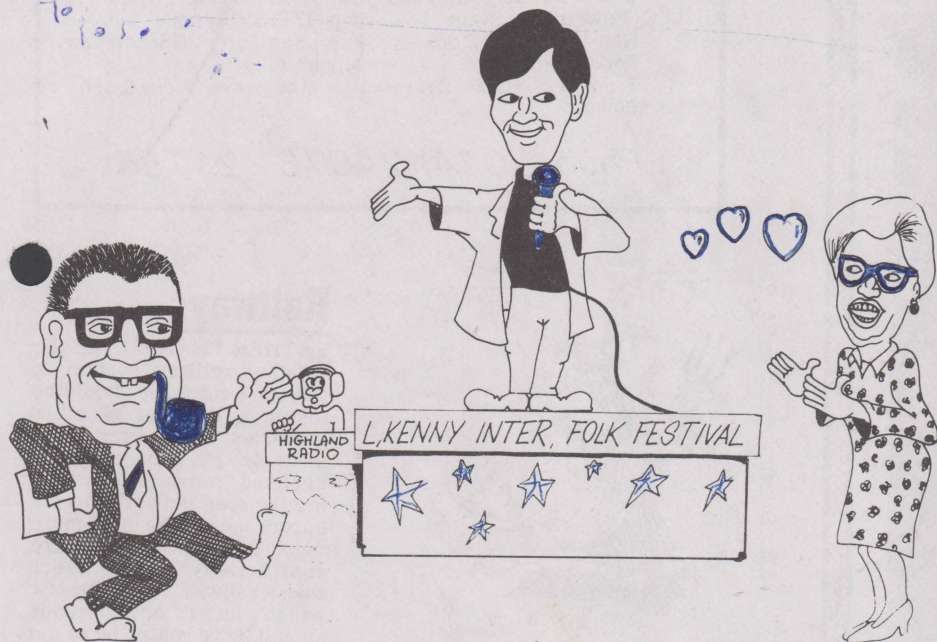


THE LEADER

Iml 2. Uimh 2

August 1989



THEY SAID IT WOULDN'T
LAST
But we're ONE YEAR OLD
on JULY 23rd
So we're into our 2nd Year....

★★★★★★

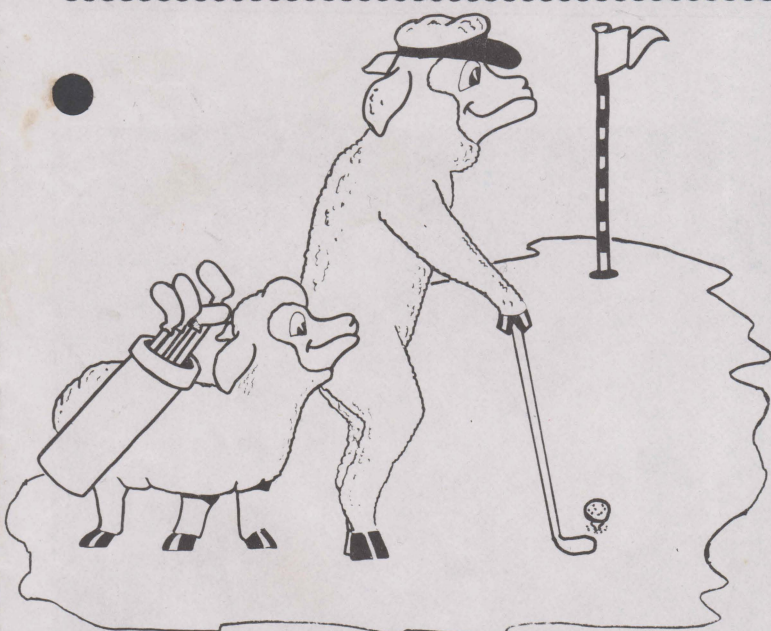
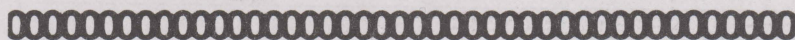
*There's something for
everyone in The Leader,
Donegal's only monthly
magazine.*

INSIDE THIS EDITION:

Short Stories,
Children's Page, Sport,
Music, Photos, Gardening,
Features, Recipes and

**MUCH, MUCH
MORE!!**

" For 21 years is a mighty long time"



The Perfect Solution?

NERO AVGVSTVS CAESAR
Born December 15th A.D. 37
Became Emperor A.D. 54
Moved to L'kenny A.D. 1989
OPENS NITECLVB:
THURSDAY, 17th AUGUST
*And Every Tuesday, Friday,
Saturday and Sunday*
STRICTLY OVER 21's.

PORT ROAD, LETTERKENNY.

ENQUIRIES: TEL. (074) 22689

DONEGAL'S ONLY MONTHLY MAGAZINE

"Everyone needs at least 3 hugs a day in order to be healthy," claims Professor Sidney B. Simon of the University of Massachusetts.

According to Saint Ailred, "No medicine is more valuable, none more efficacious, none better suited to the cure of all our temporal ills than a friend."

Keeping those thoughts in mind, we figured out the Ultimate Remedy: Either hug 3 friends once a day, or hug 1 friend 3 times a day!



A very young Margo with the "Keynotes."

GALLAGHER ELECTRIC

T. V. RADIO HI-FI & VIDEO

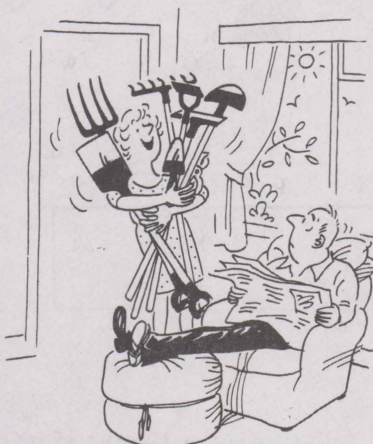
Gas & Electrical Appliances

Ramelton Road,
(L/Kenny)

"Cheapest in Town"

Finlux ASA	JVC
Creda Bendix Kenwood	Bush Toshiba Hotpoint
LEC Powerpoint Swan	Candy Electrolux Philips Beiling ITT TV Rentals Telefunken Samsung Nordmende
New World Gas Cookers	Amstrad
Parkinson Conan	Microwave Ovens £ 150
Twin Deck Radio Cassettes	£50.00

Phone (074) 24076 21755



"Guess what I found in the garden shed!"

Railways

RATHER THAN convert the existing railway system to yet more roads we should be taking a leaf out of other countries' books, France for example, by expanding our depleted railways. Increasing the road network merely encourages more and more vehicles and roads require considerably more space than a railway. Heavy traffic which clutters up our roads should be re-routed on to the railways.

John Nelson, Newcastle.

JOE MANGAN

GORTAHORK

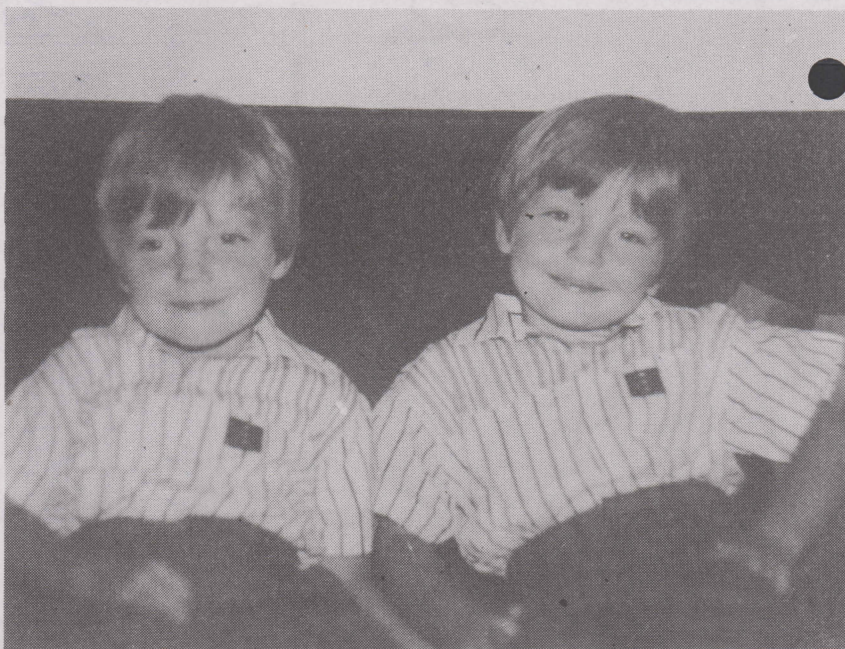
COACH AND MINIBUS HIRE
Donegal - Glasgow - Donegal
and Airports

Also: TOURS, PARTY OUTINGS,
WEDDINGS, SCHOOL OUTINGS,
KNOCK, DISCOS

TEL. No. (074) 35362

Glasgow (041) 4232644

or direct from overseas (01035374) 35362



Little twins Daniel & Brendan Gallagher who will be 5 shortly are enjoying their holidays in Gweedore at the moment. Visiting London in the near future? The boys say make sure to drop into the Prince Arthur Pub in Caledonian Road which is run by their Mum and Dad - Mary & Danny. And guess what - you can even buy your favourite Mag - "The Leader" while you're in there.

Raspberries - To the shops who sell goods that are out of date.

Roses - To the people who help their neighbours with saving their turf, hay, etc.

15/8/4

Donegal Pet Centre & Garden Supplies



High Road, Letterkenny

Budgies, Canaries, Snakes, Lizards, Rabbits, Guinea Pigs, Turtles, Terapins, Java Sparrows, Finches, Pups.

Plants, Flowers, Garden Ornaments, Gold Fish, Fish Tanks, Bowls, Fish Food.

If we haven't got it we will get it



Visiting the hospital ? Drop in and buy a plant or flowers

Open Mon. to Sat. 10.30-6pm Sundays 1-6pm

Dog Kennels - Cheapest in Donegal - Large & Small



Farewell to Eddie's Cafe

by Margarita O'Donnell

● A few years ago Letterkenny Shopping Centre was built. It was a drastic change for the town and its people. We were made aware of this new venture well in advance and we waited excitedly until it opened. However, most people are unaware of the changes in store for our town today. You may have noticed buildings disappearing at the Square and on the Main Street. This, however, is only the start of what is to come. Apparently the town is to undergo major changes in the coming months.

Among these changes will be the knocking down of the Centre Spot Restaurant at Lower Main Street - known to all as Eddie's Cafe. I spoke to Mr. Eddie Deery, the owner of the Cafe who said he was concerned that the public has not been well informed of developments planned for Letterkenny. Eddie's Cafe has been in operation for twenty years and has been a half-way house to the public and to people of the Gaeltacht areas. With its imminent closure it is perhaps an opportune time to pay tribute to Eddie and his staff for their years of great service, friendliness and last

but not least their great food. Sadly, it is only a matter of weeks before the cafe will close for a period to undergo modernisation. The old style, warm, traditional cafe will be no more and in its place will come a modern, unformed cafe. Salt and Vinegar and spoonfulls of sugar will be replaced with the little sachets used nowadays by all modern cafes. Need I say more ! For a cafe steeped in history Eddie's will certainly be missed.

Among other major changes in the town the original Boyle's Bar of the Square which disappeared a few weeks ago will be transformed into an American Bar and Restaurant. Work is in progress at the moment on this development.

Also in store is the complete transformation of the Main Street with the pavement being replaced by red brick and the rebuilding of the Market Square. Incredibly, with so much change taking place in Letterkenny the Council's efforts at publicising their plans seem to be non-existent.

For Sale

Remington Portable Typewriter
Price - £55.
Adona Printing m/c & Type - £45
Contact:(074) 35348

House to Rent in Dublin
Walkinstown area.
Contact: Box 15, "The Leader", Lr. Main St., Letterkenny.

(Small Ads are Free in "The Leader")



The Centre-Spot, Lower Main Street.



Eddie Deery with Mrs. Doherty who has worked in the Centre for the last 17 years.

What is the Bahá'í Faith ?

The Baha'i Faith is the youngest of the world's independent religions. Having grown from the teachings of Baha'u'llah (the Glory of God) (1817-92) and the suffering and lifeblood of 20,000 Iranian martyrs in the mid-nineteenth century, it now embraces the peoples of all nations and countries whose evolution, like that of a human being's, is at present undergoing the turbulence and the pangs associated with adolescence which will culminate in its long-awaited maturity.

So fast and so effective have been the expansion and consolidation of this new religion since the Declaration of the Bab (the Gate) (1819-50), the youthful Prophet-Herald of Baha'u'llah, in May 1844, that is now numbers some 5 million people and is, after Christianity and Islam, the most widely spread of all religions. By 1987 there were Baha'is in nearly 120,000 centres representing more than 2,100 ethnic groups, and the sacred Writings of the Faith have been translated into over 750 languages. As one eminent Baha'i has commented: "The rapidity with which it has spread over the whole globe is further evidence that the Baha'i Faith is of God, not of man".

Some of the principal teachings of Baha'u'llah are:

1. The foundations of all religions are the same. There is only one God and all religions - whether Hinduism, Buddhism, Judaism, Christianity, Islam or the Baha'i Faith - are based on the progressive Revelation of that one God.
2. Religion must be the cause of love and unity.
3. Religion must be in harmony with science and reason.
4. The oneness and wholeness of the entire human race.
5. The independent investigation of truth. One's faith is conditioned by no one but himself or herself. Leaving aside all preconceived ideas and the blind imitation of others, one must seek truth for oneself.
6. Men and women should enjoy equal opportunity, rights and privileges.
7. The elimination of all kinds of prejudice - racial, economic, social, political, patriotic and religious.
8. A sound compulsory education for every child, irrespective of colour, race, creed or wealth.
9. A universal language should be taught, along with the mother tongue, throughout the world. This will eliminate the barriers of full expression between all peoples.
10. The spiritual solution of the economic problem. This requires an entirely new approach to the production and distribution of the earth's products so that there will be no extremes of poverty or of wealth.
11. The establishment of an international government so that differences between nations can be settled in accordance with justice and reason, and the provision of the neces-

sary agencies for the safeguarding of a permanent and universal peace.

12. The Holy Spirit to be the prime motive power in human lives.

Baha'i Administration: Consultation in a frank and loving manner is the keynote of all Baha'i Administration. There is no clerly and no ritual.

Administrative bodies are called Spiritual Assemblies which consist of 9 adult believers. These Assemblies are local, national and international and meet in a spirit of prayer.

These Spiritual Assemblies are elected by the people every year (April 21), but their responsibility is a trust from God to Whom alone they are answerable. There is no seeking for votes, no candidates, no platform promises, no parties. The watchword for the Baha'i Faith is unity in diversity and this is reflected in the Administration of each community.

The Nineteen Day Feast is a community occasion for the reading of prayers, discussion of affairs with the Spiritual Assembly and material refreshment.

The Universal House of Justice - an elected international body of 9 members constituted by Baha'u'llah as the Supreme Legislative and governing body of the Faith - carries out its duties at the Baha'i World Centre in Haifa in Israel.

Only members of the Baha'i Faith can contribute to the Baha'i Fund.

Confused, disillusioned, sceptical and restless, this new demands a new all-encompassing solution to its manifold ills and problems. Baha'is believe that this solution has been provided by the Almighty through the radiant healing Message revealed over 100 years ago by Baha'u'llah.

It was to Edward Granville Browne, the celebrated Oriental scholar of Cambridge University, that Baha'u'llah, in April 1890, addressed the following soul-stirring, heart-warming, world-shaking words:

"...we desire but the good of the world and the happiness of the nations; yet they deem us a stirrer of strife and sedition worthy of bondage and banishment... That all nations should become one in faith and all men as brothers; that the bonds of affection and unity between the sons of men should be strengthened; that diversity of religion should cease, and difference of race be annulled - What harm is there in this?... Yet so it shall be; these fruitless strifes, these ruinous wars shall pass away, and the "most Great Peace" shall come.. These strifes and this bloodshed and discord must cease, and all men be as one kindred and one family... Let not a man glory in this, that he loves his country; let him rather glory in this, that he loves his kind..."

For further information on the Baha'i Faith and a copy of the 28 page booklet, **The Promise of World Peace**, please write to: F. and A. Magannety, 20, High Road, Letterkenny.

SALE

Now on Kelly's Korner

Shopping Centre, Letterkenny.

Tel: (074) 22036

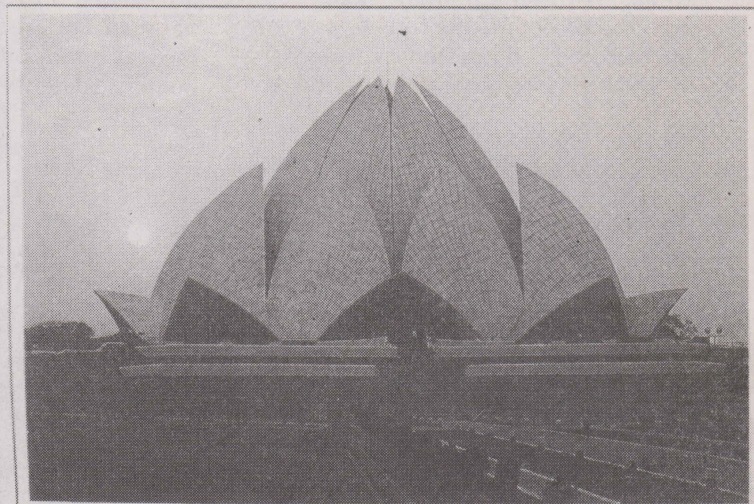
Bargains Galore in our Children's Department

Jelly-Bean Range	£5.00 off
Tracksuits	were £11.50 now £6.99
Cardigans	were £13.50 now £7.00
Leisure Suits	from £17.99 now £10.00

Selection of items to clear at £5.00 and also at £1.50
20% off all other stock in our Children's Department.

Large Selection of Remnants at 80p per yard.
Curtain Remnants at £2.50 per yard.
Stockists of all leading wool brands
2-hour Dry Cleaning Service.

SCHOOL UNIFORMS NOW IN STOCK.



THE BAHÁ'Í TEMPLE,
NEW DELHI, INDIA.

GROVE FURNISHINGS

The Grove, Letterkenny Tel: (074)
(Opposite U.N.I.F.I. Factory) 21064
& Port Road, Letterkenny

OPEN: MONDAY TO THURSDAY 9.30AM - 6PM FRIDAY: LATE
NIGHT - 8PM

THE LARGEST DISPLAY OF TOP QUALITY, IRISH MADE
FURNITURE SEEN ANYWHERE IN IRELAND



Call and see all the latest and most up-to-date ranges of Dining Room Sets, Living Room Suites, Beds & Bedroom Furniture all now direct from the Irish Manufacturers Trade Fair

ON DISPLAY IN OUR VAST SHOWROOMS THERE ARE:

100 Three Piece Suites in all materials - 2 seater & 3 seaters, reclining chairs, orthopaedic chairs.

We stock 30 Bedroom Suites at all times, finished in mahogany, in white, in cream, in teak and oak, in all different sizes from 3'0" to 10'6"

200 Beds in our store from the soft economy and very comfortable to the firm orthopaedic for good posture. Bed

prices range from £75 for single to £300 for a top quality 4'6" bed. The best value in bunk beds anywhere. Tudor Bunks in mahogany £195.00.

50 Living Room Units, all the latest styles - rope edged, cut glass, bevelled glass, corner T.V. units,, units to suit alcoves, main wall units up to 9'0" long.

A VISIT IS A MUST

August in the Garden

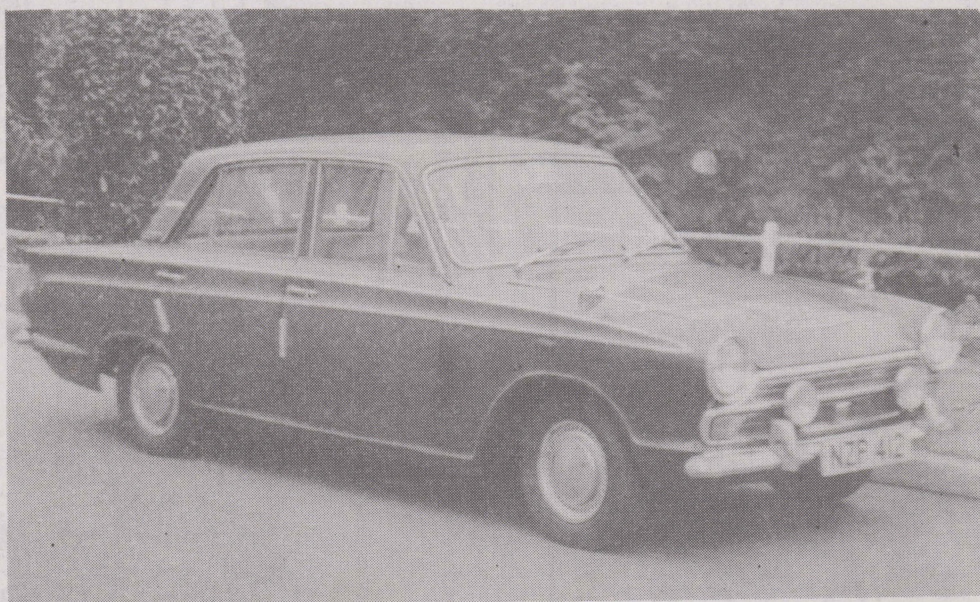
So August is once more with us, introducing all the various Autumn colours of dahlias, Phlox, heleniums to name but a few. Our gardens suffered severely from the lack of moisture during the prolonged drought but should pick up enough now, with the recent rains to give us a reasonable good Autumn display. As every gardener will be aware of, it has been a summer of green and all the other pests you could mention and now this is the time when the earwigs tackle the dahlias. If you care to look carefully at the foliage and find some of the leaves shrivelled up and porous, you will know that these pests are active. Unfortunately there is nothing much you can do in the line of spraying to exterminate these blighters and they operate at night and are back under cover during the day. But there is a simple and inexpensive method to keep them at bay. Collect a few old bean or pea cans and stuff about 2 ins deep of dried grass or straw in the bottom. Have a few rods or canes handy, near to the same height as your dahlia plant, push one or two into the soil as near to the roots as possible, upend your tins on the rods, making sure that the grass is tightly packed and dry which is very important. First thing in the morning, shake out the straw and if earwigs have been attacking your dahlias you will find them there. Dispose of them and repeat the procedure.

The perennials should be rewarding us well, with all the attention we gave them earlier on in the season. Now is a good time to examine their whereabouts and to plan for next year. Sometimes we buy a perennial plant which is new to us and plant it in a suitable position. As it grows and develops we find we have it in the wrong location. Either is much too big for the bed, doesn't get enough sun etc. So now is the time to check on your perennials and plan your herbaescious

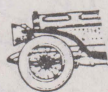
border for next year. Of course dead-head as soon as their flowering season is over.

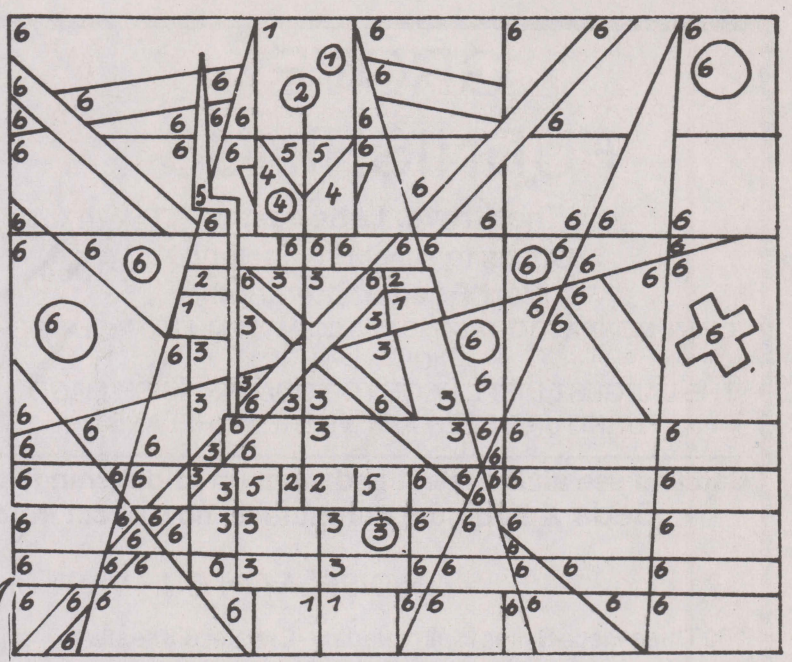
In the rock garden, with a pair of sharp scissors, trim off any dead stems and flower heads and again take stock of the plants which are best suited to their siting. No doubt you will have a few spaces where plants have died during the dry spell, now is a good time to replace them so that they are well established before the winter.

I.J. Cowan



Bill Woodward used to work for the Ford Motor Company in England, so when he was buying a car in June 1965 he naturally bought a Ford. She was a Mark 1 Cortina and she came straight off the line at Ford for the princely sum of £983. Twenty-four years later Bill and wife Katherine live at Ray, Rathmullan and the little Ford is still in daily use and still going strong.



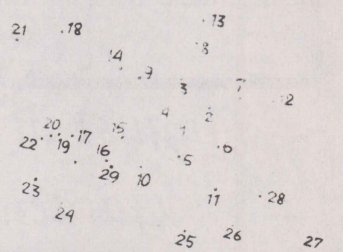


Colour the picture as follows to find the hidden picture (1-red, 2-yellow, 3-blue, 4-pink, 5-black, 6-leave white)

Last Month's Winner:
Norman Stewart, Bogside,
Kill, Dunfanaghy.



JOIN THE DOTS



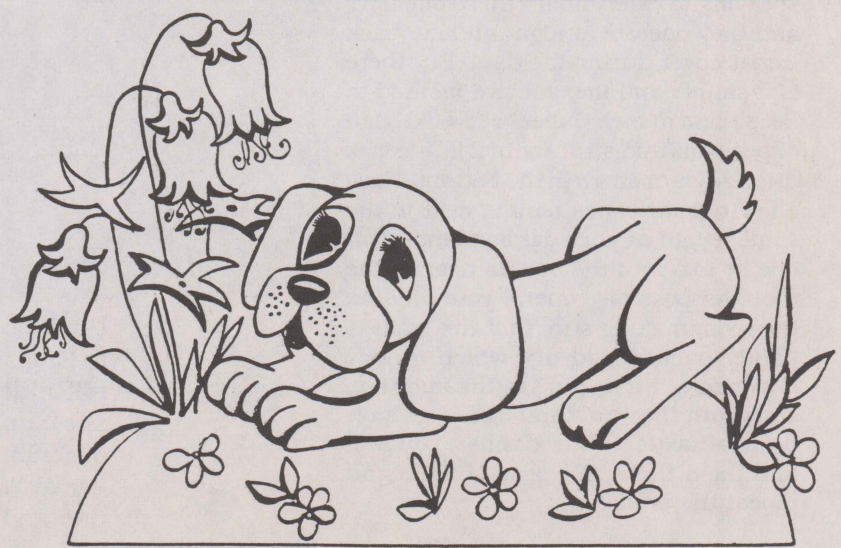
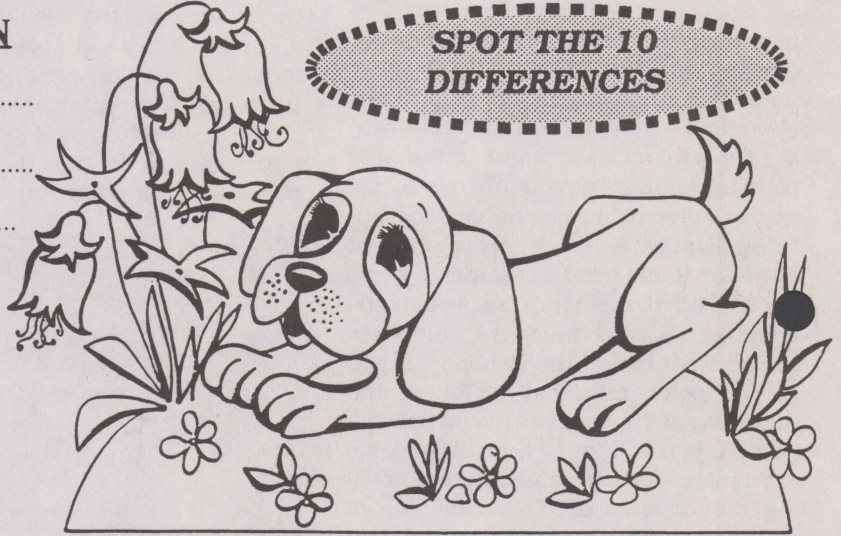
UNDER 10 PAINTING COMPETITION

Name

Address

Age

SPOT THE 10 DIFFERENCES



SAM SPUDZ

CRISPS

SNACKS

Burger Bites

PEANUTS

Irish Snack Foods Ltd.

Déanta nGaoth Dobhair

"LEADER",
Lower Main Street,
Letterkenny.

Linda is waiting desperately by the
Thorn for Herron. Nero was a lad !!!
The stud in the black escort's new home
is Bumpy.

Get well soon Betty (Dollar)



Cúrsa Fíodóireachta ins an Tech i nDoire Beaga
cupla bliain ó shin.

For a quick flight from Letterkenny to Dungloe -
contact Aldon Airways.



Mairéad agus Frankie - Beidh
Mairéad ag glacadh páirt i bhFéile na
mBan; i nGort a' Choirce, 11ú - 13ú
Lúnasa.



Did Mary C. (B/P) go topless?



Clochar an Fhalcarraigh, Circa 1960.



Féile Thortachoirce

FEILE

na

mBAN

*a weekend of traditional music
singing and poetry, featuring
top women performers.*

Féile Thortachoirce

an t-áras C 076-3535 8m-5pm

gach oíche C 076-3534 8m-5pm

11-13 AUG

11-13 LUG



Happy couple Eugene Gallagher, Anagaire and Brid Mulligan,
Machaire Chlochair, who were married recently in St. Mary's Church,
Doire Beaga. Bridesmaids were Bernie Mulligan, Moya O'Donnell,
and Liza Gallagher. Bestman was Brendan Gallagher and
Groomsmen were Paul Reynolds and Michael Gallagher.
(Photo: Donohue Studios, Main St., Letterkenny)



Anagaire Football Team 1984.

NÓISEÁIN

Máire S. and Michael S.; Darina McG. and Éamonn S.; Caitlín McG. and Neil; Eileen S. and Michael D.; Róisín and Barthlán (Barry); Carina F. and Éamonn B.; Kathleen and Hugo D.; Marion B. and P.J.; Joe C. and Bernie.

**Stock Car Racing -
Maghery, Sunday
13th at 2.30 p.m.**



GUESS WHO ?

1. Run after her Pat
2. The Falcarragh boy
3. Tricia does like to be beside the seaside
4. Serious
5. Yeah, tae sure is good stuff
6. Sleeping Beauties
7. The Dunlewey Boys
8. Synchronised dancing
9. Girls just love Elvis
10. Gortahork Lassie
11. It was the "stork" then, val, but its the "gander" now
12. Paddy doing the Streak
13. I'm from Crolly but I found my Crolly Doll in Falcarragh.
14. Or you can pose like this Model - Donna
15. They're all taking off their clothes - must have been the weather !
16. 3 fishermen and no fish
17. R.S. Birthday boy - not "tied" down YET

19. Cute little lassies
20. No it's not Sheik Mohammed, its Sheik Joe Gallagher
21. Camera shy young lady hiding in Falcarragh.
22. For free haircuts contact Big Joe.
23. Two very happy young ladies.
24. Sitting in the morning sun.
25. Who is she Aldon?
26. Two Dungloe models.

Who is the Star of Annagry? Sexy Paddy an Bhaíne in his groovy shorts.

Sgt.
PEPPERS

- * FAST FOOD
- * TAKE AWAY
- * COFFEE SHOP



MAGHERACLOGHER, BUNBEG
Telephone (075) 31110

Bridget Gorry says she's seen it all before. What, asked Brian ? The Leader, says Bridget.

Recent Engagements - Daniel O'D. Also, Mary Boyle & a Cork man.

Why was Shovelin "exhausted"?

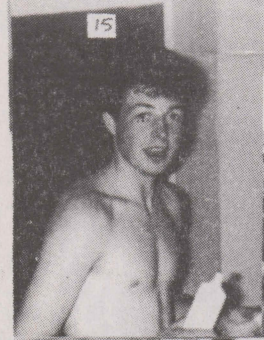
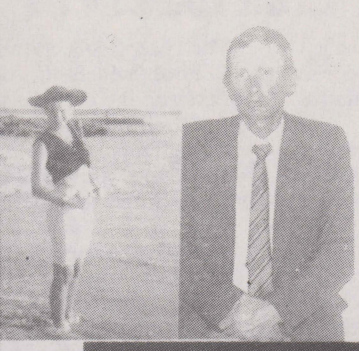
LÁ BREITHE

- Margaret Mary Sweeney, Coiteann, Aug. 15.
- Anne Marie Hanlon, Dunfanaghy, Aug. 3.
- Anglea Gallagher, Gaoth Dobhair, Aug. 1.
- Keith McGee, Dobhar (8) Aug 14
- Adrian Doherty, Cnoc A'Stolaire (13) Aug 20
- Patricia Gallagher, Cnoc A' Stolaire (21) Aug 21
- James Sweeney, Machaire Loisce (21) Aug 6
- Owen Martin McBride, Cnoc A Stolaire (7) Aug 17



GUESS WHO?

9



Congratulations to the Cloughaneely Under 10 GAA team which won the recent football blitz which was held in Fanad.

An **art exhibition** of the paintings and tapisteries of Colm Sweeney of Studio Donegal, Kilcar, was held in Ballyconnell House, Falcarragh recently. Also on display was a range of cartoons by Chris who is a cartoonist with the West Highlands Free Press

Comhgháirdeachas to Cloughaneely Junior Band who gained first place in the Ulster Band Championships held in Ballyshannon on Sunday 22nd of July. They gave a first class performance to gain first place.

The recent collection for the **Little Angel's School** which is being constructed in Letterkenny raised a grand total of £515.12 from church gate collections within the Cloughaneely area. The organisers of the collection would like to thank all those who contributed so generously to the fund.

The **Cloughaneely GAA Centre** in Falcarragh was painted recently, which gave a much improved appearance to the complex which consists of two indoor handball alleys and one outdoor alley as well as a meeting room and dressing rooms.

Monsignor Patrick Doherty recently visited Falcarragh, he stayed at the home of his sisters Maureen and Nan Doherty. Monsignor Doherty is Pastor of St. Mary's Church in Visalia in the Diocese of Fresno in California, he received his education for the priesthood at St. Eunan's College, All Hallows College and at Los Angeles Seminary, where he was ordained for the priesthood in 1945.

Falcarragh Karate Club this year hosted the U.K.F. Summer Camp. A large number of members of Falcarragh Karate Club attended and went for gradings.



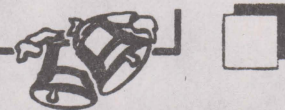
Wedding Anniversaries

Anthony & Annie O'Donnell, Mini-Mart, Anagaire. (30th) August 18th.

Another Cup for Gweedore Celtic during their glory days in the early eighties.

Weddings:

Comhgháirdeachas Máire Sweeney, Machaire - Loisce and Robert Alcorn, Bun Beag.



Ar Imirce

d'Imigh muid trasna na tonntaí
Anonn go Londain faraor,
d'Fhág muid leac na tine
Agus thug ar n-agnaidh ar a'tsaol.

Bhí and punta deacair a ghiollacht
Bhí an costas marachtáil árd,
Ag obair thíos faoin talamh
Ar do ghlúine le piocáid nó spáid.

Thíos mar bhéadh ainmhí eallta
I bpoll beag lábánach cung,
Ag nigh a's ag cócaireacht san oíche
-scríobhfidh mé anocht mo rún.

Ag cur corr phunta i dtaisce
An baile ar do intinn gach lá
Ag smaoinreamh ar teaghlach páistí
Fágtha gan athair, grá.

P. Ó. Gallchoir, Londáin.
Feabhra '89.

Gaoth Dobhair's answer to Astaire and Rodgers -
Connie and Sadie.



FURNITURE SHOWROOM

STRAND ROAD, FALCARRAGH

Telephone (074) 35161

**FANTASTIC RANGE OF NEW FURNITURE
NOW IN STOCK**

Including Bedroom Suites — Sittingroom Units — Diningroom Units — 2 and 3-seater Suites — Coffee Tables — TV Units — Deep Divan Beds — Dralon Headboards — Bedside Lockers — Bunk Beds — Occasional Fireside Chairs — Halfmoon Tables — Students Desks — Phone Tables — Fireside Rugs. Free Delivery.



LEO (JULY 21- AUG 21)

Good news in the post and more money coming your way. All is not rosy, though, there could be a set-back. Wear Green for luck.

VIRGO (AUG 22- SEPT. 22)

Someone you fancy starts to pay attention. A word of warning though, play it cool, don't go overboard. Keep a clear head. He may only be after one thing - your money.

LIBRA (SEPT. 23-OCT 22)

You may have words with someone close to you. Don't let pride stand in the way of happiness. Make the first move to put things right.

SCORPIO (OCT 23-NOV 21)

A change of scene or new surroundings are indicated mid-month. A celebration or a trip will be your highlight this month!

Lucky day - Wednesday.

SAGITTARIUS (NOV 22-DEC 20)

It is a time to be very close to your family. Avoid arguments and difficulties. A proposition is made to you. Think it over very carefully as there may be set-backs.

CAPRICORN (DEC 21-JAN 19)

Cash is not too plentiful this month so care will have to be taken. Excess spending early in the month may leave you short. Good news is on the way. Wear dark brown for good luck!

AQUARIUS (JAN 20-FEB 18)

A good time to splash out on something new. The colour white means something special. The initials "A" and "C" are going to be very lucky for you.

PISCES (FEB 19-MAR 20)

Luck is shining your way in the form of Victory - in sports perhaps. Beware of water, there are danger signs. A change in the romantic scene would be a good idea.

ARIES (MAR 21-APR 20)

If you are feeling down, you must snap out of it. Go out with the gang. A few late nights is what you need to feel on top again.

TAURUS (APR 21-MAY 20)

A trying time at work for you when everything goes wrong. Even romance is not so bright. A journey will restore your good luck in the near future. Lucky day Saturday.

GEMINI (MAY 21-JUNE 20)

There is sorrow for you soon. A family illness, perhaps. But all ends well and life will be running smoothly again. Lucky colour red.

CANCER (JUNE 21-JULY 20)

A friend from the past comes into your life again. Don't linger too much on memories. It could spoil your holiday. Live for today. Lucky day Tuesday.



LANTERNS

Fast Food

Letterkenny

Buncrana

FOLK REMEDIES
(Dedicated to Maitiu)

‡ **ARTHRITIS**

Cherries are said to be effective because they seem to help prevent crystallization of uric acid and to reduce the uric acid levels in the blood. It is also said that cherries have been known to help the arthritic bumps on knuckles disappear.

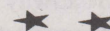
EAT CHERRIES! any kind—sweet or sour, fresh, canned or frozen, black, Royal Anne or Bing. DRINK CHERRY JUICE! available without preservatives or sugar added, and also in a concentrated form at health food stores.

One source says to eat cherries and drink the juice throughout the day for 4 days, then stop for 4 days and then start all over again. Another source says to eat up to a dozen cherries a day in addition to drinking a glass of cherry juice. Find a happy medium by using your own good judgment as to cherry dosage. Listen to your body. You'll know soon enough if the cherries seem to be making you feel better.

Steep 1 cup of fully packed parsley in 1 quart of boiling water. After 15 minutes, strain and refrigerate.

DOSE: ½ cup before breakfast. ½ cup before dinner and ½ cup anytime pain is particularly severe.

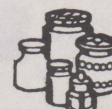
Quite often scorch marks can be removed by washing in warm water and soap. Little can be done, as it is the material which is damaged. White material can be bleached with peroxide.



Wholewheat Pastry

Ingredients:

- 100g (4ozs) wholewheat flour
- Pinch salt
- 50g (2ozs) butter or oil
- Water to mix.



Place flour in bowl, add fat and salt and rub in. Add water to form a soft ball of dough. Leave to rest for 30 mins before using. Cook at 200°C, 425°C (Gas 7) for 20 mins.

WHOLEFOOD

Changing to wholefoods for health or sport reasons should be done slowly - a little at a time. Change your everyday food slightly. Try making wholemeal pastry instead of white flour pastry. Slowly cut down your sugar intake by putting less and less in cakes and making the types of cakes that use dried fruit as a sweetener.

We will now go through the different types of foods:

1. Grains: Each whole grain contains all the nourishment needed to foster the development of a new plant. Brown rice for example contains 7.5% protein, including all 12 of the vital

amino acids: calcium, iron, sodium, potassium, phosphorous, vitamins B1 and B2 and carbohydrate. As in all grains, the main food value is to be found in the outer layers (brown rice has 7 skins) which are generally removed for human consumption.

Cooking whole grains - use a heavy (cast iron is best) pot with a tight fitting lid. Pressure cooking is good for the harder grains like brown rice, wheat, barley and rye. The more water used, the softer the grains, but the longer the cooking time. Generally one cup of grain will feed two hungry people. Use 2 or 3 times the amount of water to grain. Never stir grains while cooking in water. Always let them boil dry although you can add more water if necessary.

12 THE LONGEST TRAIN

by Brian O'Byrne

The unfortunate man who receives a sentence of fifty years in jail will think that such a period will never pass, yet when the same man looks back at fifty years of his past life, the period seems no longer than a year or two at the most. For a person in a desperate predicament, the seconds seem to take ages to elapse, and a spell of two minutes seem as long as a year. This phenomenon is just an illusion generated by the hopelessness generated by the specific dilemma in question.

On a warm Harvest Day nearly seventy years ago, a Meenaweel man whom I knew well was cutting his corn at leisure in a field well above the railway line that passed on over the moor to Burtonport in the West. It was 1921 to be precise and the whole of Ireland in a trouble that was to culminate in a tragic Civil War. The railway had been operating for over a score of years and though its purpose was to transport merchandise from the port of Derry, for some sinister reason it was built miles away from the areas where most of the people lived. It skipped Creeslough by a mile, Falcarragh by four and the station for the township of Dungloe was two miles away. This gave the notion that the line was not for the benefit of the populace at all, but for some other sinister purpose such as the speedy carriage of troops and their armaments, as indeed it was used many a time.

Well, as I said, the day was warm and as the man from Meenaweel never straightened his back for more than two hours and towards mid-day he decided that he merited a smoke and on going to the top of the field to find his jacket, he discovered that he was out of tobacco. The nearest store was Paddy Óg's half a mile away on the other side of the rail, and along with selling groceries it was a tavern as well as it is to this day. now the reaper was not going without his whiff and he decided to go to the store for an ounce of plug, and from what I remember of the same man, I expect he was intent on lubricating his throat as well. Now he could follow the railway fence along to the dry arch where there was a path leading to the roadway or he could

climb over the nearest fence, cross over the permanent way and thence over the next fence shortening his journey by quite a bit. As he was keen to take every advantage of the good weather and finish all the reaping that day, he settled for the short way and prepared to proceed. now the four hundred yards of track skirting his field was the only portion of line passing through open ground, emerging from a long deep cutting on the right and entering another such excavation away to the left beyond the dry arch. He had no sooner put one leg over the first fence than he heard the noise of the train entering the cutting to the right, reminding him that the mid-day train was now due. He was in no desperate hurry and although trains had been running here for more than two score years, no matter what the local people were engaged in they always stood erect to watch the train come by. So the man plumped his rump down on the fence and waited as he listened to the puffing of the labouring engine resounding from the grey cliffs above the cutting. At long last the engine nosed out of the cutting and contrary to what he expected it was a short train consisting of three passenger coaches only one of which was the guard's van. But he was to see something else that soured the milk in him right down to his boots. The carriages were packed with soldiers with heads sticking out every blessed window and some of them with their bodies stuck out right down to their buckles. From the uniforms they wore he recognised them as "Black and Tans" and from all the roaring and bellowing they were engaged in it was obvious that the whole lot were mad drunk. Any crow or moorhen that appeared on the mountain side was fired at indiscriminately and a loud hurra greeted every target struck.

This regiment was the most indisciplined of all the British forces in Ireland in the trouble times, having been criminals freed from English jails on condition that they would do duty in Ireland where ambushes and arson were common. The atrocities they committed

were reported all over the world because they used their guns anywhere and at any time they choose, whether commanded to do so or not. Their favourite pastime was taking pot-shots at cattle grazing in the fields and they were known to have fired at people also, and maiming them for life. If they acted in this manner when they were sober there was no telling what they would do while inebriated. The man on the fence thought of running for his life but on remembering that this would present the trigger-happy mob with a tantalising target, which even the most disciplined soldier would be tempted to fire at, but before he could make up his mind what to do the train was already upon him and his only chance now was to sit as still as a statue, not even moving an eyelid or smack his lips. He resorted to praying with all the sincerity he could muster as he was sure he was going to hear the last shot in his life any minute. He sank into a trauma of stupidity and all the world about him seemed to be a hazy dream in which many things and many thoughts occurred at the same time. Well whether it was the pallour of his face or the grey bawneen shirt he was wearing merging into the grey slopes behind him coupled by the fact that they might have been so drunk as to have their vision impaired, the soldiers did not seem to survive was the end of the train disappearing into the cutting on his left and out of harm's way. He was so relieved that he did not wait to climb down from his perch but let himself all into the heather and lay there for a few minutes co-ordinating his senses. He leapt like a greyhound over the second fence and within a few minutes he ran panting into the pub and flung himself down on a bag of meal as he ordered a gill of brandy. There were several men drinking at the bar whom he knew.

"Was that the mid-day train going by?", asked one of them.

"Was it not just", said the reaper, as he gulped down his brandy.

"I expect it would only be a short one because it always is at mid-day", said the neighbour. The reaper looked around as he ordered another drink. "Three passenger coaches only", he told them firmly, "three paltry coaches, but let me tell you, it was the longest train ever went through Crolly".

APOLLO

Window Blinds

Call and see our Wide Range of
Top Quality Blinds.

Guaranteed to Last.

Also we provide an

Expert Repair Service

FREE ESTIMATES & MEASURING

PORT RD.,
LETTERKENNY

074-24555

John McGinley Coaches

Falcarragh Co. Donegal

Donegal - Dublin - Donegal

* Luxury Coaches to and from
DUBLIN 7 days a week *

Phone: Donegal (074) 35201
Dublin: (01) 513804

A Happy 21st

The Letterkenny International Folk Festival are set to celebrate their 21st gala event, which will be launched by Kathleen Watkins on Thursday 17th and runs till Monday 21st. Groups from Australia, Britain, Russia, Mexico and Tory Island join household names such as Dublin City Ramblers, Jim McCann, Heritage, Moneyglass, Bards and Dolores Keane at various concerts. Plus-country hero Daniel O'Donnell, and the 2FM Roadcaster blasting out the hit sounds. The event with a budget in the region of £45,000 is certainly celebrating it's "Coming of Age" in style.

End of an Era

On Monday September 4th Century Radio will hit the airways. The new independent station will broadcast from studios in Christ Church Hill in Dublin and will have a staff of 45. The new station will have lots of pace and lots of entertainment values with Century Director Terry Wogan hosting a show from London each Saturday morning. Other dee-jays include Marty Whelan, and reports that former Megamix presenter Flo McSweeney may be joining the nationwide station. Strange that RTE have refused to accept any advertising to promote the new station. As they say, competition is the spice of life.

Off on Tour

Well after that festival in Meenaleck, Clannad are off on a four-month tour, promoting "Past Present" in far off lands such as Australia, New Zealand, Europe, Britain and back home for a seven date concert tour in December. RCE Records were thrilled to present Maire and the lads with a Platinum Disc for British sales of the album. Early in January Clannad return to the recording studios, and lets hope they return to their Celtic roots for their material, a sound which their fans approve.

What a Load of Hype

A look in a certain Sunday newspaper on the entertainment pages of advertising by country bands, the list of venues seem endless if the adverts are to be believed. The slogans are as daft as some names of the artistes advertised. Sadly the bands are has-beens of yesteryear seeking revived popularity, or never-wases posing as stars of tomorrow. With recording titles as Little Nell, one wonders could some of artistes retire in grace, for that elusive break is just a dream.



The Dublin City Ramblers appear in concert at the 21st Letterkenny International Folk Festival.

Meet Tuesday Blue

"Shibumi" is the title of the new nine track album from Tuesday Blue, issued by EMI Records. The album which also includes their current single "Cut and Dry" was issued in America last year, sold over 50,000 copies and enjoyed good reviews for the Limerick lads. Tuesday Blue - Michael Ryan, Dave Keary, Ralf Lindheim, Ray Fean and Tom Jones - are currently on a nationwide tour and visit the Abbey in Donegal Town on Friday 18th next. "Shibumi" was produced by David Richards and shows that Tuesday Blue have much to offer.



After the Beauty Queens

Well after the Festival beauty queen season has ended, we are set for the next annual fad, the "song contests". First we have Castlebar Song Contest, then Eurosong '90, and of course Cavan Song Contest. If a song is rejected at one contest, it moves on to the next. After all "The Real Me" by Kiev Connolly was rejected by Castlebar, before it became our "Euroflop '89". While hosts such as Mike Murphy, Ronan Collins, and Larry Gogan talk about the high standards, the winning songs fade into obscurity, never to be heard again, I am glad to say. To composers I say, when writing songs for such contests forget about the songs of the past, and reflect on what appeals to today's record buyers.

Another Album from Margo

Hard to believe that it is now twenty years ago since Radio na Gaeltachta's Tímlín Ó'Ceanaigh launched Margo's recording career in Sweeney's Hotel, Dungloe. The lass has just issued album number 33 under the title "A Trip Through Ireland", another collection of "Country n' Irish" songs, with titles from "Meet You In Church Sunday Morning" to "Memories of Donegal", to "A New Tomorrow" her current single, which made the 2FM playlist.

The Fun Chart

- 1. It's the Irish in Me *Pat "The Cope" Gallagher*
- 2. Money, Money, Money *Udaras na Gaeltachta*
- 3. I'll Get By With a Little Help from my Friends *Charles J. Haughey*
- 4. Cool Water *Donegal Co. Co. (Water Rates)*
- 5. Joy and Pain *Donegal Football Team*



On Cassette

After Enya and Clannad, Auntie Rose Marie ventures into the recording field with a 13 track cassette "Green Fields of Gweedore" with all her requested ballads included.

- | | |
|-----------------------------|------------------|
| 1. A New Flame | Simply Red |
| 2. Ireland's Favourites | Various Artists |
| 3. Now Dance '89 | Various |
| 4. 25th Anniversary | Wolfe Tones |
| 5. Past Present | Clannad |
| 6. Velveten | Transvision Vamp |
| 7. Batman | Prince |
| 8. Hits 10 | Various |
| 9. Appetite for Destruction | Guns 'n Roses |
| 10. Everything | Bangles |

Courtesy of The Music Centre, Letterkenny

- | | | |
|-------------------------|---------------------|----------------|
| 1. You'll Never Stop... | Sonia | SINGLES |
| 2. Too Much | Bros | |
| 3. Liberian Girl | Michael Jackson | |
| 4. Wedding Song | Tony Kenny | |
| 5. Swing the Mood | J. Bunny and Master | |
| 6. On Your Own | Bobby Brown | |
| 7. It's Alright | Pet Shop Boys | |
| 8. London Nights | London Boys | |
| 9. Don't Wanna Lose You | Gloria Estefan | |
| 10. Days | Kirsty McColl | |

TOP 10

Mixers



THE PADDY TUNNEY COLUMN

Of Liberty, Equality and Fraternity

**You sons of France arise
and conquer; see the glorious
light shines in the sky
Tyrants host with furious
shouting; see their
blood-stained banners on high.
And so on.**

So we have reached the Bi-Centennial of the French Revolution, when man born free but found to be everywhere in chains was promised full liberty. The Bastille was stormed, the guillotine worked overtime to keep noble and aristocratic heads rolling and fodder enough was provided to keep novelists chewing the cud for many years to come.

Dickens in time wrote his fine novel "A Tale of Two Cities" and of course the popular hero on the side of the unfortunate nobility was unquestionably the Scarlet Pimpernell.

*"They seek him there, they seek him there,
These French they seek him everywhere,
Is he in Heaven or is he in Hell,
That Damned elusive Pimpernell".*

Indeed he put poor, wine-sodden Syndey Carton in the penny place.

In time came the re-action to the excesses of the Revolution and the guillotining of Robespierre himself. Eventually the field was left open for the Great Napoleon Bonaparte to establish one of the mightiest empires of all time and to "sweep the world for gain" as the song says.

One wonders had Bonaparte come to Ireland instead of heading for Egypt

would the pages of history tell a different story? It is interesting to note that when the Great Bonaparte was dying in Saint Helena he stated that "nothing was ever gained by physical force". And he should have known! Hot-heads of today please note.

In fact many French men believe that it was his fierce and incessant espousal of the Rights of Man sewed the seeds of the Revolution. It is refreshing to note that the great writer, Voltaire, was imprisoned for several period of time in the Bastille for his forthright and fearless attacks on the repression and tyranny prevalent in France at the time. His slaughtering of Sacred Cows infuriated the powers that be and eventually, after the death of his patroness, Madame du Chatelet, at whose country seat he had stayed for fifteen years, he was induced to pay a prolonged visit to the Court of Frederick the Great. While there he completed his important his-

torical work - Essay on Customs or "Essai Sur Les Maeurs et L'Esprit des Nations", and began his Philosophic Dictionary.

However he could not for long agree with Frederick and left Prussia in 1773.

Not safe in his native France he fled to Switzerland and settled down near Geneva at a place called Ferney. During the next twenty years until his death in 1778 he was at his brilliant best as a writer and within these two decades he wrote his dialogues and his most popular novel - Candide.

In this book his genius as a story teller is admirably demonstrated and even in English translation, the work sparkles with subtle wit and uproarious laughter. The philosopher character, Pangloss has no peer in European literature outside Cervantes' Don Quixote, and his declaration that "all is best in this best possible of worlds" has become a household saying where Voltaire is unknown.

Still, the advice of the wise man given to Candide to "go home and cultivate his garden" has more relevance for us today wandering around in a morass of immoral and materialistic effluence.

No wonder his contemporaries regarded him as the equal of Homer and Virgil!



No Green Movement in Letterkenny as yet!

DÖNBERG-ELECTRONICS LTD.

"Vorsprung durch Erfahrung"
(AS THEY SAY IN GERMANY)

ASTRA SATELLITE SYSTEMS NOW AVAILABLE

GOOD QUALITY SECOND-HAND TELEVISIONS IN STOCK
RENT A COLOUR TV FROM £2.50 PER WEEK!

Call and see the Latest Range of TV's, Video and Audio Products

EASY PAY SYSTEM AVAILABLE!

TV · VIDEO AUDIO · AERIALS ELECTRICAL SYSTEMS WASHING MACHINES INDUSTRIAL ELECTRONIC COMPUTERS

DÖNBERG-ELECTRONICS

SCHOOLMASTERS HOUSE
RANAFast, ANNAGRY, CO. DONEGAL

TEL. 075-48275

FOCUS ON

JODY DOOHAN

C.L.G. Gaoth Dobhair



Full Name: Joseph Doohan

Birthplace: Gweedore

Height: 5'11"

Weight: 12 st

Position: Centre Half Forward

Previous Clubs: None

Married: No

Favourite Players: Pat Spillane, Ambrose O'Donnevan, Hughie McCarrifferty.

Favourite Other Teams: Kerry, Meath, Naomh Mhuire

Most Difficult Opponents: None

Most Memorable Matches: Beating Dungloe in Gaeltacht final

Biggest Thrill: Above

Biggest Disappointment Losing final in Belmullet

Best Place Visited: St. Louis, U.S.A.

Miscellaneous Likes: Football, swimming.

Miscellaneous Dislikes: Smoking, dishonest people

Favourite T.V. Shows: All sports programmes

Favourite Musicians: Squeeze, Chris De Burgh.

Friends: Many

Biggest Drag in Football: Bad refs, bad pitches.

Honours: U21 County Winners Medal, Intermediate Winners Medal, Junior B Winners Medal, 2 Division 3 Shield medals, All Ireland Gaeltacht Area medal.

Biggest Influence on Career: Eamon McGarvey, Packie McGinley

Football Ambitions: To win senior championship meda with Gweedore

Personal Ambitions: To be happy and successful in life

Which Person in the World would you most like to meet?

Pope John Paul II

Signature:

Joseph Doohan

Munster Records & Gaelic Gifts

198 Francis Road, Leyton E10

Tel: 01-556 5114

East Londons Newest Irish Shop

Now Sells "The Leader"

Hours: Mon-Sat 10-6pm Sunday 10-2pm



Glenea Reserves in 1980.

DONEGAL-GALWAY-DONEGAL

— COACH TOURS —

Ideal for Students to and from Galway & Sligo

	Friday	Saturday	Sunday	Monday to Thursday
Depart Letterkenny	10.30 a.m. 4.30 p.m.	—	3.30 p.m.	9.00 a.m.
Dep. Sligo for Galway	12.30 p.m. 6.30 p.m.	—	5.30 p.m.	11.00 a.m.
Dep. Galway	5.30 p.m.	10.00 a.m.	8.00 p.m.	4.00 p.m.
Dep. Sligo for Donegal	8.00 p.m.	12.00 p.m.	10.30 p.m.	6.00 p.m.

Ideal for Daily Trips to Sligo and Knock.

All Galway departures from Cathedral except Sunday evening departure from Eyre Square 8.00 p.m.

**Bookings & Enquiries: (075) 48114
(091) 68421 (091) 61656**

FEDA O'DONNELL COACHES

Red Heat

Schwarzenegger, Belushi (18)

Arnold Schwarzenegger is ruthless, tough Captain Ivan "Iron Jaws" Danko from the Moscow crack police force. He is sent to the USA to bring back vicious Russian drug dealer Viktor Rostavili. But Schwarzenegger is ambushed by the Drug Dealer's gang. Rostavili escapes and a veteran police officer is killed. The dead officer's wise-cracking partner, James Belushi, joins forces with Schwarzenegger to hunt down the killers and bring Rostavili to justice. This unholy alliance between East and West sparks off some stupendous action...and quick-fire wit.

Young Guns (18)

Brat Packers Charlie Sheen (Wall Street), Emilio Estevez (Stakeout), Lou Diamond (La Bamba), Kiefer Sutherland (The Lost Boys), Dermot Mulroney and Casey Siemaszko saddle up as the "Regulators" in Young Guns.

In 1878 New Mexico, Billy the Kid and five young outcasts are hired as Deputies to rid the territory of Jack Palance's ring of murdering thugs. But when their boss Terence Stamp is brutally killed, the Young Guns are branded as outlaws and become the object of the largest manhunt in Frontier history, now riding against unbelievable odds. A brilliant, modern day western.

VIDEO

RENTAL GUIDE



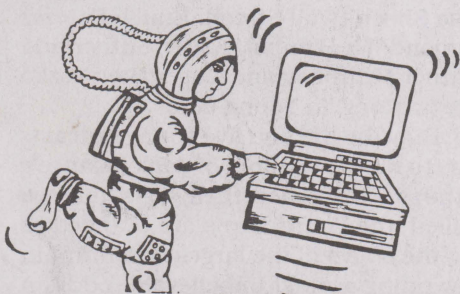
VIDEO TOP TEN

1. Red Heat
2. Midnight Run
3. Bright Lights Big City
4. Colors
5. Switching Channels
6. Young Guns
7. High Spirits *(Courtesy of*
8. Like Father Like Son
9. Moving *Video King*
10. Real Men

GAYNOR HIGH TECH

A new computer centre has recently opened in Letterkenny offering some of the most spectacular facilities for commerce, tuition and education in western Europe. The company has especially placed itself in Letterkenny with an eye to the changes which will be taking place in 1992. It is already endeavouring to close contracts with companies in the North, which will bring enormous benefits in terms of employment, both in Letterkenny and Donegal. The company is pressing hard to encourage people to train in computer techniques, which will benefit career opportunities immensely in the future. Nearly every type of computer training is offered at the new centre. There are courses in programming, the operation of business programs, art and graphics, desk-top publishing, computer-aided design, computer-aided manufacture, robotics, communications, weather and navigation, trade and every conceivable educational hardware and software for schools.

The company has a big task ahead of it, educating people in the local area into the tremendous benefits that they can receive by making use of its services. The company hopes, that at the beginning of the new school year it will be able to field a travelling road show, which will be able to take over a school for a day or two, to demonstrate, both to teachers and pupils, some of the spectacular things that can now be achieved with the use of very new and powerful computers and programs in the area of education. It hopes to grip the imagination of both teachers and pupils with the wonderful possibilities that lie ahead in teaching with high technology. The company is, at present, manufacturing a large range of software for schools in the local area. A special conference centre has been set up in the building, so that teachers can meet and discuss, with the company, future manufacture of programs for schools in a way that will meet their particular



Out of this world
into
Gaynor High Tec

Gaynor High Tec. Co. Ltd.

Business Hours: Mon-Sat 9.30am - 10.30pm

BBC Dealer & Educational Centre

Lower Main St., Letterkenny

(074) 25050/112 Fax: 25053



Courses in:

Typing Wordprocessing Accounts
Desk top publishing and all business techniques

Services Available:

Photocopying Wordprocessing
Accounts Photography
Programs written Personalised cards

needs. The company has invited, and is paying for, teachers from the Strathclyde Education Committee in Scotland to come and join in the conferences with the teachers from Donegal, since so many people have emigrated to that area. It is because of this, that Strathclyde Education Committee feel that communication with teachers in the Donegal area would be fruitful to both sides. The company will be extending its service to both communities and writing programs that will sell both in Ireland and Scotland. The company will also be running special teacher training courses for both communities.

The company also runs a large range of business services. Huge data banks are kept for companies with large customer lists, which can then be used for mailing and other purposes. There is a book-keeping service for small businesses. Every type of computer printing is available from the company, ranging from letter-headed paper, invoices, business cards, tickets, posters, fax forms, wordprocessing, maps, pictures, accounts, and a host of other products. The company will take on the administration or administrative work of any company at much lower costs than it can be done in house.

The company is one of the largest employers in Letterkenny main street. It has been noticed that as the response grows greater for the tuition and training services of the company, so there is an equal and opposite return in the form of employment. It is sincerely hoped that our company can provide real hope and opportunity for those seeking to make a career for themselves, of worth in the future. What the company hopes to do is to clearly show that computers are not things to be frightened of, and do not require enormous brain power to work, but on the contrary offer tremendous opportunity and wonderful possibilities for the future. Go and see what is happening and take advantage of the opportunities that this company is offering the area.

What you do today could secure for yourself, or your children, a part in a new future.

CHARLIE DUFFY & SONS

COACH TRAVEL

DONEGAL - DUBLIN - DONEGAL DAILY

NEW TIMETABLE:

Dept. time from Letterkenny (Mon. to Sat.) 9.00 a.m.

Extra Service: Fri. 1.15 p.m. & 5.15 p.m. (Letterkenny)

Sunday: 1.00 p.m. & 5.15 p.m. (Letterkenny)

Dept. time from Dublin daily (Mon. to Sat.) 6.00 p.m.

Friday: 4.30 p.m. 5.00 p.m. & 6.00 p.m.

Sunday: 6.00 p.m. & 9.00 p.m.

Monday AND Saturday morning: 9.30 a.m.

ROUTE 1: Departs Annagry - Gweedore, Falcarragh, Creeslough, Kilmacrennan, Letterkenny, Lifford daily.

ROUTE 2: Departs Annagry - Kincasslagh, Burtonport, Dungloe, Cloughan, Twin Towns, Killygordon, Castletin, Lifford daily.

BOOKINGS and ENQUIRIES:

TELEPHONE (075) 31118

Watch Out for our next exciting issue which should be in the shops during the first week in September. Last date for Copy - Aug 26th. "The Leader", Lr. Main Street, Letterkenny.