



The same cannot be said for cereals. Last year Europe overproduced its targeted 160 million tonnes of grain — in spite of a hefty levy which had to be paid on all tonnes. This is expected to mean a further 3% drop in cereal prices this year — with further cuts in the support for storage. To date there has been no desire to introduce quotas — how long can that last. What is clear is that cereal growing will continue to be under pressure — so that only the more efficient producers will feel inclined to stay in the game. There is a need for

more diversification at farm level — so that producers become more conscious of what the market requires — and is prepared to pay for; thereby reducing the enter-

prises dependence on EEC support.

Beef and cattle farmers will of course be concerned about the continuing high cost of calves and younger animals. This is caused by two things — less cows on dairy farms due to superlevy restrictions means less calves coming from that source. Also there is a noticeable tendency for more dairy farms to rear

more calves for longer thereby starving the traditional rearer of young animals — and making available calves much more expensive.

So much of the beef sector depends on the dairy

enterprise that it is not desirable that this level of dependence continues. The beef sector merely processes a dairy by product (calves) — the supply is completely outside of its control. A shift in the make

up of the national breeding herd is a must if the important beef sector is to develop properly. Will 1989 see any moves on this front? Lets hope so.

1989 should see every-

body making the effort to prepare for the world of 1992 — that is the challenge — How well we do this will decide on the scale of opportunity open to us.

A. Russell B. Agr.Sc.



● THE NAVAN REHAB WORKSHOP benefitted to the tune of almost £500 recently through the efforts of Pat Gough of the Drogheda Independent. Pat recently raised the money through sponsorship for his run in the Dublin Millennium Marathon. In order to encourage sponsors to give their support to Pat, Michael Bricosce, Bricosce Electrix put up a portable television as a sponsor's prize. All of Pat's sponsors were included in a draw and the winner was Donal Victory from Donore. Our picture shows Barry Roche (3rd from left) accepting a portable television on behalf of Donal Victory from Brendan Wall of Michael Bricosce Electrix, watched by Kieran Mackin of Navan Rehab and Pat Gough (right).

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The Tony Quinn system of Holistic Therapy comes to Drogheda

Recently a new centre for Holistic therapy has opened in Drogheda at which people seem to be getting the most amazing results with a very wide range of complaints. Alternative and complimentary therapies are very much in vogue nowadays as people search for results often having given up on orthodox medicine. Holistic Therapy according to Tony Quinn means that everything about the patient should improve so that whatever the problem one can expect one's physical, mental and emotional well being to take a turn for the better. Extraordinary claims you may well say so we asked Georgina Dolan, the therapist operating from Drogheda, what exactly the Tony Quinn system involves and this is what she told us:

"Inside us all there is a healing energy constantly at work and it is there to look after us in every way. When it flows in the body in an unhindered way, positive qualities like relaxation, balance, security, success and health automatically prevail. This is the most natural state that I am aware of and yet any amount of effort, tension or anxiety can disrupt the flow of this energy completely. This is when people begin to feel the effects of pressure and stress in their lives which can affect everything about us depending on how long we stay in this unnatural state. If one doesn't already have a physical complaint it is usually at this point that problems arise and if there is an existing problem the energy is too low for the body to deal with it." So much for the problems but what

about the treatment? Georgina continues:

"Because the cause of all problems is basically the same the treatment simply involves increasing the level of energy in the person and then ensuring that they learn to maintain that themselves. All I do during a session is to relax to the point that my own energy activates the healing energy in the other person. They begin to feel this quite readily and after each session it gets stronger as everything about them gets better and better. A simple approach but you only have to talk to some of the people who have been along to realise that it is extremely effective."

Well the whole thing does seem quite amazing but the Tony Quinn Group claim to have received hundreds of letters from satisfied clients which are all kept on file. In the most recent issue of their free newsletter "Blueprint for Living" which is presently circulating in Drogheda there are many letters from people claiming to have been cured of problems varying from ulcerative colitis, lung conditions and heart problems to depression, phobias and panic attacks. Many also attest to the "life-changing" effects of Holistic Therapy and attend the clinics just to improve the quality of their lives!

Those wishing to avail of the therapy in Drogheda can see Georgina at the White Hall Door, Sundays Gate, on Tuesdays and Fridays from 7.30 p.m. to 10.00 p.m. but should phone the Tony Quinn Centre in Dundalk on 042-38097 for an appointment.