

Two are held after double incidents

One man is expected to be charged and a file is being sent to the DPP on another after two incidents that took place north of Dundalk on Sunday night.

The first was at the home of a 42-year-old man who lives alone at Ravensdale. He answered a knock on his back door at 8.20 and was confronted by two men armed with pickaxe handles and knives.

They struck the man with one of the pickaxe handles, forcing him to the ground where a knife was put to his throat with the demand that he revealed where his money was hidden.

The men got away with £200, and having tied and gagged the man placed a bed on top of him. Neighbours heard his calls for help at 9.40 and alerted the Gardaí.

He was taken to the Louth Co. hospital where his injuries were diagnosed as not serious.

Some hours later, at 1.50 two men hired a taxi in Dundalk, producing a knife to the driver's throat when they got into the car, and ordering the driver to Ballymascanlon.

There they told the driver to get out of the car and not call the Gardaí.

Some ten minutes later a routine Garda patrol ob-

served fire in the forest at Dromad, and having investigated discovered that it was the stolen taxi which was set alight.

A search of the area was undertaken and two men subsequently arrested.

ABOVE: Leon Conroy (left) with Debbie McGee and Annette Kelly, Fatima, at the Castletown Girls Annual Awards Night held in the Dundalk Rugby Club.



Jennifer Mulligan, Bridge-A-Chrinn (left) with Tanya O'Neill, St. Nicholas Avenue and Amanda Reenan, Meadow Grove, at the Castletown Girls Annual Awards Night held in the Dundalk Rugby Club.



Bronagh Boland, Fatima Court (left) with Rosemary Gallagher, Alphonsus Road (top centre), Ciara Boland, Fatima Court (bottom centre) and Denise Doran, Fatima Court, at the Castletown Girls Annual Awards Night held in the Dundalk Rugby Club.

CASTLETOWN GIRLS AWARD

Louth Foroige prepare for winter

By now all Foroige clubs in Ireland have a lot of their winter activities planned and Co. Louth is no exception with some clubs planning to make 1993 a hectic year of creative activity and fun.

Canoing, hillwalking, debating, discos, quazer, model making, fundraising and ice skating are just a few examples of what lies ahead.

Due to the continual enthusiasm of the Youth Officer, Denis O'Brien, the adult leaders, and most importantly, the members themselves Foroige continues to grow from strength to strength throughout the county with branches in both rural and urban communities.

One of the long term projects which Foroige clubs will undertake this year is 'Focus on Ability', which will be assisted by the Irish Wheelchair Association.

The aim of this project is to help all members to realise that everyone is equal, as often just seeing a wheelchair makes us lose sight of the individual.

This programme provides an opportunity for young people to explore ways of relating with people who seem to be different and allows members to prepare for the future when they will meet a wide range of backgrounds, cultures and religions.

There will be officer training to help committee members from all clubs on Saturday November 21st in the Old Technical School, Chapel Street from 1.30 to 6pm.

This session is aimed to show each officer how to carry out their respective responsibilities and how the committee should work as a team. The day promises to be good craic and at least one leader from each club is asked to attend.

EDUCO

The Ultimate Adventure!

Many people in Dundalk will recognise the name of Tony Quinn as his health shop and healing therapy clinic have been in operation in Jocelyn Street for seven years now.

EDUCO, which is what he calls his latest breakthrough in the field of self-development, has just been put to its first major test at a two day seminar in the R.D.S. in Dublin which was attended by almost a thousand people. By all accounts the results would seem to be quite amazing and the success is to be followed up in Dundalk where there will also be two 2-Day Seminars, utilising material and videos etc. taken from that Dublin seminar. The following are Tony Quinn's own explanations of what the system is.

The system has been developed from over twenty years work revolving around uncovering the limitless potential of the individual which generally lies buried beneath the educational process and conditioning of a lifetime.



■ TONY QUINN

Q. So what is this Educo all about then?
The essence of Educo is: Firstly, the Self can be drawn out and experienced in its pure form, thereby fulfilling the true purpose of Education, Self-Realisation. Secondly, from that Self you can extract everything you need to live life gloriously, joyously and abundantly.
Q. Where did this system come from?

Q. What does Educo mean?
Educo is a Latin word (from which we get the word 'educate') which means to educate or draw out from within what is dormant, hidden or unexpressed. In this way what is already within a person can be uncovered, generally with startling improvement in their life and health. It is a way to uncover the true nature of a person so

that it can be experienced and put to work. You could call it true education from within.

Q. What value would it be to the ordinary person?
Many people feel that children are our hope for the future but they only inherit what we pass on to them. The future therefore rests on our heads. Through Educo we can find the perfect Self that lies buried inside us. This immediately takes the pain and struggle out of life and that is what we can leave our children - effortless living.

Do these sound like outrageous claims? Could life be that simple? The following are excerpts from letters Tony Quinn received after a recent seminar. You can judge the results for yourself.

"I have had magic moments in my life but the seminar gave me the most magical. It is extraordinary to find out what we really are, what stuff we're made of, how wonderful life can be. Thank you Tony for the enlightenment and the magic."

Jenny Dolan

"I feel like I've been put in touch with the magical part of myself. The seminar has

shown me the perfection that is me. Life is a pleasure to live."

Christine Kelly

"I feel extremely happy and content. Everything in my life is going really well and I feel totally at one with myself."

Deirdre Coughlan

"The seminar totally transformed my life. Everything has changed for the better beyond imagination. Thank you Tony."

Winnie McKenna

"I feel that as a result of the seminar my whole life has changed for the better. I am happier than I have ever been. I feel so peaceful and fulfilled it's just great to be alive."

Linda Land

"The most precious thing I got from the seminar was a sense of value and self-worth that came from within instead of depending on other people for it. I learned that to love myself is not a selfish thing - it is the first step to creating a better world."

Tara Doyle

And be assured that these are only the tip of the iceberg!

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