

Irish Examiner Tomorrow

**Portraits
by the artist
Lucian Freud
at the Irish
Museum of
Modern Art
Arts**



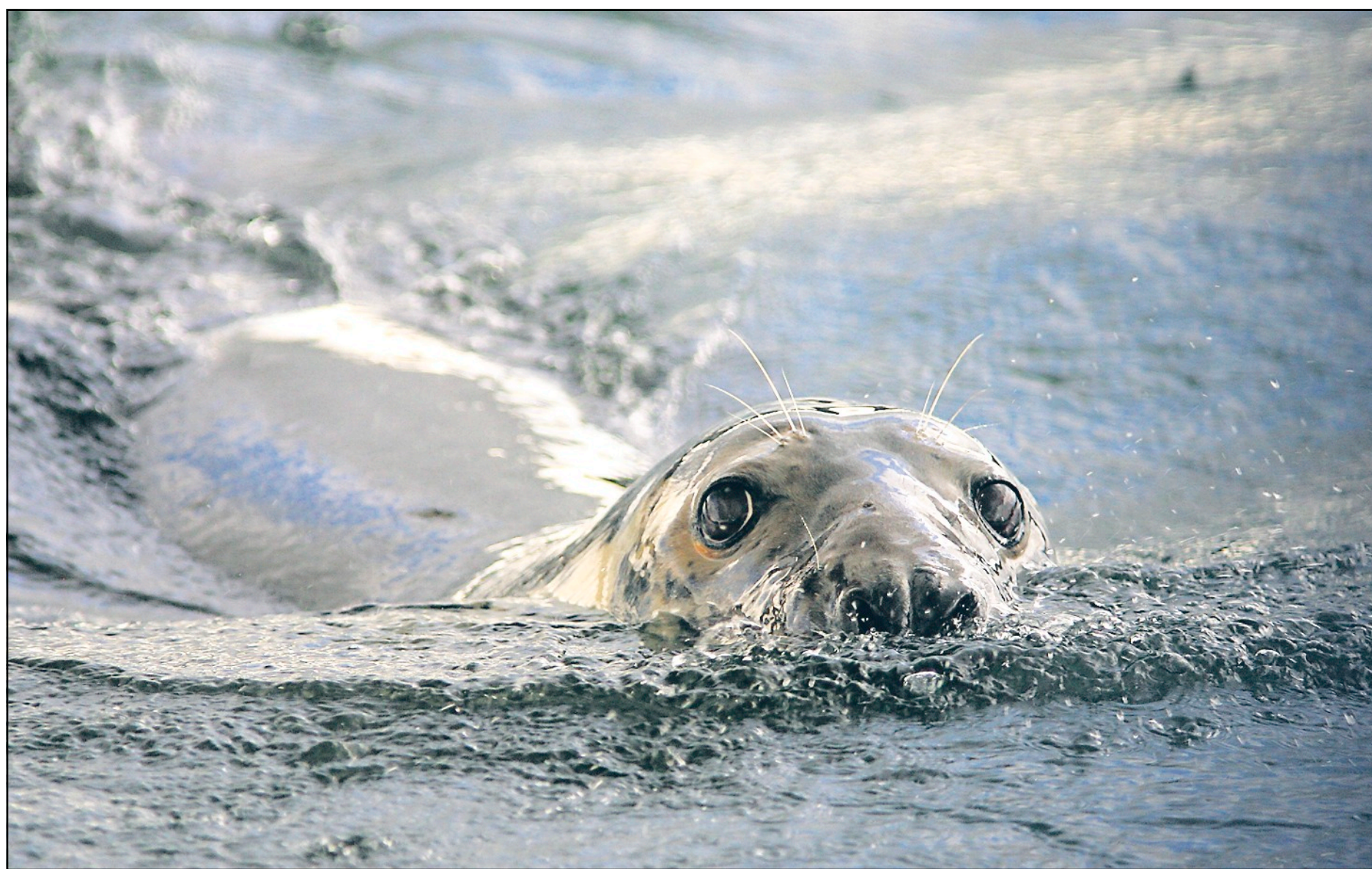
**Better
than sex
Would women
really prefer to
curl up
with a
good
book or
a bar of
chocolate?
Features**



**Kelly's call
Former GAA
president
Sean Kelly on
the growing
disciplinary
concerns facing
the association
Sport**



**Angry fans
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Sport**



SEAL OF APPROVAL: A harbour seal, named Charlie by local fishermen, swims into Kinsale harbour in a picture titled Making Waves, part of Sheena Jolley's Spirit of Freedom exhibition, which opens at the Vision Centre at St Peter's, North Main Street, Cork, tomorrow.

Picture: Sheena Jolley

By the way, while you were sleeping...

POLAND: A 65-year-old railwayman who fell into a coma following an accident in communist Poland regained consciousness 19 years later to find democracy and a market economy, Polish media reported on Saturday.

Wheelchair-bound Jan Grzebski, whom doctors had given only two or three years to live following his 1988 accident, credited his caring wife Gertruda with his revival.

"It was Gertruda that saved me, and I'll never forget it," Grzebski told news channel TVN24.

"When I went into a coma there was only tea and vinegar in the shops, meat was rationed and huge petrol queues were everywhere," Grzebski told TVN24, describing his recollections of the communist system's economic collapse.

"Now I see people on the streets with cell phones and there are so many goods in the shops it makes my head spin."

Grzebski awoke to find his four children had all married and pro-

duced 11 grandchildren during his years in hospital.

He said he vaguely recalled the family gatherings he was taken to while in a coma and his wife and children trying to communicate with him.

CANADA: People eat more when they are glued to the television, and the more entertaining the programme, the more they eat, according to research presented on Saturday.

It seems that distracted brains do not notice what the mouth is doing, said Dr Alan Hirsch, neurological director of the Smell and Taste Treatment and Research Foundation in Chicago.

Hirsch explored the impact of smell, taste and eating behaviours while watching TV by measuring consumption of crisps.

"If you can concentrate on how the food tastes you'll eat less because you'll feel full faster," Hirsch said in an interview at the Endocrine Society's annual meeting in Toronto.



"So if that's the case, let's look at the opposite. What if you're distracted? If you're distracted, in theory, then you'd eat more."

Many studies have linked obesity to watching television and that link is likely due to inactivity, said Hirsch. But perhaps entertaining shows are also contributing.

"If you want to lose weight, turn off the television or watch something boring," he said.

USA: A California man smashed the world record for hot dog eating at a contest on Saturday, gobbling up more than 59 franks in 12 minutes.

Joey Chestnut, 23, of San Jose, broke the record held by Takeru Kobayashi of Japan by downing 59-and-a-half HDBs — hot dogs and buns — during the Southwest Regional Hot Dog Eating Championship at the Arizona Mills Mall.

The old record was 53.

"These guys' numbers have just been going up at a tremendous clip," said Nerz. "I always thought there was a limit — a limit to the human stomach and a limit to human willpower — but I guess not," said George Costos, who helps runs the regional contests for Nathan's.

Chestnut won a free trip to New York, a year's supply of hot dogs and a \$250 (€185) gift card to the mall.

BRITAIN: A motoring organisation has come up with a novel way of curing child car sickness and ensuring smoother driving.

The answer is to fill an empty fruit bowl with water and place it in the boot of the vehicle, according to GEM Motoring Assist (formerly the Guild of Experienced Motorists).

The idea has come from driving instructor and GEM member Audrey Wixon who claims it can lead to a 15% reduction in fuel consumption.

It is a method she has used to help her pupils who drive erratically, tear off at speed, change gear jerkily, and brake late and heavily.

She said: "You fill the fruit bowl with water, place it in a plastic container to cope with any spillage, pop it in the boot and then drive in a smooth progressive manner in an attempt to spill the minimum amount of water."

GEM Motoring Assist chief executive David Williams said: "We can all allow our driving to become a little raw at times, particularly when stressed, so perhaps a fruit bowl in the boot should come as standard equipment in every car to calm our driving down and make us safer."

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Feeding snoring pigs is a tiresome task

IN my vague, urban way, I'd always imagined that all animals got up at dawn. I mean, that's when the birds start, right?

Well, we have finally acquired two piglets, and it turns out this is just another ignorant townie assumption. In fact, I think I have discovered the origin of the expression "lazy pig".

I never knew animals could be so lethargic. When I went up to the paddock in the drizzle at 8am this morning with my one-year-old son Benjamin, the boys were nestled together, totally crashed out in their snug, straw-filled shelter. I rattled their breakfast nuts as noisily as I could to wake them up, and suddenly, 20 years later, realised why my Mum always used to vacuum outside my room at 11am.

We have named the pigs Number One and Number Two in an attempt to preserve some emotional distance between us and our sausages — as you can probably guess this isn't working. This morning, Number Two glowered at me with undisguised contempt and irritation. I have no doubt that if he was able to talk, he would have asked me what the feckin' rush was, and would I please keep the noise down, before crashing out again. He buried his head a little further under the straw, and a little deeper in his brother's belly, the porcine equivalent of clamping a pillow over your head.

At 10am, we went up to try again. I peeked into the shelter. The lads were still asleep, still half-buried under the straw. They were vibrating gently and actually snoring a little bit. I was worried. I rang John for advice. Was this normal? "They're like teenagers," he said. "Sometimes you have to kick them out of bed to give them their breakfast."

Emboldened I reached into the shelter and gave Number Two a little scratch. He woke up, gave a noise halfway be-



Tom Sykes

The Last Word

tween a grunt and a squeal, and then charged out of the shelter through my legs. I jumped, totally panicked, and tried to step back out of the way, narrowly avoiding tripping over their trough. I made it back over the electric fence in time to see him trot round the back of the shelter, shoot me another of those looks, and go back in the same way he had come out.

Being outwitted by livestock is not the most pleasant of experiences. It was all the more galling as my son witnessed my humiliation. He looked at me with confused disappointment. A pair of pigs had just given the lie to notions of his father's invincibility. Already the scales are falling from his eyes, I thought sadly, as a disgruntled grunt echoed out of the shelter and the pigs went back to sleep.

Tomorrow, I think we'd better try brunch.

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