

This is a low resolution copy of our second TheBestIn Lucan booklet.

A new one will be published approximately every 3 months.

If you would like to add content or advertise in our next edition please call or use onl-ine submission form.

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 sales team please call

Mark 01 9022535

Thanks to Grainne Jordan of Karina Finegan Photography for many of our Lucan pictures.



The Best In Lucan

New Local Information Website

Spring 2009



Free to Enter Competitions Entry Details Inside

Visit www.thebestin.ie/lucan

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Hi there!

Welcome to our second 'TheBestIn' Lucan booklet for Spring 09. For those of you that don't know, 'TheBestIn' booklet works in conjunction with our community based website www.thebestin.ie. This local information website has the best in what is on offer in each area of West Dublin promoting schools, events, local businesses, news, children's pages, listings and competitions.

The first Lucan booklet was published last year as a trial to promote the website but due to demand we will be publishing the booklet at regular intervals throughout the year.

If you have any local events listings you would like to promote for the Lucan area, please log on to the Lucan page at www.thebestin.ie/lucan. We are also taking submissions from any budding writers out there who would like to contribute to our next Lucan booklet or be published on-line. If you have any interesting articles you would like to include in our next issue, please contact us via the website. You can also take part in our on-line competitions detail in this booklet.

We would also like to say what a great turn out it was for this year's St.Patrick's day parade in Lucan and look forward to many other colourful events in Lucan throughout this year.

Wishing you all the best from the team at www.thebestin.ie.



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Lucan Leisure Centre	01 6241930
Library	01 6216422
Citizens Information	01 6217930

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Our Lady's Hosp	01 4096100
Dub Doc	01 4545607
Ballyowen Med. Cent.	01 6214224
Finnstown Med. Cent.	01 6212288
Lucan Crt Med. Cent.	01 6282497
Health Clinic	01 6214388
Childline	1800 666666
Samaritians	1850 609090

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Glazier	01 6241641
Electrician	01 6210812
Plumber	087 2352338
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Paint & Decorating	086 3805166
Handyman	087 9750362
ESB Emergency	1850 372999
Gas Leaks Emergency	1850 205050

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**More numbers and links to
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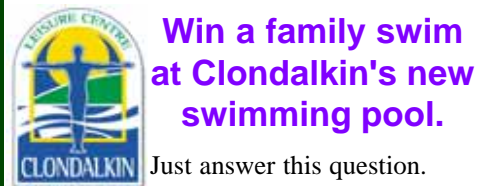
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Just answer this question.
How is the pool heated. By

a) Coal b) Sunlight c) Gas

If you know the answer go to

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- CRAB
- JELLYFISH
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- GIANTSQUID
- SHARK
- SEAHORSE
- STINGRAY
- SWORDFISH
- OCTOPUS
- WHALE
- TURTLE
- STARFISH
- OYSTER
- SEAURCHIN
- PORPOISE
- MANATEE
- SEALION
- NAUTILUS
- SPONGE
- CONGEREEL

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

Lucan Lions Club is part of an international service club organisation.

There are 1.4 million Members worldwide and are made up of men and women who volunteer their time to humanitarian causes each year. When money is raised by a Lions Club it goes directly to charity. All administration costs are met by the Members who contribute a fee each year for this purpose.

Lucan Lions club was founded in 1988 and has 16 Members from the local community. We meet on the 2nd Tuesday of every month.

At these meetings we plan our programme for the year and monitor progress. Our main aim is to support existing local



charities and individuals in need. Though small in number we have a very active Club who take on the task of raising funds for charity very seriously. As a result the local community gives us tremendous support.

Members of Lucan Lions Club can be found collecting outside supermarkets, organising fashion shows, coffee mornings and Gala Concerts. We are currently preparing for a Concert in the Clarion Hotel, Liffey Valley on April 3rd.

New members are always welcome and any local support. In this context people who do not have the time to be active can contribute by signing our Standing Order for anything from €5.00 per month.

Lucan Lions are 'Ordinary People doing Amazing Things'.

Michael Gilmartin
President

Website www.lucanlionsclub.ie

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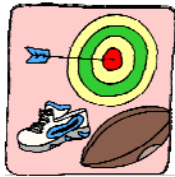
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	2		7	9				5
	7	6						8
			1		8			3
2	8			5	6	1	4	7

Suduko Number Puzzle 4

Medium

Answers and more puzzles to printout on-line.

Go to

www.thebestin.ie/lucan

and click the competitions button

VUE Win a pair of Cinema tickets

By correctly identifying which recent film did not star dogs?

- a) Bolt b) Hotel for Dogs
- c) High School Musical

If you know the answer go to the competitions page at www.thebestin.ie/lucan and enter your details. Winner will be contacted directly, and winners name only posted on the website. Closing date Sunday 31st May 2009

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- 2 Always sit down to eat.** Sitting relaxes the digestive tract and helps focus your attention on the process of eating. This can increase your enjoyment of you food. Even if your only having a small snack, do sit down to eat it.
- 3 Take a few minutes to rest quietly at the end of your meal.** By relaxing when you finish your meal you allow the digestive process to begin in an effortless way.
- 4 Avoid overeating.** We should eat to about three-quarters of our stomachs capacity. Eating beyond this point prevents normal stomach contractions. Three quarters is also the point that gives us a feeling of satisfaction without the sensation of overeating.
- 5 Do not drink while eating.** Many of us are in the habit of washing our food down with a drink before we have chewed it properly. Chewing your food well, will give your system a head start and can also prevent indigestion and excess wind.
- 6 Eat at a moderate pace.** This will again allow you to chew your food well and will help you to find the point at which you feel satisfied. If you eat too quickly simply put your fork down after each mouthful and do not eat until that mouthful has been chewed and swallowed.
- 7 Avoid cold foods and iced drinks.** Your stomach works best at body temperature. Cold foods slow down digestion. Warm cooked foods are the most readily digested.
- 8 Eat meals which are freshly cooked using a variety of ingredients.** This will ensure you get all the necessary nutrients.
- 9 Eat your meals at a regular time each day.** This will allow your body to get into a routine and also helps prevent eating between meals.

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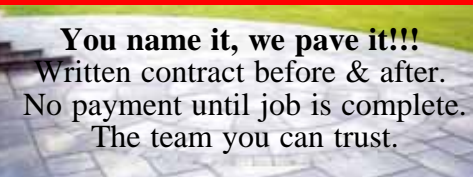
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What dog would you see on the side of an Irish bus. Is it?

- a) St Bernard b) Red Setter c) Collie

If you know the answer go to the
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Select your competition and enter your details. Rules and conditions on-line
Closing date Sunday 31st May 2009

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