

VIP

4-5: Noel Gallagher: “Us rockstars watch X Factor too”

That’s hardly rock n roll – but we like it! A one-to-one with music’s Mr Nice Guy.

Real Life

6-11: Cover story: Holding onto Hope

When you’re feeling as flat as a burst balloon can hope really help you cope?

12-13: One Smart Sole

Look out Jimmy Choo! This girl has turned a simple fashion fixer into a successful global business.

14-15: You’re Hired!

Signing up as an apprentice could be the answer in this gloomy economic climate of ours. Here’s all you need to know...

16-17: Home-grown heroes

We all have role models, but how many of them hail from our very own Ireland?

18-19: “What Christmas Means To Me”

Fifth year student Clara Hurley shares her magical moments with you.

20-21: How to train your parents

Want to know the secrets to achieving a decent relationship with your mum and dad? Read on...

22-23: The secret formula to feeling sexy

How to embrace your ‘inner sexy’ without getting physical.

24-25: Into the big unknown

Choosing the college course that’s right for you. Plus, some handy advice for when you get there.

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Learn about Trócaire’s efforts to help Kenyan farmers survive the devastating drought which has left millions at death’s door.

28-29: Spells, sacrifice and secrecy

Uncovering the barbaric rituals linked to the mutilation and murder of Ugandan children.

VIP

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Love ‘em or hate ‘em, One Direction have been heading straight for the top since their X Factor days. The lads talk romance and rivalry.

Radar

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This issue Conor tackles Batman’s nemesis and checks out Apple’s latest juicy treat.

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How to be a savvy secret Santa when you hit the shops.

Spirit & Soul

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This issue: It’s a matter of life or death.

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Got a feeling there’s more to Christmas than turkey, tinsel and all the trimmings? Here’s how to make it feel special.

Mind & Body

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This issue, how to stop colds and flus ruining your social life!

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Your anxieties sorted, your fears fixed.

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This Christmas you’ll be looking well reem with Bridget’s fashion sense.

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Why you should be filling folders not stockings right now.

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Damian’s extra-curricular college activities are testing him to the limit.

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Inspiring thoughts and rib-tickling remarks.

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Keep your letters and emails coming in.



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It’s easy to get self-absorbed, and especially so at Christmas. We think about the gifts we hope to get, the parties we hope to attend, the holidays and the celebrations we want to be part of. We look forward to all the good times. Even if we know that Christmas this year may not be as good as in times past, because there is less money around, we can be just as self-absorbed. We may feel sorry for ourselves, disappointed that the gifts we receive won’t be as many or as expensive as before; that there won’t be the same opportunities to party, or maybe even to go away on holiday. We can feel cheated, and envy those who are better off than us. That’s why it’s always good to have a little perspective. And Christmas is a good time to have that. No matter how bad we think our situation is, we always need to remember that there are others far worse off than we are. At least we know there is no risk of famine in this country – unlike in East Africa where thousands are starving due to drought. Check page 26 to see how Trocaire is helping those affected. And at least we don’t have to worry that one of our younger siblings will become a victim of child sacrifice – unlike in Uganda where that horrible practice is getting more popular. See our story on page 28. So, no matter what kind of Christmas you expect to have this year, make sure to count your blessings. Focus on all the good reasons you have to celebrate, the many blessings you have received, the gift of life and love you can take for granted, and thank God for them. After all, that’s what this season is really all about. Happy Christmas and New Year.

GERRY

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