

STUDENT'S UNION



University of Limerick

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University of Limerick Students' Union

REGULATIONS RECOMMEND REPEATS

SUB-COMMITTEE OF ACADEMIC COUNCIL RECOMMENDS REPEATS
AT THE END OF EACH ACADEMIC YEAR

The last few days have seen major developments on the issue of repeat exams for students. On Monday night a U.G.M. was attended by over 300 students to decide on what action was necessary if students weren't satisfied with the University's response to the repeats

referendum. The next day at a special meeting, the Academic Regulations committee who were originally given the job of providing a report to Academic council on the current repeats process in U.L. came to the unanimous decision that the present system was unworkable.

More importantly the committee stated that repeat exam at the end of each academic year must be implemented. What was so significant about this was the fact that the committee was set up by academic council to give them direction on issues coming to council, repeats being one. They have now been advised by their own committee to implement repeats. One thing that will be noted by all academics was that one of the key figures in implementing and devising the current system, John O'Brien, was on this regulations committee. In effect he has said that major changes have to be

made on the current system of which he is regarded author. The regulations committee has representatives from all colleges in the University, Student Services and Registrars division.

In the University as a whole there seems to be a general feeling that the system has to be changed. With this in mind and the view of students as expressed in the referendum compounded with the fact that Academic Regulations are recommending repeat exams at the end of each Academic year, all eyes are now on the crucial meeting of Academic Council on December 6th.

Week 10

Semester 1, 1995

INSIDE

**WIRED 103FM -
Limerick Student Radio
officially Launched.**

U.L.'s

**Nurses
Speak Out**

**SoUL
Review**

Pic Page

**Christmas
Day**

Wired 103FM was officially launched this week. On Tuesday last at a press reception in Guinness House to mark the opening of Limerick Student Radio Wired 103FM, Mayor of Limerick, Jim Kemmy said that Ireland's standard of Radio broadcasting had to improve and the movement of the IRTC in allocating community Radio licenses to bodies such as students would do this. He spoke of the need to capture as much talent as possible so as it can be invested in quality broadcasting. Representatives from the IRTC who granted the Community radio license to Limerick Students spoke of the innovation already shown in the station through it's choice of name and the format of it's Radio programmes. Mary Immaculate College and in particular the Media Department where congratulated on their achievement. It was this group who saw the prospect of Student Radio in Limerick and went about the long process of getting a license and establishing the station. Rosemary Daye a media lecturer in Mary I. one of the main people behind the drive for the station through every stage of it's development spoke of her initial surprise when she first came to Limerick at the lack of student involvement in city life. She felt that Limerick Student Radio will change this. Eoin Devereux, a lecturer in Sociology on U.L. campus and a media lecturer in Mary I. who was also another one of the main figures in getting the Student Radio station established said that the station should be used by students to go against the mainstream broadcasting and to express themselves in their own manner.

The station is currently broadcasting for two hours a day Monday to Thursday inclusive. This will extend as the station finds it's feet in the coming months. Programmes at the moment range in variety from dance to Indie to Irish based music but all have a bit of chat and gossip.

Preparation Time for the Well Attended Multi-Cultural Food Fair as part of SoUL



Community Crisis

There has been a record number of resident's complaints to the SU Welfare Office this term. Residents have communicated their determination to begin prosecuting students for disturbances and damages as they feel disillusioned with the absence of a formal complaints procedure, the apparent disclaimer of responsibility and interest of the University in student behaviour outside the University gates, and the lack of concrete action taken in response to complaints in the past.

The Student's Union finds the extent and nature of the disturbances reported quite frightening. Scenarios include a pregnant woman being pushed to the ground, letter boxes being urinated into, cars being vandalised, elderly people and children being intimidated, bins being burned and intolerable noise levels.

Without a doubt, acidic Community Relations are of benefit to no-one. From the student point of view, we stand to lose our

reputation as civilised, courteous citizens and residents re-act according. Just witness, for example, the increasingly distrustful and exploitative nature of landlady/tenant dealings; increasing neighbourly unwillingness to help out in a crisis, negligible student involvement in Community Outreach schemes. It all adds up to apathy and ignorance.

Contd/...P6

wired
103.FM
STUDENT RADIO LIMERICK

News

College of Ed. Working Group

Year after year the College of Education's concerns are been ignored. These concerns range from the huge cost of T.P. to module content.

The College of Ed. Working Group was set up earlier this semester in order to improve the communication between the Education students and the Students' Union. It comprises of a class rep. from each ed. course in each year.

So far we have drawn up a Report under 3 headings - Tutors, Pre T.P. Preparation and the costs of T.P. this report can be seen in the S.U. I had this report tabled at the Faculty of Education's faculty board meeting in week 7. Brian, Duncan and I met with Dr John O'Brien (Acting Hd of Education) to discuss this Report in detail, on Friday of Week 8.

One point that was mentioned quite a few times was 1-3 Grading-Appraisal from Co-op Teachers. This was included on the report because we felt it had many advantages. It would result in a reduction of costs of

T.P. for the University, may result in wider placement of T.P. students but most importantly it would result in a fairer form of appraisal on T.P. for us, rather than a grade from 2 visits by each tutor.

It seems the College of Ed. have been *considering this for over a year. But they feel the co-op teacher would require payment. We feel this is not so because as it is we are taking 16 classes a week off their hands. I am contacting the Teachers Unions to obtain their views on this.*

A meeting with all education student and Dr John O'Brien will be held in the coming weeks to discuss the courses and problems in the college of education.

The next Working Group meeting is on Tuesday, Week 11 @ 19.00 in the SU president's office. 4th year class reps are also asked to attend. Any issues you wish discussed give them to your class rep. or drop them into the S.U. for me.

Declan Quinnn STO.

Students' Union UGM

LAW EXEMPTIONS and on, and on, and on

Well my legal minded friends as you read yet again of your plight I urge you to despair not for though our hopes have been dashed once again with the recent meeting of the Law Society rumours are rife in the halls of academia that the future may indeed see the return of the exemptions.

I had hoped that this would be an article of rejoicing, of celebration and of heady exultation as we welcomed the return of our beloved exemptions, alas that is not to be. The Law Society have

deferred the matter. They have sentenced us to an extended period of weeping and gnashing of teeth (as if the prospect of exams in a few weeks wasn't enough to do that in the first place). I'm afraid then that this must if force be another article of woe though I look forward to the day when I may write exuberantly on rose coloured paper of the end of our fight for our rights (provided I can get the Ed to agree).

We look then towards the appeal on December 12th as the next landmark in the

current process. It has been communicated to us that U.C.D. have received legal council on the matter and our own students union awaits receipt of this advice to review it and decide on the strength of our case. I leave you then with regret that this could not have been the uplifting passage I had hoped for but be assured that the matter is not being left to rest by the S.U. and I will continue to keep you informed in these pages.

WOLFMAN'S VIEW FROM OUTSIDE THE PERIMETER

UNCLE SAM TRIES TO PLAY GOD IN OUR COUNTRY!

I rarely write when I am angry, mainly because it clouds my line of thought and also because I have to edit out my intemperate language. Therefore, you can imagine that it takes an awful lot to get me so worked up that I would write an article straight off. This week, I find myself nauseated at the prospect of American influencing Irish society, even more so when it is the hateful, twisted, spiteful Irish Americans. OK, before I totally lose the run of myself, I better stop and let you

organisation called "Support Our Troops". The basic contents of the poster was with regard to Jim Kemmy protests leading to American troops being turned away from Shannon Airport during the Gulf War. "The dictator of the Apes, Jim Kemmy, has brought shame on the 44 million Irish-Americans. No doubt the Communist scum and his Jewish cohorts will be hanging around acting the jungle bunny when President Clinton arrives". Ordinarily this is a

What makes these so called Irish-Americans think that we want their input into our society. Not content with destroying their own society through their greed and pig-headed racist attitudes, they have not deigned us to be worthy of the same treatment. Rather than trying to build ethnic bridges and create their own unique culture, these "Irish-Americans" throw their millions at us in an effort to buy themselves a heritage, with some

meeting in week 7. Brian, Duncan and I met with Dr John O'Brien (Acting HOD of Education) to discuss this Report in detail on Friday of Week 8.

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Repeats: Brian Synnott and Duncan O'Toole gave a review (not report!) on what the current situation regarding repeat exam procedures was. There were proposals from the floor for strike action on the issue of repeats. There had been a referendum and if there was no favourable decision made by academic council on December 6th a strike would have to be the outcome. There were other views from the floor and the general consensus seemed to be that a strike would be used when all possible avenues had been tried. It was decided

and Governing Body the situation had not changed then there would be strike action. The date was decided as the first open day the University would have this year. This day is Wednesday the 10th of January.

Residents: Lorna Kerin said that there had been high number of complaints from residents this year regarding problems with vandalism and noises in all estates around the University. Lorna also stated the apparent lack of interest on the issue shown by the President of the University. Dr. Ed Walsh. Different ideas were floated around the meeting by students and there was a general feeling of concern among members at the meeting. The point was made that people causing hassle in the local estates are usually not alone and unobserved. It was recognised that all students should make an effort in discouraging this behaviour by their fellow students. It was also stated that it was a small minority giving students a bad name around Castletroy.

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I have spent the last week putting up posters, for rock bands! This is what I do. Over the week, I came across 7 different posters put up by these Irish Americans. To put it mildly, they reeked of hatred, showed contemptuous disregard for anybody's opinions but their own and left the bitter taste of bile in my mouth. While the subjects ranged from Irish foreign policy to our support for refugees, they all seemed to have the same aim (Apart from the propagation of intolerance). They were all designed to discredit those proposing the "Yes" campaign for divorce, and in particular the Labour Party. Let me give you an example, from an

organisation called "Support Our Troops". The basic contents of the poster was with regard to Jim Kenney protests leading to American troops being turned away from Shannon Airport during the Gulf War. "The dictator of the Ages, Jim Kenney, has brought shame on the 44 million Irish-Americans. No doubt the Communist scum and his Jewish cohorts will be hanging around acting the jungle bunny when President Clinton arrives". Ordinarily, this kind of regurgitated infamously life wouldn't disturb me, but it is just a sign of a far bigger problem.

Firstly, let there be no doubts but that the NO campaign is not only US funded but it is also being co-ordinated to a large extent from the US. The language is consistently the same as the divorce posters among all the different posters, the targets are the same people and the printers are the same. Furthermore, I have accurate and reliable reports from America that the "Irish" organisations had embarked on massive fund-raising campaigns long ago. Indeed, from what I hear, even Boston College had a fund-raising drive. Now, what I want to know is this:

What makes these so called Irish-Americans think that we want their input into our society. Not content with destroying their own society through their greed and pig-headed racist attitudes, they have not deigned us to be worthy of the same treatment. Rather than trying to build ethnic bridges and create their own unique culture, these "Irish-Americans" throw their millions at us in an effort to buy themselves a heritage, with some dubious link to Ireland to validate their claim. Are these people really so arrogant as to think that they have a right to choke the life out of our society with their disgusting, contaminated hatred, that they have a right to fund campaigns to suit their own interests which are totally unaffected by the results, that they have some kind of God-given right to vote here?

No, I tell you now that this is the wrong road we are going down, and it will become a slope. All I can say is that if there is a NO vote in the referendum, we can start to sound the death knell for Irish society! Not because we don't have divorce, but because our country is being run by the money of 44 million Irish-Americans.

COMMERCIAL FEATURE

MONEY, MONEY, MONEY!

Living on your own can be an exciting experience; but it also brings many new responsibilities and problems.

Budgeting:

Going to college involves taking responsibility for your own finances, regardless of whether you stay at home or move away. Whether it is a wage, a grant, or an allowance given by your parents, you will have your own money to manage and budgeting will become an important part of your life.

you budget carefully to spread it out over the full term, or until the next instalment arrives.

Wages:

If you are working, arrange to save a certain amount of your wages each week for holidays, special purchases or simply to have something to fall back upon. If at all possible never use up your whole wages on everyday living expenses.

Bank Account:

You should have one. It helps to keep your money safe,

Budget:

Everybody should have a budget; work out how much you need to spend on food, rent, travel, heat, books, entertainment etc. - and stick to it!!!

Loans:

Don't forget, if your grant has not yet arrived, you can get an advance at the AIB branch on campus. There are two requirements: 1. a letter from the student services stating that your grant is mandated to your AIB account.

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and Governing Body the situation had not changed then there would be strike action. The date was decided as the first open day the University would have this year. This day is Wednesday the 10th of January.

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Grants:

There is a terrible temptation to splurge when the grant arrives. Make sure that

you budget carefully to spread it out over the full term, or until the next instalment arrives.

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If you are working, arrange to save a certain amount of your wages each week for holidays, special purchases or simply to have something to fall back upon. If at all possible never use up your whole wages on everyday living expenses.

Bank Account:

You should have one. It helps to keep your money safe, to allow you to save and to budget your money over a number of months. It also avoids the risks of carrying cash around.

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Everybody should have a budget; work out how much you need to spend on food, rent, travel, heat, books, entertainment etc. - and stick to it!!!

Loans:

Don't forget, if your grant has not yet arrived, you can get an advance at the AIB branch on campus. There are two requirements: 1. a letter from the student services stating that your grant is mandated to your AIB account and 2. a letter of indemnity completed by one of your parents.

A ULman's Diary

'To the students of UL — GET UP OFF YOUR ARSES'

Last Monday night's UGM (November 27) was the first Student Union Meeting I had ever attended. Being in third year now I must say I'm disappointed at myself at being an unconcerned gobshite for so long. It happened by accident really (attending the meeting that is). I had the pleasure of eating dinner at the stables at 6pm with two second years. One of them (from Sligo City as she likes to call it even though where Sligo got the notion that it had become a city all of a sudden is beyond me) suggested that I go to the UGM with them. The meeting was scheduled to begin at 7pm but as most people showed up between 7.00 and 7.15 it was a little delayed. The issue was Repeats (surprise surprise!!). The Jean Monet was packed to full capacity by 7.15 which surprised me because I thought only that class reps attended these meetings and only out of obligation more than interest. The meeting began by Brian Synnott, Duncan O'Toole and Keith Piggott each explained about the current situation with repeats and airing their views. The content of the meeting and the way it was carried out was different to what I had thought it would be like. I must say however that that was the most interesting forty minutes I have every spent in the Monnet. As the meeting progressed one thing became apparent. The majority of the attendees were 'regulars'. These students had been to more than one general meeting. Another thing that struck me was that all the questions suggestions and motions were aired by the same people. Keith Piggott didn't even have to ask the students their names, he was obviously used to the same people. So fucking much for democracy. The meeting attendance was at most a mere 5% of the total UL student population. The views from the floor came from a minute percentage of the student body and as it appears do at every meeting. My question is where were the other 95% of the college. For fuck sake if you can't spare one half hour (OK sometimes the meetings run over to forty minutes) every now and then of your lousy time. Think of all the time you spend wasting in college, all the time you spend watching some retarded soap like Home and Away or the likes, all the time you waste playing with yourself while fantasising about Cindy Crawford or Brad Pitt which ever the case may be. I propose a motion to the students of UL (notice how I've picked up the lingo after just one meeting) - **GET UP OFF YOUR PAMPERED ARSES AND REPRESENT YOURSELF**. *Why should the opinions of a select few be the opinions that represent this college's student body.*

STUDENTS UNITE.

Mevin Kyers

News

AMERICAN ANTI-DEATH PENALTY ACTIVIST TO SPEAK IN LIMERICK

The University of Limerick Amnesty International group will host a public talk by Mike Mears, a public defender for the state of Georgia, USA, at 7.30pm on Tuesday, December 4th. The venue is room FG042 in the concert hall building in the University of Limerick. Mr. Mears is a well known campaigner for the abolition of the death penalty in the US.

"We are honoured and delighted to have Mr. Mears visit Limerick and the University" said Michael Kelleher, Press officer for the group. "He has been invited over to Ireland

by Amnesty, as part of their anti-death penalty campaign, and will give a series of talks in the country. This is a great opportunity for both students and the people of Limerick to see how capital punishment really operates in the US"

Mike Mears works for the Multicounty Public Defender's Office in Georgia. This is a state-wide defence agency created by the legislature to provide assistance in the defence of death penalty cases throughout the state. His Office acts as lead counsel in selected death penalty cases and also acts as

a consultant to attorneys throughout the state who have been appointed to represent individuals charged with capital offences.

Amnesty International opposes the death penalty in all cases, as a violation of human rights. In particular, Amnesty believes that the racial imbalance of the US's Death Row, the risk of innocent people being executed, the cruelty of the methods used, the botched executions and the politics of execution all build up to an overwhelming argument against the death penalty.

Snotty nosed spoilt brats

Us poor University students are often dealt a harsh lot from those people out in the 'real' world. You know - we're dossers sitting around drinking coffee, talking shit and wasting taxpayers money (either that or Daddies!).

We get little respect from the ordinary decent crust earners of society. To these people we're little more than stuck up brats afraid of hard work.

Yet are we being given a fair deal? Hardly? I mean we all know we're nothing like that. We're struggling through life hoping to etch some kind of miserable existence from all the endless hours of slogging we do. Isn't it obvious were genuinely a nice lot at heart.

Right, lets look at all our attributes - we're well educated, caring, understanding, considerate human beings. As for being toffee nosed brats - can't these people see we're just basically mannerly and well brought up.

For me I sincerely wish these people would give us a proper chance before judging us? All one has to do is go to the canteen or the library to see us in our true colours.

At home in our canteen we are just a picture of respectability. Here we can relax and unwind in the clean friendly environment the college and Campbell catering provide for us. We are the ultimate picture of consideration. Just look at how everyone is so polite and mannerly, the way we always keep the place clean and neat.

In case you haven't copped on yet, or think I've lost the few marbles I had - I'm

being sarcastic. Perhaps I'm totally uncool or a bit of a lick but I myself feel sorry for the people who work bloody hard in that canteen from morning to night.

Have you ever gone in there and chosen to sit on the chairs at the window because the only tables that are free are so disgusting you'd lose your appetite? Can you imagine if you had to come and clean it.

Those workers ARE the real world people and we're only proving one thing to them - that we are snotty nosed spoilt brats! They are not paid to clean up our slobber. They have little children at home who they'd make clean up if they dared make messes like that.

We are grown up, well educated young adults - yet inside the four walls of the canteen we act like stroppy two year olds. No wonder we have such a good name - NOT!

Can we please have a little respect and consideration for those coming after us and for those people who have to go in there and do a full days hard labour. Shut up moaning about your 2 lectures and think of those who really work. Overall show some basic common courtesy and we may kick our bad rep!!

MURROE WASTE DISPOSAL

Refuse Collection Tags

@ 50p

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END OF AN ERA



Well they say that all things must come to an end and unfortunately they're right. The day has come for the finest Heineken/Murphys Rep. (except for Donie Mulligan of course) to ever hit UL to hang up his pint glasses, untap the kegs, take down the bunting and swagger of lingers into the sunset festooned with all manner of gear procured over the last two years. Yes!, Errill the man from Laois with the facial hair and the big boots has to resign his crown and "attempt" to move on to greater things. Due to a small bit of pressure to have to try and write a thesis after only two years of a Masters the fate of Heineken/Murphys will change hands officially on 1st December. The recipient of this fine job (which in his innocence he thinks is easy) is a Mr Walter Stanley but more on him later.

First let me bid my farewell by saying a few thank yous to a number of people which made life as a Rep both great fun and a pain in the arse.

The Stables Staff : *all of them both past and present have managed to give me some grief over the years but it has been great working with them all and I hope you will continue to serve me the odd pint or two.*

The Students Union : *all the sabbats, non-sabbats, co-ops and others who I have dealt with. Thanks for all the laughs. A particular thanks though to the SU for employing a certain Cavan person on Co-op as Clubs and Societies Officer last year.....we need say no more!!!!*

SU Graphics (Print Stop or whatever) : *mainly for the Guillotine (oh how I will miss it). Anne, Clare and the departed Maverick, thanks for looking after my logos etc. and allowing such trips as this to go into print.*

Stables Security : *the people who are always forgotten and sometimes not liked very much by some people. Thanks for keeping all calm and secure during festivals, promotions and other occasions, and for the odd poker game or two.*

Clubs and Societies : *where do I start here? Do I even thank people who have constantly harassed me for beer, money, flags, hats, bunting, posters, pens (the list is endless)...Well I suppose I better. I can't say it was easy but I hope I did a good job for as much of you as possible and thanks for your work during the year. All I ask is that you use the Heineken Clubs and Societies Office as much as possible simply for the fact that it dedicated to the memory of Mike Sadler and it is the most fitting way to remember such a great guy.*

Louise Condon : *my boss in Cork. Her being a Tip person meant that we didn't have much to talk about when it came to hurling but Babs going to Laois has improved this. She is the one who controls the purse strings, and although hard to find at times a great help in many hours of need.*

Noel 'Houdini' O'Gorman : *another hard person to get in contact with but being regional rep ain't easy. Cheers for the promotions and all the hassles you caused me over the years - go easy on Walter, he is only small!!!*

Electricians : *the ladders, how could I forget about the ladders. Without them I would have been lost. As Walter is not as vertically advanced as I am, I'm sure you will get to know him well.*

And to every one who I may have left out - thanks for any help, hassle, or general stuff that may have happened over the years. You'd never know I might be back!!!!

That's about it on the thanks side I think. Below Walter will outline his loves, life and longings to you all. You can annoy him from now on as I'm off to write a bit of a book for my supervisor.

Slán, Errill

WALTER STANLEY - THE MAN WHO WANTS TO BE LIKE ERRILL

Hello, fellow students of U.L. Just a quick note to introduce myself as the new Murphys/Heineken rep. for the Stables. My name is Walter Stanley and I am currently doing a PhD in Aeronautical Engineering, specifically Composite Materials. For the last couple of weeks I have been helping out Errill giving out free pints and stuff so many of the pissheads among you may know me already. I plan to continue the work as rep. along the lines of Errill i.e. trying to convince people to drink Murphys and Heineken (and Coors!, forget about Buckler). Comparing myself to Errill there are very few similarities - I have small feet, small hands, no facial hair, am confined in stature i.e. not 6 foot tall, and I am not from Laois. In fact possibly the only similarity is that I have been known to consume a pint or several in my time. In fact I may require some help to hang stuff from time to time so if you know anywhere I can get a good ladder for a few quid let me know.

To get in contact use the Heineken Clubs and Societies Office or leave a note in the SU for me. If that fails you might bump into me (or walk over me) down in the Stables so just say 'Hi!'

Cheers for now,
Walter.

PROMOTIONS - PAST, PRESENT AND FUTURE

PAST

HEINEKEN MATCH MADNESS -

The winner of the trip to Old Trafford was Pauline Long, 57 Oaklawns, Castleroy. If she doesn't come and collect her prize soon I am going to head off myself. The match is on the 9th so get your act together.

HEINEKEN BIG LATE BREAKFAST:

On Tues. 21st a certain Noel Finnerty joined Denis Ryan in the draw for the trip to Amsterdam. Unfortunately Noel is a bit shy so I don't have a picture of him. However I will assure you that his family think he is a nice young lad!!!

MURPHYS BOTTLE PROMOTION

Anyone who hasn't cashed in their tickets to collect their Murphys Bottles are out of luck as the promotion is over. However it should be back next term so look out for it.

HEINEKEN SoUL WEEK

MONDAY, 20th - Heineken bottles £1.20 - lots of it sold - cheers hope you enjoyed it.

TUESDAY, 21st - Heineken Big Late Breakfast - Mr Finnerty the winner, lots of other prizes and plenty of Heineken drank.

WEDNESDAY, 22nd - Murphys £1.50 a pint - went down a very well, even had a few myself

THURSDAY, 23rd - Coors Light Promotion - £1.20 a bottle - You seemed to like this one too!!!

FRIDAY, 24th - Buy 3 pints Heineken or Murphys and get a bottle free - for one night only. Not a bad one either.

All in all the week was a success and I hope you enjoyed it. It will be back again don't worry!!!

PRESENT

Not a lot really

FUTURE

CHRISTMAS DAY : *Along with Heineken, Coors and Murphys and the other enemy brands there will be promotions during the day - just keep an eye out for them and enjoy the day.*

DECEMBER 13th - THE CRUNCH MATCH FOR IRELAND AGAINST HOLLAND IN ANFIELD!!!

There will be a HUGE promotion this night starting early - before the match. This can also be your end of term night, number 1. Cheap drink, most excellent prizes and if my contacts work out a trip to Europe may be involved. Keep your eyes peeled for posters and flyers next week.

END OF EXAMS : *I am sure that my successor will think up one or two promotions to help you celebrate the end of another gruelling set of brain teasers.*

University of Limerick Debating Union

For SoUL week the Debating Union as documented in the SoUL handbook had a very busy schedule last week. On Monday night the Debating Workshop took place giving people the necessary hints and tips on presentation and argumentation as usual. Tuesday night saw the first two preliminary rounds of the internal competition for the

final of the O'Mahoneys Bookshop Challenge.

On Wednesday however it was possible to see the UL Debating Union in full action, haughtily touting walkie-talkie's and generally shouting at each other as UL hosted the Heineken Intervarsity Debate. Teams from all over the country took part in the competition which sported a prize money of £250. Three preliminary rounds which

took place simultaneously in different venues all around the college campus saw two UCD teams, one UCC team and one UL team make the break for the final. The final itself was held in FG042 at 7.30pm on Wednesday evening and the victors of the evening were none other than Mark Dowling and Keith Pigott of UL: who took home £250 with them for their troubles.

A great day was had by all thanks to Heineken, who sponsored the event along with SoUL and the pints were much appreciated by the thirsty crowd that evening in the Stables. Then it was off to Doc's thanks to Ber which also suited all the visiting teams as they were put up in Barringtons Hostel for the night which meant they didn't have too far to stagger home. Thanks must also go out to anyone involved in the day and who helped to make the event possible.

Next week sees the final of the O'Mahoneys Bookshop Challenge with a £200 prize on offer. The final will take place in the Charles Parsons unless circumstances dictate otherwise so please attend this final meeting of the semester. Meanwhile we are busily preparing for the term to come which will involve the LOVE DEBATE on the first week back with special gifts for all those who attend.

P.F.

cheese. We are not as Una Bean Mhic Mathúna called "a shower of wife-swapping sodomites," just because we want DIVORCE ('m still not used to that word. Great isn't it?) What we want and finally have is a level playing pitch and some sort of status-quo for second relationships. Once again
Yipeeeeeeeeeee.
DIVORCE.....

P.F.



BOOKSELLERS

Books for All the Family

*Wish all the students a Merry Christmas
& a Happy New Year*

DIVORCE

Yippee..... Well done ye lazy shower of good for nothings. At least half of you bothered to make a difference and to vote yes in the divorce referendum, that is the few that actually bothered to exercise their right instead of drinking or veging out in front of the telly. Perhaps people don't appreciate the significance of this event but I say its about bloody time that the rest of this country shook itself out of its Catholic stupor and faced the music. Now perhaps thousands of men, women and children can

finally get on with their lives without having to apologise for their existence. Separated or DIVORCED (ooh I love to use that word) are now entitled to proper recognition instead of the measly lip service which has been thrown around of late. So well done to the 50% or so of you that did make the difference. A lot of people are eternally grateful for helping to make Ireland something of a pluralist society. And to those small minded greedy land worrying bible bashing catholic slaves, hard

Kiss Eamonn Dunphy's ass

Last Thursday morning (Nov. 16th) as I tried desperately to pull myself from a Budweiser and Power's induced hangover so that I could study for my Canterbury tales exam in 3 hrs, I happened to catch the sports news on the 8.00 am Sky News programme. Then it hit me where only the whiskey had hit me the night before, - We, the fighting, Irish had been hockeyed in Europe for the third time in 6 months. I painfully turned to my studying companion (also hungover) and sadly said "Des, we are now akin to the Wales and Northern Ireland's of these isles, and Holland are going to kick the ever-loving shit out of us", (or words to that effect). We proceeded to have a right good chat about the state of the

game, pissed off that we won't be going to En-ger-land next summer.

After the exam, which I had failed in advance, I thought further and came up with the following suggestions which El Jacko would do well to take note of once he reads this article:

1. Do not upset Paul "God" McGrath - he is our great hope.
2. Jeff Kenna (even without the 'tash) is not international class, especially when Ray "who put the ball in the England/Italian net" Houghton is on the bench.
3. "The Mighty Quinn" is a "might long streak of fucking piss".
4. David Kelly deserves a chance against the Dutch.

5. I have 4 Irish grandparents. OK, "Big Jack" the game is up. And before you go I reckon you should kiss Eamonn Dunphy's ass - he really had you pegged all along, didn't he? Cheerio after December 13th, although for the country's sake, I hope I'm wrong and we get revenge for Orlando. I'll certainly be shouting for the Boys in Green.

Still can't wait till I'm manger though. Bye.

Al the Lad.

P.S. Still on the subject of football, I'd like to address the person who wrote under the title 'PERFECTION' on the Opinion page of the Week 8 edition of An Focal.

Gobshite.

ELECTION SCANDAL

O Connor Disqualified.

Last week the hallowed halls of Mary I. were rocked to the very foundations with revelations of political corruption and other serious misdemeanours. This scandal went right to the TOP, to the highest of heights, that is to say - Charles O'Connor was involved.

Yes, Charles O'Connor, that outstanding individual, that larger than life character and the peoples choice for First Year B. ED representative (by a huge margin) was disqualified and forced to give up his position of influence due to claims of Forgery, Fraud, Match-fixing, impersonation and of course the gratuitous SEX scandal.

The allegations were made by some Idiot, who for some legal reasons we cannot name (he is in protective custody in Gort Garda station after receiving threats from O'Connor's Campaign Managers who are

presently receiving political asylum in Columbia where they are working on a campaign to have Dan Quale elected president of the U.S. in the year 2000. The Idiot stated that O'Connor had not been formally nominated, that his nomination contained forged signatures, that his campaign has been funded by the Mafia and that his campaign managers had harassed innocent voters into choosing Charles, through Bribery and Violence. O'Connor has since acknowledged his guilt, but would not comment on his "Friendship" with Princess Diana.

I believe that O'Connor owes the decent, honest folk of the country an explanation for his outrageous conduct which was so unbecoming of a pillar of society - such as he is.

Signed : The Atheist with a God complex.

EATING DISORDERS

For as long as records have been kept, and history has been written the female body as been seen has something to control and master. Whether it was in the form of Chinese foot binding, female circumcision, the wearing of corsets or bustles, women's bodies have been viewed with an eye to changing them. Feet, breasts, waists, thighs and bottoms have been either too large or too small according to the fashion of the day. Padding was needed to add size or boning used to reduce. No aspect of the female body has ever been accepted simply as it is and dieting is the modern-day equivalent. As women we regard our bodies with a critical eye, we examine every inch from the size of our nose to the hair on our toes to see if it is acceptable. And now we want to be thinner..... a phenomena also found now in the male population.

Extreme dieting and concerns about weight and shape are so widespread in our society that unfortunately they are now perceived to be normal. Most people are now aware of the nutritional value and the calorific content of their food and generally speaking try to balance diets in terms of protein, fat, carbohydrate and fibre content.

However the danger lies in an obsessive desire to control the exact amount of calorific intake - especially when the amount is below our normal daily requirements when people become too focused on how fattening certain foods are and how important it is to avoid them. They may be on the way to developing a serious problem with food - what is known as an eating disorder.

Eating disorders can be divided into 3 main categories - anorexia, bulimia and obesity. To date no register exist as to the exact percentage of Irish people with eating disorders. Some studies estimate that approximately one in five Irish people between the ages of 15 - 30 will suffer from an eating disorder at some stage of their lives.

This article today will deal only with one type of eating disorder namely, Bulimia.

Bulimic Basics

What is Bulimia?

Bulimia is a name that describes a combination of thoughts and actions. These include:

1. Eating large quantities of food in short periods of time (binge eating).
2. Vomiting, exercising, or fasting after a binge.
3. Repeated attempts to lose weight and frequent fluctuations in weight.
4. Being eating in private, stopping when someone comes home.

5. Eating foods that are high in calories and require little preparation.
6. Feeling bad about yourself after a binge.
7. Feeling depressed about your eating habits.

Who is Bulimic?

Bulimia occurs most often in college-aged women. Women who are perfectionist about their bodies and their lives (high achievers) often begin this cycle at about age 18.

How Many Women are Bulimic?

Approximately 4% of college women demonstrate bulimic behaviours.

What Are the Advantages of the Binge-Purge Cycle?

On the surface, it appears that you can have your cake and eat it too. People think it is an "easy" way to eat and stay slim.

What Are the Disadvantages of Bulimia?

Bulimia has both psychological and physical disadvantages. The bulimic feels out of control, guilty, depressed, embarrassed, alone, and her secret limits her social contact. Although she originally engages in this behaviour to become attractive, this may result in very unattractive physical changes such as rotting teeth, stomach reuters, and other medical complications. In addition, the stench from the vomiting can be repulsive to the bulimic and those around her.

What Can Be Done About It?

As bulimics are coming out of the closet, more and more programs are being developed to meet their needs. Counselling, addressing both physiological issues and eating behaviour, can help the woman gain control of her life and eating habits.

Warning Signs.

Bulimic sufferers exhibit a fear of gaining weight and dissatisfaction with their body weight and shape. They often ask questions like: 'Do I look fat in these jeans? etc.' and they can spend hours in the bathroom in front of the mirror. Bulimics often go on low calorie diets or attend weight-loss classes.

Prolonged exercise for the purpose of weight control. For example a bulimic sufferer may do 50 lengths of the swimming pool, followed by 30 minutes jogging.

Bulimics are usually within 15 pounds of their normal body weight so they do not look emaciated as anorexic suffers. Their weight does, however, fluctuate because of constant bingeing and purging. It is secretive binge-eating followed by

attempts to purge the food through self-induced vomiting which is the primary activity of bulimic sufferers.

Bulimics are often moody and depressive although they appear to be happy and cheerful. They tend to become unsociable because they feel nobody understands them and also the financial debts they incur from bingeing inhibit their social life. They can be very moody especially if access to the bathroom is difficult or, wanting to binge, other people's presence in the house prevents them from doing so.

Bulimic sufferers often have black teeth from the hydrochloric acid in the stomach brought up by constant vomiting.

Medical warning signs of bulimia include problems with the throat, oesophagus, stomach and colon due to constant vomiting and swollen salivary glands in the neck. A lack of potassium because of inadequate diet can lead to cardiac problems, and loss of energy can bring on muscle weakness and nervous tension. Female Bulimics also suffer from menstrual irregularities.

For Friends and Relations.

Being close to someone with an eating disorder can be very difficult. Try to be supportive and encouraging without making her eating disorder your problem - you cannot 'make her better'.

DO

Listen without judging.

For example, say 'That must be hard to deal with' rather than 'You're over-reacting'; 'You obviously feel really strongly about that' rather than 'Pull yourself together'. Accept and validate the feelings she has, rather than impose your judgements on them or tell her how she should feel.

Affirm things other than appearance.

'You were really warm with you father today even though he was being difficult', 'You handled that well', or 'You have been really patient with your sick child'. Notice when she is feeling good about herself and reinforce this.

Encourage communication about feelings.

'Do you want to talk some more about being angry?' Use open-ended questions like 'Tell me some more about ...'

Show that you care.

Be as warm and supportive as you can without making the way she is the focus of all you attention. Ask her to do things for you, e.g. 'I have a headache, would you give me a neck rub?' or, 'I'd like to go to a movie/out

visiting/for a walk, would you like to come?'

Love her for what she is, not how she looks

'I like the way you talk to the cat/handle your work/laugh at TV ...' Focus your attention as well as your comments on things other than her appearance.

Share your concerns about her eating patterns.

'It bothers me that you don't eat dinner'. Encourage her to talk about how she feels about it, but avoid getting obsessive and talking about it too frequently.

Explore what is going on in all aspects of her life.

'What sort of day did you have at work?', or, 'How did the visit to your brother's go?'

Be direct in your communication.

Say you are angry/worried/unhappy rather than giving indirect messages like banging cupboards, looking at her anxiously, crying and then saying 'It's all right'.

Give the help she wants.

If she says she wants you to not buy certain foods, not to expect her to eat out for a while, not to ask her parents to visit, etc, respect this. Don't 'know better' what is good for her.

Put most of your energy into your own life.

Her own obsession with food and eating is hard enough for her to deal with. Don't add yours to it. Being concerned and supportive is different from watching her every move and wanting to know what she has eaten every day.

Support small steps and changes.

We often feel threatened by changes in someone we are close to and act in ways that will push them back to the way they have always been. Try and deal with your own fears.

Let her establish her own ideals and values.

This is often particularly difficult for parents. But think back to your own experience, did you agree with all your parents' ideas.

Encourage independence, initiative and autonomy.

'That's a good idea' rather than 'You'll never be able to afford to go flatting!' When she asks you not to treat her in a certain way (for example, putting your arm around her in public in a proprietorial way, indicating that she is 'your' woman), take notice of what she says.

The allegations were made by some idiot, who for some legal reasons we cannot name (he is in protective custody in Gort Garda station after receiving threats from O'Connor's Campaign Managers who are

outrageous conduct which was so unbecoming of a pillar of society - such as he is.

Signed: The Atheist with a God complex.

Learn about the wider context in which eating disorders exist.

Acknowledge your own feelings and deal with them yourself.

If you find it difficult to treat your 'little girl' as grown up, look at why this is and work towards changing it. If you are feeling threatened by your partner becoming more assertive, look at why this is and explore ways of being more direct and clear in your own behaviour.

To surmise, bulimia is characterised by repeated episodes of compulsive binge eating with or without self induced vomiting and/or laxative abuse. It can cause relatively serious physical problems such as damage to the teeth, loss of hair, throat infections, depletion in essential nutrients resulting in fainting and fits and loss or irregular menstrual cycle is common.

The bulimic person has a marked concern with body size and has a morbid fear of becoming fat. It is common to feel disgust, helplessness and panic when the binge happens. The urge can be a source of relief for many. What starts off as a once-off binge/purge very quickly leads to a addictive behaviour pattern of bingeing and vomiting. Periods of depression and anxiety are common, not to mention guilt, extreme self-hatred and self worthlessness, low self esteem, social isolation and severe mood swings. Often people with bulimia tend to portray a competent, confident image to the world. The bulimia is often a deeply hidden secret.

Left untreated, bulimia nervosa is unlikely to go away. Early diagnosis means early treatment and in turn better prognosis. Some sufferers try to push their eating problems and the underlying causes to the back of their minds hoping that somehow they will miraculously disappear. The truth is, this never happens. Bingeing will recur until the disorder has been properly dealt with and because very few sufferers are capable of dealing with the underlying cause of their problem (which deep down they recognise but are afraid to face up to) getting help is essential.

Help is available on campus at the Counselling Service where either myself or my colleague, Declan Aherne (CM070) are only too willing to assist. We are available each day from 10am to 12pm without appointment if you wish to drop-in for some advice or a brief chat. Follow up appointments can be arranged on request.

Sabina Christensen
Student Counsellor

Welfare

Drug Focus - LSD - (Acid, Lysergic Acid, a Trip)

...not condemning or condoning, just informing...

The Legal Score: LSD is a class 'A' drug which will get you up to seven years for possession and a life sentence for supplying.

The Stuff: It is powerful with only a tiny amount needed to produce a 'trip'. It's artificially made, and comes as a liquid which is impregnated in small squares of blotting paper or card, or on to sugar lumps. It's relatively cheap, varying from 5 quid to a tenner.

The good times: A trip begins within 60 minutes and last for about 8 to 12 hours, peaking at about 3 hours. Vision, hearing and touch are all distorted and the user often has an 'out of body' mystical sensation in which colours intensify, moving objects leave energy tracks and patterns appear and disappear. Emotional reactions vary, but include heightened self-awareness, spiritual insights and insights into childhood memories etc. Memories of these experiences are normally lost when the LSD wears off.

And the bad times: Bad trips can induce acute anxiety, paranoia, fear and at high doses, hallucinations. "Flashbacks" (short vivid re-experiences of a previous trip) can occur weeks or even months after the initial trip. These can cause disorientation, anxiety and distress and can be dangerous. In certain circumstances if one is driving, operating machinery, working at heights etc. Although no-one has died from the direct effects of LSD itself, judgment and concentration are both impaired, which has resulted in the occasional fatal accident and suicide.

Specific damage limitation: On no account take it if you already have some kind of psychiatric illness or are prone to depression. Do not take LSD if depressed or in an uncomfortable environment. The effects of a 'bad trip' take a long time to wear off. Be prepared to do nothing else but cope with the drug effects for 12 to 24 hours afterwards. Good trips are also not without risk, with people

being injured because of delusions about being able to fly or walk on water. Make sure that you are in a 'protected' situation where the environment is calm and peaceful and friendly, and don't do anything that needs concentration, like driving. Reassure anyone who is having a bad trip.

Community Crisis

Contd...P6

It is ignorant to destroy someone else's property deliberately. The law of causality dictates that if you destroy, some day when you are paying through your eye teeth for a mortgage on a tiny house, working 12 hour days, caring for a sick child and trying to cope with life as best you can, you will be kept awake by unthinking people. Try politely requesting silence, and a string of abuse, along will be your answer. Your five year old child wants to know why are they so rude. Stumble sleepily out the door at 5am for work and you'll possibly be greeted with a dug up garden, a broken car-phone aerial, stolen roadwork signs, rubbish all over the sidewalk etc. Invite your elderly parents down and you run the risk of drunken bodies deliberately blocking your path.

This is some of what's going on. The University could quite legitimately disown any responsibility for student

disturbance, although the potential amount of negative press being generated by the rising dissatisfaction by the residents could badly damage the University's generally positive reputation as being an asset to the area of Castletroy. The Student's Union, however, cannot ignore the amount of damage a small minority of students are doing to the rest of us. It is felt, by both the Student's Union and the residents that now is the right time for radical action.

The Welfare Office has initiated a number of actions. A page of An Focal was document some negative experiences of being a resident, warnings to students as to the various positive consequences of disturbing the peace, and an appeal to respect the environment. Ed was written to, and a meeting requested at which resident students, the University and the gardai will

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discuss the possibility of combined action to reduce Community Relations tension. This meeting is scheduled for this Thursday. At the recent AGM, students agreed unanimously that fundraising efforts should begin in order to purchase a well-being mambus which would drop students safely and quietly home. The possibility of creating a Community Crew, which would patrol 'trouble spots' in estates at peak disturbance times, has been explored. But how far should students willing to be 'patrolled', to be 'watched', and ultimately to be wrapped in cotton wool?

The reality is that a small section of the student body have a problem with showing respect for other people and for the environment. The only way this can change is if the University support SU Community Initiatives and if YOU, the student, become actively involved in promoting good

Community relations. It's quite simple. Don't drop rubbish, destroy property, insult or hurt others and create intrusive noise. Call to the Welfare Office in confidentiality and let us know if something is happening that shouldn't be. If you don't, it will happen again. Introduce yourself to your neighbors so they witness first hand that yes, you are human and not a student from hell. Salute them, that is them, respect them.

These are little things, but they will make such a difference. In the film 'It's a Wonderful Life', James Stewart plays a man who wishes he had never been born. An angel grants his wish, and then shows him what his community would be like if he had never existed. He follows a trail of unhappy people with blighted lives, in a town very different from the pleasant one he had known. He had been an ordinary man, doing little that was exceptional, but action with goodness and integrity. Although he had not found material success, his actions and very existence had affected the people he knew and his environment for the better. Seeing this, he asks for his wish to be reversed.

That was only a film, but its powerful message holds a fundamental truth. We don't need to be powerful, rich or clever, but simply by being alive we affect other people and our environment. A testimony to this is that Castletroy residents still wistfully recall the trojan work that the Enviro Soc. did on the river banks rubbish. How about we start with our bins and gardens?

WELFARE NOTICEBOARD

Red Ribbon AIDS Forum

World AIDS Days falls on 1 December and the Red Ribbon Project, a voluntary and non-profit organisation working in HIV/AIDS prevention and support, are continuing their efforts to raise awareness around HIV/AIDS. On December 1st, at 7.00pm an open forum will be held in Hughes & Hughes bookshop on Cruises Street. Speakers will include Dr. Johnny Loughane, General Practitioner; Frances Curran, Social Services Centre; and our own Heleen Ripper, Ph.D Sociology, from UL. Topics are the Demystification of AIDS; the Affect of Prejudice in Zimbabwe; an AIDS perspective; and Dying, Grief & Bereavement. Admission is FREE and it's sure to be a lively discussion.

Self-Defence Classes

The Campus Watch Committee have asked that it be brought to student's attention that there is a Self-Defence class on every Wednesday in

Boxwells

Bar & Restaurant

concentration are both impaired, which has resulted in the occasional fatal accident and suicide.

This is some of what's going on. The University could quite legitimately disown any responsibility for student

Boxwells

Bar & Restaurant

Why not try our
New Evening Menu
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BAR EXTENSION
Thursday, Friday & Saturday

WELFARE NOTICEBOARD

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Self-Defence Classes

The Campus Watch Committee have asked that it be brought to student's attention that there is a Self-Defence class on every Wednesday in the Gym from 6.45 pm to 8.15 pm. Learn street wise tips, where a kick hurts the most, what to do in a gang situation, how to handle an assault, how to defuse aggressive situations, and basically how to protect your self. One of my favorite moves was the pub scenario. If someone else's arm is suddenly draped around a shoulder...Chop suey!!

British Loan System

If you're from Northern Ireland, England, Scotland or Wales and studying in UL, you're probably eligible for a student loan. Don't get excited, it is a loan and not a grant but it sounds like a good deal. You can borrow around 1,500 pounds within 21 days of the Student Loan company receiving your application form. Loans are indexed to the rate of inflation, so the purchasing power of what you pay back is the same as that which you borrowed. Most borrowers pay back their loans over 5 years and repayments start in the April after you've finished your course. And this is the bit I really like, if your gross income is below 85% of national average earnings (currently 15,204 sterling pounds per annum), you will be eligible to defer your repayments. For more information, call to the SU Welfare Office.

An Unexpected Pregnancy?

An unplanned pregnancy does not have to be a crisis. The Irish Family Planning Association provide a complete pregnancy counseling service. No appointment is necessary for the Pregnancy Testing service and you can usually have a reliable test done from when your period is 4 days overdue. The test only takes a few minutes and involves analyzing a sample of your urine to test for the presence of the pregnancy hormone.

Even if you've been expecting it, a positive pregnant result can come as quite a shock. Professional pregnancy counselors are available to enable you to decide whether to continue your pregnancy or terminate it. It is non-directive, confidential and full information is given on all options.

There is also a post pregnancy counseling service, so whatever the outcome of this pregnancy, you will be welcomed back and offered medical and contraceptive services for the future. Call to the Limerick Family Planning Clinic, 27 Mallow Street, Limerick City - Tel: 061-312026 or to the SU Welfare Office for more details of options, support and services available.

Crèche/Childminder Support

Just to remind any student parents in UL that the Welfare Office, through Financial Aid, offers to cover up to half your child's crèche costs, information on single parents benefits, and support organisations. Rumors abound that there's hiccups in the plans for the UL on-campus Crèche, which was due to be up and running in 1996. We await for an official progress report with bated breath.....

success. His actions and very existence had affected the people he knew and his environment for the better. Seeing this, he asks for his wish to be reversed.

That was only a film, but its powerful message holds a fundamental truth. We don't need to be powerful, rich or clever, but simply by being alive we affect other people and our environment. A testimony to this is that Castletroy residents still wistfully recall the trojan work that the Enviro Soc. did on the river banks rubbish. How about we start with our bins and gardens?

Get a Life!

Dear Citizen-Students,

This brief letter is to remind those who don't realize it - but we are all citizens in society, and being a students is only one aspect of anyone's life....and "students" is not a synonym of "F*** Society"! Why, you might ask, does this exist here need to point out something so blatantly obvious? Well, this exist here was pretty put out to hear of some of the extra-curricular activities of her peer-students at the UGM - namely, vandalism, offensive and even violent behaviour towards other residents in Castletroy.

Being a student does not mean that everything goes - yes, great, go out get sloshed, be merry, have fun, whatever - but common decency is also expected of you. If you are one of these offensive and offending people, it's time you grew up, or if you only do such action when you are under the influence of whatever substance - well, you have a big problem and maybe it would be worth considering addressing this issue - as on social, professional and personal relations grounds you're heading towards trouble, if you're not in it already.

And one last thing, which probably echoes the majority of students in UL, it really pisses me off that you are ruining my reputation as fun-loving but socially-respectful student.

By Mo.

Nurses on Campus

LISTEN UP ALL FELLOW U.L.ER'S

On behalf of all student nurses on college campus, I'm here to inform you of our existence in UL. Yes, we do exist- it can be said that we are not the typical nurse of white or traditional "Florence Nightingale" - we are like any other student in UL fun loving, dance a maniacs, party animals and more but especially we do of course "love to study" in traditional UL manner.

I can now hear you all reply - What nurses? A course that includes nurses here on our campus? well get used to it because we're here to stay and stay we will. Well, what is this course? I see that I have you all interested so I've started and thus I will finish.

The course is under the "Life Sciences" department. It is run by the University and by "An Bord Altranais" which is the governing body for nurses here in Ireland. It is a three year diploma course with an optional fourth year for a degree. At the end of our three years we are "fully fledged" nurses and are registered with "An Bord Altranais", thus allowing us to practise our profession. I can hear sceptics within the campus asking "what's the big deal?". Well, firstly, traditionally after three years as a student nurse you only received a certificate, we now receive a diploma with the option also to go on and do a degree. Secondly, we don't get a salary as nurses used to do we receive a grant of £2500 a year. Traditionally, in your first year of training, you were entitled to free meals, accommodation and a salary which increases as you progress in your training, but after your first year, meals and accommodation are free no more. In our course, we do have free meals (But that's not all it's

diseases, prevention and cure. Well, that's not so we also do Life sciences including Biochemistry, Microbiology, Maths, Physics, Chemistry, Nutrition. Social sciences also come into play including Psychology, Sociology and Philosophy. But also we do a bit of Law, Lab work and Computers. We have 35 hours a week, 9am to 5pm each day- welcome to the real world.

OK- now we come to the interesting part - what about us as a group. Well, firstly, I'd like to say that I think we're a great "bunch of guys and dolls". We come from all over Munster- mostly from Cork- up the rebel county (you can guess that I'm from Cork) We've a couple of homebirds from the native limerick but they are few and far between, there's a couple of Tipp girls and a few from the banner county. What we love most in our weekly "rota" is our fieldtrip to UL every Wednesday afternoon from the hospital - please donate to the "nurses fund" for the rental of our "special bus". At the moment though we are not the "happy campers" that we usually are. We have a number of major complaints, which are the following:

1. Will someone please duly note that we exist - we are personally "sick" of people telling us "Are you here, now!!!" with these somewhat puzzled expressions on their faces. Is the concept so hard to grasp - yes, nursing is now at 3rd level standard - you'd better get used to it!
2. Hello, to all freshers, did you all get your student packages at your orientation, because we certainly did not- what are we "social rejects" - certainly not - we are entitled to them

out that Owen Fitzgerald from the outdoor pursuits society did contact us, Thank you Owen!

4. Parties - It has been brought to my attention by several members of the class that people who have been invited to parties held by us, from UL, have not turned up. Here is a

main reception where we would be met by students to show us around. But no it couldn't be that simple - like everything else it had to be complex and complicated - no one at the reception knew we were coming, no one was there to meet us and we

Brian for sorting that one out). There is no excuse for it - it was a total waste of time - please make it more interesting for the next lot of freshers!

Here is where I begin to run out of things to say - but one last thing, thanks to Mr. Michael



First UL class of Nurses

little bit of advice - if you are in UL invited to a nurse's party and refuse, please go to see a psychologist, have some therapy.....!! because when we have a party, we have A PARTY!!

were left there, standing around for about a half an hour, when we did get started, we were brought around like a "flock of sheep" following the "leader". Things were pointed out to us with little explanation, no one explained to us about clubs and societies, no student packs or student union handbook. (Thank you

Noonan T.D. for bringing nursing up to this standard and thanks to that guy in engineering (Sorry, I don't know your name) for bringing us to UL.

Thanks for listening.

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First UL class of Nurses



Classroom conditions for Nurses

cracked up to be either!) but alas no free accommodation. But thankfully, unlike "the old way" of training, we have weekends to ourselves, and how precious they are because unlike the rest of students in UL, we only have a weeks holidays- no summer jobs for us, no extra money!

OK that's the basics except what subjects we do?- well I know what you are thinking, all medical subjects like anatomy and physiology, classes about

so please send us your letters of support to get us our packs.

3. Attention all those in charge of a club or society - notices were put in various clubs and societies "boxes" in the clubs and Soc. room - please reply quickly - the class reps have been threatening to be "hung, drawn and quartered", "tarred and feathered"..... If something isn't done, I would, however like to point

5. Attention all engineers and anyone involved in construction - we have a slight problem with bursting pipes, leaking ceilings and falling ceilings - could you all please go out and buy us some "hard hats" to keep us somewhat safe.

6. And finally our orientation day - what a "total laugh" - comic to be exact - we had orientation a week after every one else. We were told to go to

World Cup '98 a right lash

I am quite certain I am a person stood apart - or at least one of a very small few in saying I sincerely hope our 'Marvellous' Green Army don't qualify for the European championships.

OK Settle down! I can hear you now 'Oh ya its fine when the sun's shining but when there's a but of rough trot you turn your back'. Well I'm not turning my back and this is more than a slight rough trot. I believe the Irish people are being just a tad too loyal to the mighty Jack and the lads. These are well paid professionals there to do a job. If you were an accountant paid well to do a job then your employers wouldn't be too happy if you kept getting your figures wrong!

It has to be said the Irish team at this moment in time are a joke! The unfortunate thing is that this is nothing new. OK, we can accept a few ups and downs but since we've been well down since Italia '90 - shouldn't we be getting a little fed up?

As for Jack! I'm afraid I'm not one of his loyal, blinded followers. Sure he brought the team up a level and got a lot of interest back in Irish soccer - but what else. He came

here full of ambitions; made lots of changes, put a bit of life back in the team yet what else do you expect from a new manager? That's what he was hired for. Ok I give him his dues. He made us proud of our team - he put us back in the fight, what he can't do seems to be to make us serious contenders.

We could blame this on plenty of things - that we're not a soccer playing country - or that we don't have any serious choice of players but I'd rather be truthful and blame it on who's at fault - Big Jack.

Being made a hero is good for nobodies head and it certainly gave Jack 'God' syndrome. Playing his cards close to his chest is no excuse for snootiness.

It must be said however that it is the supporters that allow this to go on in a top English club, if a striker got no goals in a few consecutive games he'd be booed and jeered at until he got it right. Of course we don't need to drop to this level but a but of bad feeling could give the Irish Team the kick-start they need.

The FAI would do well also if they stopped treating Jack like Elvis reborn and started looking at him critically. We can't live on the glory

of Italia '90 forever. Can't all these people see there's been one very poor attempt to qualify for Euro'92, one embarrassing frolic around America and some dismal qualifiers for next year's championships, since our 'outstanding' success !!!

When Jack the lad took over the Irish squad things were very bad. It would be expected of any fresh blood to bring some success to the team. You don't hire someone new in the hope that things continue as usual.

All those brilliant tactics that Jack came blazing in with were fantastic. We stunned other nations expecting walkovers. What I can't understand is that Jack is still trying to survive on these old tactics. I mean even the most amateur of us can practically predict the Irish game. When something isn't working isn't it time for change??

Wouldn't it be great if we don't slip in the side door again this time, then fumble around and embarrass ourselves next year? Wouldn't it be great if we had 2 years off to get ourselves seriously together and give World Cup '98 a right lash - Hey Jack??!!

8'O Clock in the Morning

8'O Clock in the morning, the canteen is so clean. 2'O Clock in the day there is disarray.

Yes! Yes! I'm sick of it. Sick of what I hear you ask, well, to answer your question, I'm sick and tired of trying to find a clean table to eat upon or a chair without wrappers, cans, styrofoam cups etc. strewn around it in the canteen.

Students seem to think it's their God given right to throw litter anywhere they want, anywhere except in a bin!!!! I often hear students moaning that they are not respected by staff in the university, but how

can they expect respect if they don't give any. The poor canteen ladies kindly let us sit on our arses in the canteen all day while they tirelessly try to sweep and clean around us and probably go home to do the same again. So please, spare a thought for the canteen ladies and your fellow students and put your rubbish in a bin.

At the S.U. A.G.M., a motion was put forward to improve the appearance of the canteen, but why should Campbells catering spend money on improving the canteen when it is clear fromn students behaviour that they have no respect for it anyway.

Liberty

Liberty: 'Freedom, state of being free in one's personal life; absence of undesired restrictive forces governing the life of the community'.

English Dictionary.

For centuries, people have campaigned for liberty; personal liberty, civil liberty, freedom of choice, freedom of decision, freedom of action. Liberty is regarded as a fundamental human right.

Liberalism however, has been described as being a greater threat to society than communism and fascism. To what extent can liberty be allowed? Imagine a world where everybody had the right and

she wants. It sounds perfect - but - it's impossible because there will always be somebody somewhere who will lose out, whose personal rights will be violated by others' rights, and the violator will not be held responsible for his/her actions.

Is this true liberty? Where everyone becomes self-indulgent rather than self-restraining; where everyone says "I want, therefore I get"?

In the wake of the divorce referendum which many consider to be a major step on the road to their 'Ideal Ireland'. In fact it's only a minor step. The liberals plan to go much further. How much further must we go to make this island an ideal one? What is an ideal Ireland? An Ireland to where tourists and foreigners flock to take advantage of ... what? Its liberalism? I think not.

Lemsip - The Alternate Unblocker of Pipes

The purpose of this article is just to let everybody know I'm all right - Remember in the last brilliant issue of An Focal a certain C29 wrote about the devastating effects of the flu. Well now due to modern medicine - Not - the reason for my return to full vigour is my fathers poteen.

Within moments of returning home he was pouring bottles of the stuff into me. Okay I've drank a fair bit but Jesus nothing gives a kick like that poteen. I was pissed for about 6 hours afterwards. While all this may seem funny - the sight of

Personally I'm going destroying the cassette the moment he stops showing it to his friends.

In my last article I gave some alternative medicines to beat the flu. Today I wish to give my opinion of conventional medicines.

- Lemsip - How anybody can drink this is beyond me - Even with 7 spoons of sugar this stuff is too bitter. (alternate uses - excellent cure for curing hangover due to cheap beer and vodka). In dilute form it is a most excellent way to unblock pipes).

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Liberalism however, has been described as being a greater threat to society than communism and fascism. To what extent can liberty be allowed? Imagine a world where everybody had the right and freedom to do everything he or

she wants. It sounds perfect - but - it's impossible because there will always be somebody somewhere who will lose out, whose personal rights will be violated by others' rights, and the violator will not be held responsible for his/her actions.

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Liz Kearns

UL Women - The Un-cut Version

I am writing this to try and explain the female species here in U.L. I have been attending this college for 5 years and have seen countless females come and go as they pass through this institute. 5 years and nothing has changed. If the U.S.S. Enterprise was to land here surely

Spoke would say "It's women ??? Jim but not as we know them. "UL Women ????" are a unique species. Before I proceed let me clear up a few things. I am a 22 year old male in a sexual relationship with a girl (who doesn't attend UL) for about 6

God love them they don't know any better. 2. The convent girls/The mommy's little angel girl who spends all her college life in the library and at the end of term may go to the Stables (early in the afternoon - they don't like the crowds) for a Ballygowan or if they are being very adventurous a West Coast Cooler - Just one mind - wouldn't want to overdo it. These girls wouldn't know a mickey if it hit in the face. Waste of space. 3. Weird Bitches (recognisable by black, usually, clothing, numerous earrings, belly rings, nose studs,

comment on their IQ (on the grounds of giving blondes a good image). 5. The average looking girl who thinks she's gorgeous. Thanks she's doing you a favour by letting you be seen in public with her. You wish girls, still - dream on.

The female population may be further divided by class. Here are the results of a survey by U.L.M.A.T.S.O.V. (UL Male Association to Stamp Out Virginity).

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Within moments of returning home he was pouring bottles of the stuff into me. - Okay I've drank a fair bit but Jesus nothing gives a kick like that poteen. I was pissed for about 6 hours afterwards. While all this may seem funny - the sight of a flu-stricken person falling about in a drunken stupor is not a welcome sight. How you may ask did I see myself in this state. The answer is simple my father borrowed a video-camera and recorded the whole incident. Seemingly he thinks Jeremy Beadle is going to pay him thousands for the pleasure of buying this cassette.

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- Anadin and paracetamol - These chalky little tablets only seem to make me thirsty. (Alternate use - Con little teenagers and sell paracetamol as E - make yourselves a fortune - better than a grant).

The manner of staying in bed for 48 hours I must admit is somewhat impossible: After 37 hours I had to go to the toilet.

Yours in full vigour
C 29!

Sleepless in Seattle ?

Women - Who needs them?

(me please ... and plenty of them!)

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Spoke would say "It's women ??? Jim but not as we know them. "UL Women ????" are a unique species. Before I proceed let me clear up a few things. I am a 22 year old male in a sexual relationship with a girl (who doesn't attend UL) for about 6 months. Prior to this I have experienced all sorts of women, Irish, English, German, Scottish, African and a Cavan girl (a moment of weakness, Cavan women are a different race altogether, but a "friend" of mine compares shagging Cavan women to sheep - once satisfied the curiosity, after that, enough) but none compare to the UL female. So I am not a sexually frustrated male venting his anger on women, far from it indeed. UL women may be divided into 5 categories; 1. The "I've got a boyfriend at home" type. This type is to be avoided at all costs. Get a life girls. College is for enjoying yourself. These girls have been going out with their "men" since they were 14 and will happily lead men on before at the end of the night revealing "sorry I've a boyfriend at home". But sure

God love them they don't know any better. 2. The convent girls/The mommy's little angel girl who spends all her college life in the library and at the end of term may go to the Stables (early in the afternoon - they don't like the crowds) for a Ballygowan or if they are being very adventurous a West Coast Cooler - Just one mind - wouldn't want to overdo it. These girls wouldn't know a mickey if it hit in the face. Waste of space. 3. Weird Bitches (recognisable by black, usually, clothing, numerous earrings, belly rings, nose studs,

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Class	Virgins	Comment
Humanities backs -	85%	A few have mattresses strapped to their backs -
Business Education	70%	This figure is constantly falling
Engineering they are	95%	Would you go out with a P.E. student? Thought not.
Others	40%	God love them, they have to take it when getting it.
	80%	Unexplained.

nipple rings etc.). Do they seriously think they look normal. Granted they probably would take mickies off a conveyor belt but no self-respectable man would go near them. 4. The 'oh-god-i'm-so-beautiful-and-perfect-that-I-will-only-hang-out-with-rugby-and-hurling-club-macho-brain-dead-spastics' types. May be compared to U.S. college cheerleaders. I refuse to

Did these girls ever look at other people. Nurses know how to enjoy themselves - take a leaf out of their book. Personally I have had sex in bedroom's, fields, streets, aeroplane toilet and once in a confession box. Try it - you'll enjoy it. I wouldn't go out with a UL girl, call it strange but I like girls who enjoy themselves. Hope this clears up a few facts.

The man on the Grassy Knoll?

person talking about in a drunken stupor is not a welcome sight. How you may ask did I see myself in this state. The answer is simple my father borrowed a video-camera and recorded the whole incident. Seemingly he thinks Jeremy Beadle is going to pay him thousands for the pleasure of buying this cassette.

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Sleepless in Seattle ?

Women - Who needs them?

(me please ... and plenty of them!)

What can I say - there is nothing more beautiful in this world than a woman ... and nothing more confusing.

Honestly, here I am, a college student - doing a degree course, every day pushing back the frontiers of knowledge and education (well, most days!) and yet I still can't figure women out.

Sad to say, my last girlfriend left me because she said I didn't understand her and I said "What do you mean I don't understand you?" (think about it!) The lady before her left because she said I was too nosey, well she didn't tell me - I read it in her diary !!

But enough of the slick one-liners, its hard to find the perfect girlfriend - I suppose when you finally do, that's when she becomes your wife.

It's also difficult to figure out what the 'perfect' girlfriend is:- Stunning good looks, very funny, intelligent, polite, charming and good natured - works for me !

I suppose your girlfriend should know what song your heart sings, and when your heart forgets the words, she sings them for you.

I'm still looking for an all-round 10/10.

Derek O'Keeffe
4th Electronic Eng.

Close Your Eyes

*When my fingers can no longer master button holes,
Of ancient cloth in mystic fabric,
Close your eyes.*

*When the sun no longer awakens my senses,
Lying dormant, weary with wear,
Close your eyes.*

*When the simple chores no longer seem simple,
Delph-stained, watery memories,
Close your eyes.*

*When youth has no place on the skin of familiarity,
Worn, frailed, lived.*

*Close your eyes to the image before you,
Remember me like the greenness of new season,
Dwelling on the fortunes of fate.*

C. Wallace

Xenophobic Tendencies

*Shake your head,
We defy,
Shake your head,
As you die,
Shake your head,
Stagnant place,
Shake your head,
The human race.*

The Armadillo.

"A song for Louise"

*Won't you talk to me girl
Tell me how you feel
Tell me what you're thinking
Can we talk a little while?
I love to hear your voice
So timid yet so sweet
I don't hear it often though
You lock it all away.*

*Let me hear your voice today
Let it out now don't be shy
I want to hear your story through
Open up your heart
I want to know how your mind works
What delights and too what frights
Joy I'll try to bring you dear
And protection from your fears.*

*I hope you understand my song
And what I'm trying to say
I know words aren't that easy
But I hope you'll sing along
Open up to those around
You can only win
Maybe then we can be freinds
And we can sing our song.*

Peter Sutcliffe

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Letter to Ed

Dear Editor,

I must say that along with the other half of the country, I'm delighted with the result of last week's referendum.

However this is not because I'm greatly pro-divorce. Why I'm happy is because the Irish people had the good sense to realise that this is not a religious thing - just an issue of law. Once divorce is in we then still have to return to our religion. As a catholic then I'm still not permitted to divorce. I can deal with this personal issue later.

As a catholic who is thought to do unto others as you would want them to do unto you, and

all that is why I voted Yes. We must give the freedom of choice to those citizens who are not Catholics or who are not religious.

It will do the anti-divorce people no harm to have divorce in place. It's just a choice - it's not compulsory. They are not losing anything yet if it had gone the other way we would have taken something away from others.

WE are not here to decide on other peoples morals. Lets put our faith in humanity and give freedom of choice a go. Fair play to the Irish.

Moi.

Dear Ed,

As we were eagerly and leisurely glancing over your column in UL's primitive form of communications "An Focal" which we are glad to say was personally delivered to us by the hand of the gracious Brian Synnott esq. we were suddenly hit by a FALLING CEILING (no spoof - we literally were - our building in Limerick Regional is falling down around us - please visit the injured and informed in 5B - psychiatric ward).

Getting back to the "Patient" - I mean "Point" (hint to who we were). It struck us that no one knows that we exist in UL - a vital part of UL has finally come the final frontier has arrived - the nurses are on college campus.

History has denfined us as white-uniformed bimbos with thigh-high shirts, big bosoms with plunging necklines, silky underwear and suspender belts BUT look out world the "new nurse" has been unleashed as an intellectual, book-binding, sophisticated woman and yes, girls we have a rare comody for you all - a male species who looks soooooo sexy in white.

We are not recognisable by our white uniforms and petite lady-like habits but more so of our funloving attitude to life when we have to brutally dissect "little white bunnies" in lab with Dr. Breen: our enthusiastic class reps who spend most of their time bothering and boggling the minds of Students Union, with complaints, ideas our great sense of humour's identified by our hysterical laughter and fun on buses coming back from UL of a Wednesday, and our absolutely brilliant social lives - have you heard of our traditional reputation, of our well renowned parties, bashes - call them what you like - there's a major bash coming up in the near future.

Dear Ed..

On the issue of Student Services in this college, I agree totally with last week's writer who highlighted the rudeness of University staff. I had an experience last week which I found rather maddening. My friend needed to see a doctor urgently and asked if I would go with her, she asked in the Medical Centre to see a doctor ASAP, she was almost laughed at by the receptionist who seemed to take great pleasure in telling her she had to wait a week, also she added "sit down and wait for a nurse!! My friend (now turning white) reluctantly sat down. I was ordered out of the room as I was taking up too much space (the room was 1/2 empty!!!). This receptionist was totally obnoxious and very sarcastic

to us. When you go to the medical centre with a problem, the last thing you need is someone like that making you feel like a burden. Incidents like this have happened a lot and I don't understand why this woman who shows a total inability to deal with the public is employed in the Medical Centre. All students want is a little understanding and respect. I don't think this is too much to ask. These services need reform, we were promised things would change in the Medical Centre in SU elections 2 years ago but yet it is still the case that a student has to wait one week to see a doctor or a counsellor. It's just not on and the students deserve more.

Thanks 3rd Public Admin.

Dear Dora,

Dear Dora,

On hearing that SoUL Week was commencing in UL an old familiar gleam appeared in my eye - Societies were the last thing on my mind. Maybe SoUL stood for STUDS OUTING IN UL and oooh babe! was I going to participate in all festivities for the week!

As I made my way to my haven of alcohol I imagined droves of eligible young MEN in the Stables each supporting their own societies. If nothing else good came out of the week at least there'd be an influx of males to satisfy a roving eye. I sauntered in, real non-chalantly, while scrupulously scrutinising each male in the vicinity - I suddenly felt a bit obvious so my binoculars went back into my coat pocket.

Now, was the challenge - to make it to the other end of the bar before last drinks. After much pushing, shoving and squeezing through a buzzing crowd I saw light, I saw the back way - Yes! Victory! Success!

Ah God! The drink had taken over! Most eligible men ~~had~~ fallen victim - I was crest-fallen, heartbroken as I gazed at a stud in daylight, amid groans and wrenching, get rid of his last meal, another with the 100 yard stare common to the seasoned drinker with sudden mood swings after 15 pints, the rest had under gone a complete (?) metamorphosis and had become leering, drooling idiots.

Delcans Report

Declan Mulcahy (Community Gardai) wishes to report the following.

1. A number of people have been arrested in relation to recent break ins to student houses. None of them are students.
2. Declan has recovered some property and alot of clothes that has been stolen from clothes lines - anyone who has had clothes taken contact Declan, Wednesday 1.30 - 2.30 in his office, base of tower block 6, or if you see him around.
3. Person who had parker pen nicked from P.E. Building, readings rooms (could have been stolen ages ago) Contact Declan.

OUTING IN UL and soon babel was going to participate in all festivities for the week!

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It was too much for me - I sat in utter disappointment. Disillusioned, I gave up the idea of getting high on racing hormones and fled back to old comforts - a pint of beautiful Budweiser. I stared into my glass - typical, just me and me oul'd reliable Bud again. I sighed deeply. My hand clasped the glass. It rose to my lips. The heavenly liquid flowed into my mouth and I swallowed. ahhhhh! I momentarily forgot my disappointment.

Suddenly I realised there is hope, tomorrow is another day and all that crap - my heart soared with joy, delight, anticipation! The Spar! Its time to test the dating myth of frozen-food sections! My eyes took on a glazed expression as the scenarios few through my mind - I got a poke of a brush "come on now, we're closing up" - ah feck ye - just when things were looking up!

I left the Stables a new woman for once not because I had become half deaf and dumb from intoxication or that I had redecorated the ladies toilet with my dinner.

Yours
Patricia Progeserone

Dear Dora

Finally a means of escape. The big 'D' is here! All these years of nightmares - waking up in a cold sweat. No longer do I stare at my parents utter bewilderment on my face.

The minute I heard the result I phone my shrink and said "Adios!" - no more sessions based on my fear of impending doom. No longer do I cross the street when I see a jewellers with engagement rings on display, terror no longer grips my heart, twisting and squeezing it until I pass out, at the sign of a solitaire diamond. Diamonds are now a girls best friend, as now there is no dark, spectre lurking behind the glitter and glow of the precious stones - marriage! It's not bad in itself but "Till death do us part" I don't think so! Who wrote those words? Haven't they heard that variety is the spice of life?

This weekend made me put away my razor-blades, revolvers and hangman's noose - It gave me hope for the future. Thank you one and all!

Yours
Allie forit.

you all - a male species who looks sooooo sexy in white

We are not recognisable by our white uniforms and petite lady-like habits but more so of our fun-loving attitude to life when we have to brutally dissect "little white bunnies" in lab with Dr. Breen: our enthusiastic class reps who spend most of their time bothering and boggling the minds of Students Union, with complaints, ideas ... our great sense of humour's identified by our hysterical laughter and fun on buses coming back from UL of a Wednesday, and our absolutely brilliant social lives - have you heard of our traditional reputation, of our well renowned parties, bashes - call them what you like - there's a major bash coming up in the near future - all invited!

More about this in next week's edition, hopefully!

Caringly,

An adorable Cork Nurse.

P.S. Any comments, requests, compliments or general chit chat write to me in An focal. All replies well appreciated.

Dear Ed,

Can someone please explain why, although it was voted at the S.U. A.G.M. not to increase funding to religious or political societies (currently £1 p.a.), that young Fine Gael managed to procure a couple of hundred pounds and a few slabs of beer from the S.U. for a "day trip" to the Dáil on Wednesday 22nd Nov?

Yours in puzzlement,

George.



If you would like to reply to any of the articles printed in this paper,

Please mark
letters

Dear Ed, c/o An Focal
Students Union

Report

Declan Mulcahy (Community Gardai) wishes to report the following.

1. A number of people have been arrested in relation to recent break ins to student houses. None of them are students.
2. Declan has recovered some property and a lot of clothes that has been stolen from clothes lines - anyone who has had clothes taken contact Declan, Wednesday 1.30 - 2.30 in his office, base of tower block 6, or if you see him around.
3. Person who had parker pen nicked from P.E. Building, readings rooms (could have been stolen ages ago) Contact Declan.

Noel's Bar

Opposite Java's

Welcome
All Students

Happy Hour

Every Mon. - Fri., 4 - 8 pm

All Long Necks £ 1.50

All Pints £ 1.60

Special Student Rate Food
Pool Table Available for
Competitions

SPECIAL CARLSBERG PROMOTION
FRIDAY WEEK 7

SEE YA AT NOELS !!!

Dear Ed,

As we were eagerly and leisurely glancing over your column in UL's primitive form of communications "An Focal" which we are glad to say was personally delivered to us by the hand of the gracious ... Brian Synnott esq. we were suddenly hit by a FALLING CEILING (no spoof - we literally were - our building in Limerick Regional is falling down around us - please visit the injured and informed in 5B - psychiatric ward).

Getting back to the "Patient" - I mean "Point" (hint to who we were). It struck us that no one knows that we exist in UL - a vital part of UL has finally come the final frontier has arrived - the nurses are on college campus.

History has defined us as white-uniformed bimbos with thigh-high shirts, big bosoms with plunging necklines, silky underwear and suspender belts BUT look out world the "new nurse" has been unleashed as an intellectual, book-binding, sophisticated woman and yes, girls we have a rare comedy for you all - a male species who looks sooooo sexy in white.

We are not recognisable by our white uniforms and petite lady-like habits but more so of our funloving attitude to life when we have to brutally dissect "little white bunnies" in lab with Dr. Breen; our enthusiastic class reps who spend most of their time bothering and boggling the minds of Students Union, with complaints, ideas our great sense of humour's identified by our hysterical laughter and fun on buses coming back from UL of a Wednesday, and our absolutely brilliant social lives - have you heard of our traditional reputation, of our well renowned parties, bashes - call them what you like - there's a major bash coming up in the near future - all invited !

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Clubs & Socs

LADIES G.A.A. FRESHERS 7-a-SIDE COMPETITION FRESHERS PRESSURE SEE THEM THROUGH

OCCASION: Freshers Competition '95
TIME: Too early to mention!
CRAIC: Unbelievable!
RESULT: The right one

Once again U.L. Ladies ascended on the green fields of Belfield as mere mortals and departed as legends of their time?! Maynooth and U.C.D (2) were the first two victims to fall prey to the might of the U.L. girls. The result of these victories earned us the privilege (?) of meeting our friendly fans from Tralee R.T.C. (Not!!). After an inspiring performance the girls from the kingdom were left in our wake: after all "there were only 7 of them!"

The final proved an all Limerick affair with pride and prestige at stake. Both U.L. and Mary I. fought hard and after much score swapping the U.L. girls proved to have the razor sharp instinct which champions possess. The weekend overall was a great success with emphasis on a spectacular team performance. The gallant victorious

girls were Denise Horan, Stobhan Stenson, Angela Whitmore, Katrina Lynch, Annette O'Toole, Sheila Nikell, Ursula O'Sullivan, Michelle O'Brien, Irene O'Donoghue and Fiona Hartley.

QUOTE OF THE COMPETITION:
"There's only one referee on this pitch to the best of my knowledge".

U.L. LADIES GAELIC FOOTBALL CLUB

Wednesday, 22 November 1995 saw both of the U.L. Ladies Gaelic Football teams re-enter the competitive fray of division I & II for our senior and intermediate teams respectively.

U.L. intermediates took on Limerick R.T.C. in what ended in an easy victory for the university side. They out-classed their opponents and there were many notable performances namely Noelle Jones who scored 4 goals at wing forward.

In the senior game our opponents were Tralee R.T.C. and this was, as predicted, a difficult match for us. U.L. defence found it almost impossible to contain Geraldine O'Shea, T.R.T.C.'s corner forward who performed excellently throughout the match. The score was neck and neck for most of the

game but then in the second half Tralee stretched their lead by 4 points but this was pulled back by a great goal set up by Anne Marie O'Brien and executed by Ita O'Connell. Anne Marie O'Brien scored a point from a Fiona Garvey pass which levelled the score at 4-8 to 3-11 and that was how it ended. U.L. were lucky to salvage a draw from this game and will relish the prospect of our next meeting with the Kerry side.

Post-Grad

Tuesday Week 8 was the date set for the second of the Postgraduate Society's "night outs". The night started off in Charlie Chaplins where a promotion had been arranged. Then it was off to Costellos and thanks to Flann Costellos a £1.50 a pint promo was put on for punters. The reduction in

AMNESTY'S GOT SOUL!

Yes, it's true, after a brief respite last year, the UL Amnesty group is back with a vengeance! We exploited SoUL week to the full, letting everyone on campus know we are around, with a chalkboards campaign which ran right through the week, and videos on the Death Penalty (our main issue) shown on Tuesday in the Viewing Room.

Some of you may have seen a hangman dragging a chained prisoner through lecture halls on Tuesday. You've guessed it....AMNESTY! (And please don't try this at home!!!) A candlelit vigil followed in the courtyard on Wednesday night. On Thursday, our info stand attracted lot of interested people who signed petitions, bought raffle tickets and candles, and even those who made much-appreciated donations.

All Amnesty members would like to thank Una (the boss!) for her

boundless optimism (!). Sheila Killian & co. from the Limerick group for all her support and advice, and especially all those who took the time to sign petitions, write letters, and share opinions - it does make a difference!

But don't think all ye student type people escaped (no pun intended!).....there's more to come! Future events include the sale of Amnesty merchandise (brill for Xmas pressies) and also our big event of the year.....

deliberately coinciding with the Clinton visit, Amnesty UL presents Michael Mears, a Multicounty Public Defender for the State of Georgia, USA. He has worked extensively with Death Penalty cases and will speak on this topic. This Limerickwide event will take place on Tuesday 5th. December in FG042 at 7.30pm.

AMNESTY meets in C1059 at 7pm on Tuesdays.

OUTDOOR PURSUITS CLUB GLENBEIGH WEEKEND 7

Sorted in Bunker's Pub with a pint of the black stuff for about nine-ish on Friday evening. Not a bad start to our camping weekend. Sorted for a 4-bedroom luxury "cottage" tent for (that night as well courtesy of John Cooling-kind of defeats the purpose but the erasmus were complaining. Saturday, up for 7am and on the hills for 11am. Tents were pitched on the shore of Lough Coumeenasatharn (sp-F). Difficult walk in difficult conditions ahead of us - very wet, windy and cold. Up on the hills for about six and a half hours with very good

others headed on to the Glenbeigh Hotel, taking over every radiator, hand-drier and fire in sight. Well warmed outside as well as in, everyone slept well, so well in fact that no-one heard the alarms (all 5 of them) or were they set at all?! Some people need their sleep I suppose. Wake up call was at 9am anyway. Brilliant weather so six of us set off on a four hour walk which took in the lake, the steep back of a corrie, a knife edge ridge and a spur back down to the lake. A tough walk with little time to take in the brilliant views of the

Archery Club:

One person short of a full team bows in hand we headed to Galway RTC for the first Intervarsity of the year.

The team Patrick McNamara, John Hayes, Dave McCaffery and Belinda Fitzgerald shot well despite the cold conditions and won third place only 300 points behind second place Galway RTC.

Belinda won the best individual female with a score of 353 points.

All in all it looks like the start of a good year for the Archery Club.

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Post-Grad

Tuesday Week 8 was the date set for the second of the Postgraduate Society's "night outs". The night started off in Charlie's where a promotion had been arranged. Then it was off to Costello and thanks to Fiamh Costello a €1.50 pint promo was put on for punters. The reduction in drink prices did lead to an increase in demand and consumption!! Indeed some people were shipped in by larrnod Eireann especially for the night.

At present plans are at an advanced stage for a "night of crazy madness (TM)" to an out of town destination for Tuesday of Week 10.

Also look out for "Yule-tide Explosion (TM)" Christmas Party (with loads of free drink & party games).

Post Grad Soc.

Photo Soc.

The Photographic Society is pleased to announce The Photographer of the Year Award 1995. The competition is open to anyone with access to a camera and a bit of imagination. The theme of the picture should be "a day in the life of UL". It can be either black & white or colour. The prize is still in negotiation, but will nearly certainly be a substantial amount of beer, plus some photography extras. Entry is 50p per picture and you can enter as many times as you like (entry is free to Photo. Soc. members). All entries should be left in an envelope, with name, course and ID number by Monday Wk12, in the pigeon hole in the SU, with winners being announced in Wednesday Wk 12. Keep an eye on the notice board in the canteen for further details.

The Photo Soc. will also be holding camera classes for beginners. Keep an eye on the notice board.

Kevin Beasley (Treasurer).

those who made much appreciated donations.
All Assembly members would like to thank Lisa (the boss) for her

Limerickville crew will take place on Tuesday 30th. December at 7.30pm.

AMNESTY meets in CUBS at 7pm on Tuesdays.

OUTDOOR PURSUITS CLUB GLENBEIGH WEEKEND 7

Served in Bunker's Pub with a part of the black staff for about nine-ish on Friday evening. Not a bad start to our camping weekend. Sorted for a 4-bedroom luxury "cottage" tent for that night as well courtesy of John Cooling-kind of delicate the purpose but the crannies were complaining. Saturday, up for 7am and on the hills for 11am. There were questions on the amount of Lough Connemashan (pp-7). Difficult walk in difficult conditions almost all day - very wet, muddy and cold. Up on the hills for about six and a half hours with very good navigating from Finbar, Ferg and Aid. Down out of the clouds back to base camp to the perfect meal of tinned whatever and Daire's special dessert. The faders bedded down for the night about 8pm while the

others headed on to the Glenbeigh Hotel, taking over every mattress, hand-drier and fire in sight. Well warmed outside as well as in, everyone slept well, as well in fact that no-one heard the alarm (all 5 of them) or were they set at all!! Some people need their sleep I suppose. Wake up call was at 6am anyway. Brilliant weather so all of us set off on a last hour walk which took in the lake, the steam bridge, of course, a waterfall, night night and a spar stuck down to the lake. A tough walk with little time to take in the brilliant views of Brandon, the Reeks and the Shillags?? Back to the house with enough time to have something to eat, sort the gear and the screens. Just one question, though - who was "navigating" on the way home?

Taekwon-do news

Congratulations to all those who took part in the intersivity on Sat 25th November. UL claimed 11 individual medals and also won the team event, well done everybody. Thanks especially to Tom Maber and Aidan Sexton for helping to make it a great day.

For all those interested in grading, the grading will be held at the end of week 11 (l.b.c.), so only

precious few classes to brush up on your patterns and theory. (Note: all those students going for their 1st grading - yellow tip; do not require a dobok (martial art suit)).

Best of luck to Everyone in their grading.

Derek O'Keefe.

Guinness To Sponsor UL Hurling Team

Guinness has reached an agreement to sponsor the Hurling Team which is UL's most prolific club.

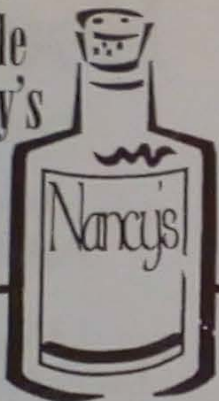
The team won the Fitzgibbon Cup in 1994 and were unlucky to lose in the semi-finals this year. GAA Development Officer David Punch said the considerable sponsorship will ensure that the

team is prepared in every possible way for the Fitzgibbon campaign.

Guinness representative Liam Flannery echoed his comments saying "It's a great pleasure to sponsor the UL Hurling Team because Guinness does sponsor the All-Ireland Hurling Championship and it is only fitting that the sponsorship should reach down to grass-roots level".



If you could Bottle what makes Nancy's so special...



Don't you think we'd be selling it ourselves?

Nobody's quite sure what it is that makes Nancy's such a great pub. But they've been coming back for more, for over 35 years. Old world atmosphere, the finest selection of drinks...and excellent food. It's a musical pub...enjoy it trad, or rocking... enjoy it live or... on tap. But most of all, enjoy Nancy's. It's good for you.

NANCY BLAKES

...imitated for as long as we've been around.
DENMARK STREET LIMERICK

Clubs & Socs

University of Limerick Life Saving Club Terror at BallyThomond Strand

"Come back, I didn't mean it" screamed the stricken damsel in distress. She looked on helplessly from the beach as her rejected (ex) fiancée splashed and wailed his way out into the dark swirling waters breaking on BallyThomond Strand. Almost drowned out by her hysterical screams were the faint, plaintive cries of the victims of the BallyThomond raft disaster. A scene of true panic, who could deal with such a situation?

OK, so in reality the treacherous undercurrents of 'BallyThomond' were in fact at the deep end of the swimming pool in the sports building. However, with the benefit of imagination and the academy-award nomination performances of Reena, Jamie and the other 'victims', an unexpected and serious situation was presented to several teams of life-guards and trainees in a staged incident on Wednesday 10th. It was a great chance to put learning to use, with people of every level of training taking part, from the recently joined beginners to the fully qualified.

The whole event was very enjoyable and excellently organised, all thanks to those involved, and Guinness were kind enough to sponsor the event. The teams were all assessed 'in-action' and the winners announced afterwards at the Fabulous Glittering Prize-Giving Ceremony. Also made much of were the losers, or 'best entertainers'. No comment, but those wooden spoons are great for stirring the porridge these cold winter mornings.

Guinness sponsorship being as it is, afterwards it was off to The

Cellar, Kilmurry Lodge where our benefactors definitely had a hand in the raising of the roof and the ever popular 'sing-along-with Maeve'. A concessionary foray was made into the hotspot itself next-door though an unaided negotiation of the way home afterwards really was too much to expect from everyone.

Anyway, it was a great day, enjoyed by all involved. Watch out for the next one!



SoUL is dead. Long live your SoUL!

SoUL is over - back to the books people.

SoUL was designed to be in your face. It was. The message was simple - "We are the Societies of the University of Limerick. This is what

societies. The health testing by the sports science society, the internet demonstration by the computer society and the environmental awareness stands by both CARSON and the Enviro. See you all

U.L. Athletics

The seventh annual Intervarsity Road Relays took place in Maynooth College on Sunday last, 12th November. UL Athletics put forward 3 women's teams and 2 men's teams, (25 athletes) which was a new record for the club. This is just another milestone reached in the distinguished history of UL Athletics.

Despite the fact that the event occurs very early in the season, all athletes ran exceptionally well. This reflects great promise for further events - cross country, indoor and outdoor intervarsities, we're hopeful all athletes will reach peak form.

A great day was had by all as old die-hards Rosie Ryan, Michael Dardis and Noel Conway were joined by new, up and coming members; Dorothy Grimes, Kevin O'Donovan and Eimear Martin, just to name a few. We were accompanied on the day by expert coach extraordinaire Richard Clifford. Many thanks to our hosts Maynooth who provided a scenic course around the grounds - brought back memories of 'Chariots of Fire', and a meal afterwards in the refectory Hall.

As all our competitions are a great strain on funds, the continuous sponsorship from Bus Eireann is greatly appreciated in order to allow us take part in these vents. Many thanks!

Relay Results

Mens	Womens
1 UCC	1 UCC
2 UCD	2 UCD
3 Cork RTC	3 Trinity
4 UL	

SO'R, OW (P.R.O.'s)

fight against the home side. Thus the Deb U won their own competition (one of the benefits of organising an intervarsity is you get to compete

...the winners announced...
...the Fabulous...
...the winners announced...
...the Fabulous...
...the winners announced...
...the Fabulous...

...benefactors definitely had a hand...
...the raising of the roof and the...
...the ever popular 'sing-along-with...
...Marie'. A concessionary ferry...
...was made into the hotspot itself...
...next-door through an unstaffed...
...negotiation of the way home...
...afterwards really was too much to...
...expect from anyone.

SoUL is dead. Long live your SoUL!

...the last part in their...
...very thank!

Riding Results	
Men	Women
1 UCC	1 UCC
2 UCC	2 UCC
3 Cork RTC	3 Trinity
4 UL	

...ON 17 19 20 21

Killarney, Week 8

Last week-end saw ULAC and CPC join forces and take Killarney by storm on one of the most unforgettable activity week-ends this term. Everyone gathered outside the AIB in high spirits and almost everyone was still in high spirits when we arrived at the Four Winds Hotel, with the exception of Shuggie Roberts. He took the phrase "high spirits" a little too literally, and spent a lovely evening in Tralee General Hospital after downing a bottle of Vladimir Vodka (the cheap stuff) on the bus! Some of the more sensible people (i.e. everyone else) just went to the Village pub for the evening, followed by Revelles night-club. The only other injury was poor Mr Shivers, who tore a ligament in his foot whilst being a drunken hooligan, and consequently spent the rest of the activity week-end watching everyone else partaking in the activities! There were two river trips on Saturday (where Brigitte was not abate by her usual) on the River Fleak - the Upper, the Lower, and bit of the Middle! - and a rock climbing (Gap of Dunloe) and hill walking (Purple Mountain) expedition for anyone who didn't want to freeze their backsides off in a cold river. (Clever people.) The evening was spent in Mustang Sally's, where Eilly T. made us all proud by being the drunkest person on the "dancefloor" (and Shuggie by being the soberest!), and chasing people around with flaming Samburca! (There was a distinct

smell of stung eyebrows in the pub for ages afterwards.) Then it was off to Scoundrels night-club for a few cocktails and a bit of a boogie, where we were politely asked to stop moshing to Nirvana. (What did they expect?) Niall seemed to have a good laugh with his handling football, although I got the feeling that the owner of afore-mentioned handling was not too impressed. There were also rumours of Quentin Tarantino being spotted "out and about" but nothing was verified! On the scandalous side of things, there were reports of dodgy goings-on between Cahill and Bligh, Gek and Loftus, Jim and Saff, Terney and Shivers (Strawberry Jam - "it's nature"), and not to mention Niall and Coleman's tub! However, the only verified report was based on Coleman and Louise's tryst. (I think the less said about Rory and Nicki (again) the better! I don't think he'll go drinking Tequila again in a hurry either....) Sunday was spent in the recovery position, either on Lake Leane, or on Carranahill, depending on whether you wanted to drown, or break your neck. (Although some people didn't make it past Kate Kearney's cottage, where the hot whiskey was flowing like water, right Staff?) Despite the erroneous amounts of alcohol consumed the previous night, Jack the bus-driver deposited everyone safely at the Stables on Sunday night.

SoUL was designed to be in your face. It was. The message was simple - "We are the Societies of the University of Limerick. This is what we do." The "what we do" part of the equation is as diverse as the events during SoUL. Most societies outdid themselves for the festival. For that reason SoUL succeeded.

For many, the most tangible change to campus life during the week (other than the pink and yellow wallpaper of SoUL posters that decorated every corner) was the Radio Society's 24 hours a day broadcasting.

As expected large numbers tuned in to listen to genuinely student radio. Now that the week is over many are lamenting the discontinuation of this service. However, Wred 102 FM transmits from 6 p.m. to 8 p.m. every day. If you want a 24 hour a day station then the best way to ensure that it happens is to get involved in Wred (and at the very least tune in regularly) to ensure its success. Without your help student radio will not be able to grow.

Those listening to the radio will have been reminded that SoUL was only made possible thanks to the generosity of our sponsors. Heineken and The Stables Club teamed up to ensure that the evenings were all the more enjoyable with a variety of promotions to supplement their cash support. Thanks is also due to Joe Leddin in Canon and John McLaughlin in Bus Dreams. Not only did they assist the festival with ample financial contributions but the reliability (its difficult to say this without appearing growling - I do actually mean it!) of the service their companies gave to the week was invaluable. Without Canon's coper and Bus Dreams's discs and ball service things would have been a whole pile more difficult!

Another substantial sponsor of the week was the National Technological Park. Their support provided the centrepiece to the week - the science fair. Between 1000 and 2000 students milled through the exhibition area in the Foundation Building to see an extremely impressive display by U.L.'s science

societies. The festival, led by the sports science society, the internet demonstration by the computer society and the environmental awareness stands by both CARSON and the Earth Soc were all interesting.

Yet it truth be told, for many people the high point of the fair came with the near destruction of the two adjudicators at the Chem-Bio's explosive demonstration. Such incendiary tactics obviously paid off as the society walked away with first prize. The less lethal exhibitions of the Materials and Environmental Societies lagged runner up slots. The fair also included exhibitions of Post-Graduate projects, scientific videos and guest lectures. For many of those attending this was THE EVENT of SoUL. It was only possible thanks to the graft of Alan Hickey and the vital assistance of Patricia Byrne and Orla Kelly of the National Technological Park.

Cost Batacads were very very good. No-one seemed to quit with this assessment. The 14 piece samba band announced their presence on campus with a very loud workshop in the Student Centre on Monday afternoon. That night they brought real carnival to the Stables Club and their present lived in Roman Byrne, John Kelly and all at the Music Society deserve much congratulations on supplying a magical night's entertainment.

"Be Strong and Fear Not" was a typically high quality production from the Drama Society which later in the week ran a well attended workshop (rather more than advertised - sorry!) in association with Island Theatre Company.

The Debating Union also ran a workshop (not in acting though). This society was busy on every day of SoUL, more so than on Wednesday. That was the day of the Heineken SoUL Intersociety Debate which ran all day. Committee members of the Deb U could be seen manouring around campus with Walky-Talkies in their hands, ready to draw under the slightest provocation. Like the Chem-Bio the distant intimidation of everyone paid off. The visiting teams from all around the country were obviously far too scared to put up a decent

fight against the home side. Thus the Deb U was their own competition (one of the benefits of organising an intersociety is you get to appoint the adjudicators...but that's entirely irrelevant). A great event and a deserved win (despite) mean the Debating Union earned high praise indeed.

I'm not going to say much about Ten Forward. They cruelly created So-Pl Justice Heaven and I missed it all Barwick. The SCA Trust was also mega fun and they even played the orange and clove game. Those that don't know what that is should get to the next fest and find out.

An O'Connell Gachet and The Trad Music Society added a traditional element to the week through music, a table quiz and even food! The latter was part of the truly awesome Multi-Cultural Food Fair, a very special occasion. It was the culmination of an incredible amount of work by the organising committee - big thank yous to Susie, Jackie and Caroline. The grub was really tasty.

The Late Night Films by the Film Society added a lot to the week, particularly the Rocky Horror Show. People didn't dress up but did at least dance the Time Warp. Also of note was Amnesty's contribution. The poster campaign and candlelight vigil meant that human rights violations don't go entirely unnoticed in U.L.

The final event of the week was the Masked Ball at The Castle Oaks Hotel. Virtually everyone attending had a brilliant night. I refer those that doubt me to last Tuesday's Education & Living in the Irish Travel. The Chamber Orchestra made for a night with a difference and a great way to end the week.

One final thing to mention is that "Cinchada", the Literary Society's publication, was launched during the week. Still on sale, Cinchada is a very worthy publication and a credit to Colin Linnane who did ALL the work. Like SoUL itself "Cinchada" is dedicated to the memory of Mike Saffier.

Someone said to me that Mike would have been pleased at the way SoUL turned out. That alone would make it all worthwhile.

Notice Board



Thanks to Heineken, there will be liquid prizes for successful entrants of the crossword if their names are picked out after having correctly completed the crossword and handed into the S.U.
If you are interested in making a customised crossword i.e. concerning Students, call to the Editor.

Heineken - Never a Cross Word said about it!



ACROSS

- 3 Port only for fish (5, 4)
- 7 In artillery it's retreating, on the move (5)
- 8 Make illegal catch to cook (5)
- 9 Woman you take chances with? (4, 4)
- 10 He notices leaders (5)
- 13 Request as when seated before king (3)
- 15 Trader who'll give you your cards! (6)
- 16 Something done by some chief for tea (6)
- 17 A far one is a long way to shoot (3)
- 19 Files for working on spurs (5)
- 23 Take out too much and stretch in on top? (8)
- 24 Gives some of them a choice of male (5)

DOWN

- 1 Highly testing demand? (4, 5)
- 2 Room for boss on back of factory (5)
- 3 Boring exercise? (5)
- 4 Expresses love when surrounded by evils (6)
- 5 Show an inclination to slip away? (5, 3)
- 6 Clear backing in ridiculous setting (5)
- 11 Group has to succeed and begin operations (3, 2, 4)
- 12 Mistakes—brick-carrier is careless (8)
- 13 Curry part of Joan? (3)
- 14 It's been into a solution (3)
- 18 I'm going mad for a victory in ring (6)
- 20 A point on tree about to go under (5)

CLASSIFIED ADS

ACCOMMODATION

Room to rent
25 Careysford Ave. College Court. £ 105 p/m. Oil fired & Solid fuel CH. All Mod Cons.

2 Vacancies (after xmas)
Owner occupied/self catering. (preferably males) Rent - £ 25 p.w. (includes Central heating). All mod cons. TV. Washing Machine. Microwave. 3338452 - 33 Kilbane Castletroy.

Wanted:
Single Room for 2nd semester. Please contact Carola 335738 or Kilmurry 38.

Single Room to let. Call to 18 the Oask. Brieffield after 6 o'clock.

Accommodation available for second semester only.

Accommodation available in 'Parklodge' hostel for 1 female/1 male.

House O Casey Room 6. Single room, hot showers, cable TV, heating. Kitchen (microwave) fully equipped. Spacious sitting room. Only a walk away from Parkway shopping centre. If you're interested call to the house - best time between 4 - 6.30 pm. Or ring 061-400845 after 6 pm.

As for Margaret.

THIS IS WORTH CHECKING OUT IF YOU NEED ACCOMMODATION FOR SECOND SEMESTER.

Accommodation wanted.

Single room near campus for a male masters student, non-smoker, clean and new to Limerick. Please call 01-2780307. Ask for Michael.

LOST & FOUND

WANTED

Computer wanted. Needed for work processing primarily. Printer would be a valuable addition, but not a requirement. Speed, RAM, applications etc., not important, but cheap price essential.

Call 335257 a.s.a.p. after 6.00 weekdays, or call to 303 Willow Close, Elm Park and ask for Pedro.

ASSERTIVENESS WORKSHOP

Learn how to say NO when you want to

MONDAY 4th of December at 12.00 pm

MEDITATION ROOM

Queries to SPS CM073

Lavazza Bistro

Steam Boat Quay

Staff Req'd

Part time/Full time work Available

Please Contact Jenny 319800

LOST & FOUND

All items unclaimed in Lost & Found

will be donated to

**St. Vincent De Paul
for Christmas.**

So if you are missing any items of clothing etc. etc., call to the SU before it's too late.

- 9 Woman you take chances with? (4, 4)
 10 He notices leaders (5)
 13 Request as when seated before king (3)
 15 Trader who'll give you your cards! (6)
 16 Something done by some chef for tea (6)
 17 A far one is a long way to about (3)
 19 Files for working on spurs (5)
 23 Take out two smacks and almost in one top? (8)
 24 Given some of them a choice of male (5)
 25 Man's in order as a fish and chip man, we hear (5)
 26 Provide explanation for out-house of little weight (4, 5)
- 4 Expresses love when surrounded by evils (6)
 5 Show an inclination to slip away? (5, 3)
 6 Clear backing in ridiculous setting (5)
 11 Group has to succeed and begin operations (3, 2, 4)
 12 Mistakes—brick-carrier is careless (8)
 13 Curvy part of Joan? (3)
 14 It'll turn into a solution (3)
 18 I'm going mad for a victory in ring (6)
 20 A point on tree about to go under (5)
 21 Work hard for transplant (5)
 22 Surface texture of corn (5)

ACCOMMODATION FOR SECOND SEMESTER.

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LOST & FOUND

Glasses lost in black combat jacket last Thursday at Kilmurray lodge. I don't give a shit about the jacket, but the glasses are worth £120 and are no good to anyone else. Return to 611 Elm park or mail 9224815 Sums or return to Student Union.

p.s. In exchange I can return your combat jacket and hash pipe.

GRINDS

1st year/2nd year Engineers and Materials scientists!! Problems with Maths?? Need extra help !! Ring Mary at (061) 386424.

An Focal :

The Newspaper of the University of Limerick Student's Union
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THE LIMERICK RYAN HOTEL AND CONFERENCE CENTRE

invites applicants for the Part-time positions of :-

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 Bar Staff,
 Conference and Banqueting Porters**



Excellent Salaries and Benefits Available.

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GRAINNE CARROLL

HUMAN RESOURCE COORDINATOR

THE LIMERICK RYAN HOTEL AND CONFERENCE CENTRE

ENNIS ROAD

LIMERICK

**St. Vincent De Paul
 for Christmas.**

So if you are missing any items of clothing etc. etc., call to the SU before it's too late.

STATION

**Hardhouse
 Techno Club**
 every saturday

Residents: PAUL HOLLAND • NIKELL BOUXE

G U E S T S

NOV 19TH	ALEX HANLEY (LIPS) 3 HORAS ON 3 BECKS
25TH	FRANCIS (ROULEX) X J B
DEC 2ND	PAUL HOLLAND (RESIDENT)
9TH	CHARLIE HALL (LUNNON) BRUN CLUB STG
16TH	JIM MASTERS (TECHNO HQ) MINISTRE DE SURETE
23RD	CHRISTMAS PARTY
	SCOTT BRATHWAITE (CLUB XX LUNNON)
30TH	NEW YEARS PARTY
	RONI BOTS PAUL • NIKELL • BREST

EMERGENCY

CARL CRO CHAIR HALL
 TREVOR WATKINSON CHAIR HALL
 WELLSHIRE BILLY HARTY

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 FULL BAR
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