stood metres apart St Patrick's Church.

Speaking to Siobhan she said "we have deferred everything to March 16, 2021. We will celebrate our wedding on our first year anniversary and I am so looking forward to our first dance, the speeches and being in a room again with all our family and friends."



THE HAPPY COUPLE: Siobhan Daly and Jack Conroy, who were married at St Patrick's Church on Monday



Red Mills taking action



Mint refuse to let Daffodil Day efforts wilt



The coronavirus has curtailed activities of all sorts across the globe and charity fundraisers in Ireland are no different.

However, while the Irish Cancer Society's Daffodil Day events have been cancelled, one

Kilkenny company are determined to keep spirits up - the team at Mint have vowed to continue with their fundraiser as soon the crisis is over and it's safe again.

"We are passionate about



supporting the Irish Cancer Society and the men and women of Cois Nore," said Lucie Dowling, Manager of Mint Medispa. "We will continue our support of these charities as soon as the Medispa can reopen safely."

The team at Mint Medispa will invite you, when it's safe, to buy a yellow balloon for a minimum donation of €10, with all proceeds going to the Irish Cancer Society.

The team at Mint are determined to resume their Daffodil Day fundraiser once it is safe to do so. To donate money to the Irish Cancer Society, text CANCER to 50300

Each of the balloons contains a mystery gift including luxury products kindly donated by Dermalogica, Alumier MD, Buff Make up and Decleor.

Along with that there are local treats from Lorimat Jewellers, Butler House, Ballykeefe Distillery, Breagh Valley, Kells Wholemeal, Phoenix Mobile Technology, Statham's and Pembroke Kilkenny.

Connolly's Red Mills are one of the businesses who were first to take proactive action in light of the restrictions announced by Leo Varadkar last week.

"Our café is closed but we are providing free coffee and tea for healthcare personnel," said Store Manager William Connolly. "We are also providing a pet food delivery service for our elderly customers who are self-isolating at this time - to avail of this they just need to phone the store on 056-4449010.

The Red Mills-owned Foran Healthcare facility has now ramped up its production of a 70% alcohol hand sanitiser with aloe, in response to a public demand for hand sanitizing products.

They are limiting it to a max of two units per customer.



MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney **Instagram:** iammcloughney

Stay sane and make gains

WITH everything that's happening in the world right now I really had to think hard about what to write this week.

I was torn between writing something light-hearted that made no reference whatsoever to the "C-word" and writing something relevant and informative that addresses the current health crisis.

At the same time I was looking up articles and videos on home workouts and bodyweight workouts as the vast majority of gyms and health clubs across the country have (rightly) closed their doors to ensure the safety of their staff and customers.

While there are of course more pressing concerns than keeping your summer body on track, I do fear that the state mandate of social distancing will be most tested by people who want to socialise and people who want to exercise. Which is understandable as isolation isn't good for anyone but we do all need to take extra care to protect our health and the health of others right now so I think it's best to look for solutions and alternatives rather than complaining or worrying about what's to come.

With that in mind, this week's Man About Town is all about working out at home. If we're going to spending a lot more time at home over the next few weeks then let's stay active and get our bodies moving and release some endorphins so we can stay sane and make gains.

Exercising at home is a lot easier than you'd think. I've been doing yoga in my bedroom (not like that) for many years as it helped me to get back to playing sport after a double leg break suffered on the field in 2011. You don't need to trade in the sofa for a bench and you don't need to splash out hundreds of euros on equipment. All you need is a plan. You can burn fat, get fit and feel better all without having to go to the gym.

I'm no fitness expert or influencer, so if you're an experienced fitness fanatic you may need to refer to them for some more advanced advice.

I'm looking out for the beginners here so I've put together some basic exercises that can be done with little to no equipment at home, standing or laying on the floor. Most of them are bodyweight exercises that can be done without equipment, and to progress in your strength and stamina, simply add weights. If you already have

dumbbells, then that's a big help. If you're in a position to invest, then do but if that's not an option then there are things around the house like that can be used instead. You might laugh at that but lighter weights can be used to make a move more taxing by slowing down the tempo and or increasing the number of reps.

Make sure you have room to manoeuvre as well, you don't want to knock over a flat-screen TV or make bits of granny's prize china while you're doing quadruped limb raises.

While you won't need much equipment, one thing I would recommend is a decent smartwatch or Fitbit. You might need to borrow one, but I would do this as they mostly have a real-time heart rate tracking function. We don't need to add to the number of people in our hospitals right now so please don't take any unnecessary risks.

THE BEST EXERCISES YOU CAN DO AT HOME

Before you start any exercise, make sure you warm-up. Do five to 10 minutes of cardio first. This can be a stationary run or a light jog around the house/estate, just to get your heart rate up. Listening to music is also a great way to get you in the zone and stay motivated during exercise. So get that playlist ready to go.

1. SQUATS

The key to a great squat is keeping your knees wide to activate the crucial muscles in your glutes and thighs.

Stand with your feet hip-distance apart, and your toes pointing outward. As you squat keep your back straight and core braced. Bend your legs with knees wide until thighs are parallel to the floor, then drive back up, squeezing your glutes at the top.

If you're unsure of form or technique then put on a YouTube tutorial to accompany you in beginning (and that goes for all these exercises). You don't have to be perfect at the start but it's worth getting right so you don't hurt yourself.

Once you've familiarised yourself with bodyweight squats, try adding weight, or give hold squats or even Bulgarian split squats a go.

Muscles worked: quads, glutes, calves, hamstrings, core, thighs.

Great for: burning fat, building leg muscles and overall strength.

2. LUNGES

Another great exercise for the



If we're going to spending a lot more time at home over the next few weeks then let's stay active

legs. Lunges work the lower half of your body and since the muscles there are larger, working the lower body burns loads of calories. Lunges are also one of the few bodyweight exercises that really work the calf muscles.

The exercise is pretty straight forward. Stand up straight, take a big step forward and bend your knee so your rear knee comes close to touching the floor. Kick yourself back up with your front leg and return to your starting position. Switch and do the same with your other leg and that's one rep.

Lunges will get your butt into shape as they target the glutes better than squats and working one side at a time helps identify imbalances and reduces the risk of injury.

Muscles worked: quads, glutes, calves, hamstring, core, thighs

Great for: toning glutes, stretching hamstrings, boosting calves

3. PUSH-UPS

Possibly the best bodyweight exercise of them all, push-ups (or press-ups) work your arms and chest, toning and strengthening your upper body all at the same time.

Compound exercises are great for burning fat because they work many different muscles all at the same time while also building strength.

Place your hands shoulder-width apart and lower until it's just off the floor, keeping your elbows tucked into your body. Drive back up to the top to complete the rep.

A narrow stance targets your triceps while a wider position is great for chest activation. If you're struggling at the start then try doing knee push-ups so that your arms can get used to the movement.

Muscles worked: arms, chest, shoulders, core.

Great for: toning arms, strengthening chest.

4. QUADRUPED LIMB RAISES

Strengthening your back without equipment can be tricky and quadruped limb raises will work your back a lot more gently than doing pull-ups, for sure, but most of us won't have a pull-up bar at home and I would strongly discourage you from looking for alternatives.

Quadruped limb raises work the glutes lower back mostly but will also work your core, traps and thighs. Go down on all fours with your hands on the ground shoulder-width apart. Your back should be straight and parallel to the ground.

Lift one arm and the opposite leg in the air at the same time and hold the position for a few seconds and then lower them back to the ground. Do the same with the other two limbs. Don't reach too high as you don't want to strain your neck or lower back.

Muscles worked: lower back, traps, glutes, core.

Great for: strengthening your back and burning fat.

5. PLANKING

Planking is probably the least exciting exercise on this list. You literally have to hold your body in a plank position for a period of time.

Sounds easy right? Wrong! Planking is one of the most challenging exercises you can do and if you've ever wanted to know just how long 60 seconds can be, planking will teach you.

Again, if you're struggling then start with a knee plank and work from there. If your house is full of hardwood floors then I suggest having some form of a mat underneath you as well.

Muscles worked: core, chest, back and shoulders

Great for: abs and improving posture.

Now that you have five super moves to try at home, try a circuit workout following this sequence.

Squats
Lunges
Push-Ups
Quadruped Limb raises
Plank

Perform each exercise for 45 to 60 seconds while resting – or cursing/crying – as little as possible between exercises.

Time yourself, so as opposed to counting reps, try and perform as many repetitions of the exercise as you can within the time limit.

Start with three rounds, then move to four, then five and so on.

Stay safe, stay positive and we'll all get through this together.

NEWS

Members of the public are not to call to any farms

SEAN KEANE

sean.keane@iconicnews.ie

Chairman of the Irish Farmers' Association (IFA) in Kilkenny, Jim Mulhall, has asked the public to be particularly conscious of biosecurity on farms at this time.

"Farms are a vital part of the food distribution system. We need the highest level of biosecurity measures in place," he said.

"Farmers will have their own biosecurity measures to facilitate the collection of their produce, and to receive deliveries of feed and care for their animals.

APPOINTMENT ONLY

"I am asking members of the public not to call to farms. Those who have business on farms should call strictly by appointment only.

"Members of the public should avoid entering farms for leisure activities such as walking, shooting or

hunting," he continued.

"It is absolutely vital that we keep our food supply chain moving.

Many farms will be in trouble if the farmer falls ill or if people involved in processing or transporting produce or supplies become ill or have to self-isolate for a significant period of time," he said.

"At this time, we simply cannot be careful enough.

Irish farmers not only feed over four million people here, but we provide raw materials that feed over 30 million people in other countries around the world.

"It is critical that the Irish, European and global food supply chains remain intact and in operation to ensure that people can continue to have access to proper nutrition in order to maintain a balanced diet," he said.

"Please put yourself in our shoes," Mr Mulhall said.



LAST OF THE PLOUGHING FOR A WHILE

Maria Wall and Nicola Doyle at Mooncoin Ploughing match recently PICTURE: JOE CASHIN

Teagasc open in city and Mullinavat

SEAN KEANE

sean.keane@iconicnews.ie

The Teagasc advisory offices in Kilkenny city and in Mullinavat are open for prearranged appointments only and for staff who are unable to work from home.

Each Teagasc location in the county and the country will set up one bio-secure office for essential one-to-one consultations.

This will involve a double desk with a clear Perspex divider and a computer with two screens.

Teagasc clients will be asked to wait in their cars to prevent contact in waiting areas and where essential clients may also have to sign forms in the office parking area where there is plenty of room.

All Teagasc Basic Payment appointments will now be processed over the phone rather than an office consultation.

Teagasc staff will contact farmer clients in the coming weeks.

BPS application for clients, in so far as possible, will be done over the phone.

All appointments to get Derogation plans completed for farmers will be processed over the phone rather than in an office consultation.

Prior to application submission clients will be asked to signify agreement to the application through email or text. Teagasc staff will contact clients to make arrangements.

PHONE MEETINGS

On farm, Teagasc farmer discussion group meetings are being replaced with

one hour phone meetings between farmers and their advisor.

Farm visits by Teagasc advisors are taking place at the clients request and only for urgent issues.

HYGIENE PROTOCOLS

Social distancing and hygiene protocols will be adhered to. Visits for programmes where work can be completed with no contact with the farmer will continue.

The Teagasc agriculture and horticulture colleges and education centres remain closed.

Education staff, where practical, are working remotely. In the event that the closure of all schools and colleges is prolonged, Teagasc is arranging that guidance for self-study of theory elements will be communicated through online channels.



Teagasc farmer discussion group meetings are being replaced with one hour phone meetings between farmers and their advisor

Entries now open for Kilkenny/Carlow annual Garda Youth Awards

The local Kilkenny/Carlow Garda District youth awards have been officially launched for 2020.

The awards, which are sponsored by Carlow firm Netwatch along with Kilkenny County Council and Carlow County Council, recognises the outstanding efforts and talents of the youth of the area in many areas - social initiatives, sport, the arts and much more.

CEO of Netwatch David Walsh commended the youth of the district, calling them our leaders of the future and urged clubs, schools or organisations to nominate individuals or groups who they feel are fitting of recognition.

You can nominate online here - <https://www.surveymonkey.com/r/kilkenny-carlowgardayouthawards2020>

In the coming weeks, we will also be publishing the nomination form.

All forms and entries can be submitted directly to garda stations in Kilkenny and Thomastown.



Pictured at the Garda Youth Awards reception, which was held in the Tholsel, were (back row:) Garda Kieran Scanlon (JLO), Garda Janet Gough Ging, Teacher Laura Mulcahy and Sergeant Ted Hughes. Seated: Students Ryan Hearne, Alex Bailey, Alannah Jordon and Sinéad Sheridan from Mooncoin.

PICTURES: HARRY REID



Cllr Pat Fitzpatrick, Chairman of the JPC with Sgt Peter McConnon



Nominees and award winners at the Garda Youth Awards in the Tholsel



Award nominee Robbie English with Cathaoirleach Peter Chap Cleere, Chief Superintendent Dominic Hayes, David Walsh, Netwatch, Mayor Martin Brett and Liam Smith, Deputy Principal of Kieran's College



Chairman of the Joint Policing Committee, Cllr Pat Fitzpatrick, cuts his celebratory birthday cake watched by Chief Superintendent Dominic Hayes, Mayor Martin Brett, David Walsh, Netwatch, and Cathaoirleach Peter Chap Cleere



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Managing cash flow during Covid-19

The COVID-19 pandemic has forced us all to act and behave in a manner that will hopefully stop the virus from spreading, keeping ourselves and everyone else safe and healthy.

These are unprecedented times. Circumstances have changed so quickly. At the beginning of the year, we had record employment, everyone's pension funds were performing great, then bang! Within a very short period of time, everything it seems has changed.

Covid-19 has created so much uncertainty. It feels like we were blindsided by how quickly it spread, and the impact it's had on literally everything. Some are saying that Covid-19 is going to be a game changer, and it's hard at this stage to disagree with them.

The lockdown and the impact it will have on businesses and their ability to pay employees will only add to already high stress levels. People aren't only worried about their health, they're also worried about their finances, and the impact it will have on them.

The numbers affected with reductions in their income, I suspect, will be big, and the measures introduced to help by Government, while welcome, won't alleviate the cash flow problems people are bound to encounter.

With that in mind, I want to look at what you can do to cope, if you are faced with a loss of income, and how best you can manage your household budget in the weeks and months ahead.

Most people are on autopilot when it comes to managing their finances each month. There isn't a need to constantly monitor and review what they spend their money on each month. But then something happens, a trigger if you like, that forces them to look much more closely; now is one of those times.

You'll probably know if you've read my articles over the years, that I'm a big advocate of setting up and following a monthly budget. It's critical to getting your finances under control and in the times we find ourselves in, from a financial perspective, I'd liken it to washing your hands, it's that important.

Anyone who has ever been faced with a reduction in their income, has always said it was the creation of a monthly budget that got them through those tough days and weeks. So don't second guess this, it works.

And it's nothing more than listing what your monthly income and spending is.

I've created a really good and simple excel document that I use with clients, which lists every category you could ever think of, and I'm happy to help and share it with anyone who wants it. Just email me and I'll send it to you. You'll have a ready-made monthly spending planner and all you have to do is



Doing a budget will empower you during this crisis

populate it. It will give you a great starting point to face what you are up against, and what deficit could exist. It will also identify the areas you'll need to focus on if you need to bridge that gap.

Your income may not be impacted right now but running a simulation of what would happen if it was, would be a very worthwhile exercise. Don't wait until it happens and then panic and start making rash, emotional decisions. You need to be calm and knowing what you could be up against before it happens, will help you make rational, well thought out decisions. You're not going to fall into that trap of making it up as you go along.

Whether you use the back of an envelope, an excel doc or some on-line budgeting tool, it doesn't really matter, knowing what you are up against does, so create that monthly spending plan for yourself.

Start by looking at your operating account and what you've spent in different areas over the past six months. If you don't have access to this, take a best guess. It doesn't matter if you're plus or minus €500. The key is getting the numbers down and then reviewing them to see if they feel right. And you and your partner must do this together. Both of you must understand where you spend your money each month.

Be honest with yourself when writing down the amounts you spend. Don't fool yourself by underestimating the amount you spend on certain categories because you're shocked or embarrassed by the amounts. This exercise is for you and you need to know what you are dealing with and up against, and if you need to engage with a bank or other creditors to reduce or suspend payments for a period of time, they'll want to know your numbers as well. So have it in place in the event you need to reach out for help, it will help fast track your request and get you approved much quicker.



Your income may not be impacted right now, but running a simulation of what would happen if it was would be a very worthwhile exercise. Don't wait until it happens and then panic and start making rash, emotional decisions

Okay, now that you've put down your numbers on paper or in your PC, and you know how much you're spending, it's easy to calculate the shortfall based on what your new reduced income is. It's simply your income minus your outgoings.

Carrying out this exercise will also show you how long your savings will last for should you need to use them to bridge any shortfall. If your deficit, for example, is €650 per month and you have €15,000 in savings, you know you have 23 months of savings in place before you run out of money. It can be very reassuring to know how long that buffer you have in place will last for. It could also bring reality to your situation because if you have a very small buffer or none at all, it will force you into taking action now, because your numbers won't lie.

Once you know what you are initially up against, you need to take this one step further and see how you can reduce that shortfall if one exists; you do this by separating your outgoings into two different categories, ie essential and non-essential spending.

The outcome of separating your expenditure this way, is to end up with a list of everything you spend money on, because as we know, not all expenses are created equal. Some need to be paid before others, so you're going to put them in order of priority, from the most important to those you're getting rid of altogether.

What should be on the essential side of your page are things like food, utility bills, transport, mortgage/rent, insurance. On the non-essential side are lunches, hobbies, savings, new clothes.

When it comes to non-essential expenditure, you need to be ruthless. Even the small items you buy each day can mount up, so make a list and start cutting them right away. And remember, you're only getting rid of them for a short period of time.

If your deficit is big and cutting back on lunches and the amount you spend on food for example isn't enough, you may need to focus on those areas that account for the biggest percentage of your income, which typically are mortgage or rent payments.

You may need to either reduce the amount you pay towards them, or not make any payments at all for a period of time.

The good news is that banks have indicated their willingness to work with people, so don't worry about contacting them. If we take them at their word, and we should, they will offer interest-only payments and/or moratoriums (no payments) for a period, which will help ease cash flow worries.

The same applies to credit card providers and credit unions. They will also work with you and offer solutions like lowering interest rates or temporarily suspending payments.

Utility providers aren't going to turn the lights or heating off on you either. Reach out to them and they will make payments affordable to you during these turbulent times.

But the key is contacting them ASAP.

If you're worried right now or you think you'll be under pressure soon, contact your creditors now and look to adjust the payments you're going to make. Explain your situation, and it won't be one they haven't heard from thousands of others, and they'll offer you new repayment options.

And when that moment comes, and you realise, you'll need to make changes to how you live your life and manage your finances, you can either bury your head in the sand and ignore what is happening or you can be proactive and do something about it. I would advise you to choose the later.

Don't procrastinate. Focus on the problem at hand. If that's a cash flow problem, you need to work through the crisis, and figure out a way of solving it, step by step. You will have to make some difficult choices, and you won't be able to do all the things you did before your income was reduced. But stay focused and know that this is going to be a temporary problem and things will get better.

But, let me repeat, it's absolutely crucial you understand what you are up against, and the key to surviving this setback is creating a plan and taking action based on your new found situation, and knowing what your monthly expenditure is, is your starting point, and the key to getting through this.

Finally, one of the best things any household can do to protect their finances during a crisis like this or any unforeseen emergency, is to build up their savings, which can be called upon in the event they suffer an income shock.

Let's get over this crisis first, and when we do, I would urge people to rebuild their savings and create that emergency fund for themselves.

Having money set aside to meet any cashflow deficits will avoid them having to resort to borrowing money from family or friends, and or miss mortgage repayments.

From a non-financial perspective, it will reduce stress levels and take that weight off your shoulders.

And knowing what your monthly expenses are and having that back up plan in place to pay for them, will mean you'll be in a much better place to cope, whenever the next stressful situation occurs.

National Reptile Zoo is looking for your help

MARY CODY

mary.cody@iconicnews.ie

The owner of the National Reptile Zoo is looking to the public for assistance in helping him feed 150 animals during the coronavirus crisis.

"We are currently closed until the current situation in relation to COVID-19 has improved," said James Hennessy.

"We'd like to take this opportunity to thank you for your continued support. We will endeavour to care for our animals behind closed doors for as long as is necessary. We would appreciate any support you can give at this time as our current resources can only take us so far. Gift certificates are still available online, and can be redeemed at anytime at a later date," said James who is a passionate conservationist.

"While we have closed our doors to the public, we still have a responsibility to the incredible animals in our care, all 150 of them.

"These animals need very specific and specialised care, which comes at a cost. A cost that would normally be covered by our incredibly supportive visitors over the last 14 years. Now



James Hennessy with Battle the Alligator. James is asking people to support the zoo by buying gift certs during the Covid-19 crisis

that stream has dried up," he added. The zoo which moved from Gowran to the Hebron Industrial Estate late last year is home to reptiles, amphibians, and invertebrates.

The National Reptile Zoo celebrated its 14th birthday on St Patrick's Day.

"Battle, the American Alligator, is was wondering where all the visitors have gone," added James

"Hopefully we can look forward to a busy summer."

For more information or to purchase a gift certificate go to www.nationalreptilezoo.ie

KilkennyCovid19 Volunteers - here to support community

MARY CODY

mary.cody@iconicnews.ie

Kilkenny Covid-19 Volunteers are a group of local people who have come together to help and support the local community during the Covid-19 crisis.

The group was formed to support a community response and they are using the former Kilkenny Jobs Club Facebook page as a platform to share ideas and initiatives.

Green Party TD, Malcolm Noonan said that it was encouraging that people were coming forward to volunteer and help vulnerable people at this time of crisis.

Deputy Noonan said that it was vital over the coming weeks to watch out for the vulnerable in the community and ensure that appropriate social distancing and hand sanitation measures are used if making contact with others in need.

"The meithal, or collective

action that we are renowned for as a nation, will help us get through this challenge," he said.

Meanwhile the group is also encouraging people to make their own facemasks to help slow down the spread of Covid-19.

One of the volunteers, Liselott Oloffson came up with the idea.

"It is relatively easy - I am using a sewing machine but you can do it by hand as well using some material from home. I came up with the idea to make them for people working at Cartoon Saloon and for us at home," she said.

"It is hoped that by wearing facemasks it will help flatten the curve of the Covid-19 pandemic," she said.

Helpful advice is available on the group's Facebook page and the group also hope it is a safe space here people can share helpful initiatives.

The Facebook page can be found by using the handle @KilkennyVolunteers

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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.

To apply, please email sheila.reilly@iconicnews.ie with a CV, covering letter and examples of your work.

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PLANNING NOTICES

KILKENNY COUNTY COUNCIL

I, James Dowling intend to apply to Kilkenny County Council for a change of house design from previously granted Permission (P05/60) and to construct a two storey dwelling with detached domestic garage and site waste water treatment system and all associated site works at Maddockstown, 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.



Sympathy Prayer

Dear Lord, please comfort those in grief,

Love them, lift them, give relief

For loss they've suffered, sadness felt,

Make this sorrow slowly melt.

Lord, let happy memories ease,

Creating peace like a gentle breeze,

And as you help them make it through.

Draw them closer, Lord, to you.



IN MEMORIAM



CANTWELL - (5th Anniversary) In loving memory of Anthony (Tony) Cantwell, The Bungalow, Archersfield, Kilkenny who died on March 22nd 2015.


We miss you in so many ways,
 We miss the things you used to say,
 And when old times we do recall,
 It's then we miss you most of all.

Anthony's 5th Anniversary Mass and his wife Mary's 20th Anniversary Mass will be offered in St. Fiacre's Church on Friday, 20th March at 6.15p.m.

May They Rest in Peace

If I Listen.....

If I listen really close
 In the silence of the night
 I hear your voice to comfort me
 And say that you're alright
 But it's often hard to understand
 Why certain things must be
 And the reasons why they happen
 Are so often hard to see
 But I find comfort in the knowledge
 That God is always there
 To keep the one I loved so much
 Forever in His care



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LIFESTYLE



What is Brown Sugar?

White sugar, also called granulated sugar, is the sugar commonly used in Europe and in North America.

It is made either of beet sugar or cane sugar, which has undergone a refining process. Ireland once had a thriving sugar beet industry.

Demerara, or brown sugar, is also produced from sugar cane and it

naturally contains a small amount of molasses, which gives it a light brown colour and caramel flavour.

The darker the sugar the more molasses it contains. Dark brown sugar has a deeper flavour and is more like toffee or caramel. It complements flavours like cinnamon and barbecue sauce!

ABOVE: Demerara, more commonly known as brown sugar

RIGHT: Bread and butter pudding



Home schooling is time for learning home baking

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

This week's column is brought to you with two objectives - to suggest recipes you will be able to make with items you keep in your kitchen presses or may have stocked up on in recent days, and also to give you some easy recipes to make with children who are not in school at the moment. Bread and butter pudding, in particular, is a great way to use up all the sliced bread you might have bought in a panic.

Remember - teaching children to cook, and bake, is not only fun but is also educational. Call it the home economics part of their home schooling! And, unlike maths homework, you end up with something tasty to eat at the end of class!

CHOCOLATE MUFFINS

INGREDIENTS

2 eggs
200g caster sugar
130g plain flour
50g cocoa powder, unsweetened
2 teaspoons baking powder
pinch of salt
160mls milk
Quarter teaspoon of vanilla extract
160g butter
120g dark chocolate, roughly chopped (or choc chips)

METHOD

Preheat your oven to 170C.



Chocolate muffins are a big hit with young and old alike!

Put the eggs and sugar in a mixer and beat until pale and well combined.

In a separate bowl sift together the flour, cocoa, baking powder and salt.

In another bowl combine the milk and vanilla extract.

Little by little beat these two mixtures into the egg mixture. Beat until well incorporated.

Finally, stir in the melted butter and the chopped chocolate.

Spoon the mixture into paper cases until two-thirds full. Bake for about 30 minutes. A skewer inserted into the centre should come out clean.

Leave the muffins to cool slightly in the tin and then put on a wire rack to cool completely.

BREAD AND BUTTER PUDDING

INGREDIENTS

5 tablespoons of butter
4-5 slices of white or brown bread
4 tablespoons of marmalade or your choice of jam
grated rind of one lemon
85-125g raisins or sultanas
40g chopped mixed peel

1 teaspoon ground cinnamon
1 cooking apple, grated
85g light brown sugar
3 eggs
500mls milk
2 tablespoons Demerara sugar

METHOD

Preheat the oven to 200C. (Unless not cooking immediately - read on).

Use the butter to grease an ovenproof dish and to spread on the bread, then spread the bread with the marmalade or jam.

Put a layer of bread on the bottom of the dish and sprinkle with the lemon rind, half the mixed peel, half the raisins (or sultanas), half the cinnamon, all of the apple and half the light brown sugar.

Add another layer of bread, cutting the slices so they fit the dish. Sprinkle with most of the remaining raisins/sultanas, and all of the remaining mixed peel, cinnamon and light brown sugar. Top with a final layer of bread.

Lightly beat the eggs and milk together then carefully pour over the bread in the dish.

If time allows let stand for 20 to 30 minutes at this stage.

Sprinkle the top of the pudding with the remaining raisins/sultanas and the Demerara sugar.

Bake for 50 to 60 minutes until risen and golden brown.

Tip: If the top is beginning to brown too quickly then cover it with a piece of tinfoil.

Bright young minds wow judges at Student Enterprise county final

SAM MATTHEWS
sam.matthews@iconicnews.ie

Some of our brightest young minds brought the fruits of their labours to display at the county final of the Student Enterprise Programme at the Lyrath Estate Hotel last week.

It was a great achievement for approximately 125 students reaching the finals stage of the competition from 12 secondary schools across the County. The judges Terry Harmer, NLC Training, Una Ryan, Marketing Eye and Pauline Hoctor, Local Enterprise Office Carlow were involved in the Senior Category Judging while Kathleen Moran, Business Consultant and former managing director Kilkenny Design Centre, Marion Acreman, Kilkenny Chamber President and MacDonagh Junction Centre Manger and Conor Cleere, Kilkenny Leader Partnership were involved in the junior and intermediate categories.

A number of category awards — such as innovation and branding — and special merit awards were presented at the ceremony, as well as the main senior, intermediate, and junior categories.

The overall award winner in the senior category was April Walsh, a student in Duiske College. April was presented with a specially commissioned piece of Jerpoint Glass and €1,000 prize fund for her project 'Artistic Adventures', a



Paddy Davis, Abbie O'Donoghue, Ellie Quinn, Shayla Fitzgibbon, Grennan College, Thomastown (The Choco Lab) PICTURES: VICKY COMERFORD

hand-drawn colouring book with fun characters and doodles that graduate in difficulty, in order to progressively improve colouring skills.

Aly Cantwell, Ella Cantwell, Rosa White with their business Phone Essentials representing St

Brigid's College Callan won the junior category award and twin brothers Mark and Evan Srouji from Colaiste Eamann Rís were awarded first prize in the intermediate category for their high-quality handmade Bee and Bug Houses.

The three now will go forward to represent Kilkenny at the Student Enterprise Programme National Finals. Cathaoirleach of Kilkenny County Council Peter 'Chap' Cleere congratulated all involved.

"We have a very successful student enterprise programme

here in County Kilkenny, with over 700 students from 13 local schools taking part this year," he said.

"Our national finalists are excellent ambassadors for the programme and we wish them the very best of luck in the next stages of the competition."



Cathal Tobin and Corey Middleton, CBS Callan (Trolley Pockets)



Eimear Kavanagh, Castlecomer Community School (Tic Tock Clocks)



Julie Greene and Kate Eacrett, Kilkenny College (Indigo Bike Indicators)



Amy Louise Power, Rebecca Maudsley, and Ellie Kinsella, St Brigid's College, Callan (The Treaty Trio)



Enda McCabe, Paul Delaney, Joe Healy, CBS Kilkenny (Locker Dividers)

LIFESTYLE

INTHEGARDEN

WITH JO

CONTACT JO AT CARAGH NURSERIES

email: jo@caraghnurseries.ie web: www.caraghnurseries.ie



More variety in hedging will add some texture to property

I'm continuing my hedging column this week, so we're still focusing on evergreen hedging species this week.

There are only a few weeks left in the bareroot season. Perhaps with the Covid-19 restrictions, you might consider getting out into the garden and enjoying the relatively mild weather we've been having.

THUJA PLICATA

Common name: Western Red Cedar, Pacific Red Cedar

The good news about Thuja plicata is that it is: Fast-growing hedging plants Evergreen hedging is tough and hardy and is available in larger, mature sizes. Wind

tolerant it can shoot from old wood. A good alternative to the Leylandii that doesn't get so out of control. Speed of growth in a good year up to 60-75cm per year. Eventual height (if let) is up to 30m (100ft) Thuja will grow in all soils except those that are waterlogged for long periods in winter. Hardy down to -25°C

Thuja plicata is a fast-growing conifer that creates an evergreen hedge. Thuja are extremely hardy and will tolerate strong winds. They grow in most soils (except for water-logged soils). Thuja plicata is a bit bushier than Leylandii in the

pot or as a rootballed hedging plant but they are slightly slower growing than Leylandii so generally costs a little bit more for the equivalent height plant.

Leylandii and Thuja will form a very similar, dense hedge although Thuja will usually shoot back from old wood, unlike the Leylandii. Thuja have aromatic, fruity foliage when brushed against. Keep them trimmed once a year to the height and width you need and they will form a fantastic hedge.

Best of the offers for Thuja plicata are:

Thuja plicata Rootballed 175-200cm (6-7ft) €30.00



Leylandii hedging

(planted 1.5 to the metre)

Thuja plicata Rootballed 200-250cm (7-9ft) €45.00 (planted 1.5 to the metre)

BOX HEDGING

Botanical Name: Buxus sempervirens

Also known as Box, Common Box, Boxwood, Buxus, European Box

Box hedging is great for:

Formal 'box shaped' hedging Low

Makes a good small hedge Shade tolerant hedging plants Growth in a good year up to 20cm (8inches) per year Warning it can suffer from Box Blight especially in damp conditions when waterlogged Any free-draining soil in sun or shade Hardy down to -25°C

Eventual height if let 4m (12ft) but i have never seen it anywhere close to that tall

and it can be trimmed to as low as 30cm (1ft) tall

Box hedging is a slow-growing, evergreen hedging plant with small leaves. It is neat and compact in habit and makes a perfect small garden hedge. It has the benefit of being tolerant of shade

Best of the offers for Box hedging

Box hedging bare-root 20-25cm €2.80 7 to the metre Box hedging bare-root 40-45cm €4.50 5 to the metre

HOLLY

Botanical Name: Ilex aquifolium as well as lots of other Ilex varieties

Also known as Common Holly, Holly is great for:

Glossy green leaves Red berries in winter Evergreen Low-maintenance Prickly leaves for security Can be

grown as part of a native or field hedge Growth in a good year 30cm (1ft) per year Holly hedging plants will grow in any free-draining soil in full sun or light shade.

Holly will grow in sheltered or exposed sites. Its eventual height if let over 10m (33ft) but can easily be kept trimmed Hardy down to -20°C

An excellent evergreen hedging plant, holly has glossy, dark green, prickly leaves and red berries in the early winter. It is good as an intruder deterrent.

Low maintenance as it is slower growing, holly clips well to create a dense, formal garden or field hedge and will regenerate from old wood.

Part three will complete the evergreen hedging next week, then we move onto deciduous - Jo.



Thuja hedge is another good option for your property, especially if you want to frame an avenue or divide up outdoor areas



Holly with red berries adds great colour and can be a feature as well as a boundary hedge in your outdoor space

STARS IN THEIR CARS

Kilkenny  People

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REPORTER

Paddy Deegan

NISSAN

Patrick (Paddy) Deegan as we all know is an Irish hurler who plays for Kilkenny Senior Championship club O'Loughlin Gaels and at inter-county level with the Kilkenny senior hurling team. We chatted to Paddy about being a Brand Ambassador for Barlo Nissan Kilkenny and how he has found the journey of driving and his collaboration with the car dealership.

Paddy started driving 4 years ago and had to take the obligatory 12 driving lessons before sitting his test. Paddy learned to drive in his family car which was a Honda Civic and shortly after passing his test he moved to the eco-friendly Nissan Leaf with the support of Barlo Motor Group providing his first car.

Paddy originally started with the Electric Nissan Leaf and is now driving the Nissan Juke, he said that it was a smooth transition between the two cars, the only thing he had to adapt to was getting used to manual transmission as the Leaf was automatic and after a few days this was plain sailing for him.

This year, 2020 is Paddy's fourth year working with Nissan Barlo Kilkenny and he has enjoyed every moment of it whilst creating fantastic relationships with the Barlo Motor Team.

Driving has been made extremely safe for Paddy on his journeys in the beginning to and from College, now his daily commute to work as a Primary School teacher and also to and from training in the evenings. The Nissan Juke's Front LED Lights make it easier for traffic to see you which gives Paddy confidence when driving at night knowing that he can see his very clearest but so can the oncoming road users with the advanced LED lights on the Nissan Juke.

Paddy finds the 7" Advanced Drive-Assist Display extremely helpful and user-friendly on his journeys as it is located right at eye level so it avoids any looking down or taking your eyes off the road. The Drive Assist Display has all of the information you would need to know, including trip computer, navigation directions, audio and more in a crisp, easy to read display perfectly located to reduce time looking away from the road and to increase your safety on your journey.

Paddy's Personal Space within the New Nissan Juke's revolutionary design creates a focused cockpit like interior. From its "Gliding Wing" design to its floating instrument panel, new Nissan Juke puts the driver at the centre of a thrilling performance. Paddy finds the spaciousness of the Juke absolutely perfect for his match needs with plenty of space for gear and plenty of space for passengers and team mates, it's like the



Nissan Juke

car was made for him!

There is seamless connectivity with the Juke, Paddy uses the Android Auto Integrate and has found this very user friendly as he said it is a system that you would get used to the system in no time. This is the modern and safest way to stay connected, Paddy found this very useful for reading messages whilst on the road as they are displayed on the eye level screen. The new Nissan Juke

can even act as a Wi-Fi hotspot, letting you connect up to eight separate devices. For the iPhone users out there, the Nissan Juke also has Apple CarPlay along with the Android Auto Integrate, so not to worry!

Paddy has found that the Monoform sports seats makes travelling to matches that bit more enjoyable and overall the Juke is an extremely smooth driving experience.

Parking like a pro has ultimately been made easier with the Juke's intelligent around view monitor. Parking has definitely

been made easier with the monitor says Paddy, spaces that you wouldn't have dreamed to have attempting parking in are now made accessible. The Around View monitor is a camera system that gives you a 360 degree view of your car with selectable focus on the front, rear and kerb-side views to help you park in confidence and control.

The Nissan Barlo Motor Group Team would like to wish Paddy continued success in his work life and sports career and we look forward to working with him again this year.

For more information on the Nissan Juke or to make an appointment please call the Barlo Nissan Team on (056) 777 2575.

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TRISH WHELAN

www.CarandTravel.ie

SKODA has introduced a plug-in-hybrid to its flagship Superb range.

The car comes in two bodystyles, Liftback (saloon) and Combi (estate), and four specification levels of Ambition, Style, Sportline, and the top of the range L&K.

The Superb iV is now on sale priced from €40,350-€49,850. Prices exclude delivery charges but are inclusive of government grants.

At a glance, this hybrid Superb may seem indistinguishable from any other new Superb; however, it conceals an electric motor with a power output of 85 kW capable of travelling up to 62km on pure electric power, and a 1.4 TSI petrol engine delivering 156bhp (WLTP test cycle). Transmission is 6-speed DSG automatic.

When both power units are working simultaneously, the car has a combined power output of 160 kW (218bhp) and a range of up to 930km without refuelling.

The electric motor acts as an additional boost providing a driving performance and a 0-100km/h time of 7.7 secs. Maximum speed is 224km/h.

Driving Mode Select is standard and allows the driver to alter the car's driving characteristics and comfort settings by varying the steering, transmission and Dynamic Chassis Control.

As well as Sport mode, drivers can also choose E-mode or Hybrid mode. In E-mode, the Superb iV is powered solely by the electric motor and so becomes a zero-emission car - perfect for short daily commutes.

The car can travel almost silently but a special sound generator creates a unique sound to alert pedestrians and cyclists that the car is approaching them.

In Hybrid mode, both power units work together delivering a combined fuel consumption of 1.5 L/100kms of petrol. CO2 emissions are 33 g/km so annual road tax is €170. The default hybrid mode switches automatically between petrol and electric drive so you don't have to be concerned that you will run out of battery charge. All the necessary information you need is provided by the Virtual Cockpit, such as the battery state, as well as navigation, etc. For peace of mind, you can search for the nearest charging station in your navigation system.

The lithium-ion battery is built into the chassis floor in front of the rear axle of the car. (Superbs are renowned for their big boot space). It stores the power needed for electric drive and also powers the climatronic air-con system and heating, that can be programmed remotely using the Skoda Connect mobile app. It can also show the

ELECTRIC FEEL

Skoda's electric journey starts with Superb iV



The Superb iV is now on sale from €40,350

exact location of your car from anywhere and the lock & unlock feature allows you to carry out these functions no matter where you are - in case you forgot to lock your car, you can do so with your

smartphone from anywhere. Wireless Apple CarPlay allows you connect your device to your car's infotainment system and get directions, make calls, send messages or listen to music without

touching your phone. Apple CarPlay comes with the SmartLink+ system.

Compared to the standard Superb, the iV hybrid has the Dynamic Chassis Control as well as the most modern MIB infotainment systems coupled to digital dashboard displays.

The Superb iV can be charged in different ways. It can be fully charged in about 3:30hrs using the Mode 3 charging cable and a wall box with a charging output of 3.6 kW. Using the Mode 2 cable with a standard household three pin plug socket, it will take around five hours. Hybrid cars can charge the battery or maintain the battery level using regenerative braking and also power from the petrol engine. City driving with continuous braking in traffic, helps to recharge the battery.

Hybrid and plug-in hybrid vehicles are gaining in popularity in

Ireland, evident by sales doubling here in the past two years to 11,540 vehicles in 2019.

Commenting on the launch, John Donegan, Brand Director, Skoda Ireland said: "The Superb iV offers the best of both worlds. The ability to plug-in and charge at home or work means commuters from Naas, Drogheda, Navan or Greystones travelling to Dublin have the potential to commute, powered entirely by electricity." The same applies to those travelling similar distances to work in Cork, Limerick or Galway. He said plug-in hybrid vehicles offer 'significantly advantages over self-charging hybrids including significantly lower CO2 emissions and superior fuel economy'.

The Superb iV is open to orders and Skoda are advising customers to place their orders early to avoid disappointment as availability will be limited to 250 units for this year.



Driving Mode Select is standard and allows the driver to alter the car's driving characteristics and comfort settings



'The shape of the iconic 911 has evolved over 56 years of production.'

Eight gen of Porsche 911

Hugh Maguire: reviews the latest generation of the 'most iconic sports car in the world'

HUGH MAGUIRE
news@leinsterepress.ie

Worldwide Porsche car sales are doing very well, though here in Ireland the numbers are relatively small they are also growing particularly with models such as the Cayenne and Macan Sports SUV's.

The focus of this review is the iconic 911 Carrera S Type 992 launched just last year in Ireland.

HAS IT ANY STREET CRED?

The shape of the iconic 911 has evolved over 56 years of production. Some say not enough, that a 911 still looks too much like the original. But the latest 911 is without doubt another success of the evolutionary styling.

It's a 911 of that there is no doubt but its longer wheelbase and wider track, larger 20" and 21" wheels give this supercar an even more purposeful and dynamic stance than before.

WHAT'S IT LIKE INSIDE?

The new cabin beautifully crafted, with bullet proof build quality as you would expect from

Porsche.

The new dash is now digital except for the centrally mounted analogue rev counter. More of the cars controls are now operated through an all-new 10" touchscreen save for a few beautifully crafted aluminium switches for key functions.

I don't like everything about the new digital dash, especially the fact that the outer instruments for fuel and external temperature are now obscured by the sports steering wheel.

That tiny new little gear shift selector has also come in for a lot of criticism. Paddle shifts on the steering wheel allowing manual shifting.

From the moment you sit into the leather clad figure hugging sports seats you know you are sitting in a very special sports car. Blending over 55 years of Porsche sports car tradition with modern technology.

The driver sits low down into the car, you feel part of it. The level of standard equipment is very good but as always with Porsche their is an extensive and very tempting options list that will soon push the asking price to wallet busting limits!

You can "build your own Porsche" to exactly to your specifications on their configurator. The fit and finish is

absolutely top class from the visible stitching on the crafted full leather upholstery to the smallest switch, it all feels as though a real craftsman put it together. It so typically Porsche.

WHATS UNDER THE BONNET?

Nothing that where your luggage goes! The rear engine 911 Carrera S is powered by a 3.0 litre 450 BHP flat six cylinder petrol engine with four camshafts, 24 valves and Variocam plus. Mated to an amazing 8-speed PDK double clutch semi automatic system the combination offers blistering performance.

With PDK the new 911 will hit 100km/h from a standstill in just 3.8 seconds and continue to a top speed of 308 km/h.

Yet driven with restraint (which is difficult) it returned on average 31mpg. But this car is all about performance and suffice to say the 911 Carrera is incredibly quick.

We are in supercar territory here. Floor the throttle (or use the launch control system) and the 911 accelerates unabated towards the horizon.

It just never seems to run out of power. Its incredible.

WILL I ENJOY DRIVING IT?

The balance and handling from the rear engine rear wheel drive 911 is a purists dream. Levels of grip are simply phenomenal and its safe to say that on a public road you will never be able to explore the full capabilities of this car. Its always better than you can deliver as a driver.

A true motoring legend and a masterpiece of automotive engineering. Its quiet and refined too apart from some tyre roar on coarse surfaces, while the sound of that legendary flat-six is intoxicating. However with this latest 911 992 you need to dig deeper to unearth that sports car character and that's a pity. It has become a bit more of a GT than sports car.

VERDICT

Prices for the new 911 Carrera start at a shade over €149,000. The 911 Carrera S starts €167,680 and both rise rapidly as you add in goodies from the tempting options list.

However if you can afford it and want to have the most iconic sports car in the world parked on your driveway then there is only one choice, a Porsche 911.

UNDER THE HOOD

MODEL TESTED: 911 Carrera S Type 992

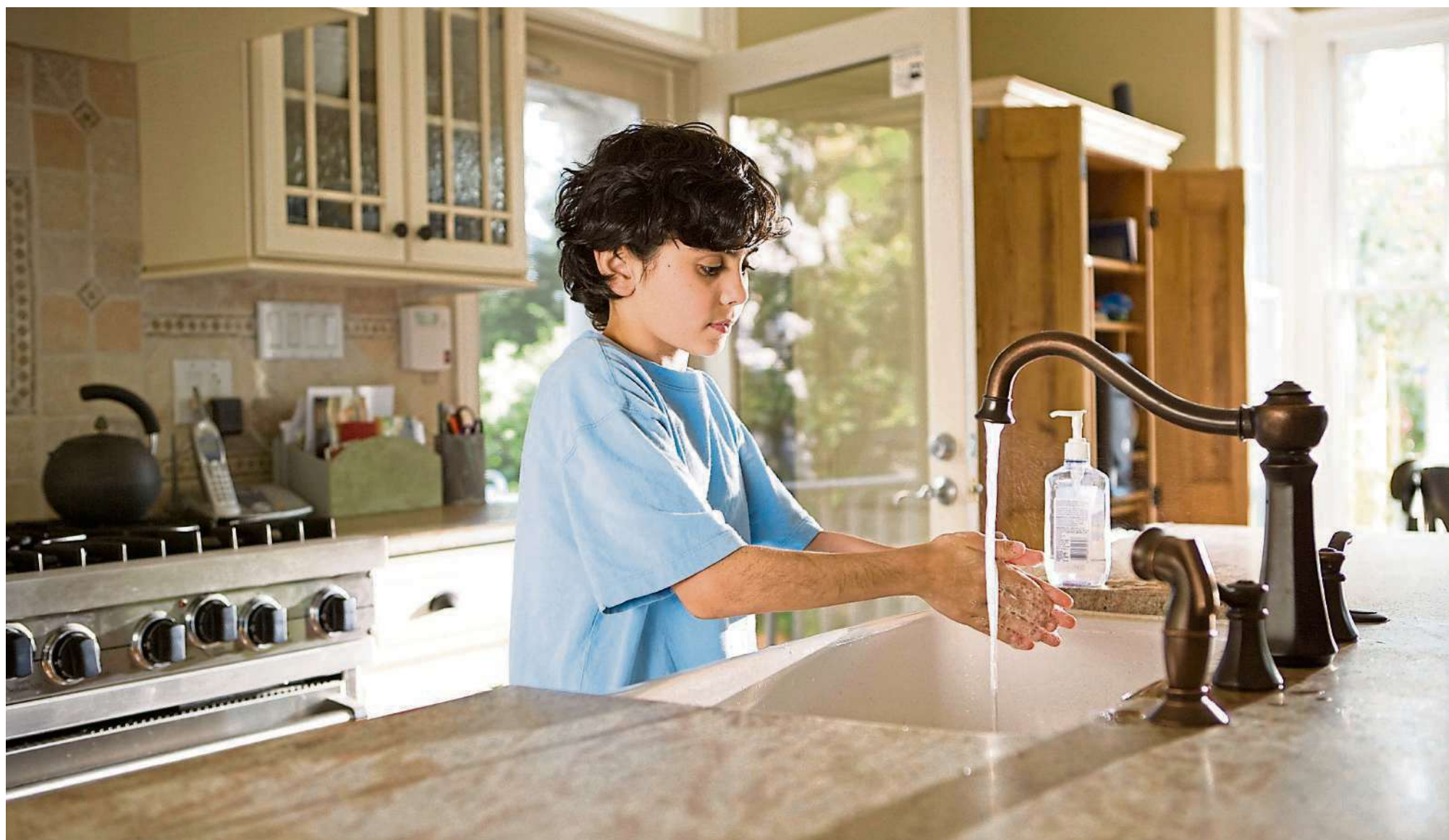
PRICE: 911 Carrera starts at €149,000 and 911 Carrera S starts at €167,000

ENGINE: 3.0 litre 450 BHP flat six cylinder petrol

WHEELS: Larger 20" and 21" wheels

TOP SPEED: 308 km/h

POSITIVE PARENTING



With younger children we can make hand-washing a game: 'who can make the biggest bubbles?'

Covid-19: Talking to children and teenagers

CHILDREN and teenagers will often take a lead from us in terms of how we respond to events, so it is important that we are not overly worried or anxious in their presence.

Every child is different and we all know our children best. We need to trust our own judgment as to what will be best for any individual child.

Children will pick up on things differently at different ages, so as parents we need to tailor our approach.

Younger children do not need to be exposed to a lot of news and concerning conversations. Think about protecting their time to play freely. We do, however, need to take some time with children to find out what they already know from the news or from other children.

They may have questions about

what they have heard, which could be anything from 'it's a bug like a bad cold' to 'are we all going to die?'

We need to really tune into what the child is feeling and show them that we understand them: 'I get the feeling that this is really scary for you?' Allowing our children to talk about their fears and letting them know we understand will make them feel much more connected and secure.

We can use a calm voice and let young children know that this virus is like a tummy bug or a 'flu and some people will catch it. We can reassure all children that lots of countries are working hard together to stop it spreading. In this way we are letting the child know that there is a new challenge out there, but that everyone is working together to be sensible and help each other.

We can talk with children about good ways that they can help to stop the virus. With younger children we can make hand-washing a game: 'who can make the biggest bubbles?' or 'wash hands while we sing Happy Birthday twice!' Encouraging use of tissues and 'sleeve sneezes' followed by hand washing will be an important habit for us to teach.

As schools and early years services are now closed, it can help children if we can frame this positively: 'There are lots of bugs going around so they are going to give the school a really good clean'. Try to help the child see how time at home could be fun and, if it looks likely to happen, we can prepare with about how we might use the time positively.

Teenagers are more likely to be accessing social media so

negotiating less time focussed on Covid-19 on social media for a teenager who is overly worrying may be a useful way to help them get things in perspective. At the same time, they may be getting positive support from their friends and, now schools have closed, their access to some fun with friends through social media will be important.

LISTEN AND UNDERSTAND

Creating the space to really listen to them and understand how they are feeling will be extra important at this time. Having a frank discussion with them could help them sift fears from facts.

Children and teenagers are likely to go through the same emotional reactions to their worries as adults although they may show this in different ways. They may be either more

withdrawn or challenging than usual and much of this will be stemming from information that has worried them or turned into fears. Helping our children to develop some breathing exercises and relaxation techniques may also be helpful to help them to regulate themselves.

We need to let children know that they can come and talk with us at any time as their questions/worries may change as they hear about or think of different things. Listening to children and acknowledging their feelings will help them to feel connected and understood.

Your child may want to spend more time close to you when they are concerned or worried so try to be available to them, as this is a normal reaction.

As parents it is important to stay informed to help keep perspective and to be honest. While it is normal to feel some concern at this time, settling ourselves and our families as best we can will help us to work together to look after each other.

This article is an extract drawn from guidance prepared by HSE Heads of Psychology Services. For information and advice on COVID-19 go to www.hse.ie/coronavirus.

LIFESTYLE

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
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Creative Children's Décor

As the Department of Education have implemented school closures this week because of Covid-19, I thought it might be nice to write a column on decorating children's bedrooms and playrooms.

This could help occupy your children as you could spend some time planning an update for their bedroom or playroom.

Here I will share with you some of the beautiful collections from renowned story book illustrators Frann Preston-Gannon, Christopher Corr and Yuval Zommer who have created a stunning 'Picture Book Collection' with Villa Nova which evokes childhood memories of whimsical story books brought to life by captivating illustrations.

The collection comprises of wallpaper, fabrics, wall murals, scatter cushions, rugs, trimming and even wall stickers so you can do a complete redesign of your child's bedroom / playroom or simply add some scatter cushions or wall stickers.

This stunning collection allows your child to discover the wondrous creatures and faraway places that can be found in books and their imaginations. There is something in this collection

to suit all tastes and personalities to enable you child to express their creative side. Here is an overview of some of my favourites from the Picture Book Collection by Villa Nova.

FOR THE DOG LOVERS

Yuval Zommer graduated from the London Royal College of Art with an MA in illustration. The 'Bark Life' collection by Yuval Zommer is perfect for canine lovers, this beautiful collection called Bark Life is very playful.

Follow our lead and head to the park for playtime with the neighbourhood pups. All dogs love a walk, from sausage dogs to scruffy pups and best in show. Perfect choice for the little adventurer in your lie.

Other designs by Yuval Zommer in the picturebook collections include 'Busy Buzzy', 'Apples and pears' and 'Duck Pond' where you get a bug's eye view of Yuvals incredibly intricate illustrations.

Embark on a world crawling with teeny lady bugs, fluttering butterflies and buzzing bees await. Splish splash in the duck ponds, leap with frogs, chuckle with chickens and explore the park with your canine chums.

POLAR BEARS AND SEALS

'Arctic Antics' designed by Frann Preston-Gannon, these playful prints bring us on an adventure to the frozen Arctic as polar bears float happily on the ice above.

Wonderful white polar bears and fun friendly seals surf along on icebergs, whilst beneath their icy toes and flippers shoals of fish play amongst the majestic narwhals.

RAINFOREST

'Dusky Amazon' designed by Frann Preston-Gannon, she brings us on a visit to the lush and exotic Amazon rainforest with its fanciful birds and chattering monkeys.

Deep in the Amazon rainforest the birds come out to play to splish and splash in the river and talk about their day. From the banks, graceful dragonflies hover from flower and hide in the jingle foliage.

TURTLE REEF

'Turtle Reef' designed by Frann Preston-Gannon. These playful prints bring us on an adventure to deep dive into the ocean and see the turtles in the sea dive and dance in swirling seaweed, whilst fish and seahorses twist and twirl and tiny turtles little flippers flutter through the oceans tides.

BUDDING EXPLORERS

A graduate of The Royal College of Art in London, illustrator Christopher Corr's work is about global travel, joy, colour and love of life.

The 'Island Hopping' collection by Christopher Corr enables you to feel the blazing sun in your face as you take a trip around the world; explore the majestic Pink City in India, visit busy downtown New York and island hop around the Mediterranean.

His design 'Island Hopping' showcases a charming Mediterranean village with rambling villas, domed churches, slinky tavern cats and tiny fishing boats bob along on the ocean waves whilst colourful characters laugh and play.

I hope you have found this week's column interesting and that I have given you some inspiration when decorating your child's bedroom or playroom. If you would like to order any samples of fabric or wallpaper pictured here then please get in touch and we will be happy to order some samples to post to you.

Remember if there is a topic that you would like covered drop me a line - info@aspiredesign.ie



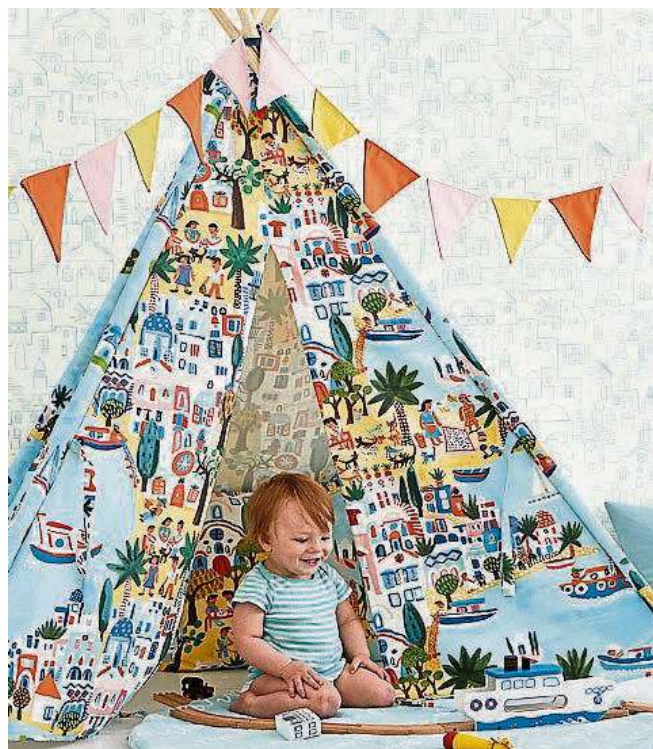
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LIFESTYLE



FILM REVIEW

DERMOTT FERRY

Twitter: @FIZZYFERRY

The film that Donald Trump hated...

THE HUNT



DERMOTT FERRY THIS WEEK REVIEWS A MOVIE WHICH HAS CAUSED A LOT OF CONTROVERSY IN THE US, BUT HE WAS LEFT WONDERING WHAT ALL THE FUSS WAS ABOUT.

They say laughter is the best medicine.

With that in mind, and with the world seemingly in trouble from all angles, this week's new release 'The Hunt', may have just come at the right time.

If entertainment is the most natural escape from the troubles around us, then the new film from director Craig Zobel could just be what the doctor ordered.

Even if it took a while to get here.

Originally scheduled for release last September, The Hunt was put on hold by Universal Pictures after several mass shootings took place in the US, but that was just one of several reasons that the film has caused some upset.

President Trump, among others, protested the film's release full stop. He took to his happy place, Twitter, to label Hollywood and



Betty Gilpin is impressive in the lead role of Crystal.

liberals racist, proclaiming the people behind the movie be held responsible for the chaos it might ensue upon its release.

He's a sensitive soul is our Donald.

Zobel has been keen to play down all this controversy, and now that I have indeed seen the film, having taken in all the scandal and uproar, I'm left feeling, what was all that fuss about?

Sure, there is a clear sense of the left vs the right, and the film has no problem preaching about everything going wrong in the world at the moment, but it will be clear to everyone from the opening frames of the film that it is complete satire, poking fun at sensitive issues, with some knives, guns and explosives thrown in for good measure.

Beginning with a group message conversation in which several people are talking about how much fun it would be to kill 'deplorables for sport', we are then taken to a quite crazy plane journey in which a group of rich folk, taking in the champagne and caviar, are interrupted by an awoken gentleman who is completely rattled by his surroundings, although that's soon to be the least of his worries as he's dispatched with a pen to the neck and stiletto to the eye.

We've all had our rubbish flights obviously, but spare a thought for that bloke.

Violent? Yes, but you ain't seen nothing yet. Because, as it turns out, the destination of that plane journey is to a place called 'The Manor' where the 'rich folk' intend to kill off the other unfortunate souls selected - 'the deplorables.'

You can see where all the political uproar has stemmed from straight away. Yes, the social commentary is there for all to see, but it is done in a thrill a minute ride with enough blood, guts and fury that will please anyone looking for some mindless

The violence is diluted with a script that has no shortage of dark humour.

entertainment. Combine Jordan Peele's brilliant 'Get Out' and add 'The Hunger Games' with an edge, and The Hunt is what you get.

I pretty much enjoyed what happened next - well, most of it.

The pace of the film is frantic; before most of the lambs to the slaughter can even realise what's going on, they are indeed slaughtered - with bullets, arrows, knives - everything but the kitchen sink.

The violence is diluted with a script that has no shortage of dark humour, with one despairing victim's dying words proclaiming 'it's my birthday tomorrow!', before she blows her own head off to shorten her pain.

They'll have to cancel that cake. The best scene in the whole film soon follows in a nearby convenience store, a hilarious sequence in which topics such as gun control and climate change are debated amongst the chaos, and it is here we are introduced to the film's protagonist Crystal, brilliantly played by Betty Gilpin. We learn quite quickly that Crystal is not willing to fall so easily as the others, and she's quite useful with a shotgun herself.

As the mystery unfolds, the kill count and politically incorrect comedy increase tenfold, with every set piece becoming more unexpected and ridiculous as the last.

The film's pace eventually begins to dwindle in the second half, but the performance of Gilpin as the vengeance seeking Crystal does keep the viewer intrigued. In a formula we've seen many times before, there are a few twists and turns to follow before the inevitable showdown between Crystal and leader of the violent pack takes place. Whoever they are.

Unfortunately, this big reveal falls a little flat, and I was left rather disappointed with how this whole crazy event came to pass in the first place.

The introduction of a well-known Hollywood star was seemingly enough for the writers to believe they'd set up a thrilling finale, but I expected more considering such a frenetic build up beforehand.

Despite that, I would be lying if I said I didn't have fun overall.

You may do too, but even if you don't, know that even paying to see The Hunt will have upset wee Donald.

Everyone's a winner.

'The Hunt' is now showing at Brunswick Moviebowl



LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Living in #positiveisolation

LAST week the schools closed, and we were advised to keep our distance and social contacts to a minimum – especially when it comes to children, who are vectors – not displaying symptoms, thus inadvertently possibly spreading the virus to the elderly and vulnerable.

Some started to call it “positive isolation” – and though I never thought those two words would make sense together, it does make sense now and it is the best we can do to support our healthcare workers, allowing them to care for those who need it more efficiently. And if you think about it, isolation can be positive. We just need to change our mindset about it.

After decades of increasing workloads, long hours spent away from home, the never-ending busyness that seems to have



Eva says it's time to keep calm and be proactive

become fashionable – we are now forced to take a step back and really start to take care of ourselves and each other. As it is written in Matthew 6:27; “Who of you by worrying can add a single hour to your life?”. Indeed, worry can weaken our immune system’s ability to fight infections, disturbing our much-needed

restorative sleep and does not solve anything. So, keep calm and be proactive.

There is a new supplement on the market that is perfect for such stressful times as these, making it my number one favourite at the moment - and it recently won the IPU Best Innovative Product of the Year Award: Bio-Kult Migréa. It

contains 14 strains of good bacteria to support your immune system - the only army that can protect you from viruses, and six of these may also reduce anxiety. These are coupled up with Magnesium and Vitamin B6 to calm the nervous system, help you to relax and sleep better.

It is best to load up with immune supporting herbs and healthy foods such as this wonderful soup – and keep positive! This shall too pass...

IMMUNE BOOSTER SOUP

- Good quality chicken legs and wings (with large bones broken)
- 1 tsp. olive oil
- 10 scallions sliced (or 4 small red onions)
- 6 cloves of garlic, crushed
- 1 green or red bell pepper (sweet), diced
- 1/3 cup fresh ginger, minced finely
- 1 brick (1/4 pound) tofu

- 3 cups of bean sprouts
- 1/4 tsp. cumin
- 1/2 tsp. turmeric
- 1/2 tsp. salt
- 2 Tbsp. balsamic vinegar (optional)

Brown the chicken in a little olive oil, then add them to a large pan of water and simmer for four to six hours to make a stock. Sieve the liquid and save the meat.

Sauté the scallions, garlic, and pepper in olive oil – covered, shaking the pot from time to time, until they are softened. Add a splash of water to prevent spoiling the garlic. Add the spices and fry them for a minute, then add three cups of the stock with some chicken meat and the remaining ingredients.

Simmer the soup for at least 20 minutes. Serve it hot and eat small amounts of it frequently. You may also add small amounts of Cayenne pepper if you can tolerate hot spices. There’s nothing better to fight viruses than having a good sweat; spicy food, hot bath, followed by a good night’s sleep.



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Mullins is king of Cheltenham

The king of the Cotswolds, Kilkenny's Willie Mullins, reigned supreme at Cheltenham once more.

The Closutton-based trainer ended the Cheltenham with four winners on Friday, which saw him end the week with a total of seven - enough to be crowned the leading trainer at the Festival for a staggering seventh time.

Mullins is the leading trainer of all time at the Festival with a whopping 72 winners in all. Jockey Paul Townend's haul of five winners was enough to see him crowned the Festival's leading jockey for the first time.

Top of Mullins' winners was Al Boum Photo who landed back-to-back renewals of the Magners Cheltenham Gold Cup with a gutsy display.

The Mrs Marie Donnelly owned eight-year-old battled well under Paul Townend to see off Santini by a neck, with the Rachael Blackmore ridden Monalee a close fourth for trainer Henry De Bromhead.

"That feels just fantastic, it's just been an unbelievable day," said Mullins.

GREAT CHANCE

"I thought Al Boum Photo had a great chance, last year we didn't know what we had with him but this year I always thought it winnable.

"I came here with more confidence and we got his prep just right - but when you win, you're right. We'll do the same again next



The Willie Mullins-trained Al Boum Photo scored a second straight Gold Cup win at Cheltenham

year and maybe we can win it again.

"I can still remember Tuesday and that drive home, sleep wasn't so easy.

"We didn't get much luck on Tuesday and Wednesday but it's all gone right since."

The legendary trainer was loud in his praise for Paul Townend, who guided Al Boum Photo to victory.

"What can I say about Paul Townend?" he said.

"He was under pressure but he does his own thing and probably

rides better when he's under a bit of pressure.

"It's hard to take over from someone like Ruby Walsh, too tough a job is that for anyone. He's stamped his authority on our yard this season and I'm just totally

delighted for him.

SCRUFF OF NECK

"He grabbed that race by the scruff of the neck, I left him alone to do what he wanted to do and he let the horse do it. You only get that when a rider is performing with huge confidence."

Mullins waited until the 14th race of the meeting to register his first win - the Champion Bumper, a race he'd won nine times previously, giving him the winning momentum.

Victories in the Triumph Hurdle, County Hurdle and Albert Bartlett Novices preceded Al Boum Photo's historic back-to-back victory in the Festival's showpiece.

Irish trained horses won six of the seven races on the final day as they stormed to a 17-10 victory in the Prestbury Cup. Over €2.8m of prize money was spread across 54 different Irish owners. They won nine of the 14 grade one races with seven different grade one winning owners.

JP McManus was again the dominant owner, with victories in seven races.

Irish jockeys also shone - Paul Townend and Barry Geraghty had five winners apiece, with Townend landing the Ruby Walsh Trophy as the Festival's top jockey.

In fact, the top five jockeys were all Irish - Davy Russell, Rachael Blackmore and Gavin Sheehan were next in the rankings.

Clubs play part to help communities

JOHN KNOX

john.knox@iconicnews.ie

Concerned Kilkenny GAA clubs are planning to ramp up efforts within their community areas to help people during the coronavirus pandemic.

City clubs O'Loughlin Gaels, Dicksboro and James Stephens are holding a joint meeting this evening (Wednesday) to explore a co-ordinated approach to 'the help our community' effort during the current crisis.

ASSISTANCE

And at least two rural clubs, Graigue-Ballycallan and the Rower-Inistioge, have schemes in motion whereby they respond to calls from people who may need assistance.

"Social distancing is the opposite to what Irish people like to do, but the rules are different now," suggested Graigue-Ballycallan chairman, David O'Neill, when he confirmed the club

has already responded to calls for help from people.

"We will follow the HSE guidelines all the way," added Mr O'Neill, who said the club had set up a group of volunteers who would assist people unable to get things for themselves.

He added that in a worst case scenario the club would be there to help if a family or carer was forced into self isolation.

"We will do our best to be the back-up for people in the area who need help," he insisted.

VOLUNTEERS

The Rower-Inistioge and the local Community Council have put together a joint group of volunteers. They have a Helpline (089-4525740) set up which people can call if they need shopping, medicines collected from the chemist or whatever. The phone line will be manned from 8am to 11pm.

The three city clubs are meeting with a Community

Garda in the O'Loughlin Gaels clubrooms this evening to explore the possibility of working as a team to help people in need.

"This is not about one club trying to be better than the other. This is about helping people," said O'Loughlin's chairman, Johnny Holohan.

His sentiments were echoed by Dicksboro chairman, Eddie Holohan, and James Stephens chairman, Paddy Neary.

HELP

"This is an opportunity for the club to help the community who help and support us week in and week out," Mr Holohan added.

On Monday, O'Loughlin's listed 25 people, plus their mobile phone numbers, who had offered to act as volunteers. By Tuesday evening that list had increased to over 50.

The mobile number of Graigue-Ballycallan chairman, David O'Neill is 086-0234350, if people need support from the club.

Golf will go on!

Callan golf club have updated their protocol on Covid-19 for members and guests when they are at the course and in the clubhouse. The update was agreed after management had time to assess the previous protocols and their effectiveness in safeguarding people.

Club management put together the guidelines below which must be adhered to by everyone. The message might be of interest to members of other golf clubs.

1 When entering the clubhouse, the first thing for people to do is wash their hands. They should also wash their hands before leaving the clubhouse.

2 During competition days all monies will be taken in the shop. The club recommended that this be by Credit Card or Debit card. Understanding that not everyone can pay in this manner, the Callan club will provide an envelope for people to put their competition money in, which they can then place in a box in the shop.

3 Logging into all competitions will be done in

the shop by whoever is on duty on the day. The idea is to have as few people as possible touching devices in the clubhouse.

4 After competitions the entering of scores will also be done in the shop. Players should bring back their card and call the scores out to the person on duty and then place the card in the score-box. This may change as the situation is assessed.

5 While on the course the club believes one person in a group should take the scorecards (no one else to touch them) and do the scoring and also sign all the cards. Again, this is to mitigate the risk of cross infection.

This may not be strictly in line with GUI or R&A rules of Golf, but the club believes safety is more important.

6 It has been decided that the flagpole be left in from now on, until the Covid-19 outbreak has been sorted. Also, when retrieving the ball after putting, members should use their gloved hand with the glove on to retrieve the ball.

7 For anyone using the toilets on the course, they should wash their hands

when entering the toilet and also before leaving it. If they notice the soap or hand towels have run out in any of the toilets they should text, phone in or e-mail that information to the clubhouse 056-7725136.

8 First and foremost the club asked everyone that while at the club they keep the recommended (two metres) distance from each other.

9 Any member who has returned from abroad recently should not attend the club until 14 days after returning.

10 The Lotto Committee have decided to suspend the weekly Lotto draw for the safety of the hard-working volunteer sellers.

The club added that while these measures may seem a little extreme, and under normal circumstances they probably would be, it was pointed out these are not normal times.

"Please adhere to these few basic actions and it will hopefully make us all a little safer and mean we can continue a semblance of normality and have some enjoyment in this worrying time," the statement added.

OUT & ABOUT



Laoise Holland and Lucy Buckley, Loreto Secondary School, are presented with the Eddie Gray Memorial Cup by Peter Stobart (Adjudicator, Kilkenny Music Festival)



Ruairi Ó Casaide with his family after winning the Corn Uí Dhubhluachra Cup

KILKENNY MUSIC FESTIVAL WINNERS HIT THE RIGHT NOTE!

Pictures: VICKY COMERFORD



The choir from Castlecomer Community School



Sophie Cahill (an t-amhránaí óg Perpetual Cup winner)



Alize Comerford (Alize's School of Singing) with students Ali Fitzpatrick, Enya Cox, Ruby Millea and Isla Murphy



Roisin Collins, winner of the Senior Girls' Vocal Solo, celebrates with family members



Enjoying the Kilkenny Music Festival were Amelia, Theresa and Owen Flanagan



Presentation Secondary School, winners of the Senior Choir chamber competition, show off the Fr Donal Kelly Cup



The choir from St Kieran's College



Students from the Kilkenny College choir with their teacher Mr Thiede