

The Best In Clondalkin

This is a low resolution copy of our first TheBestIn Clondalkin booklet.

We are currently putting together our next Clondalkin booklet to be delivered mid to end of May.

If you would like to add content or advertise in this or a future edition please call or use on-line submission form. Copy deadline for for TheBestIn Clondalkin edition 2 is Monday 27th April 2009

We will be producing booklets for each of our website areas.

Please check that area for details of dates.

If you would like to join our growing sales team please call

Mark 01 9022535



Delivered free to your door twice a year.

The Best In handy sized booklet provides you with easy access to some of the best local businesses and services.

More local information, competitions, events, Local Clubs & Associations on our Web Site.



www.thebestin.ie/clondalkin

The Best In Clondalkin

ACADEMY TUITIONS

Junior Cert & Leaving Cert Classes
 Maths / Accounting / Business Studies
 Commencing Sept 2008
 Highly Experienced Professionally Qualified
 Lecturers with Outstanding Pass Rates
 Numerous A & B Grade Students
 Ask for References
 Classes - Clondalkin (Wed Eve) & Naas (Sat)

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Booklets similar to this will be produced in each area including Lucan, Clondalkin, Swords, Dun Laoghaire, Tallaght, Blanchardstown, North Dublin City and South Dublin city. To advertise or to sponsor a competition in one of our booklets contact the local area representative or call Mark on 01 9022535

Prices from only €75. Special discounts for On-line advertisers

The Best In Clondalkin



J & Co. Garage

€10 discount
 with this Advert

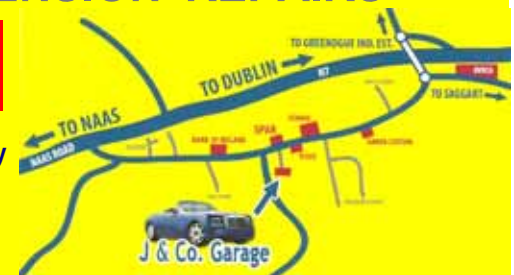
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Unit 1, Rear of CCS House,
 Main Street, Rathcoole, Co.Dublin



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Unit 1 Lough and Key Clondalkin. Tel: 01 4576127



At Hairlough Barbers our 5 qualified barbers specialise in Colouring, Hair Designs and Hot Towel Shaves.

Bookings taken for all special occasions.

Opening Hours

Monday-Wednesday : 9.30am - 6.00pm
 Thursday : 9.30am - 7.30pm
 Friday : 9.30am - 7.30pm
 Saturday : 9.00am - 5.30pm



The Best In Clondalkin

Araic Bookkeeping Services Ltd

Small Business Our Speciality.

Income Tax Returns

C45 Returns

Wages

VAT

Paye / Prsi



79 Esker Park, Lucan, Co.Dublin

Tel 01 6249383 or 01 4124804

Fax: 01 4124811 Email: araic@eircom.net

Win a meal for 2

including a bottle of wine at this popular local hostelry.

Just answer this question.

Where is a great place to go for a drink and a meal open every day of the week and has live entertainment on a Friday and Saturday evening. Is It?

a) Livemans Out b) Deadmans Inn

c) Deadwomans Over

If you think you know the answer go to www.thebestin.ie/clondalkin competition page and enter.

Winner will be contacted directly, and winners name only posted on the web site.

Closing date Sunday 28th September 2008

Useful Telephone Numbers

Civic

Garda Clondalkin 01 6667600
Garda Ronanstown 01 6667700
Passport Office 1850 575859
Clondalkin Leisure Centre 01 4574858
Library 01 4593315

Health

St James Hosp. 01 4103000
Our Lady's Hosp 01 4096100
Dub Doc 01 4545607
Health Clinic 01 6214388
Childline 1800 666666
Samaritians 1850 609090

Repairs

Locksmith 01 6219441
Glazier 01 6241641
Electrician 087 2226285
Plumber 086 3801629
Heating & Boiler 086 4083580
Paint & Decorating 086 3805166
Handyman 087 9750362
ESB Emergency 1850 372999
Gas Leaks Emergency 1850 205050
Tyres 087 7689537

Transport

Digi Taxis 01 6670777
Trains 01 7033504
Luas 1800 300604
Dublin Bus 01 8734222

More numbers and links to websites on-line at www.thebestin.ie/clondalkin

The Best In Clondalkin

Deadmans Inn

Old Lucan Road, Palmerstown, Dublin 20
Tel: 01 626 5466 For Reservation

All functions & Parties catered
Function Room available
Now taking bookings for Christmas parties

Carvery

Monday - Saturday 12.00am - 3.30pm
All day Sunday till 7.00pm

A la Carté

Monday - Saturday
4.00pm - 10.00pm

Early Bird Menu

4.00pm to 7.00pm
Monday to Saturday

2 Early Bird & Bottle of Wine
€45

Four Course Early Bird Menu starters

home made soup of the day
deep fried mushroom with garlic mayo
crispy chicken wings in a sweet chilli sauce
egg mayonnaise with a mixed dressed salad

mains

traditional turkey & ham
stuffing & cranberry sauce
breast of chicken coated in garlic butter
7oz minute steak

served with a creamy pepper sauce
fish of the day - ask server
joint of the day - ask server


all mains served with market vegetables & potatoes or chips

deserts

applepie with vanilla ice cream
baileys cheesecake
banoffee pie
desert of the day - ask server
tea or coffee

€18.50

The Best In Clondalkin



Bloomsday Florist

Rowlagh Village (beside Finches)

Flowers for all occasions


Garden Plants & Ornaments

Plaques for Graves

Signed Mass Cards

Baskets and other Presents for New Baby

Deposits taken



Open
Monday - Saturday
9.30am - 5.30pm
Tel: 01 6239657


Free to enter competition to win a Beautiful Bouquet (value approx €40)

Answer this question. What flower is traditionally given on Valentines day?

a) Daffodil b) Tulip c) Red Rose

If you know the answer go to www.thebestin.ie/clondalkin Select your competition and enter your details.

Rules and conditions on-line, Closing date 28th September 2008



Has your double glazing gone foggy? Dread the cost of having the glass replaced?

Then dread no more.

Now there is a fast, effective, on-site process that can remove and prevent internal moisture without replacing the glass and at a fraction of the cost.

Sound too good to be true? The unique process relies on the installation of a miniature air vent that allows the window to dry through evaporation.

How the process works

It typically takes less than 20 minutes to treat a window. A restoration technician begins by drilling a small hole in the upper and lower corners of the window. Using specialized equipment and solutions, the inner air space is cleaned, drained, and dried after which the transparent, patent-pending Micro-vents are installed over the drill holes. The remaining moisture is expelled out the Micro-vent through evaporation. The process permanently restores the transparency and thermal qualities of the window as moist air is replaced with an insulating dry buffer of air between the panes.

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The Best In Clondalkin



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Questions the Free Window Inspection Will Answer

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- Are your bedroom hinges safe in the event of a fire?
- How to save money on your heating bill?
- Can your fogged up double glazed window be saved?

FREE
Whole-Home
Window
Inspection

Permanently Remove and Prevent Moisture From Your Existing Windows Without Removing The Glass!



Before



After

Call 01 6010007 - www.TheGlassGuru.com

The Best In Clondalkin

Does your fusebox look similar to this?



If so it might be unsafe!

Upgrade now to a modern trip switch board, and get all the safety benefits of a new system.

Prices from only €320

(excluding VAT at 13.5%)

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087 2226285 or 01 6247260

www.rmselectrical.net

ECSSA reg'd - Fully insured
All areas - All electrical work

Business Opportunity

Interested in your own business?
New "The Best in" areas are available to franchise.

A rapidly expanding enterprise with low overheads and a great income potential. Use on-line form or call 01 9022535 to get details.

New Advertising Sales Position

Semi independent advertising sales person part-time or full-time required for both our booklets and web sites. To arrange appointment call Mark on 086 8202767
Small basic/expenses plus commission initially

Wash Menu

Wash n' Polish	€ 8.00
Wash n' Polish & Shammy	€1 1.50
Wash n' Polish, Shammy, Wheels Cleaned & Tyres Dressed	€16.50

Baby Seats & Buggies from €20

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Mini Valet	€95.00
Full Interior	€110.00
Full Valet	€150.00

Call 01 630 0877 or 086 244 5522 and make your booking

Free collection and delivery or lift back to workplace within 10 mile radius.

The Best In Clondalkin

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Beside Sean Kavanagh's Garage



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- all leading brands of tyres -
- wheel balancing -
- full range of alloy wheels -
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- head light alignment -
- free tyre check -

Opening Hours

Mon - Fri 9am - 6pm - Saturday 9am - 5pm
Sunday and late evening by appointment only



Tel: 01 4573094 - Mob: 087 7689537

The Best In Clondalkin



Win a meal for 2
at the
Deadmans Inn.
See Page 4



Win a Bouquet of
Flowers by
Bloomsday Florist.
See page 6



Win a Full Groom
and Breed Specific
Style for your pet at
**House Pets
Grooming Salon**

See page 15



**Win one of 3 pairs
of cinema tickets.**

Answer this
question.



What black & white animal stars in
a kung-fu film

a) Skunk b) Panda c) Zebra

If you think you know the answer go to
www.thebestin.ie/clondalkin
competition page and enter your details.

Winners will be contacted directly, and
winners name only posted on the web site.

Closing date Sunday 28th September 2008

**Win a an Express Valet
for your car value €45**

Provided by Fusion Car Valeting.

Answer this question what kind of
leather is traditionally used for
drying cars & windows? Is it

a) Goat b) Chamois c) Pig

If you know the answer go to

www.thebestin.ie/clondalkin

Select your competition and enter your
details.

Winners will be contacted directly, and
winners name only posted online.

Closing date Sunday 28th September 2008



**Win a family
swim at
Clondalkin's new
swimming pool.**



Just answer this question.

Which T.D. officially opened the new
Clondalkin Leisure Centre in June
2008

a) Mary Harney b) Martin Cullen
c) Noel Dempsey

If you know the answer go to

www.thebestin.ie/clondalkin

Select your competition and enter your
details.

Winners will be contacted directly, and
winners name only posted online.

Closing date Sunday 28th September 2008



The Best In Clondalkin

Bannister Man

Paul

Office 01 6217861

Mob: 086 8685900

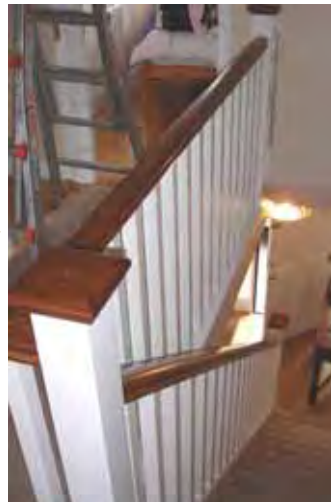
Laraghcon, Lucan Co.Dublin



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MAHOGANY & OAK

BANNISTERS &
STAIRCASES

Supplied & Fitted



Fast Friendly Service

Ask about our guaranteed work

Free Estimates

All areas covered

The Best In Clondalkin

Anxiety & STRESS

Do we really have any control when there seems to be so much to do and so little time?

Imagine two individuals both having a meeting in the city at 9am. Both get stuck in traffic with no sign of movement. One perceives himself as trapped and says things to himself such as "I have got to get out of here, I must be at the meeting at 9am". "Why does this always happen to me". He gets out of the car to see what is causing the delay. But this only causes more frustration. He starts a series of changing lanes followed by angry retorts at the lack of skill of the drivers that are around him. He feels angry, frustrated and a victim.

The other perceives the situation as an opportunity to relax, to visualise the forthcoming meeting. He says things to himself such as "I might as well relax it will probably be the only time I will have to myself today". He plays his favourite tape and if he has a chance he tries to contact the office to warn them of the delay. Requesting his assistant to either entertain the clients or deputise for him at the meeting. He is positive,

calm and accepting of the situation using it to his advantage.

Both people eventually arrive at the office. The first is very angry frustrated and out of focus. He vents his anger at his assistant. He arrives at the meeting unable to concentrate. The meeting is not successful. For the rest of the day everyone he comes in contact with experiences his anger and negativity. He has become the victim of his own thoughts and attracts events to feed that mood throughout the day.

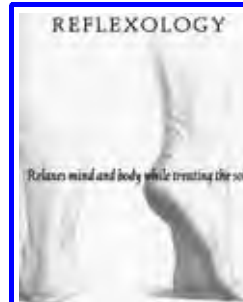
The second person is calm focused and prepared for the meeting. He takes over from his assistant with ease. He is relaxed and is able to articulate his ideas with confidence. He is successful. For the rest of the day everyone who comes into contact with him experiences his calmness and positivity. He is in control and the rest of the day reflects this.

How you react is your choice. It can take time and effort to learn new responses and many therapists specialise in this area.

- Remember Think Positive -

written by Ruth Wallace

Qualified practitioner in Stress management, Reflexology, Diet & Nutrition, Psychotherapy & Counselling, & Massage



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Orwell Dublin 6W Tel: 086 4000997 or 01 2442657

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The Best In Clondalkin



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Monday - Thursday . . . 5.00 pm - 12.30 am
 Friday & Saturday . . . 5.00 pm - 1.00 am
 Sunday & Bank Holidays . . . 5.00 pm - 12.30 am

Delivery service

Monday - Thursday . . . 5.00 pm - 12.15 am
 Friday & Saturday . . . 5.00 pm - 12.30 am



Delivering To

Alpine Hts, Cappaghmore, Chapplin, Collinstown, Dunawley, Glenfield, Greenfort, Harelawn, James Connolly, Lealand, Lindisfarn, Liscarn, Mill Court, Moorfield, Neilstown, Oakwood, Oatfield, Old Tower, Palmerstown Woods, Rowlagh, Shancastle, St Marks, St Ronans, St Patricks, Michael Collins, Weaver Court, Westbourne, Wheatfield, Woodavens.

The Best In Clondalkin

8			9		5		7	1
				7				
7	5		4		1			6
2							1	
				9	6			8
	3		1		8	6		
		8	2		9		6	
4			3	8				
	9							5

Sudoku Number Puzzle Medium

Answers, getting started hints, and more puzzles to printout online.

Go to www.thebestin.ie and click the competitions button



House Pets Grooming Salon

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*A Full Groom and Breed Specific
 Style for your Pet*

Just answer this question.

What breed is the fabled mountain
 rescue dog, is it?

a) St Bernard b) Terrier c) Collie

If you know the answer go to the
www.thebestin.ie/clondalkin

Select your competition and enter your
 details. Rules and conditions on-line

Closing date Sunday 28th September 2008

Bath Top & Tail with comb out and demat for between full grooming appointments, Shih Tzu, Bichons, Poodles, Tibetan Terriers, Cockers.

Full Groom and Breed Specific Style.

Special Puppy Visit. Early salon introduction is important for your puppy. Please ask for details.

Regular grooming will help prevent sore patches on the skin caused by matting and ensure the coat is parasite free and able to keep your dog warm in winter or cool in summer. Fully equipped and insured. Please call for an appointment.

The Best In Clondalkin

BECOMING WEALTHY

Becoming wealthy is actually very simple to do, please note I said simple and not easy, and how to become wealthy can be summed up in just one sentence.

"Spend less than you earn and invest the difference"



Too simplistic, Too glib, Can't be just that.

Consider the 3 alternatives. There is a fourth but I'm not counting inheritance or gambling (horses, pools, lotto) as a financial strategy.

Strategy 1 Spend all you earn save nothing.

End result. Reach age 60/65 and collect state pension / welfare benefits.

Strategy 2 Spend all you earn and a bit more. i.e. take out HP, Credit Union, Loans or run up your Credit Cards. Eventually you "max out" your credit lines and you then have to pay interest and are then forced to live on less than you earn. This just makes the banks rich.

End result. Short term get some of life's "toys" before you have earned them, then use rest of your working life to pay for them and reach age 60/65 and collect state pension / welfare benefits.

Strategy 3 Don't spend all you earn. Invest part of it, set some aside for emergencies, take out insurance, save for life's luxuries.

End result Although you don't get some of life's toys and pleasures just as quickly, you will have peace of mind financially, have money available for emergencies, have a steadily rising income from investments and can look forward to a prosperous future. Also if you do find yourself "In the right place at the right time" you will have the finance to take advantage.

Summary You are doing one of these strategies whether you have ever thought about it or not. It's your future, your choice, but, if you do strategy 1 or 2 you get the results of strategy 1 or 2, no matter how much or little you earn.

For more insights on wealth, links to other sites, books, audio recordings visit the wealth section on the www.thebestin.ie website.

The Best In Clondalkin

C.L.T Laundrette

Rowlagh Village
behind Finches Pub next to Angelo's

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N S C H O O L B A G D O B R P
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E W A W R A T D Q S C D I W I
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L T K K K M R W A I M E F R A
I J C P E B L Z D N T V I E S
S M A Y N X O B H C N U L H E
H F L V G A S O N I R O J C I
Z E B I M W E T K P S H T A M
N C D J O U R N A L W B R E Q
T R A Q L C O P I E S N D T O

The Best In Clondalkin

ACADEMY

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WINDOW RESTRICTIONS • RAMBARS • SAFES

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*Terms & Conditions apply.

Kids, Students and Senior Citizens
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vue more Save More!

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TERMS AND CONDITIONS: This voucher must be used in conjunction with a valid receipt for the purchase of goods or services. It is not valid for the purchase of alcohol, tobacco, lottery tickets, or any other restricted goods or services. The voucher is non-transferable, non-refundable, and cannot be used in conjunction with any other offer or discount. The voucher is valid for use at any of our participating outlets. For more information, please contact our customer service team on 01 902 2535. The voucher is valid until 30/09/08.

The Best In Clondalkin

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