

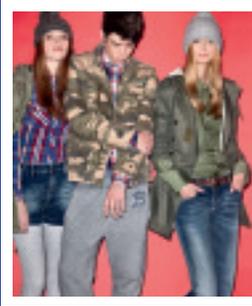
Tommy Hilfiger Fall/Winter 2011 MENS AND WOMENS COLLECTION

The Fall/Winter 2011 Hilfiger Denim collection draws inspiration from a group of college kids who venture outdoors to explore the American wilderness and the discoveries they make along the way. In the first of these adventures, Lakeside, our college kids are camping, laughing around the fire and building a raft for waterborne adventures. With layering and mixed textures key, the fashion group is all about dressing for protection – and being ready for action. As Fall turns to Winter, In the Woods introduces heavier weights – in the shape of down jackets and utilitarian wool coats – plush fabrics and warm colors. While leather trims and fastenings nod to authentic Americana, handcrafted embroideries, wildlife imagery and nature-inspired art add finishing touches. The Hilfiger Denim Blue Collection continues into Fall/Winter 2011: a celebration of American vintage clothing, combining authentic details and high-end fabrics. Reflecting the roots of the brand, key pieces are influenced by heritage styles and classic Americana: leather details, buttons and fastenings add authenticity. With rich colors and high-end fabrics, intricate wash techniques are applied. A selection of complementary pieces is also offered in Blue Essentials. These must have items come in modern silhouettes and fabrics. Easily layered, they form the building blocks of a cool,



casual wardrobe.
THE FOOTWEAR COLLECTION
The Fall/Winter 2011 Footwear collection combines washed leather and waxed suede in a palette of gray and muted tonal colors which include taupe and sand. Pops of passion red and bottle green add fresh character. Sneakers and boots are reinterpreted in rich, winter leather with a dip-dye finish. Biker boots – including a re-interpreted lace-up – are washed and waxed for men and in bright patent colors for women. Bringing iconic American styling to the fore, cowboy boots range from the classic boot to an updated, stylish sneaker version.

Finally, a cowboy-inspired studded range adds a modern western feel.
For more information on the brand or to see more of this season's collection, call into Tommy Hilfiger, Barronstrand Street, Waterford.



READER COMPETITION

The Ideal Home Show 2011 Introducing Ideal Woman

Now in its 15th year at the RDS, Ireland's largest home and lifestyle show, **The Ideal Home Show** takes place this October Bank Holiday Weekend, 28th to 31st with even more quality, value and choice. This year's show promises an even better experience for visitors with new, exclusive areas dedicated to enjoyment and improvement within the home. The Show introduces two new areas dedicated to lifestyle; the Ideal Woman Zone and the Ideal Dinner Parties Zone, each contributing to the needs of homeowners.

Regular popular zones Eco Expo, Extend & Retrofit, DIY & Home Accessories and Furniture & Décor make a welcome return along with the Dulux Free Interior Design Advice Centre, whereby members of the public are invited to bring photos of their home, to avail of free advisory consultations with qualified interior designers from the Institute of Designers in Ireland.

Visitors planning on extending their home or major renovations can visit the Extension Advice Centre where they can avail of free one on one advice from a team of professional Architects from the Royal Institute of the Architects of Ireland.

This will provide the tens of thousands of Irish home owners who attend the event annually, with an opportunity, not only to see the widest range of quality Irish products available but also to learn how they can use them to their best advantage.

The highlight of the Ideal Home Show is always the purpose built Showhouse. This year the Luxaflex® Showhouse will feature products all sourced from Irish companies so visitors can see what can be achieved on a budget while at the same time supporting Irish jobs and the local community. Ireland AM will broadcast from the Luxaflex® Showhouse on Friday, 28th, to

reveal a sneak preview of the house and also some behind the scenes tips from the show.

In addition to the Luxaflex® Showhouse, interior design specialists, Divine Design will be creating two bespoke children's bedrooms for the show, both of which will be given away over the course of the weekend. The unique designs are the result of many years of experience and expertise in home interiors.

Sean Lemass, SDL Exhibitions comments: "Over the years, we've witnessed home-owners requirements change and we've adapted the Ideal Home Show to reflect the desire to learn more about extensions, energy saving techniques, from insulation to solar panels, dining at home and generally investing within the home. As a result, making it Ireland's leading home, interiors and lifestyle show. We're looking forward to another great year."

The Ideal Home Show is Ireland's largest, best known and greatest attended exhibition for home owners. Large scale consumer events continue to draw the crowds and produce business for exhibitors not least because, with over 250 exhibitors competing, visitors know that there is a wide choice of products and great value all under one roof.

Opening hours for the duration of the show are: Friday, 28th October: 2-9.30pm; Saturday, 29th October: 10.30am-6pm; Sunday, 30th October: 10.30am-6pm; Monday, 31st October: 11am to 6pm. Admission Prices are €15 for Adults; Student/OAP €10, and kids go Free! For a limited time visitors can register for Free Friday/Saturday tickets on www.ideal-home.ie. For further information on the Ideal Home Show visit www.idealhome.ie

Lose weight for good and not just for Christmas

It's the lead up to Christmas, the kids are settled back into school and some of you may have already started a diet or exercise program and be doing really well, while others are experts at finding excuses not to start until Monday! Isn't it true that most people (women in particular) know the calorific value of everything they put into their mouth and know the foods that are good and bad for their body? So why are we overweight? At a time when money isn't as available as it used to be, I think that the majority of us would love to fit back into our old clothes.

For the next 10 weeks we will take a look at the mental and emotional blocks that prevent you from achieving and maintaining your ideal weight, we will NOT be looking at diets, food, or products for weight loss, because most people who have tried dieting in the past are still struggling to lose weight. This time you will learn how to change your eating habits for good and not just for Christmas, the wedding or holidays etc, where most diets seem to end after a goal has been achieved. Let's spend the next 10 weeks changing attitudes to food and diet that will have a continued and lasting effect. This week I encourage you to make a start, no pressure! You can begin by considering your favourite type of exercise and slowly ease into it. Find a regular physical activity that you know gives you a buzz, a real feel good factor. Exercise can be fun when you change how you think and feel about it. If the activity costs money, chose one that doesn't (walking for example) until you can save up enough to begin the one that you are passionate about. If you need any more convincing we will be covering the mental blocks to exercise in one of the articles between now and Christmas. I would also like you to take a look at your



daily eating habits, make a food diary and be totally honest with yourself. Write down every bite that you put into your mouth and don't forget the 3 biscuits that you had yesterday. You can't cod a kidder - I've been there done that and worn out the t-shirt. Note also the time and how you felt emotionally before, during and after all food because you are going to get an insight into your emotional eating patterns and I will show you how to change them.

Most overweight people who come into my office are disconnected from their body and only connected to their mind. They eat with their mind and not their body. You cannot successfully lose weight and maintain weight loss if the mind and body are not connected. So let's start reconnecting with your body again, we will look more into this in the coming weeks.

Even making the decision to look after yourself will help you feel so much better about yourself and YOU may be one of the people, who for the first time in years, will take back their power from over-eating as you do something worthwhile for yourself.

YOU are entitled to a little of the time that you spend looking after everyone else every day, to treat yourself with kindness.

Margaret Denmead is an experienced therapist and has helped so many people create change in their life. She is a qualified Clinical Hypnotherapist, N.L.P Master Practitioner, Life Coach and also work with Cognitive Behavioural Therapy. You can contact her on 086 8256204 and check out her website margaretdenmead.com or email mdktherapies@eircom.net for any queries.



FREE Tickets!!!
Waterford Today have 10 pairs of tickets to give away. To be in with a chance simply answer the following question: **Entrance to the Ideal Homes Show for kids cost how much?** Answers on a postcard to Waterford Today.

AUTUMN IDEAL HOME SHOW
Ireland AM
RDS Simonscourt Dublin
28th-31st October 2011