



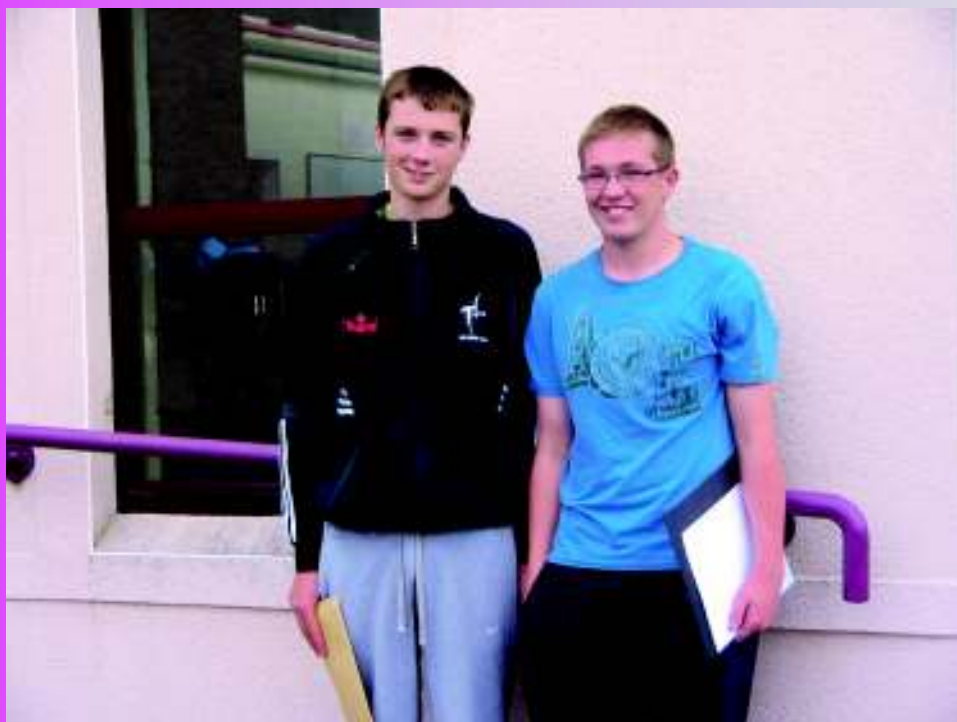
MAYNOOTH NEWSLETTER

September 09

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Avril Hegarty & Emma Maloney



Eoghan Sinnott & Darragh Dunning

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Editorial-September

The schools will be returning as this *Newsletter* goes to print and the College will also be welcoming its new first year students as well as the returning body of students. There is still no canteen after the disastrous fire that gutted the previous one and this will be a cause for concern for all those attending the University. There will be a greater increase in student numbers again this year and there are incentives for more mature students to return to education due to the economic downturn.

Maynooth is a relatively quiet town during the summer months and it will be a shock to the system, and the traffic, when the thousands of students return to us in September. With this will return all the parking and traffic problems that the town experiences during the School/College year. There is a growing pressure for parking spaces in the town for commuters using the train and for residents trying to shop locally apart from the problem of the College cars spilling onto the Kilcock Road.

In our neighbouring county of Meath, a new scandal has emerged concerning the ill-fated M3 at Tara. Despite campaigners efforts to bring to the public's attention that the M3 would be tolled twice, before reaching the M50, this has not made headlines until this week when both the Irish Independent and the Meath Chronicle ran articles on the issue. The scandal is that the NRA and the Government have done a deal with the contractors of the motorway, Eurolink, to ensure that they will not lose money on the tolls. If the traffic volumes do not reach the expected levels then the Government, that is the tax payer, us, will have to compensate the toll company. This 'sweetheart deal' is a new one in the context of Public Private Partnerships, so far as we know. It does not apply to the M4/M6 for example where the arrangement is the opposite – that the toll company will compensate the Government (us) if the traffic figures exceed what is expected.

This may not seem relevant to those of us in Maynooth, Kildare but it is. Why would anyone who has to commute to Dublin live in Meath when they can live in Kildare, particularly North Kildare? We are serviced by a decent public transport system, both bus and rail. We may moan about it but there is no denying that it exists. If the deal with Eurolink is to follow its logical conclusion then the railway line to Navan, planned to open in 2015, becomes more difficult. Why put a railway line in competition with a motorway that seems likely not to reach the expected traffic volumes. Couple this with Noel Dempsey's advice, Primetime programme, March 2005 prior to the by-election, that people use the old N3 to avoid the tolls and one must wonder why the M3 was necessary in the first place. Meath commuters will continue to drive to Maynooth to use our car-parking spaces, our trains and buses. And the country will be paying for the shortfall in tolls.

Muireann NÍ Bhrolchain

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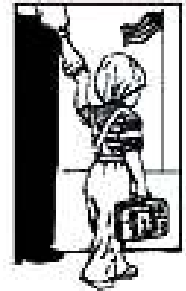
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First Day of School

The first day at school is certainly a big event in the life of a young child but it can be an even bigger event in the lives of their parents!

When your child starts school everything changes and it is normal to have a range of feelings such as excitement that your child is making a big step towards growing up as well as a sense of loss that he/she is moving away from you towards independence. Most parents also feel a little anxious and worried about what to expect and about how their child will cope without them, particularly if they are going through the experience for the first time.

As a parent, the most important thing you can do to ensure the transition goes well is to take time to prepare yourself and your child so that you feel confident and relaxed about the first day.



Preparing your child

- Talk to your child about starting school well in advance. If you are feeling anxious, try not to let your child see it. Rather, be positive and matter of fact about what you say – starting school is just another happy event in his/her life, which will give him / her opportunities to play with new children and to learn new things.
- Books about children starting school are a great way of preparing children for the school experience.
- During the summer take a trip with your child to the school building to see he/she knows exactly where he/she will be going.
- The experience of mixing with other children in a structured setting such as a preschool, crèche or playgroup will really help your child settle into school more easily. If you haven't done so already, try and enrol your child in such a group, even for an hour or two a day, so that they get used to being separated from you for a little while and learn to enjoy the company of other children.
- For a few weeks prior to school, it is also helpful to get into a 'school like' routine. For example, rising a little earlier and even introducing a regular table activity, such as drawing in the mornings, so your child is beginning to get used to a set routine.
- Work with the school. Schools usually have very good procedures about helping children settle into the first day. They often have an introductory session for parents and children to come down to see the school and a special routine for the children on the first day. Find out what your school plans to do – remember they are used to supporting the parents as much as the children on the first day of school!

Easing first day anxiety

Make sure you have all the practical preparations done the day before so that you have time in the morning to be there for your child. Most children are very excited on the first day of school, but if your child is anxious, gently reassure him/her about meeting new friends and doing new things and remind him/her that you will be back at lunchtime.

When leaving your child at the school, follow the teachers lead about when to leave and don't linger too much - a kiss and a wave good bye is usually enough, reminding your child that you will be back soon. Remember that though some children appear a little distressed, most settle really quickly once the parent is gone.

After school do not have too much planned as your children is likely to be tired (especially for the first few days) as they adjust to the new routine. Have some playtime with them, take an interest in what happened in school and give them space to chat, but don't pressure them to say too much.

Settling into the school routine

Going to school everyday is a big change for children and a routine that can take some time to adjust to. Though some children might handle the first day and even the first week very well, sometimes problems emerge in the second or third week. The novelty of going to school has worn off or the child is feeling tired or unsure about going. At these times, it is important to be gently reassuring, focusing on the good things in school but to gently insist they go to school.

Set up time after school to chat and listen to your child so you can see if there is any particular reason for their reluctance. Also, make sure they have a relaxed routine in the evenings and are getting enough sleep, as simple tiredness from the emotional demands of school is often the issue. Finally, if problems persist, talk to the teacher to see what you can do together to help your child settle. Generally, most of these initial hiccups pass and children settle into a good school routine.



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Clubs, Organisation And Societies

Maynooth Citizens Information Centre Know Your Rights

Question

How do I get a higher education grant? How much is it worth?

Answer

The Higher Education Grants Scheme provides means-tested grants to eligible students on approved courses. It is administered by the local authorities. You can download the application form from www.studentfinance.ie or get it from your local authority. For the academic year 2009/10 the application should be submitted to your local authority by 31 August 2009.

The scheme is also available to students who are attending full-time undergraduate courses of at least two years' duration in publicly funded third-level institutions in other EU member states, with certain exceptions.

Eligibility is based on income for the tax year 2008. The family income limits for 2009/10 were not yet available at time of writing – see www.studentfinance.ie for updates. The limits for 2008/9 are below.

Number of dependent children	Full maintenance	Part maintenance (75%)	Part maintenance (50%)	Part maintenance (25%)	Exempt from student service charge
Fewer than 4	€39,760	€42,235	€44,720	€47,205	€49,690
4-7	€43,680	€46,415	€49,145	€51,880	€54,605
8 or more	€47,430	€50,400	€53,360	€56,320	€59,280

The limits are increased by a further €4,815 where there are two family members in full-time third-level education, and a further €4,815 for each additional person.

The maintenance grant rates for 2009 are as follows:

	Non-adjacent rate	Adjacent rate
Full maintenance	€3,420	€1,370
Part maintenance (75%)	€2,565	€1,030
Part maintenance (50%)	€1,710	€685
Part maintenance (25%)	€855	€345

The adjacent rate is paid if you normally live 24 km or less from your college. Mature students will receive the non-adjacent rate in all cases.

There are special rates of maintenance grants for disadvantaged students: €6,690 (non-adjacent) and €2,680 (adjacent). The income limit for 2008/9 is €20,147. There is also a Fund for Students with Disabilities – see www.studentfinance.ie for details.

(Continued on page 5)

Clubs, Organisation And Societies

(Continued from page 4)

Question

I am a widow in my late seventies and find it hard to get to the bank. I want to put my son's name on my bank accounts so that he can get money out for me. Will this affect my entitlement to a DIRT refund or my son's tax liability?

Answer

Deposit Interest Retention Tax (DIRT) is deducted at source from interest paid on deposits held by banks, building societies, credit unions and the Post Office Savings Bank.

You can claim a refund of DIRT if you are aged 65 or over during the year and if your gross income from all sources is less than €20,000 (or €40,000 for a married couple).

In general, joint accounts where one of the account holders is aged 65 or over will only qualify for the refund of DIRT where the other account holder is that person's spouse. However, if you appoint your son as an agent to operate your bank accounts on your behalf, and if he is named as an account holder for this purpose only, you will continue to qualify for the refund provided that your beneficial ownership of the accounts is not affected.

When making the DIRT refund claim to Revenue, you should include a declaration that you are beneficially entitled to all of the interest paid in respect of your bank deposits.

Your son's tax liability is not affected, as he is operating solely as your agent and will not have any beneficial ownership of the money.

Question

A neighbour's mother died recently. She was getting an Invalidity Pension and my neighbour believes he can continue to collect the pension for 6 weeks. Is this right?

Answer

This is a common misunderstanding. The only person who could claim the six weeks' payment after the death of the pensioner would be the spouse or partner of the deceased person, and then only if the deceased

person had been getting a payment (Increase for a Qualified Adult) for the partner or spouse.

If there is a spouse or partner in this position, they should contact the appropriate section within the Department of Social and Family Affairs as soon as possible following the death. The section to contact depends on the type of payment the deceased person received. For Invalidity Pension, it would be the Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford.

They should enclose the death certificate (if available) or a death notice from a newspaper with the application, as well as the payment book(s) or any related cheque(s). They should not cash any existing cheques or vouchers from the pension book. When the Department has received these documents, it will issue a cheque for the amount of the six weeks' payment.

However, if your neighbour was getting Carer's Allowance or Carer's Benefit in respect of his mother, he will continue to get this payment for 6 weeks after her death. He will have to notify the Department of the death. The address for Carer's Allowance and Carer's Benefit is also Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford.

Question

After almost a year on Jobseeker's Allowance, I want to upskill in order to improve my chances of getting a job. Are there any part-time college courses available, and is there any financial support for someone in my situation?

Answer

An extra 2,500 part-time third-level places for unemployed people were announced in the Supplementary Budget of April 2009. This scheme will start in September 2009 and provide 1,500 places on undergraduate courses and 1,000 places on postgraduate courses. The courses will focus on getting people back to work by upskilling or reskilling them to meet the needs of exporting sectors such as medical devices, biopharmaceuticals, international financial services and the food sector.

The undergraduate places will be on a range of certificate and degree courses leading to qualifications at levels 6, 7 and 8 on the National Framework of Qualifications (NFQ). These levels cover Advanced and Higher Certificates, Bachelor degrees and Higher

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Clubs, Organisation And Societies

(Continued from page 5)

Diplomas. The places are intended mainly for people with level 4, 5 or 6 qualifications. The places for graduates will be for part-time postgraduate diplomas or conversion courses.

To qualify for a place on one of these courses you must have been getting Jobseeker's Benefit (JB) or Jobseeker's Allowance (JA) for six months on 1 September 2009. You may be able to keep your JB or JA under the Part-time Option of the Back to Education Programme. The Part-time Option scheme requires that you must continue to be available for and genuinely seeking work. This requirement to be available for work takes precedence over course attendance in cases where there is a conflict between the two.

As these are part-time courses, you will not be eligible for a third-level education maintenance grant or the Back to Education Allowance. There are no tuition fees for the courses, but postgraduate students may have to pay a nominal charge.

Details of the courses and how to apply should be available from your local FÁS and social welfare offices from late July 2009. The courses will start in September and October 2009.

You can find further details about the scheme on the website of the Department of Education and Science www.education.ie.

Further information is available from Citizens Information Centres and from the Citizens Information Phone Service, LoCall 1890 777 121.

HUMOUR JOKES



A man takes his Rottweiler to the vet. 'My dog's cross-eyed, is there anything you can do for him?' 'Well,' says the vet, 'let's have a look at him' so he picks the dog up and examines his eyes, then checks his teeth. Finally, he says 'I'm going to have to put him down. 'What? Because he's cross-eyed?' No, because he's really heavy'

What do you call a fish with no eyes? A Fish

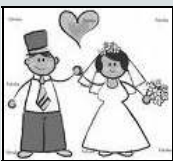


My wife dresses to kill. She cooks the same way.

My wife and I were happy for twenty years. Then we met.

The secret of a happy marriage remains a secret.

After a quarrel, a wife said to her husband, 'You know, I was a fool when I married you.' The husband replied, 'Yes, dear, but I was in love and didn't notice.'



A man inserted an 'ad' in the classifieds: 'Wife wanted'. Next day he received a hundred letters. They all said the same thing: 'You can have mine.'

Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

I married Miss Right. I just didn't know her first name was Always.

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Poetry Corner

*Poems by Kildare based poet
Ann Egan.*

(9/11 memorial Poem)

Dawn Tree

Dawn shafts tree trunk,
frees the wayward to twine
and curl shadows to airy bark.

Glints mellow a dark crown
and stillness moulds the one
- will not stay, will not go -

in glimmering shades of dance
to a myriad of silhouettes,
mystery to its own form.

Sedge Hen

I stand by the lake's edge
as you sail with unbroken purpose,
distancing me from your day.

Your black back curves
like an upturned currach,
you tread towards the sedges,
their nets heavy with toil
bend to you in welcome.

Privy to your secrets,
they guard your nest,
plying shadow swords
to seclude you from my eye.

In Memory

What was it you had said?
Why did you have to go?
Each simple little memory
Now passes by so slow.
I am stuck in the yesterday
Not wanting to accept
The horrid truth that you are gone
Your life taken without threat
This morning you awoke
To face a brand new day
But a cold-hearted terrorist
Took that gift away
Though the grave cry for the lost
In the settling of the dust
They failed to shake our foundation
For in God we put our trust.

By Michelle Lynn McPeters

Wonderful Sky

I look up in amazement at the vast sky
With grey clouds constantly drifting away
Life changes rapidly but the sky never dies
As I feel it will be forever to stay
Clouds burst and rain falls to the ground
Creating new life with the golden sun
To its destination by nature it is bound
It is of this that all life has begun

A sky of wonder is forever in my mind
A miracle of nature that we cannot ignore
Many elements in this sky we find
That generations of people always adore
Then the sky gradually fades to night
With twinkling stars that shine for all
On my own I enjoy its peaceful sight
As between the stars we are so very small

The sky is part of everyone in this life
Imagine a world without this familiar sky
This world can be of bliss and strife
But just what is this miracle force I cry
Sky of plenty your in my dream
That someday we will know more of you
Reaching to the universe forever more gleam
Depending on you always I forever grew

By Patrick Murray

Ann Egan was born in 1948 in Co Laois. Her collections are *Landing the Sea* (Cork, Bradshaw Books, 2003); and *The Wren Women* (Ballyclare, Co Antrim, The Black Mountain Press, 2003). She has published a commissioned novel, *Brigid of Kildare* (Kildare Library and Arts Services, 2001), and has won numerous prizes for her poetry, including several at Listowel Writers' Week; The Athlone Poetry Prize; The Annamakerrig Prize, and in 2001, the Oki Prize. She has also written the lyrics for a CD, *Bímís Dílis/The Spirit of Offaly*.

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Features



A GLOWING TAN FOR THE WINTER MONTHS



If the Summer months are anything to go by, its not looking too good for the Winter weather ahead. Many of us will have flown abroad to brighten our complexions while the more health conscious will have battled with the so-called Irish sunshine. But it doesn't have to be all doom and gloom. Times have changed and hours of sunbathing are no longer needed in order to sport a healthy glow! We can now outdo ourselves and achieve that look whenever suits, whatever the weather! So here are a few tips on how to keep that tan looking good all year round without feeling part of the Oompa Loompa fan club!

Oompa loompa doopity DO

Scrub up: make sure your skin is completely exfoliated before you begin to avoid dry-patch disasters.

Rinse down : spend that extra 30 seconds in the shower and make sure you've removed all soapy residue from your skin, it can play havoc with some tanners

Moisturise: all over, but give it time to dry before you move on to the tan

Strip: fake tan stains as it dries so avoid destroying any underwear and give a more all-over effect. Take off your clothing before you start and tie up your hair too!

Select your tools: applicators such as a hand mitt soak up creams and ensure even application.

Rub 'er in: thoroughly apply a light coat all over your skin, using plenty of rubbing and avoiding the knees, elbows and feet. They're a fake tan disaster area waiting to happen.

Wash your hands: you DO NOT want orange palms! If you've applied tan to the back of your hands, then carefully soap the palms only and blot dry, make sure you get between your fingers too.

And now, wait: most tanners require 2-3 hours for the colour to fully develop. If your rushing, there are products that have an instant effect with the full tan appearing gradually.

Smell of roses: its an unfortunate fact that a lot of tanners (some of the best actually), tend to leave a slight chemical smell on the skin. If its bothering you, wait the full development time and then have a light shower

Oompa loompa doopity DON'T

Streak: leave streaking to the crazy football fans. If you're not au fait with application, try a rookie product with an anti-streak ingredient like Fake Bake. Moose is probably the best type for beginners too.

Be heavy handed: this isn't a sports massage. Apply your first layer with light, even circular motions. You can always go back and apply another layer if you want to go darker.

Go white trash: white toenails with fake-tanned feet is a major fashion faux pas, unless you work at Stringfellows. Try a deep red for a sophisticated, sexy look.

Think your protected: check if your fake tan contains an SPF before assuming you're safe in the sun. Its not a real tan remember! Always apply a sunscreen if you're going to be exposing yourself.

Get forgetful: apply your tan in an organised manner and don't forget which parts you've done or haven't done. You don't want to end up with one leg darker than the other now do you.

Forget your real colouring: you don't want to try applying a deep coppery brown if you're naturally very pale, fake tan is supposed to enhance and flatter, not paint over your skin.

Now you know how, its time to invest! If you don't already have a favourite brand, there's no more reliable source than a recommendation. Ask friends what they use, think about your budget, find a form you like and..... **Go forth and fake!**

Oliver Reilly

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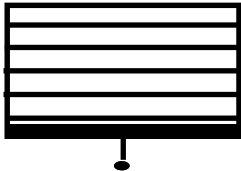


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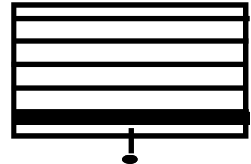
Paddy Nolan (Secretary to Maynooth Mortality Society), 7 Castlebridge, Maynooth.

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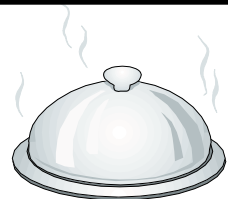
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PROFESSOR JOHN SWEENEY

Prof John Sweeney of NUI Maynooth, Chosen as the new President of An Taisce

IRELAND'S LEADING expert on climate change, Prof John Sweeney of NUI Maynooth, has been chosen as the new president of An Taisce in succession to botanist and broadcaster Éanna Ní Lamhna.

Scottish-born Prof Sweeney is a member of the UN's Intergovernmental Panel on Climate Change (IPCC), which was jointly awarded the Nobel Peace Prize in 2007 along with former US vice-president Al Gore.

He has been a lecturer at the geography department of NUI Maynooth since 1978, specializing in climatology and environmental resource management, and currently leads a number of research projects examining various aspects of climate change in Ireland.

His most recent report for the Environmental Protection Agency, prepared by the Irish Climate Analysis and Research Units at NUI Maynooth, projected that temperatures in Ireland will increase by more than two degrees by the end of the century with significant changes in rainfall.

A graduate of the University of Glasgow, where he was awarded a PhD in 1980, Prof Sweeney has taught and carried out research at universities in North America and Africa. He has also been involved in curriculum development at second and third levels.

Over the past 30 years he has published some 60 scientific papers, edited or co-authored four reports on the likely impacts of climate change here and served as a contributing author and editor of the IPCC's influential Fourth Assessment, published in 2007.

An Taisce's national chairman, Charles Stanley-Smith, said Prof Sweeney "brings a deep appreciation of the human and social impact that the changes will bring and indeed introduced revolutionary concepts of integrated spatial planning as part of the response".

"Climate change will be the greatest challenge to both our natural and built heritage and to our future survival. Every issue that An Taisce will approach in future will have climate change at its core. John's knowledge and high public profile will be invaluable to us."





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September in the Garden

Flower Garden

Add plants for autumn interest. Create a striking feature in your borders by using some plants that look good during the autumn months. One of the best plants to choose is *Sedum spectabile* 'Brilliant' which produces masses of flat, bright pink flower-heads on upright stems with succulent, glaucous leaves. Grow sedums in full sun in a well-drained soil and divide every few years to improve flowering. Other plants which are also good at this time of year include **Ornamental Grasses, Heleniums and Perennial Asters, Michaelmas daisies.**

Plan for Spring

Plant up patio pots or borders with **Erysimum**, more commonly known as **Wallflowers**, for a cheery spring show. Although they can be grown on their own, try planting tall-growing Tulip bulbs in a contrasting colour first and planting the Wallflowers over the top. The Tulips will then grow up through them to provide an extra layer of height and colour.

Deadheading

Deadhead **Roses** as the blooms fade, cutting off the flowers just above the uppermost leaf on the stem. Trim back **Lavender** bushes after flowering to remove the old blooms and shoot tips, taking care not to cut back too heavily into any old wood. Removing faded flowers from perennials and annual plants will also ensure a continued display of blooms.

Attend to bedding

Give bedding displays, hanging baskets and pots a little attention to ensure their display lasts well into autumn. Pick over plants twice a week to remove any faded blooms, keep watering daily and control pests when you find them. Any tender plants you want to save for next year can also be potted this month, so they are established and ready to bring under cover when the weather turns cooler.

Support Perennials

Put plant supports around tall, late-flowering perennials to prevent them from being damaged by autumn winds. Create your own plant support.

Greenfly checks

Look out for greenfly on winter-flowering pansies and other plants. Treat with a suitable insecticide.

Hardwood stem cuttings

Take stem cuttings of roses in early September by pushing cut stems straight into the soil in a nursery area of the garden, where they can be left to root and develop for about a year. Most types of rose can be propagated from cuttings, especially the rambling types. Just take a length of stem, removing the soft tip above a leaf joint, and cut below a joint at the base, removing all but the top three leaves. Then push the 30cm (12in) cutting into the soil to about half its length.

Gladioli

Enjoy gladioli spikes in the garden or cut them for displays in the house. Spray plants with a suitable insecticide if **thrips start to be a nuisance**. When flowering is over, the corms can be lifted, cleaned, labelled and stored carefully for planting out again next spring.

Lilies

Buy Lily bulbs as soon as you find them for sale and plant them straight away. Propagate Asiatic lilies, such as *Lilium* 'Angela North', L. 'Ariadne' and L. 'Enchantment' by picking the small bulbils from their leaf joints and growing them on.

Vegetables (September - October)

Choose the mild weather during this period to plant or transplant the following: beets, broccoli, cabbage, carrots, collards, lettuce, mustard, onions, radishes, spinach and turnips. Plant your second planting of fall crops such as collards, turnips, cabbage, mustard and kale.

Refurbish mulch to control weeds, and start adding leaves and other materials for the compost pile. Store your manure under cover to prevent leaching of nutrients.

Water deeply and thoroughly to prevent drought stress. Pay special attention to new transplants. Harvest mature green peppers and tomatoes before frost gets them -- it may not come until November, but be ready.

Harvest herbs and dry them in a cool, dry place.

Happy Autumnal Gardening

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Day's of Enjoyment

It was a cool sunny morning. I was staying in Galway with my family on a weeks holiday. So far the weather was mixed, sunny spells and showers but nothing that would dampen the spirits. This particular morning the family were relaxing after breakfast. We were deciding how to spend the day. My dad and I wanted to visit the Galway Races. My sister, her husband Les and the kids were heading off on a sightseeing trip around the city.

On arriving in the city centre we said our goodbyes and arranged to meet up later. Dad and I hit the shops for an hour. As the temperature rose so did our spirits. We were looking forward to the day that lay ahead. Around 2 pm we reached the racecourse. It was alive with people. An enjoyable sunny day was to be had by everyone.



Aughnacore Castle ,Oughterard

On entering the parade ring, I gazed in awe at the stunning ladies. They were done up to the nines in their finery of hats and dresses. From the corner of my eye I spotted the VIP lounge. I imagined it was full of celebrities. There was no chance of me sneaking my way in as it was well guarded by security.

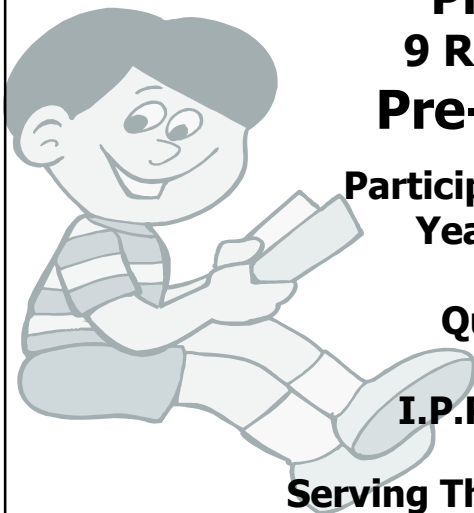
We enjoyed the afternoon, placing a few bets on four of the races. We hollered with the best of them willing our horse to win or place. I left with a smile on my face as my pockets were a little heavier, weighed down with my winnings. On our way back to the holiday home, dad and I stopped off in the village of Oughterard. We picked up a few bits for the tea. Everyone had tales to tell of how their day was spent. It rained heavily that evening so we decided to end the day with some television and board games. The kids settled well that night. The day had worn them out but they were enjoying every minute of the holiday.

The next morning I enjoyed a peaceful lie-in. Dad arrived in to the bedroom with breakfast for me. As we were blessed with a bright sunny morning, my sister headed off early with the hubby and the kids. Dad and I drove to Achill. The sunshine was glorious. We had to cross a bridge to reach the Island. When we came to a lovely sandy beach, we parked the car and went for a walk. The sea was calm. I loved watching the waves ebb in and out over the sand. We brought a packed lunch and we enjoyed a beautiful afternoon by the sea. We hit the shops of Castlebar that evening. I had a few presents I wanted to buy so this was the perfect opportunity. After enjoying a coffee and a cake, we headed off and returned late that evening. My sister had the kids in bed. We sat in peace telling stories of how our day was spent.

The week flew in. On our last day, we said goodbye to my sister and her family. They had to travel back to England on the ferry so they left early that morning. The weather was dreadful. Dad and I headed off to visit Kylemore Abbey. It was an interesting tour, learning about how the nuns used to live. The Souvenir shop was the last stop. We got soaked heading back to the car as the wind and rain swept around us. We spent our last night wandering around the local village, followed by tea and settled down to watch a great film on television that night. We had our bags packed and ready so we were well prepared for the journey back to Leixlip the next morning.

This was a great family holiday. We all really enjoyed it. The children had a wonderful time. We are now looking forward to planning our next family trip for next year!

Enda Clavin

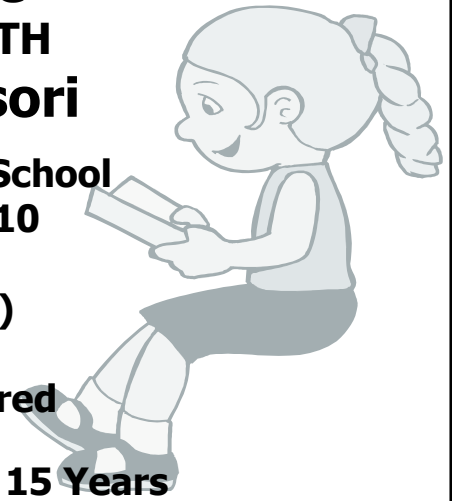


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Simple Recipes for September

Chilli Con Carne

Ingredients;

- 1lb/450g of minced beef/lamb
- 1 onion, finely chopped carrots, peas, peppers, mushrooms etc
- 1/2 tin tomatoes
- 1 beef cube
- 1 teaspoon chilli powder
- 2 dessertspoons tomato sauce
- 1 clove of garlic (crushed)
- 1/2 tin of kidney beans or 1 tin of baked beans
- 1 dessertspoon of flour

Method

Chop onion and garlic.

Dissolve beef cube in a 1/4 pt/150ml of boiling water. Put minced beef/lamb in dry frying pan. There is sufficient fat in mince for frying. Cook for 20-25 minutes over a low heat until well browned, stirring all the time.

Add onions and garlic to the pan and cook for 2 to 3 minutes. Sprinkle on the flour and chilli powder and cook for 1-2 minutes, stirring all the time.

Add beef stock, tomato sauce and tinned tomatoes. Bring to the boil.

Add kidney beans/baked beans to mince. Simmer for 20 minutes.

Beef Casserole

Ingredients

- 1 1/2 lb / 675g round beef steak/rib steak
- 1 dessertspoon cooking oil
- 1 large onion, peeled and chopped
- 1oz / 25g corn-flour
- 7 mushrooms, sliced
- 3 carrots, sliced
- pinch of salt & Pepper
- 1 pt/575ml beef stock (2 stock cubes dissolved in 1pt/575ml of warm water)
- 1 tablespoon tomato puree

Method

Pre-heat the oven to 170°C / 325°F / Gas Mark 3.

Trim the beef and cut it into thin strips about 2 inches in length.

Heat the oil and fry the chopped onion, mushrooms and carrots for 2-3 minutes. Place in casserole dish.

Fry the beef strips until brown.

Place in the casserole dish.

Mix the corn-flour with the juice in the pan and cook for 2-3 minutes.

Remove from heat and stir in the stock.

Bring to the boil, add the tomato puree, salt and pepper.

Add to the casserole dish and cook for 1 1/2 hours.

Family Shepherd's Pie

Ingredients:

- 900g/2lb potatoes, peeled and diced
- 300g/10oz carrots, peeled and sliced
- 2 tbsp vegetable oil
- 100g/4oz onion, peeled and chopped
- 450g/1lb lean minced beef or lamb
- 1 tin tomatoes chopped.

Method

Cook the potatoes and carrots in boiling water and until tender (about 20 minutes).

Meanwhile heat the vegetable oil in a small saucepan and sauté the onion until softened.

Add the minced meat to the onion and sauté, stirring occasionally, until browned all over.

Add the tinned tomatoes. Cover, bring to the boil and then simmer for about 20 minutes.

When the potatoes and carrots are cooked, drain them and return to the saucepan and mash until smooth. Spoon the carrot and potato mixture on top of the minced meat mixture and bake in a moderate oven for 30 minutes, until the top starts to brown.

Suitable for freezing.

For best flavour and texture, don't freeze the following foods:

Milk products: they'll curdle.

Boiled eggs: the whites get watery.

Custards: they'll lose texture, get lumpy.

Mayonnaise: it may separate.

Fresh tomatoes: their high water content causes them to collapse when thawed.

Fresh Strawberries: they also have a high water content and go mushy when thawed.

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It is shocking but true, there are still many businesses in Ireland without an online presence. For whatever reason, they think that a website is not necessary for their business. These businesses are simply ignoring a large portion of their market, the under 35's.

In April 2007, Accenture published a study about online product research. They found that 67% of respondents preferred to purchase goods in physical stores, however, 69% of the respondents stated that they use the Internet to research product features as part of the shopping process. They also found that:

- 58% use the Internet to locate items online before going to a store to purchase.
- Only 13% said the Internet has not improved their shopping experience.
- 43% said the online information was the most influential

"Instead of replacing bricks and mortar stores, the Internet is an extension of consumers' in-store shopping experience providing a resource to research product and price," said Jeff Smith, global managing director of Accenture's Retail practice. "Retailers and manufacturers must understand this consumer behaviour trend in order to reach shoppers, educate them, serve them and earn their loyalty." The internet has become second nature to the under 35's. They have easy access to it via their computer at home, their computer at work, and even on their phone. It is an easy reachable resource that will give immediate results, no matter what they are looking for. This market segment believes that if a business does not have a website then they cannot be very reputable. The easiest way to profit from this market is to have a website.

The most obvious benefit to owning a website is marketing your business online. Prospective clients will look for your business website before searching the yellow pages for your phone number. However, there are a lot of other benefits. A website can be used as an opportunity to publish your knowledge of your products or services, it can be used as a communication tool in order to keep in contact with your current clients, or it can be used to inform people of your business or products.

Increase your visibility, communicate with the world and expand your client base

More and more individuals and business people are looking to the Web for products and services.

From the most remote location you can reach people anywhere, announce upcoming events, post images and get feedback at any time of the day and from all over the world. A web site is an ideal place to communicate with customers, suppliers, prospects, sales people and the general public -- tell them about your products or services, your business hours, your methods of payment, how to find you, etc.

100% current and time-sensitive information for an international audience!

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prize winner, the press kit for the much-anticipated film, the merger news? Well, you sent out the materials to the press with the "Do-not-release-before-such-and-such-time" statement and hope for the best. Now the information can be made available at midnight or any time you specify, with all related materials such as photographs, tables, charts, etc. released at exactly the same time. No brochure, radio spot, newspaper or TV/cable ad can sustain or refresh your message as can a web site. To retain your customers you need to keep them informed about the latest news, activities, events and services. Your web must also change to cater to your users' changing needs. Thus having a web site and being able to update it any time allows you to compete with your largest competitors on an equal footing.

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Written by Vince Doherty, www.dakor.ie. Dakor is a full service web design/development company

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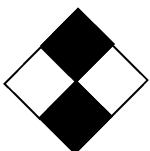
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Clubs, Organisations & Societies



Maynooth Golf Society

Result Sheet

Headford Golf Club 25/7/09

Kevin Loftus Captains Prize

Sponsored by Maynooth Windows and Conservatories

1st Prize	Liam Farrelly	38pts.
2nd Prize	Niall Farrell	36pts. B9
3rd Prize	Mark Kehoe	36pts.
4th Prize	Gerry McTernan	35pts. B9
5th Prize	John Carroll	35pts.
6th Prize	Barry Desmond	33pts.
7th Prize	Tom Flatley	32pts.
8th Prize	Norman Kavanagh	31pts. B9
9th Prize	Pat Connolly	31pts. B6
10th Prize	Terry Moore	31pts.
Front 9	Joey Edwards	17pts.
Back 9	Mick Flynn Snr.	17pts.
Past Captain	Liam Farrelly	
Visitors	Joey Glynn	34pts.
	Kevin Loftus Jnr.	27pts.
Nearest the Pin	Joey Edwards 14th & Barry Desmond 8th	
2's	Joey Glynn	

Kevin Loftus Captains prize to Headford Golf Club in Kells had a great turnout of the members for the highlight of the society's calendar. This old tree lined parklands course posed a great challenge and a good test of golfing skill for all who played. The weather was good and sunny for most of the day except for one heavy shower in the latter part of the day, the course was in excellent condition even after the heavy rain of the previous week. A fantastic score by Liam Farrelly of 38 points playing off a handicap mark of 6 took the first prize closely followed in second place by his former caddie Niall Farrell with a score of 36 points and Mark Kehoe in third place on the same score of 36 points. All other results listed above.

Brendan Leigh of Maynooth Windows and Conservatories who sponsored this outing presented the prizes with Captain Kevin Loftus at the captain's dinner at Headford Golf Club after the event which was attended by all who played.

Our last outing was held in Athlone Golf Club on 29th August — The Shay Moore Cup.



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## The Dangers Associated with Smoking !!!

Possibly one of the best things to happen during the Celtic Tiger Economy I think was legislation which made it illegal for people to smoke in public places be it in the workplace or any other public place and that includes on buses, trains and aeroplanes if you pardon the pun. Now that isn't a criticism but it has been argued by the experts in the health field that this piece of legislation was a long time coming and that it will benefit smokers and non smokers alike in the long run.

***Here are what some health experts say about what the effects of smoking can be:***

The experts claim that there are about 700 harmful additives that can be found in cigarettes. Most of the additives are toxic and it would be illegal to use any of these in food. Did you know as well that once a cigarette is lit it ***reaches a temperature of 2000 degrees Fahrenheit.*** Most of these are most definitely dangerous and taken over a long period and WILL at some stage cause serious harm to your health. Some of the toxins include Carbon Monoxide, Carcinogens and numerous Mutagens.

One of the main reasons associated with cigarette smoking and possibly the main reason for people becoming addicted to them is down to the ***nicotine.*** Nicotine has no colour doesn't have an odour and is normally found in tobacco. The nicotine contained within a cigarette can do serious harm to a human beings internal organs. And no organ contained within the human body is safe once a sustained amount of smoking has taken place. Nicotine is a poisonous alkaloid which comes from the tobacco plant. ***Nicotine raises both your pulse rate and blood pressure.*** According to medical experts it affects the brain and quickly becomes addictive. ***Another frightening thought here is that "Nicotine can be found in Weed killer."*** Another chemical which is deadly and a highly addictive part of the cigarette and is found in the cigarette is ***a toxic brown substance*** when the tobacco cools and is called ***"Tar."*** This substance gathers in the lungs and is cancer forming and can kill. ***Believe it or not but another toxic mixture often used in the making of rat poison called Arsenic can be found in cigarettes. Other chemicals containing deadly toxins used in the production of cigarettes are "Methanol- a fuel used by the aviation industry,***

***Polonium 210 - a radioactive element used in the making of nuclear weapons and an atomic heat source and finally Formeldehyde- which causes cancer and can damage your Skin, Lungs and Digestive System. Embalmers use it in preserving dead bodies. There are other deadly chemicals but the above named is just a taste of the many deadly components used in the manufacture of cigarettes.***

The chances of contracting cancer through smoking increases as you get older and is significantly higher among middle aged men and women. And it doesn't just apply to older people, even children can be affected as a result of what's called passive smoking. Problems such as asthma, emphysema and other chest infections can be caught as a result of the dreaded cigarette or as it is often more commonly called "the cancer stick."

*According to statistics carried out worldwide a person dies every 6.5 seconds through the effects of cigarette smoking. That means that 1.5 million people die needlessly every year through the effects of cigarette smoking which is a frightening thought.*

***Seven thousand people die in this country yearly from smoke related illnesses and thousands more are affected either one way or another through chest related illnesses brought about by smoking.***

Because of the health risks associated with smoking it can speed up the aging process. As a person gets older smokers are likely to suffer from the following symptoms– thickening of the arteries, blood clots and are in danger of developing cancer of the mouth, larynx, cervix, oesophagus as well as the bladder, pancreas and kidneys. They are also more likely to show symptoms of a lack of athleticism, wheezing of the chest, coughing and nausea. Eventually they will suffer from an increased resistance to a flow of oxygen to the lungs as well as stained teeth and fingers. There is also likely to be a strong odour of tobacco smoke off their clothes. Smoking will not only affect your health but it will hit you in the pocket as well. Not only are they expensive to buy but the health issues that have to be addressed as a result of smoking will also have to be dealt with.

***Information supplied courtesy of [www. Cantstopingsmoking.com](http://www.Cantstopingsmoking.com) and [www. stopsmokingtips.com](http://www. stopsmokingtips.com)***





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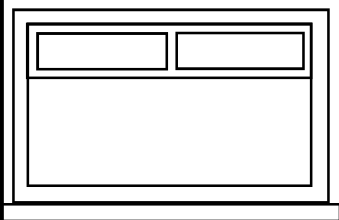
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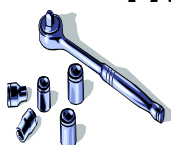
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# September Diary Planner



## Maynooth ICA

Following the Summer Break the monthly meeting will take place on Thursday 3rd September at 8.00 p.m. in the I.C.A. Hall in the Harbour

Crafts resume on Monday 7th September at 8.00 p.m.

New Members Welcome

## Maynooth Flower & Garden Club

Meeting takes place on Tuesday 15th September at 8.00 p.m. in Loftus Hall, St. Patricks College, Maynooth

Demonstration of Floral Art  
By Margaret Quinn

All welcome.

## Maynooth Toastmasters

Following the Summer Break Maynooth Toastmasters will be holding an Open Night on Monday 14th September at 7.45 p.m. in Glenroyal Hotel

## Maynooth Community Library

Adult and Children's Chess Club takes place every Monday at 6.00p.m.

## Donadea Running Club

Donadea Running Club will hold a 10k Race on Saturday 10th October 2009.

Participants should gather at the Dunmurragh side of Donadea Forest from where the race will commence. The race will finish in Donadea Forest on the castle side of the lake.

Medals will be presented to each participant at the Castle.

Volunteers for marshalling duties are required.

## University of Third Age

September meetings take place Friday 4th & 18th at 11.00 a.m. in the Community Library.

New members welcome.

Enquires: Bernadette 01 6289131

## Maynooth Taekwon-Do

Classes held every Wednesday & Friday.

For details: Contact

Stephen Doyle 087 6986491

If you would like your event for October put into The Diary please contact The Newsletter

Tel: 01-6285922

E-mail: [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net)

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### **Contact Details**

**Dáil office:** Dáil Éireann, Kildare Street, Dublin 2

**Maynooth Constituency Office:** No. 4 Centre Point Mall, Maynooth

**Tel:** 01 618 3057, **Fax:** 0 618 4510

**E-mail:** [aine.brady@oireachtas.ie](mailto:aine.brady@oireachtas.ie)

### **Advice Centre Details:**

|                                   |                                                        |
|-----------------------------------|--------------------------------------------------------|
| Every Monday at 11.30 am          | Constituency Office, No. 4 Centre Point Mall, Maynooth |
| 1st Monday of every month at 8 pm | Leixlip GAA                                            |
| Every Monday at 2.30 pm           | Fianna Fáil Office, Main St., Celbridge                |
| 1st Monday of every month at 7 pm | O'Keefe's, Kilcock                                     |

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## Features

# Tips to Help Reduce Household Bills

With the economic doom and gloom sweeping Ireland and with the help of the budget adding salt to our wounds everyone is tightening their purse strings... even more! So in an effort to help combat those dreaded monthly household bills here are a few tips to help keep some 'yo yo' in your pocket.



- \* Check all your doors and windows for **sneaky draughts** - the biggest culprit of wasted heat.
- \* May seem silly but change your light bulbs! Invest in some **Low energy bulbs** as they last up to 15 times longer than a normal light bulb and provide the same lighting for a quarter of the running cost.
- \* It sounds ridiculous but if a room is **not occupied then the light should be off**. This sounds easy, but how often do we leave a room thinking we'll be back in a minute and then completely forget that we left the light on.
- \* This also sounds like common sense but is easily forgotten -unplug all electrical devices not being used. Many appliances, **especially PC's, TV's and mobile phone chargers use up power on stand by**.
- \* Place heavy furniture like bookshelves, and sofas against exterior walls to **help block off cold air**.
- \* When cooking use lids on pots and pans to reduce cooking times. For example **never boil water in an uncovered pan** as it boils faster and use less energy in a covered pan.
- \* **Wash your dishes** rather than use a dishwasher.
- \* Hang your clothes on a clothes line or buy a clothes horse if you live in an apartment. If you are urban living and are not allowed place your laundry on the balcony, buy some pegs to **pin your clothes to the clothes horse** and leave out early in the morning or late in the evening. Tumble dryers are notorious for racking up energy units. Plus they ruin your clothes!
- \* Use less water during the day. Simple steps such as turning off your water while you brush your teeth and **taking shorter showers** can save you money on your water bill. You can also save water and money by only running your washing machine or dishwasher when it is fully loaded.
- \* **Perform home repairs** in a timely fashion. Problems such as leaky taps, leaky pipes or windows that do not shut fully can slowly increase the amount of money that you spend on water, heating and cooling.







## Maynooth Toastmasters

*We are resuming the Maynooth branch of Toastmasters on September 14th at 19.45 in the Glenroyal Hotel in Maynooth.*

*Toastmasters is an ideal way for people to gain experience with public speaking, improve their communication skills and polish up on how they deliver presentations. The Maynooth branch currently has over 40 members of all ages and anyone is welcome to join, no matter their background or experience in public speaking.*

*Guests can come along on September 14th for free and see what Toastmasters is like before deciding to sign up.*

*Please feel free to contact me if you need any more info.*

*Kind Regards,*

*Bryan Collins*

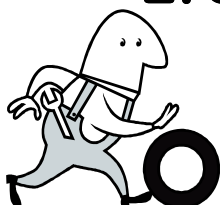
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### *The Hedgehog*



The hedgehog is also known as the "urchin" or "hedgehog". This is due to the animal's pig-like snout. The name "hedgehog" dates from around 1450 and it has generally replaced the older "urchin". The name urchin is often applied to a mischievous child because the urchin or hedgehog was believed to be a mischievous elf in disguise. It is thought that the hedgehog was introduced to Ireland around 1700, quite possibly as a source of food. Hedgehogs are very common throughout the country but we seldom see them. The reason for this is that they are nocturnal, i.e. they sleep during the day and are active at night. They sleep under logs and tree roots or under heaps of leaves or in burrows. Generally if you see a hedgehog out in daylight, it is a sick one. If you come across a hedgehog, it will instinctively curl up into a ball and the spikes stand out in every direction. The hedgehog does this to protect those parts of its body that are not protected by spines. Very few predators are able to penetrate this defence. Its main predator is the badger.

Hedgehogs are good climbers and can climb over ivy-covered garden walls. If they fall from a height, they immediately curl into a ball as they fall to land unhurt, cushioned by the thick layer of spines. We all like to see hedgehogs visit our gardens. They are often called the gardener's friend, because they eat slugs and snails thereby reducing the need to use slug pellets. This is a good example of biological pest control (using one species to remove another). If you want to put out additional food for visiting hedgehogs, make sure NOT to give them bread and milk. The milk can make them very sick, maybe even kill them. The best food you can give them is tinned dog or cat food, and always leave out a bowl of fresh water for them.

As you move into summer, hedgehogs in your garden may become more noisy. On warm moist summer nights you may be lucky enough to see and hear mating hedgehogs. They seem to ignore humans and you can watch them without disturbing them. So enjoy them at this time of year, because come next October or November they will have hibernated and will spend the winter sleeping.

### *The Green-Eyed Monster Named Jealousy.*

One day you bring home another furry bundle of joy. The problem is, the dog currently in residence - the one you adore, who always came to you for pats and snuggles - suddenly decides he wants nothing to do with either you or the new family member. Pets can display jealousy too, and to help smooth the transition to a more-than-one-pet household, try to:



- \*Continue to lavish attention on your "first" pets. It's so easy to get caught up with the newcomer ... but your other pets may be feeling a bit put out. Spend plenty of time with them reassuring them that they're still a special part of the family.

- \*Take things slowly; don't force your pets together. Introduce them in controlled situations, and give them time to adjust at their own pace. Allow them to gain confidence and decide when they'd like to face their new housemates.

- \*Feed them away from each other. Use separate food and water bowls, and keep them physically separated when eating. Do not tolerate aggressive behaviour.

- \*Always supervise your pets until you are sure they get along. Some pets will adjust quickly; others may take weeks or even months before they're fully adjusted.

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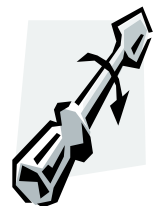
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# Horoscopes



**ARIES—March 21—April 20**

Keeping things to yourself will give you greater leverage when you want to negotiate. Communicating with people who have common interests will lead to advancement but is likely to create jealousy. Your lucky day is Monday, Number 2, Colour Yellow.



**TAURUS—April 21—May 21**

Don't fall victim to a fast talker or someone pressuring you to make a hasty decision. Don't donate time or assistance before knowing exactly what's involved. Listen, be patient and keep your distance. Your lucky day is Wednesday, Number 7, Colour Blue.



**GEMINI—May 22—June 22**

Take a lead position. You have charm, wit and the wherewithal to get others to do things for you. Your energetic, go-getter attitude will inspire others to support your effort. Your lucky day is Saturday, Number 11, Colour Violet.



**CANCER—June 23—July 23**

You may be tempted to take the easy route, allowing someone else to call the shots, but you will regret not taking matters into your own hands. Take note of what's important to you if you want to be successful and find happiness. Your lucky day is Monday, Number 5, Colour Navy.



**LEO—July 24—August 23**

Don't be afraid to share your dreams and ask for input to help achieve your goals. Progressive, aggressive action will help you get your point across. A contract can protect you and your interests. Your lucky day is Wednesday, Number 25, Colour Orange.



**Virgo—August 24—Sept 23**

The more you accomplish, the greater the impression you will make. If someone doesn't meet your expectations, move on. Take on whatever task is undone and show your ability to do things on your own. Your lucky day is Friday, Number 31, Colour Pink.



**LIBRA—Sept 24—Oct 23**

Don't be a follower when you have so much to gain by making your own way. Let your imagination drive you to bigger and better accomplishments. Be intent on presenting your own reforms and ideas. Your lucky day is Thursday, Number 10, Colour Black.



**SCORPIO—Oct 24—Nov 22**

Don't take chances, not everyone is in your corner. Opposition will be fierce. A short trip will give you some fresh ideas and help you make some changes that will catch everyone off guard. Your lucky day is Friday, Number 22, Colour White.



**SAGITTARIUS—Nov 23—Dec 21**

You can accomplish your goals but not at the expense of someone else. If you meddle or take on a task that is too great, you will end up looking bad. Take your lead from a more conservative friend or observer. Your lucky day is Thursday, Number 10, Colour Black.



**CAPRICORN—Dec 22—Jan 20**

Use your past experience and acquaintances to get things right this time around. Just because something didn't work a long time ago doesn't mean it won't work now. Your timing is much better to, redo, reinvent, recycle and renew. Your lucky day is Tuesday, Number 9, Colour Maroon.



**AQUARIUS—Jan 21—Feb 19**

Your original ideas will lead you down a path that is exciting and can change your life considerably. Don't let someone's negativity get you down. You are in a good position to debate your case and win. Your lucky day is Saturday, Number 15, Colour Green.



**PISCES—Feb 20—March 20**

Work secretly if you want to avoid setbacks, disturbances and opposition. Make a couple of alterations at home. A carefully orchestrated talk will keep the one you love protected until your plans are doable. Your lucky day is Tuesday, Number 12, Colour Wine.



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(see [www.rad.org.uk](http://www.rad.org.uk) for more info)

The Dance Academy is a family business, now run by Sadhbh Ó Dúnlain. The Dance Academy has been operating successfully in Bray, Maynooth and Mount Merrion for a number of decades and since 2005 has blossomed in Edenderry.

Sadhbh personally teaches every single pupil & was thrilled with a phenomenal R.A.D. Exam session last May when nearly 100 children from the 4 centres put themselves forward for Examinations and Presentation Classes. Students ranging from Pre-Primary to Grade 8 Award took part. The Academy is delighted to announce that all passed with flying colours, with most attaining merits & distinctions.

**Congratulations!**

Sadhbh hopes to welcome you all back again in September for a show year, where she looks forward to another exciting full scale ballet production

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## Maynooth GAA News



*Maynooth's minor football team, which began their championship campaign against Naas on August 11. Donal McAvinue's side will play three matches in the round robin format and will qualify for the quarter-finals if they finish in the top eight of 12 teams*

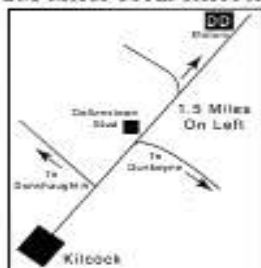
*Maynooth minor footballers got a helping hand from their main sponsor Sean Donovan (left) of Donovan's Centra, Greenfield Shopping Centre, Maynooth ahead of this year's championship which began on August 11. Team captain Michael Fahey (right) is on hand to receive a new set of tracksuit tops*



Photo's by Elaine Comerford



24.2 Miles From Kilcock



### 3 Miles From Maynooth



# Maynooth GAA News

## Ennis makes it easy for Maynooth but Blues are brutal

|              |      |
|--------------|------|
| MAYNOOTH     | 1-14 |
| MONASTEREVIN | 1-5  |

MAYNOOTH passed their first test in this year's intermediate championship with flying colours after a comprehensive nine point win against Monasterevin.

Scoring just one point in the first half Monasterevin were made look like students who hadn't studied for their exams as Maynooth outplayed, out-thought and out-muscled them during an excruciating hour of football for Paul Bealin's side.

Bealin must have been scratching his head in disbelief when the Blues were kept scoreless for 22 minutes and scored just once in the opening half.

Maynooth hit 1-7 without reply during 17 blistering minutes that established their credentials as serious title contenders.

Pierre Ennis was the star of the show, hitting 1-3 in the first six minutes and getting a further four points to make for an individual tally that was enough to beat the losers on its own.

All over the field Maynooth were hungry for the ball and with complete dominance in midfield they wrestled for every breaking ball like their lives depended on it. With a huge workrate that their opponents could never match, the winners made the most of every opportunity although they could hardly believe the ease with which they took control.

At the interval the match was good as over, the gap 11 points and the score 1-9 to a measly 0-1 after 30 minutes Monasterevin will have to forget if they're to make any headway in the championship.

After Ennis hit 1-3, Niall Naughton and Vinny Hanrahan added a point each until Maynooth's top scorer took over again with two more points from play before Monasterevin finally got off the mark courtesy of Colm McCabe.

Maynooth's determination was such that they finished the half with another brace of points, this time Karl Ennis clipping two fine scores, one from play and one from a free.

Things could only improve for the losers after the break because they couldn't get any worse and an influx of subs, four by the 42nd minute, gave them a badly needed makeover.

They attacked with more purpose and Wayne Carter netted with six minutes to go the Blues were only playing for pride.

Even that was in poor supply for Maynooth finished this hiding with three more points before the end, again Karl Ennis found the range with two more good scores to take his tally to four from wing back while Vinny Hanrahan cleverly fisted over his second point of game.

Maynooth will have to be considered as live championship contenders after this display and with a second round clash with lowly Eadestown next up they already look to have one foot in the quarter-finals.



David Comerford

### MAYNOOTH

Paul Flood; Adam Gunne, Colin O'Neill, Joe Brennan; Sean Kennedy, Niall Byrne, Karl Ennis (0-4, 2fs); Niall Naughton (0-1), Mickey Bennett; Feargal Molloy, Cillian Carr, David Comerford; Vinny Hanrahan (0-2), Hugh Purcell, Pierre Ennis (1-7, 0-3fs). Subs: Alan McAndrew for Molloy, 46.

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# Whitney Houston

**W**hitney Elizabeth Houston (born August 9, 1963) is an American recording artist, actress, and former fashion model. A relative to several prominent soul singers, including her mother Cissy Houston, cousins Dee Dee and Dionne Warwick, and godmother Aretha Franklin, Houston began singing at her New Jersey church as a member of a junior gospel choir at age eleven. After she began performing alongside her mother at night clubs in the New York City area, she was discovered by Arista Records label head Clive Davis.



Houston spent some of her early life touring night clubs with her mother and while Cissy was performing she would occasionally get on stage and perform with her mother. Rolling Stone Magazine praised the new talent, calling her "one of the most exciting new voices in years" while The New York Times called the album "an impressive, musically conservative showcase for an exceptional vocal talent". Houston's second album, *Whitney*, was released in June 1987.

Houston was a supporter of Nelson Mandela and the anti-apartheid movement. During her modelling career days, the singer refused to work with any agencies who did business with a then apartheid South Africa. In June 1988, during the European leg of the tour, Houston joined other musicians to perform a set at Wembley Stadium in London to celebrate a then imprisoned Nelson Mandela's 70th Birthday. Over 72,000 people filled Wembley Stadium, and over a billion people tuned in worldwide as the rock concert raised \$1 Million for charities while bringing awareness to apartheid. In 1989, Houston formed the Whitney Houston Foundation For Children, a non profit organization that has raised funds for the needs of childrens issues around the world. The organization cares for homelessness, children with cancer and AIDS, and other self-empowerment.

Whitney Houston married Bobby Brown on July 18 1992. She has one daughter by him called Bobbi Kristina Houston Brown. Houston appeared in her first starring role in the feature film *The Body Guard* in 1992. In 1995, Houston starred alongside Angela Bassett, Loretta Devine, and Lela Robson in her second film *Waiting to Exhale*; a motion picture about four African American women struggling with relationships. Houston played the leading role Savannah Jackson, a TV producer in love with a married man.

In August 2001, Houston signed the biggest record deal in music history with Arista/BMG. She renewed her contract for \$100 million to deliver six new albums, on which she would also earn royalties.

Whitney Houston separated from Bobby Brown in September 2006. The following month, on October 16th 2006 Houston filed for divorce from Brown. On February 1st, 2007 Houston asked the court to fast track their divorce. The divorce became finalised on the 24th April, 2007.

In March 2007, Clive Davis announced that the singer would be heading back to the studio to record her first album in four years.

Whitney Houston's debut is currently listed as one of Rolling Stone's Greatest Albums of all time and on The Rock and Roll Hall of Fame's Definite 200 List. Houston's grand entrance into the music industry is considered one of the 25 musical milestones of the last 25 years according to USA Today. In 1997, the Franklin school in East Orange, New Jersey was renamed The Whitney E. Houston Academy School. In 2001, Houston was awarded the first annual Lifetime Achievement Award by BET.

**Enda Clavin**





Fax: 6291399

Email: [info@maynoothcu.ie](mailto:info@maynoothcu.ie)

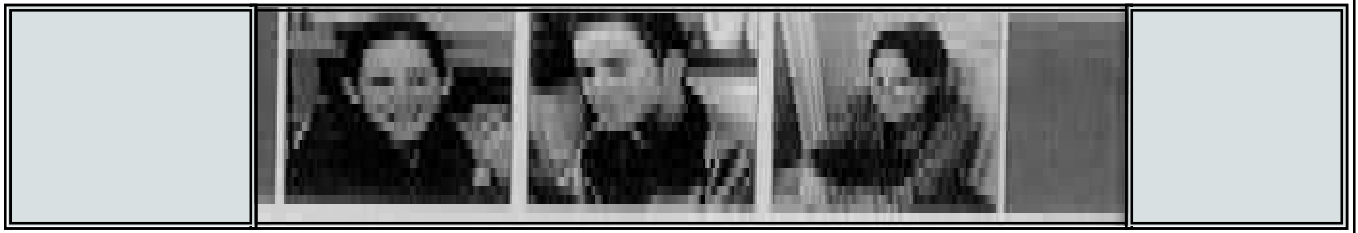
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|-----------|-----------------|
| Monday    | 9.30am - 5.00pm |
| Tuesday   | 9.30am - 5.00pm |
| Wednesday | 9.30am - 5.00pm |
| Thursday  | 9.30am - 7.00pm |
| Friday    | 9.30am - 7.00pm |
| Saturday  | 9.30am - 2.00pm |

**LP/LS Insurance**

**Budget Accounts**

**Car, Holiday, Home Repairs, Education Loans, etc.**

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## *Post Primary School Maynooth Celebrating Leaving Certificate Results 2009*



*Robert Dignam & Auaira Kea*



*Colm Peelo & his mother  
Martina Peelo*



*David Thompson & Sarah Thompson*



*Eoghan Sinnott & Darragh Dunning*



*Avril Hegarty & Emma Maloney*

# Musical Tots



**Mum & Toddler music classes (0-4 years) will resume in September. "Singing is invaluable in the language development of children from a very young age." (Blanchard Composer)**

**To come to your introductory session contact Karen at:**

**01 6289637  
087 6417981**

**[www.musicaltots.org](http://www.musicaltots.org)**

## **BRIDGE CLASSES FOR BEGINNERS**

**START MONDAY 14 TH SEPTEMBER  
AT 7.30 P.M.**

**ACOL HOUSE BRIDGE CENTRE,  
MAYNOOTH  
PHONE: 087-2578526**

**TUESDAY MORNING BRIDGE  
CONTINUES 10.00 A.M.**

**BEGINNERS BRIDGE CLASSES  
AVAILABLE ON THURSDAY  
MORNINGS IN SEPTEMBER FOR  
GROUPS OF 8 OR MORE.  
PHONE OR TEXT: LIZ**

**087-2578526 TO BOOK YOUR PLACE**

## **MAYNOOTH U3A**

A group of ladies from Maynooth U3A enjoyed a day out with a difference recently.

The trip was to Arigna Mining Experience in Co. Roscommon. Arigna is a hamlet, situated in the hill country of North Roscommon, a picturesque valley with breathtaking scenery and an unspoiled landscape. It has a history of coal mining going back 400 years.

The last coal mine closed in 1990, and the local community decided to develop a project attempting to maintain life in the valley. The mining museum is the culmination of many years work, with support from statutory and voluntary bodies. As we arrived at the museum on the mountain top, the scenery left us speechless. The panoramic views across Lough Allen to Sliabh an Iarainn and the surrounding mountains is incredible and we spent some time drinking in this unexpected jewel.

Following beverages and snacks in the coffee shop we began the tour. An ex-miner acted as tour guide and his description of a working life of unimaginable severity accepted by the coal miners for generations had our immediate attention.

The journey underground is literally a journey through a life and a way of existence which has been so authentically reborn through this amazing project, that we all felt it was a totally unique experience.

Afterwards we watched a video of a miner at work underground and had a stroll around the exhibition area, which traces 400 years of mining history in the area.

We felt the tour was an education in terms of History, Geography, Sociology, and Human endurance, and came away with an insight into a way of life that most of us could not even imagine.

Helena Kirkpatrick

# BENEFITS OF EATING FRUIT

**W**e all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.



Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

What is the correct way of eating fruits?

## **IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.**

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

### **FRUIT IS THE MOST IMPORTANT FOOD.**

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

**Graying hair, balding, nervous outburst, and dark circles under the eyes all these will not happen if you take fruits on an empty stomach.**

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

**Eating a whole fruit is better than drinking the juice.** If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. **Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!.**

**KIWI:** Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fibre. Its vitamin C content is twice that of an orange.

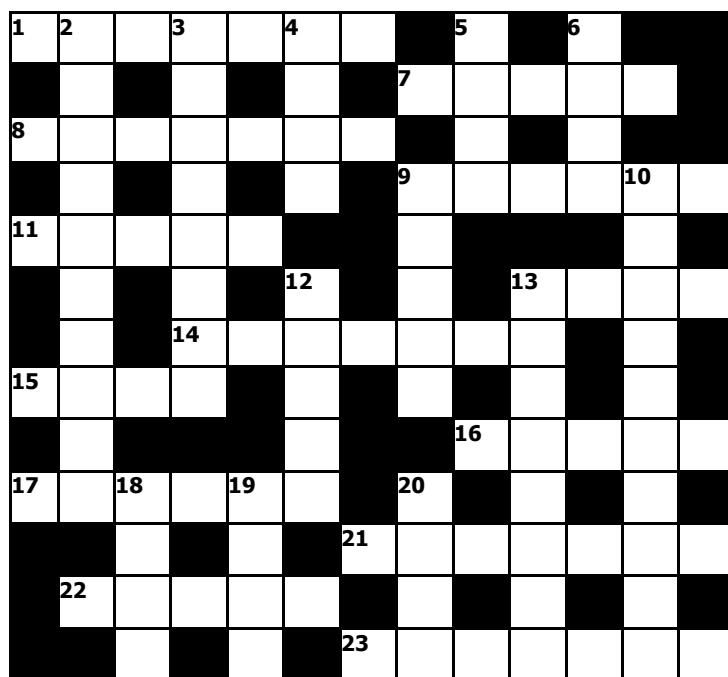
**APPLE:** An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

**STRAWBERRY:** Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

**ORANGE :** Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.



# Crossword No.81.



Entries in Before 16th September

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Across:

1. Surgeons knife (7)
7. US actress, \_ \_ \_ Leigh (5)
8. Passion (7)
9. Fortified wine (6)
11. Cape (5)
13. Church recess (4)
14. Estimated (7)
15. Depend upon (4)
16. Add (3,2)
17. Bring into harmony (6)
21. Alike (7)
22. Order of Greek architecture (5)
23. Broad-blade jungle knife (7)

Doodle Box

## Special Prize

### Book Voucher

Give yourself the luxury of browsing and choosing the book/books which take your fancy from the wide selection available in the store of our sponsor

**The Maynooth Bookshop**  
68 Main Street, Maynooth

Bernadette Duffy  
175 Kingsbry,  
Maynooth

Down:

2. Self-satisfied (10)
3. Apathy (8)
4. River island (4)
5. Hit (4)
6. Juicy fruit (4)
9. Hoard secretly (5)
10. Eating place (10)
12. Wait upon (5)
13. Reprove (8)
18. Walked (4)
19. Singer, \_ \_ \_ Sedaka (4)
20. Elvis film, \_ \_ \_ Las Vegas (4)

Solutions to crossword No. 80.

Across: 1. Strum, 4. Shrug, 10. Pairs, 11. Abigail, 12. National, 13. Fiji, 15. Oswald, 17. Asimov, 19. Sulk, 20. Waterway, 23. Incline, 24. Begin, 25. Etude, 26. Cease.

Down: 2. Twist, 3. Unspoilt, 5. Hail, 6. Uranium, 7. Sponsorship, 8. Japan, 9. Clairvoyant, 14. Assemble, 16. Wildcat, 18. Valet, 21. Wages, 22. Kidd.



# FLOWER ARRANGING

## **A single flower is a beautiful flower.**

Everywhere you look it seems all you see are big and even bigger floral arrangements. Some of them are even downright scary! Little arrangements have their place too, especially the littlest of them all...a single stem. While a single rose or other flower in a bud vase is always elegant, use single blooms in a wide variety of places in many different ways can also be elegant. Place single blooms in tiny vases and containers, float smaller blooms in wineglasses, teacups or other small containers and float larger blooms in bowls or other wide containers. Sometimes a single bloom can be the most elegant and distinctive arrangement .



## **Think beyond vases when looking for a container.**

Do not be afraid of placing a floral arrangement in a container that is not a typical vase. Flower arrangements that are unique and using a unique container are very easy to do. Consider any open container for holding flowers. Even items that won't hold water can be used as vases simply by placing a smaller vase, bottle, or other container inside it. Use our imagination look around your house and see what you can use. What about the old teapot that you never use?

## **Always cut flowers with a sharp knife or pair of scissors**

A very common mistake people make is using a dull pair of scissors or cutting knife...or even worse their fingers...to "cut" flowers either in the garden or when trimming them to fit into an arrangement. A sharp edge is needed to make a sharp even cut that will allow water to enter the flower stems. A ragged edge actually inhibits water and food absorption and will make your flowers fade faster.

## **Flower arrangements don't have to be "perfect".**

Forget the extravagant arrangements. While they might be nice for very formal occasions, smaller arrangements can have just as much, if not more appeal, charm, and beauty. As long as you like the arrangement, and as long as it makes you happy, it is indeed a "perfect" arrangement.

## **Remember that flowers smell.**

You need to keep the scent of flowers in mind when you are making arrangements. Many a dinner party was spoiled by the table centerpiece which was so strongly scented that every dish tasted like the flowers and have made party guests sick by the strong scents of gardenias or lilies in a small or hot room. Remember that even pleasantly scented flowers can be problematic in tight quarters, hot rooms, or on the dinner table. On the opposite side of pleasant smelling flowers lie what we affectionately call "the stinkers". Some flowers just don't smell good, or don't smell good to other people. A flower that smells mildly unpleasant in the garden or florists shop might smell very unpleasant when arranged in a small room or when all you can smell is the flower arrangement.

## **Keep your flowers in a cool location.**

There are few things prettier than a bright bouquet of flowers in a sparkling crystal vase set in a sunny location. As pretty as that flower arrangement is, it won't last long at all in such a warm environment. The cooler the location, the longer your flowers will last. Keeping flowers away from direct sunlight, large lights, heating vents, heaters, active fireplaces, stoves, and even appliances will help them last longer. If you just have to keep an arrangement in a warm location change the water frequently using very cold water and even add an ice cube or two to the arrangement every so often and your flowers will last longer.

# Party Political - Michael Fitzpatrick T.D.

**Michael Fitzpatrick T. D.**  
**Constituency Office - Tel.: 045 888438**  
**Email: Michael.fitzpatrick@oireachtas.ie**



Michael Fitzpatrick T.D.

## **Fitzpatrick welcomes €250 million Government Subsidy Scheme to protect vulnerable jobs**

The Government has established a €250 million Employment Subsidy Scheme that will see payments being made to employers in order to protect vulnerable jobs in the productive sector of the economy according to Convenor of the Oireachtas Enterprise Committee and Fianna Fail TD for Kildare North, Michael Fitzpatrick.

"This Scheme will see employers being paid a subsidy by the Government to keep on employees as they come under increasing pressure to make redundancies."

"These payments will be vital in protecting up to 27,400 jobs across the country and they will help keep companies functioning and producing in the future interests of the country's exporting potential."

"The Employment Subsidy Scheme will provide a subsidy of €9,100 per employee over 15 months to qualifying exporting enterprises in the manufacturing and/or internationally traded services sectors."

"To qualify, enterprises must be judged to be vulnerable in the current economic climate, but viable in the medium to long term. The assessments will be made by Enterprise Ireland."

"Companies must also employ more than 10 full-time employees, have export sales of at least 30 per cent, and they must not have been in difficulty on July 1 2008 in order to be included in the scheme."

"Over fifteen months, the Employment Subsidy Scheme will provide a maximum subsidy of €200 per full-time employee per week for the first twenty-six weeks, reducing to €150, €100 and €50 respectively for each of the subsequent 13-week periods."

"Under State Aid rules the maximum subsidy payable to any one enterprise, or group of related enterprises, for the duration of the scheme is €500,000. There may be certain reduction on this amount where companies have been approved funding under the temporary aid framework or received de minimis aid."

"This Scheme in addition to the €100 million Enterprise Stabilisation Fund put in place by the Government earlier this year. It is vital that we continue to do everything we can to protect jobs in order to support a faster return to sustainable growth."

The closing date for applications for the Employment Subsidy Scheme is September 4th and interested enterprises may apply online at the dedicated website [www.employmentsubsidy.ie](http://www.employmentsubsidy.ie) or, for enterprises supported by IDA Ireland, contact their IDA Ireland Project Officer directly.

## **EU Membership has never been more important for Ireland - Fitzpatrick**

Retaining a European Commissioner was considered important by 80% of Irish people according to a recent study according to Fianna Fail TD for Kildare North, Michael Fitzpatrick.

*(Continued on page 46)*

# Party Political - Michael Fitzpatrick T.D.

*(Continued from page 45)*

"I believe that Irish people were keen for us to retain a Commissioner because they want to retain a connection with, and influence in, the affairs of the European Union."

"In the past, Ireland has been successful in pursuing our interests on the European stage. We enjoyed a reputation as honest brokers and were the model member state for countries aspiring to join the union. Irish people have been disproportionately successful in securing high office in the European institutions."

"There can be no denying that the outcome of last year's referendum caused many across Europe to wonder whether Ireland's commitment to the union was wavering. We now have the opportunity to send a powerful signal that nothing could be further from the truth."

"By saying yes to Lisbon, by reasserting solidarity with our partners, and by fully implementing Lisbon's enhanced role for the Oireachtas in EU affairs, Ireland can resume its place in the vanguard of the European Union."

"Our membership has never been more important. In these times of unprecedented global challenges – the economy and the international credit crisis, climate change and energy security, regional stability and tackling terrorism – the European Union offers Ireland the best possible means by which to protect our interests and to influence the shaping of global policies and their impacts."

"That is why I am determined to play my part in ensuring that the Lisbon Treaty goes through. I believe that Ireland will deliver a resounding Yes to Europe," concluded Deputy Fitzpatrick.

## **Mental Health Services in Kildare**

Deputy Michael Fitzpatrick has received the following response from the Health Service Executive to his enquiry on Mental Services in County Kildare"

The mental health service in the north of the county is divided into two sectors, each with a multi-disciplinary mental health team. The North West sector is based in Kilcock and serves the area between Kilcock and Maynooth and Derrinturn, whilst the North East Team is based in Celbridge and services the area between Celbridge and Leixlip.

The teams share a Day Hospital in Celbridge and a Day Centre in Kilcock, and a Day Centre in Carbury. In addition, the north of the county operates the only homecare team in the Local Health Office area and this has a significant impact on admissions and length of stay in the acute in-patient facility at the Lakeview Unit, Naas Hospital.

All the services in Kildare West-Wicklow Mental Service are operated and managed in the spirit of "Vision for Change". The services operate on a multidisciplinary basis in line with the Vision for Change but as yet do not have the full staffing levels as suggested under the Vision for Change programme.

The Health Service Executive is attempting to re-organise all of its services in order to meet the requirements of strategies under the Vision for Change and the Primary Care Strategy but also need to work within existing resources."

Deputy Fitzpatrick welcomed this response from the Health Service Executive and their commitment to continue to improve the Mental Health Services in County Kildare.

**Issued by  
Michael Fitzpatrick T.D.  
Constituency Office Tel.  
045-888438.**

# Children's Colouring Competition

September 2009



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_

## THE WINNERS OF LAST MONTH'S COMPETITION WERE

Under 7 years: Sean Hever, 13, Lyreen Pk, Maynooth

Over 7 years : Ali Crawford, Rathcoffey

Prize money for each age group to be collected at:  
Maynooth Community Council Office , Unit 5 Tesco Shopping Centre,  
Maynooth, Co. Kildare

# Puzzles—Sudoku

Easy

|  |   |   |   |   |  |  |  |  |
|--|---|---|---|---|--|--|--|--|
|  |   | 5 |   | 8 |  |  |  |  |
|  | 8 |   | 3 | 1 |  |  |  |  |
|  | 9 | 3 |   |   |  |  |  |  |
|  | 8 |   | 6 |   |  |  |  |  |
|  | 1 |   | 2 |   |  |  |  |  |
|  | 7 | 9 |   |   |  |  |  |  |
|  | 2 | 3 |   |   |  |  |  |  |
|  | 6 |   |   |   |  |  |  |  |
|  | 7 |   |   |   |  |  |  |  |

Medium

|   |   |   |   |  |  |  |  |  |
|---|---|---|---|--|--|--|--|--|
| 4 |   | 9 |   |  |  |  |  |  |
| 8 |   | 5 |   |  |  |  |  |  |
|   | 6 | 1 |   |  |  |  |  |  |
|   | 1 |   | 7 |  |  |  |  |  |
|   | 8 |   | 2 |  |  |  |  |  |
| 1 |   |   |   |  |  |  |  |  |
| 3 | 2 |   |   |  |  |  |  |  |
| 5 |   |   |   |  |  |  |  |  |
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Super Difficult

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Solutions



| Super-Difficult |   |   |   |   |   |   |   |   |
|-----------------|---|---|---|---|---|---|---|---|
| 2               | 7 | 4 | 9 | 8 | 5 | 3 | 6 | 1 |
| 8               | 1 | 9 | 3 | 4 | 6 | 7 | 2 | 5 |
| 6               | 5 | 3 | 7 | 2 | 1 | 4 | 9 | 8 |
| 5               | 4 | 6 | 2 | 7 | 9 | 1 | 8 | 3 |
| 9               | 3 | 8 | 6 | 1 | 4 | 5 | 7 | 2 |
| 1               | 2 | 7 | 5 | 3 | 8 | 6 | 4 | 9 |
| 3               | 8 | 2 | 4 | 5 | 7 | 9 | 1 | 6 |
| 4               | 9 | 1 | 8 | 6 | 3 | 2 | 5 | 7 |
| 7               | 5 | 5 | 1 | 9 | 2 | 8 | 3 | 4 |

| Difficult |   |   |   |   |   |   |   |   |
|-----------|---|---|---|---|---|---|---|---|
| 3         | 8 | 4 | 5 | 2 | 6 | 1 | 9 | 7 |
| 9         | 6 | 1 | 4 | 3 | 7 | 8 | 5 | 2 |
| 5         | 2 | 7 | 1 | 8 | 9 | 4 | 3 | 6 |
| 4         | 9 | 3 | 8 | 5 | 2 | 6 | 7 | 1 |
| 7         | 1 | 2 | 9 | 6 | 3 | 5 | 4 | 8 |
| 8         | 5 | 6 | 7 | 1 | 4 | 9 | 2 | 3 |
| 1         | 4 | 8 | 3 | 7 | 5 | 2 | 6 | 9 |
| 2         | 7 | 5 | 6 | 9 | 8 | 3 | 1 | 4 |
| 6         | 3 | 9 | 2 | 4 | 1 | 7 | 5 | 8 |

| Medium |   |   |   |   |   |   |   |   |
|--------|---|---|---|---|---|---|---|---|
| 4      | 3 | 9 | 7 | 2 | 8 | 1 | 6 | 5 |
| 8      | 7 | 5 | 6 | 1 | 3 | 9 | 2 | 4 |
| 2      | 6 | 1 | 4 | 9 | 5 | 7 | 8 | 3 |
| 1      | 9 | 6 | 5 | 7 | 2 | 4 | 3 | 8 |
| 3      | 2 | 7 | 1 | 8 | 4 | 6 | 5 | 9 |
| 5      | 4 | 8 | 9 | 3 | 6 | 2 | 1 | 7 |
| 7      | 5 | 2 | 3 | 4 | 1 | 8 | 9 | 6 |
| 6      | 1 | 4 | 8 | 5 | 9 | 3 | 7 | 2 |
| 9      | 8 | 3 | 2 | 6 | 7 | 5 | 4 | 1 |

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



## Party Political—Áine Brady T.D.

**Aine Brady TD - Constituency Office Maynooth, No 4 Centre Point, The Mall, Maynooth - available to meet constituents every Monday. Please phone 01 618 3057 (Hannah or Eamon) or 01 628 5269 (Trish) for an appointment. E-mail contact – [aine.brady@oireachtas.ie](mailto:aine.brady@oireachtas.ie) Please feel free to contact me at any stage about any local or national issue. Local Fianna Fail Councillor Paul Kelly – Contact Details: 086 2560548; e-mail [paul.kelly@pkelly.ie](mailto:paul.kelly@pkelly.ie) website [www.pkelly.ie](http://www.pkelly.ie)**



*Aine Brady T.D.*

### **Employment Subsidy Scheme to assist viable but vulnerable companies says Brady**

The Employment Subsidy Scheme, introduced by the Government last week, is designed to assist viable companies, that export their products or services, protect vulnerable jobs in these current difficult trading conditions according to Local TD and Minister of State, Aine Brady.

'The Employment Subsidy Scheme will provide a subsidy of €9,100 per employee over a fifteen month period to qualifying exporting companies in the manufacturing and/or internationally traded services sectors. Qualifying companies must be judged vulnerable in the current economic climate but viable in the medium to long term, and the scheme is being coordinated by Enterprise Ireland.' stated Minister Brady.

'This Scheme will assist employers retain their workers, their knowledge base and skills-base and also assist in protecting much needed employment. Details of the Scheme can be obtained from my office or from Enterprise Ireland.'

'The Government has recently announced a number of schemes designed to protect jobs or give training opportunities to Graduates and others. These include the €100 million Enterprise Stabilisation Fund which was put in place by the Government in April of this year to assist companies that are experiencing financial difficulties. The Graduate Placement Scheme, taken together with the Work Placement Programme, is designed to enhance the work experience and training opportunities for people that are becoming unemployed.'

'I would urge any company, that feels that they would benefit from the Employment Subsidy Scheme to contact Enterprise Ireland. The closing date for applications for the Employment Subsidy Scheme, which is a temporary measure, is 4 September 2009 and interested enterprises may apply online at the dedicated website **[www.employmentsubsidy.ie](http://www.employmentsubsidy.ie)** or, for enterprises supported by IDA Ireland, contact their IDA Ireland Project Officer directly.' concluded Minister Brady.

### **Brady urges eligible Parents to apply now for Back to School Clothing & Footwear Allowance**

Over 140,000 families nationally with school-going children are expected to apply for the Back to School Clothing and Footwear Allowance this summer, according to local TD and Minister of State at the Department of Health Aine Brady T.D.

'This scheme will see parents being assisted with the back to school costs through payments of €200 or €305 depending on the age of their children.' Stated Minister Brady.

**"Probably the furthest thing from most parents' minds this week is the start of the new school year. But we know that families always find this a pressurised time financially, so I would urge them now to take the time to apply for the Back to School Clothing and Footwear Allowance, as it can take 6- 8 weeks to process applications and receive payment."**

Minister Brady said in the changes introduced in the Budget this year **"means that an estimated 18,000**

*(Continued on page 50)*

# Party Political—Áine Brady T.D.

(Continued from page 49)

**more families will benefit as the income thresholds for entitlement to the scheme were increased by €50.**" This brings the income limits for the allowance for parents with one child to €560 for couples and €407 for those parenting alone.

Another special measure which was introduced in the Budget was an additional allowance of €215 payable to 18 year olds in full time education for whom, the half rate Child Benefit is now applied. Total back to school payment in respects of children aged 18 is €520.

The scheme is administered on behalf of the Department by the Community Welfare Division of the Health Service Executive, with staff in place now to deal with claims. A person may qualify for payment of an allowance if they are in receipt of a Social Welfare payment (including Family Income Supplement), or Health Service Executive payment, are participating in an approved employment scheme or attending a recognised education and training course and have household income at or below certain set levels.

Minister Hanafin said "the purpose of the household income limit is to ensure that the allowance is directed at those with the greatest need."

## **Straffan School get works approval says Brady**

Local TD and Minister of State Aine Brady, has been informed by the Minister for Education, Batt O'Keeffe TD, that Straffan National School has received approval to carry out some minor works at their school.

'Straffan NS has received funding, under the contingency fund 2009, to carry out minor works at the school.'

'This announcement, taken together with other recent approvals for Maynooth, Leixlip, Celbridge, Clane, Eadestown, Naas, and Prosperous, demonstrate that the representations that we are making are continuing to have an effect. I have again made representations to the Minister for Education in connection with the provision of a permanent site for St Patrick's NS in Celbridge.'

'The work to replace the Boilers at the Clane Boys National School is now at an advanced stage.'

'I would again like to compliment the Board of Management and the Staff of Straffan school for their work in preparing necessary document to secure this additional funding. The Department will be in contact with the school to discuss the approval. ' concluded

Minister Brady.

## **Tanaiste set to launch new product range at Colortrend says Brady**

The Tanaiste and Minister for Trade and Enterprise will visit General Paints on Thursday next (30th of July) to officially launch their new Colortrend Historic range of paints, a collection of 88 classic colours by times gone by, according to Local TD and Minister of State Aine Brady who requested the Tanaiste for the launch.

'General Paints, or Colortrend as it is now known, is the largest employer in Celbridge employing some 65 people. The company is a 2nd generation 100% Irish owned company and is the only 100% independent paint manufacturer in Ireland.'

'It is important that companies like Colortrend are recognised for their innovation, in particular in these challenging times. The Tanaiste will launch their Colortrend Historic range which will be added to their current product range and continue to improve their market position.'

'In recent months, I visited a number of businesses in Kildare to ascertain at first hand the issues which they face in their market place. It is important that all Government agencies assist in whatever way we can businesses in the current climate. Thursday is a good news story for Coloured, their management and staff and indeed Celbridge.' concluded Minister Brady.

## **Jobless workers to benefit from 1,500 free college places – Minister Brady**

Jobless workers in Kildare could be among those who benefit from a free part-time undergraduate college course targeted at the unemployed this September according to Minister for State for Older People and local Fianna Fail TD Áine Brady.

"The new college places will be on undergraduate certificate and degree-level programmes and will span the sciences, business, engineering and technology sectors." stated Minister Brady.

"The new college places are designed to retrain and upskill workers. Earlier this year, following a query from a constituent, I made representations to a number of different Government Departments including Education and Social Welfare and pressed for such a scheme to be introduced. I also raised the matter with our Local University - NUI Maynooth"

"The places will be co-funded by the Department of Education and the Department of Enterprise, Trade

(Continued on page 51)

## Party Political—Áine Brady T.D.

*(Continued from page 50)*

and Employment.”

“Thirteen institutes of technology, four universities and the National College of Ireland are part of this initiative specifically aimed at upskilling and reskilling workers for jobs in the sectors of the economy considered key to tackling the recession and driving economic growth.”

“Those who are interested in the courses need to contact their local college directly and should know that they will be asked to confirm that they have claimed jobseeker’s payment for the previous six months or provide a copy of the RP50 for confirming their entitlement to statutory redundancy.”

“I am hopeful that the fact that applicants will be entitled to retain their social welfare payments while on the course will assist potential students. If a student gets a job before their course finishes will not have to pay tuition costs for that academic year.”

“The courses that have been selected for the unemployed workers will meet identified skills needs so as to increase the likelihood for future employment. Courses will be in good manufacturing practice and technology, supply chain management, electronic and renewable energy engineering, environmental and sustainable energy systems, biopharmaceutical and healthcare science, information technology management, business information systems and financial services.”

“Anyone interested can contact their local FÁS office or local Social Welfare Office for further details,” concluded Minister Brady.

### **CCTV to cover Cycle Racks at Maynooth Rail Station says Brady**

Local TD and Minister of State, Deputy Aine Brady, has been informed by Iarnrod Eireann that their CCTV surveillance system will now cover the cycle storage areas at the Maynooth Rail Station.

‘A number of commuters that cycle to the Rail Station at Maynooth have raised the issue of security at the rail station, and in particular with respect to the cycle rack.’

‘Iarnrod Eireann have now informed me, following our representations, that their CCTV Surveillance Systems, which are now installed at most stations, will now cover the cycle rack area.’ stated Minister Brady.

‘This will act as a deterrent to theft and vandalism at the station and I would like to thank those commuters that raised the issue with me. As a user of the service myself, I know that the Maynooth Line has seen significant improvements in the level of service in recent years. We must ensure that those that cycle to the rail station have their property protected as much as possible.’ concluded Minister Brady who also raised the issue with the local Garda Sergeant in Maynooth.

**Aine Brady TD - Constituency Office Maynooth, No 4 Centre Point, The Mall, Maynooth - available to meet constituents every Monday. Please phone 01 618 3057 (Hannah or Eamon) or 01 628 5269 (Trish) for an appointment.**

**E-mail contact – [aine.brady@oireachtas.ie](mailto:aine.brady@oireachtas.ie)**

**Please feel free to contact me at any stage about any local or national issue.**

**Local Fianna Fail Councillor Paul Kelly – Contact Details: 086 2560548; e-mail [paul.kelly@pkelly.ie](mailto:paul.kelly@pkelly.ie) website [www.pkelly.ie](http://www.pkelly.ie)**

# *Carton House - Maynooth*

## *A Brief History*

**C**arton House is situated about one mile from Maynooth beside the Galway Road. This great house is nestled among a most beautiful setting of trees and lawns. The Rye Water weaves its way through the estate lands until it joins the river Liffey at Leixlip.

The demesne is surrounded by a five mile long wall and there are five lodge houses dotted along the boundary. On the demesne itself is the famous Shell Cottage which was built for Lady Emily FitzGerald, a quaint cottage which once had a thatched roof and is decorated outside and within with seashells. All this makes Carton a truly magnificent and breathtaking sight.

The original house was built in the early seventeenth century by a member of the Talbot family of Malahide. Sir William Talbot had obtained the lease of Carton's lands from Gerald, fourteenth earl of Kildare in 1603. In 1691 his son, Col. Richard Talbot, who also became Duke of Tyrconnell died at Limerick. That same year his lands were forfeited to the crown. In 1703, the house was sold at auction and was bought by Major-General Richard Ingoldsby (he was at one time a Lord Justice of Ireland). Richard's son Thomas died in 1731, and so Carton passed into the hands of his cousin Henry Ingoldsby who sold the lease back to the nineteenth earl of Kildare - Robert Fitzgerald.



The great German architect Richard Castle was asked to make conversions to the house in order to make it a more comfortable abode. In 1744 the earl of Kildare died. He left Carton to his widow, Lady Mary O'Brien, but she immediately signed the house over to her son James, the twentieth Earl of Kildare. In 1766 he became the first Duke of Leinster.

James married Emily Lennox, a daughter of the second Duke of Richmond. They removed the straight avenues and created a more natural parkland to surround their house. Lady Emily is noted to have had a passion for spotted cows and she kept a collection at Carton, taking great pleasure in watching them graze upon the lawns.

Two of the more important rooms in Carton house are the Saloon and the Chinese Room. The Saloon has a beautiful plaster ceiling which depicts 'The Courtship of the Gods'. It was created by the famous Lafranchini brothers. It is probably one of their first works in Ireland, dating from 1739. The other important room in the house which still maintains its eighteenth century look, the Chinese Room, is decorated with panels of Chinese wallpaper and is embellished with gilt wood. It is not unlike the layout of the print room in Castletown House.

In 1815 Lord Gerald FitzGerald, third Duke of Leinster House (his Dublin residence) hired the eminent Cork architect, Richard Morris to make alterations to Carton House.

Later Carton was to fall out of the hands of the FitzGerald family due to the rashness of the seventh Duke of Leinster, Lord Edward FitzGerald. An extravagant young man with many debts, he sold his birthright in 1910 to a moneylender. He stipulated that should he inherit the Dukedom, he would receive £1,000 for life. He lived until 1979. His elder brother died in 1922. The second son, Lord Desmond died on active service in France in 1916. Thus Carton was lacking in the funds it needed for its upkeep. In 1949 it was sold to Lord Brocket.

Although it is not open to the public throughout the year, visits can be arranged through Maynooth College Visitors Centre. The centre is opened from May to September.

*Information gathered from [www. Kildare.ie/Heritage/History](http://www.Kildare.ie/Heritage/History)*

## Lisbon Treaty and Bord Snip facilitate return of Water Rates

In the 1980s and 1990s successive Governments and County Councils imposed refuse and water charges on householders. In response residents nationwide resisted the charges on the basis that they were a form of double taxation as they, through PAYE taxes, had already paid for these services. In Maynooth and north Kildare resistance included large public meetings, a protest march along Main St. and a campaign of withholding of payment. In response Kildare Co. Co. conducted a reign of intimidation with mass legal actions, withdrawal of refuse collections and disconnection of water supply. Thanks, in the main, to the gallant efforts of residents' action groups a compromise was eventually reached which included the scrapping of water charges and introduction of tax relief for refuse charges.

However, if Government adopts the Bord Snip recommendations water charges will be reintroduced. Colm McCarthy's July report calls for a cut of €100m in the Exchequer contribution to the Local Government Fund and states:

***"The Group considers that local authorities should be self-financing in the longer term and that Exchequer support should be replaced with increased revenue generation from local sources, including such measures as may be suggested by the Commission on Taxation in its forthcoming Report, and increased cost recovery levels for appropriate services. Charging for domestic water services would be consistent with this approach, and should in the Group's view be within the remit of a single national water authority".***

So, not only are water charges to return but they are also to be taken away from democratically elected local councils and this vital public utility is to be handed over to some class of an unaccountable authority or powerful corporation. Also, the above extract hints at the later introduction of rates on family homes!

And this is where the Lisbon Treaty comes in: the purpose of Bord Snip is to identify savings of up to €5.3 billion for the Government that it intends to cut from public spending, at the behest of the EU

Commission. Ireland has been given until 2013 to get the deficit of debt/GDP ratios below 3%, as per EU rules enshrined in the Lisbon Treaty. Yes, the public finances need to be sorted, but given the severity of Ireland's position a longer time frame and a socially acceptable consensus on how that is to be achieved should be a matter for the Dáil to decide, not for Brussels bureaucrats to dictate. Furthermore, on the ownership of the proposed water single authority, the Lisbon Treaty is quite explicit. Article 106, states:

**"Undertakings entrusted with the operation of services of general economic interest or having the character of a revenue-producing monopoly shall be subject to the rules contained in the Treaties, in particular to the rules on competition..."**

In the light of the experience of Eircom and Aer Lingus, the impact of EU competition rules will mean that such a water authority will be privatized, and that Kildare Co. Co.'s social function of supplying water will be supplanted by a corporation (probably foreign-owned), Chief among the primary purposes of the authority will be the creation of profits for its new owners.

Such an outcome would represent a fundamental threat to the quality of Irish life. NO to Lisbon II on 2 October will require the negotiation of a new Treaty and allow for the removal of such provisions. Only such an outcome will enable residents to continue to hold their local authority to account for the provision of a secure and safe water supply.

Michael Quinn,  
 Sec., North Kildare branch  
 quinnutd@eircom.net

**<http://www.people.ie>**



## Local Useful Telephone Numbers

| Name                                 | Details                                                                                                | Telephone No.                                                              |
|--------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>A.C.R.A</b>                       | National Association of Resident Associations<br>Contact Michael Quinn,<br>3 Laurence Avenue, Maynooth | <b>6285258</b>                                                             |
| <b>ADULT CEILI AND SET DANCING</b>   | Contact: Rita Doyle                                                                                    | <b>086-2862475/<br/>6286169</b>                                            |
| <b>AN NUADA PLAYERS</b>              | Contact: Terry Nealon                                                                                  | <b>086-8068068</b>                                                         |
| <b>BRIDGE CLUB</b>                   | Contact: Joan Howard Williams                                                                          | <b>6289239</b>                                                             |
| <b>CASTLE COMMITTEE</b>              | Contact Tony Bean Sec. Gerald & Joan Howard Williams, Carton Demense                                   | <b>087-949459</b>                                                          |
| <b>CASTLE KEEP ART GROUP</b>         | Contact: Susan Durack Sec.                                                                             | <b>6289349</b>                                                             |
| <b>CITIZENS INFORMATION CENTRE</b>   |                                                                                                        | <b>6285477</b>                                                             |
| <b>COMMUNITY GAMES</b>               | Contact: Joe Geraghty<br>Margaret Houlihan                                                             | <b>087-6181235<br/>087-2054854</b>                                         |
| <b>CONRADH na GAEILGE</b>            | Contact: Colm Ó Cearúil                                                                                | <b>086-1762212</b>                                                         |
| <b>DENTIST</b>                       | Dr. G.B. Glass<br>Dr. G.A. O'Reilly<br>Dr. J.G. Merrick                                                | <b>6289284<br/>6286318<br/>6286318</b>                                     |
| <b>DOCTORS</b>                       | DR. D. Gaffney<br>DR. D. Nolan<br>DR. C.D. O'Rourke<br>DR. J. Corish<br>DR. N. Wilson<br>DR. M. Cowhey | <b>6291169<br/>6285943<br/>6285210<br/>6292556<br/>5052135<br/>6289044</b> |
| <b>FAS OFFICE</b>                    |                                                                                                        | <b>6290556</b>                                                             |
| <b>FLOWER CLUB</b>                   | Contact: Moira Baxter, Applewood,<br>Laraghbryan ,Maynooth                                             | <b>6289102</b>                                                             |
| <b>FOLK GROUP</b>                    | Contact: Elaine Bean                                                                                   | <b>087-9704912</b>                                                         |
| <b>G.A.A. CLUB</b>                   | Maynooth G.A.A. Club<br>Contact :Dominic Nugent                                                        | <b>6285020<br/>087-6368722</b>                                             |
| <b>GARDA STATION</b>                 |                                                                                                        | <b>6291413/6286234</b>                                                     |
| <b>GATEWAY WRITER GROUP</b>          | Contact : Kate Dempsey                                                                                 | <b>086-8583316</b>                                                         |
| <b>GOLF</b>                          | Maynooth Golf Society<br>Contact: Kevin Loftus                                                         | <b>086-8261221</b>                                                         |
| <b>HEALTH CENTRE</b>                 |                                                                                                        | <b>6285415</b>                                                             |
| <b>I.C.A.</b>                        | Contact: Norah Mc Dermot                                                                               | <b>6244695</b>                                                             |
| <b>KILDARE COUNTY COUNCIL</b>        |                                                                                                        | <b>045-980200</b>                                                          |
| <b>LARAGHBRYAN CEMETRY COMMITTEE</b> | Contact: Breda Holmes, Barrogstown,<br>Maynooth Sec. Helen Johnson                                     | <b>6289757</b>                                                             |
| <b>LIONS CLUB</b>                    | Contact: Freddie Melia,                                                                                | <b>6289555</b>                                                             |
| <b>MAHER SCHOOL OF IRISH DANCING</b> | Contact : Catherine Maher                                                                              | <b>6285739<br/>087-8222740</b>                                             |
| <b>MARTIAL TAEKWON-DO</b>            | Contact: Stephen Doyle                                                                                 | <b>087-6986491</b>                                                         |

## Local Useful Telephone Numbers (Cont'd)

|                                                                                           |                                                                                                                                                        |                                                                                        |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>MAYNOOTH LOCAL HISTORY</b>                                                             | Contact: Rita Edwards                                                                                                                                  | <b>087-6387687</b>                                                                     |
| <b>MAYNOOTH BUSINESS ASSOCIATION</b>                                                      | Contact: Brid Feely                                                                                                                                    | <b>087-2052649</b>                                                                     |
| <b>MAYNOOTH FAIR TRADE</b>                                                                | Contact: Secretary                                                                                                                                     | <b>087-2476516</b>                                                                     |
| <b>MAYNOOTH JUDO CLUB</b>                                                                 | Contact: Mary McDonald                                                                                                                                 | <b>087-9677596</b>                                                                     |
| <b>MAYNOOTH PHYSIOTHERAPY CLINIC &amp; LEINSTER CLINIC</b>                                |                                                                                                                                                        | <b>6290895</b>                                                                         |
| <b>MORTALITY SOCIETY</b>                                                                  | Contact: Paddy Nolan                                                                                                                                   | <b>6286312</b>                                                                         |
| <b>NEWSLETTER DIARY<br/>(If you want to highlight or<br/>Advertise your FUTURE EVENT)</b> | Contact: Irene or Brian                                                                                                                                | <b>6285922</b><br><b>maynoothcc@eircom.net</b>                                         |
| <b>NORTH KILDARE JUNIOR TENNIS CLUB</b>                                                   | North Kildare Club                                                                                                                                     | <b>6103909</b><br><b>6287243</b>                                                       |
| <b>PARENT AND TODDLER GROUP</b>                                                           | Contact: Bronwyn Mooney                                                                                                                                | <b>6289405</b>                                                                         |
| <b>PARISH</b>                                                                             | Fr. Paul Coyle<br>Fr. Liam Rigney<br>Parish Office                                                                                                     | <b>6290553</b><br><b>6286220</b><br><b>6293018</b>                                     |
| <b>POST OFFICE</b>                                                                        |                                                                                                                                                        | <b>6286259</b>                                                                         |
| <b>MAYNOOTH COMMUNITY LIBRARY</b>                                                         | Librarian: Bernadette Gilligan                                                                                                                         | <b>6285530</b>                                                                         |
| <b>ROYAL CANAL AMENITY AND RESTORATION GROUP</b>                                          | Office<br>Contact: Mark Kennedy, 83 Maynooth Park Maynooth                                                                                             | <b>6290980</b><br><b>6286463</b>                                                       |
| <b>SCHOOLS</b>                                                                            | Boys' National School<br>Presentation Girls' Primary School<br>Post Primary School<br>Gaelscoil Ui Fháich<br>Maynooth Educate Together National School | <b>6293021</b><br><b>6286034</b><br><b>6286060</b><br><b>6290667</b><br><b>6106823</b> |
| <b>SCOUTS</b>                                                                             | Scouting Ireland<br>Contact: Peter Gareth                                                                                                              | <b>087-2241387</b>                                                                     |
| <b>SENIOR CITIZENS COMMITTEE</b>                                                          | Contact:<br>Patricia Cusker, Silken Vale, Maynooth.<br>Josie Moore, Greenville, Straffan Road, Maynooth.                                               | <b>087-2982455</b>                                                                     |
| <b>SOCCER CLUB</b>                                                                        | Contact: Edel<br>Pat Moynihan                                                                                                                          | <b>087-2998661</b><br><b>087-9078861</b>                                               |
| <b>ST. MARY'S BRASS AND REED BAND</b>                                                     | Contact: Melanie Oliver                                                                                                                                | <b>087-9704910</b>                                                                     |
| <b>SWIMMING CLUB</b>                                                                      | Contact: Edel                                                                                                                                          | <b>087-2680405</b>                                                                     |
| <b>TIDY TOWNS</b>                                                                         | Contact: Secretary                                                                                                                                     | <b>087-3153189</b>                                                                     |
| <b>U3A</b>                                                                                | Contact: Bernadette                                                                                                                                    | <b>6289131</b>                                                                         |
| <b>VIOLENCE IN THE HOME</b>                                                               |                                                                                                                                                        | <b>1800-341-900</b>                                                                    |

# Maynooth Newsletter

## Maynooth Newsletter

PUBLISHED BY MAYNOOTH COMMUNITY COUNCIL

The opinions and statements expressed in the articles are those of the contributors and not necessarily those of the Editorial Board. All materials to be included in the next edition of the **Newsletter** should be addressed to The Editor, Maynooth Newsletter, Unit 5, Maynooth Shopping Centre, (Beside Tesco) Maynooth, Co. Kildare.  
Tel: 01-6285922/6285053  
E-mail Maynooth Community Council: maynoothcc@eircom.net

### MISSION STATEMENT

The **Maynooth Newsletter** is published as a service to the people and organisations of the neighbourhood. It is an 'open access' publication and will generally carry any material submitted to it, subject to the law of the land and to editorial judgement. This judgement is exercised by the editorial committee in order to preserve the independence and balance of the **Newsletter**. The committee reserves the right to alter, abridge or omit material which in its opinion might render the **Newsletter** the promoter or mouth-piece of sectional interests. Any contributor seeking further guidelines in this matter is invited to contact the committee.

### NOTE TO CONTRIBUTORS

We request all our contributors to make sure their material is legible. If possible, material should be typed, but as not everyone has access to computers, the best way to present material is to use either neat legible writing or block letters, on one side of the paper. In future all letters to the Editor must have the writer's name and address available for publication. We emphasise that material submitted after the copydate will not be accepted and will be withheld until the following copydate.

**Email us at [maynoothcc@eircom.net](mailto:maynoothcc@eircom.net)**

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### RIGHT TO REPLY

In fairness to our readers and given that this magazine is not insured against libel damages or cost, we undertake the following: In case of errors of fact we will publish corrections when we become aware of such.

In the case of unfairly impugning the reputation of any person we hereby offer that person or their reputation the right to reply.

### LETTER TO OUR READERS

This is just a note to remind you all that the **Newsletter** exists for your enjoyment and that we welcome all contributions from our readers. We would like to hear from any organisation or indeed from individuals with something to say or suggest. We hope you continue to enjoy your monthly read and keep us informed of your activities.

***Community Council & Newsletter Staff***

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