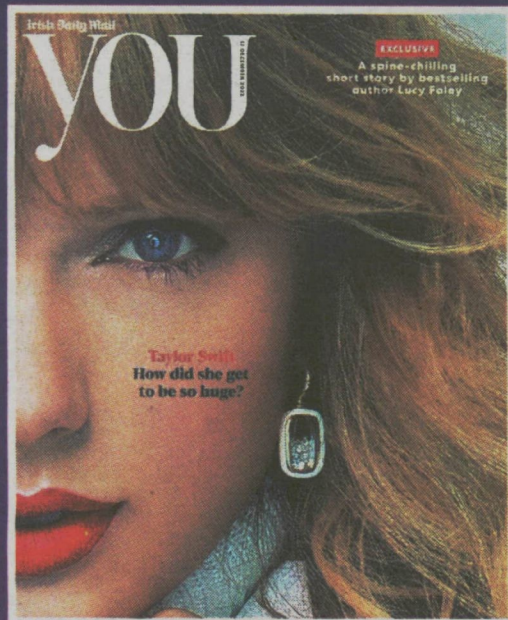


**GET TWO  
BRILLIANT  
MAGAZINES  
THIS WEEKEND**

**ON SATURDAY**



**TAYLOR SWIFT**  
HOW DID SHE GET SO HUGE?  
Irish Daily Mail

**ON SUNDAY**



**YOUR COMPLETE  
GUIDE TO  
CHRISTMAS TV  
BUMPER LISTINGS**  
The IRISH Mail  
ON SUNDAY



# POWER'S

## Do hardy folk really need these weather warnings? Yes, they do

**S**TATUS Yellow warnings, Status Orange warnings, endless hints and tips on how to keep warm during the cold snap – really, can't we just trust people to stick their heads out the door to decide if it's too bad to venture out? Do we really need to be told to fill a hot water bottle or put an extra sweater on if it's cold indoors?

That, at least, was the gist of much scornful chatter on social media over the past few days, as the first icy spell of the winter began to bite. And why all this infantilising of elderly people in particular? They're tough cookies who've lived through many a harsh winter in their day without all the mollicoddling that their children and grandchildren seem to need just to handle a few days of heavy frost.

Some of the older folk, for example, will remember the notorious winter of 1947, when 20ft snowdrifts entombed the country from mid-January until mid-March. My own father tells of leaping out of bed, in delighted disbelief, at the sound of raindrops pattering on the roof to finally herald an end of the permafrost... on St Patrick's Day that year. Back then, very few homes had central heating, nobody had fleeces, electric heaters, insulated attics, double-glazing or down-filled winter jackets, nor did they have Status Orange warnings to tell them that things were grim.

Then there was the big freeze of January 1982, when impassable roads meant basic staples ran short, leading to 'bread riots' in Dublin. Entire communities in the southeast were cut off for days by snowdrifts, and a temperature of -19.6C was recorded at Glasnevin in mid-January.

A Met Eireann report on the prolonged snow of 12 years ago simply notes an 'extreme cold spell' – no coloured statuses required – in November and December of 2010, when the lowest recorded temperature was -17.5C in Mayo.

Is it possible, then, that there's great catastrophising and exaggerating of the effects of a bit of harsh weather, especially on those canny, hardy older folk?

Well, not according to Dr Colm Byrne, a consultant geriatrician at the Mater Hospital. He has seen 'very sad cases' of elderly people being hospitalised with hypothermia because they're not heating their homes.

The big difference between this and previous cold spells is that this one coincides with an unprecedented surge in the price of energy, along with a general cost-of-living crisis, and as it's coming up to Christmas, seasonal outgoings are adding to pressure on already squeezed household budgets.

The cost-of-living lump sum and the increased fuel allowances won't have gone far in the face of energy costs that look set to double before the price hikes peak, and that means some of the most vulnerable people are genuinely making choices between heating their homes, buying basic foodstuffs, and paying for essential medication.

And while the advice is well-intentioned, it's easy for charities to tell older people to put on the heating when they need it so as to stay warm and safe during this time, and not to worry about their bills for the moment.

While there are indeed plenty of organisations ready to help those older folk who seek help with their bills, many will still balk at the idea of asking a charity for assistance.

Every now and then, tragic stories emerge of older people found dead at home, perhaps

months or even years after they were last seen, because they had discouraged contact from relatives, neighbours or social workers for reasons of pride or privacy.

For a generation brought up

**'Older people need special consideration in the cold'**

to dread debt and to be self-sufficient, admitting they can't pay an electricity bill or haven't the price of a hot meal can be a step too far – even if their lives depend on it.

The new system of weather alerts may seem a bit over the top, but in fact older people in particular do need special consideration in this weather. They are slow to ask for help, they suffer the cold much more acutely than they did in those harsh winters of their younger days, and we are not good at taking care of our elderly in severe winters.

According to Age Action, we've had a history of excess winter mortality among our elderly population for more than 30 years now.

That level of winter deaths doesn't happen in other countries, but we've normalised it here. In other words, we're prepared to accept that a certain number of old people will die of cold and want each winter.

If all those cautions, helpful hints and weather warnings save even one vulnerable life, then they're worthwhile.



### A ROYAL CASE OF MASS DELUSION

**T**HERE'S a great Dublin phrase to describe someone who'll talk any amount of fanciful nonsense with zero regard for the truth – 'He'd say Mass'. At this stage I reckon Prince Harry and Meghan Markle, left, wouldn't just say Mass, they'd celebrate the Easter ceremonies from the balcony in St Peter's Square without turning a hair. The yarns they're coming out with are getting crazier, more paranoid and more vicious by the minute. In the second

part of their documentary, they claim the media caused Meghan to miscarry, William 'screamed' at Harry during crisis talks, and the royals treated Meghan like some sort of poisonous sea creature swimming into their midst. Oh, and their £32million wedding (which Meghan dictated, down to the colour of the flower girls' tights) was never their idea, and their quarters in Kensington Palace was basically a cramped hovel. To quote Fr Dougal McGuire, that's mad, Ted.

By **Phillip Quinn**  
and **Helen Bruce**

GOLF star Leona Maguire has revealed she would never have played golf professionally if it had not been for the 'vision' of controversial businessman Seán Quinn. Ms Maguire is back home in Ballyconnell, Co. Cavan, after a stellar year in which she won on the LPGA Tour for the first time, rose to 11th in the world and banked her biggest cheque of \$550,000.

"To be perfectly honest, if it wasn't for the Slieve Russell [golf course] and the vision of Seán Quinn, both myself and Lisa probably wouldn't be playing golf," the former world number-one amateur said.

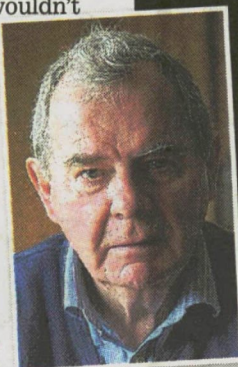
Maguire's twin sister Lisa was also a professional golfer, before her retirement in 2019.

Ballyconnell resident and former billionaire Mr Quinn remains a divisive figure. Gardai are reportedly combing the recent RTE documentary Quinn Country as they continue to search for the paymaster behind a campaign of violence against directors of former Quinn firms.

Ms Maguire said she was aware of the Quinn family's ability to polarise people, but said she remains grateful for his golfing vision and what he did for the locality.

"People have their opinions, but where I'm from, you saw on the documentary that the lights went out in the mountain," she said.

"He had the foresight to build the Slieve Russell Hotel. There's an 18-hole golf course there. There's a par-



# Leona: I would not be where I am today without the vision of Seán Quinn

three golf course there. That's where me and Lisa spent countless hours, on the par-three course.

"We couldn't join until we were 12. He was pretty firm on that. That probably added a bit of extra motivation as well," she said.

Mr Quinn continues to maintain that it's 'beyond comprehension' that his friends, neighbours and staff would blame him over the abduction and torture of former Quinn director Kevin Lunney.

**GOLF'S FORCE OF NATURE**

SEE SPORT



Grateful: Golfer Leona Maguire and, left, businessman Seán Quinn

# Pauw denies allegation of 'misconduct'

## Report slams Ireland coach

REPUBLIC of Ireland soccer manager Vera Pauw has denied that her treatment of women players in America amounted to 'misconduct' and that in one alleged case it triggered an eating disorder.

Ms Pauw was named among several managers and coaches in a report by the US National Women's Soccer League (NWSL) that found alleged misconduct.

The investigation unit received reports of alleged misconduct at 'more than half' of the NWSL clubs during the 14-month inquiry.

The report claimed Pauw, who was in charge at Houston Dash in 2018 before moving to the Irish team in 2019, 'shamed players for their weight and attempted to exert excessive control over their eating habits'.

Pauw had been described by players as a 'power freak', prone to 'outbursts' of 'emotional yelling' in which she would 'get up in a frenzy'.

The report stated: 'Players credibly reported that Pauw criticised players for their appearance - for example, saying that some players were "too big" while praising other players for losing weight, with no apparent correlation to performance or health. Pauw appeared to want to control

By **Helen Bruce**

and micromanage players' diets and exercise regimens even when her weight-loss directives were inconsistent with sports medicine best practices.' Players reported that Pauw's comments affected a player struggling with an eating disorder.

The report noted: 'Pauw appeared for an interview with the Joint Investigative Team, but refused to cooperate. She provided a written denial of what she suspected were the allegations against her, including a statement that she has never remarked on the appearance of a player or kept track of players' weight. She claimed that players had called themselves "bulky."'

Houston Dash said: 'We apologise to players, present and former.'

The FAI said in a statement yesterday: 'Neither the FAI or Vera had sight of this report before it was published and we note that Vera has already expressed her views to the authors of the report.'

It added: 'The FAI continues to support Vera and her team.'

[helen.bruce@dailymail.ie](mailto:helen.bruce@dailymail.ie)

**FAI STANDING BY MANAGER**

SEE SPORT



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We know people with hearing loss are often excluded from conversations and can feel 'left out in the cold'. This year, we're conscious that rising costs will prevent people from seeking treatment for hearing loss, and many households will be colder than usual. That's why Hidden Hearing is giving 'The Gift of Hearing and Heating' this Christmas. One deserving recipient will win €1,000 towards their home heating bills.

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SPORTS DIGEST

Frost's fitness race for Christmas showpiece

TRAINER Paul Nicholls is confident Bryony Frost will be fit to take the ride on Frodon in the Ladbrokes King George VI Chase at Kempton on December 26 after a warm-up next week.

Frost has been out since breaking her collar bone in a crashing fall at Bangor on November 26.

Nicholls said: 'She has to have some tests on Monday but I've told her next Wednesday she could ride Country Lady, who is Frodon's sister and is going to make her debut in the Bumper at Lingfield. That will get her ready for Boxing Day.'

'She has not stood still. She's done some swimming and running but I would like to see her riding out for a week before.'

Should Frost (right) not pass her



By MARCUS TOWNEND

fitness test, Lorcan Williams will stand in on Frodon, who won the 2020 King George before finishing fourth last year.

Nicholls, who will have three runners in a race he is trying to win for the 13th time, confirmed stable jockey Harry Cobden would ride Bravemansgame with Sam Twiston-Davies on Hitman.

Nicholls added: 'Harry has won a Grade One on Bravemansgame and is very happy to be on him. We've had a great preparation with him.'

'He wasn't fully wound up when he won the Charlie Hall Chase at Wetherby, but we have done a lot with him since because we want him ready to run for his life. We had a few issues with him last season but are learning about him all the time.'

'It is probably his biggest test yet, but if he were to win the King George, I suspect we'd then go straight to the Cheltenham Gold Cup.'

'Hitman is rated only 4lb behind Bravemansgame, which is not a lot. He's only six and has achieved a lot for a young horse. Three miles will bring out plenty of improvement in him. He is the finished article now and will give Sam a fantastic ride. He won't be far off Bravemansgame.'

Racing fans must survive on a diet of all-weather Flat racing until Monday after all this week's remaining jumps fixtures were abandoned.

Saturday's Ascot meeting was due to feature the Grade One Long Walk Hurdle, which has now been added to the Boxing Day programme at Kempton.

SOUTHWELL SSR 1.25 - BETUK'S ACCA CLUB 5 FREE BET APPRENTICE HANDICAP (6) £7,500 added (£3,726) 6f 16yds (12) 1 (6) 106342 BLACKJACK 15 (B) (D2) A Brown 5-9-11 Ryan Sexton

ROBIN GOODFELLOW 1.25 Ustath 2.00 Ok Pal 2.35 Pockley 3.10 Zealot 3.45 Blazeon Five 4.25 BOBBY JOE LEG (nap) 4.55 Martin's Brig (nb) 5.25 Back From Dubai

KEMPTON RTV 5.15 - APPRENTICE HANDICAP (5) £8,000 added (£3,996) 1m 3f 219yds (9) 101 (4) 124 DUNDY 71 (BF) J G O'Shea 6-10-22 Gina Mangan

ROBIN GOODFELLOW 5.15 Junkanoo 5.45 Hadrianus 6.15 Blue Curacao 6.45 Sapphire Seas 7.15 Top Secret 7.45 Aramis Grey 8.15 Sense Of Security

2.00 - IT'S TIME TO TURN TO TALKSPORT NURSERY (6) (2-Y-O) £7,500 added (£3,726) 6f 16yds (14) 1 (8) 886 DREAM MISSION 20 A Watson 9-9-11 L Morris

3.45 - HUGE DAILY BOOSTS ONLY AT BETUK HANDICAP (4) £10,800 added (£5,580) 2m 2f 98yds (6) 1 (2) 111570 MUKHA MAGIC 69 (BT) (C3) G Kelleway 6-10-22 C Howarth (5)

5.45 - MAIDEN STAKES (4) (2-Y-O) £9,900 added (£5,346) 1m 3f 219yds (14) 201 (10) BALBOA J Osborne 9-7 S Osborne

7.15 - HANDICAP (3) £15,000 added (£7,731) 1m (10) 502 (9) 1-44 NAVAL COMMANDER 46 (CD2) R Brisland 5-9-11 C Fallon

2.35 - BETUK OVER 40,000 LIVE STREAMED RACES HANDICAP (4) £10,800 added (£5,580) 4f 214yds (10) 1 (3) 044466 STONE OF DESTINY 10 (D2) M Appleby 7-9-10 Jason Watson

4.25 - SPREADEX SPORTS GET 50 IN BONUSES HANDICAP (5) £9,000 added (£4,536) 7f 14yds (14) 1 (11) 4765-15 LETMELIVEMYSELF 126 (D2) S Curran 4-9-9 A Kirby

6.15 - NURSERY (6) (2-Y-O) £6,000 added (£2,916) 1m (14) 301 (12) 457 BERWICK LAW 20 (P) C & M Johnson 9-11 F Norton

8.15 - HANDICAP (6) £6,000 added (£2,916) 7f (12) 1 (1) LL4 JOHN THE BAPTIST 2 (BHT) (D) M Appleby 3-9-9 F Larson (3)

3.10 - SPREADEX SPORTS LIVE UK RACING STREAMING HANDICAP (6) £7,500 added (£3,726) 1m 13yds (14) 1 (8) 326433 PERFECT SWISS 14 (C&D) Macey 6-9-10 D Allan

5.25 - SPREADEX SPORTS INJURY TIME LOSER INSURANCE HANDICAP (DIV 2) (6) £7,500 added (£3,726) 7f 14yds (14) (9) 241762 DIVINE CONNECTION 18 (B) (D2) Craig Lidster 5-9-10 O McSweeney (5)

6.45 - MAIDEN FILLIES' STAKES (5) (2-Y-O) £6,800 added (£3,672) 1m (14) 401 (4) ALBANY R Beckett 9-2 H Crouch

8.45 - HANDICAP (6) £6,000 added (£2,916) 7f (12) 1 (1) LL4 JOHN THE BAPTIST 2 (BHT) (D) M Appleby 3-9-9 F Larson (3)

TRACK FACTS: PRINCIPAL MEETING. L-H Tapeta course. GOING: Standard to slow. STALLS: 5f centre; remainder inside.

SOUTHWELL 2.03 - BROWNLEE (L Edmunds) 5-1 1: Sugar Hill Babe 80-1 2: Girlswannahavefun 28-1 3: 10 ran. (D & N Barron). 1/4, 1/2. Tote: 6.70; 2.00, 13.80, 5.00. Ex: 242.70; Tc: 9806.95. Tf: 5972.80. CSF: 353.52.

RACING RESULTS Tf: 733.00. CSF: 20.15. 3.33 - SEPTEMBER POWER (D Allan) 5-1 1: Got Bright 33-1 2: Tiger Spirit 50-1 3: 9 ran. (M Wigham). 3/4, 1. Tote: 6.00; 1.90, 5.80, 6.90. Ex: 123.80. Tc: 7218.10. Tf: 1539.20. CSF: 156.50. NRs: Kitten's Dream, Reset Butten, Sociologist.

Aberama Gold. 11-4 (2nd Fav) 3.5 ran. (M Appleby), nk, 2/4. Tote: 6.00; 2.50, 1.10. Ex: 12.20. Tf: 20.80. CSF: 11.12. NR: Bellagio Man. 5.05 - POLITICS (Jason Watson) 6-5F 1: Triggered 10-1 2: Claim The Stars 9-1 3: 12 ran. (M Appleby). 1/4, 1/2. Tote: 2.20; 1.10, 3.30, 2.50. Ex: 17.40. Tc: 85.56. Tf: 118.70. CSF: 14.83. NRs: Dark Shot, East Street Revue.

NICKY HENDERSON says Constitution Hill may go straight to Cheltenham for the Champion Hurdle following his run in the Ladbrokes Christmas Hurdle at Kempton on Boxing Day.

HOTSPOTS WORK WHISPER KRAKEN FLORIDA (Southwell, 4.55) WEIGHTING GAME THAAYER (Southwell, 5.25) Down 11lb from last winning mark. BURN FINGERS SURPRISE PICTURE (Southwell, 4.25) CAPTAIN HEATH TRIO CROCODILE POWER (nap) (Southwell, 3.10) NOBLE ORDER (nb) (Kempton, 7.15) MOSS GILL (Kempton, 7.45)

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