


Professions of
The Past

Page 24


Crisis in the
North

Page 11-12



Entertainment

Page 13-16

INSIDE

NEWS

Sabbatical Reports
Pages 2-4

New Equality Office Elected
Page 6

Nite-Link returns
Page 28

FEATURES

Interview with Olwyn Enright
Page 12

Crisis in the North
Pages 10-11

Depression
Page 7

Mick McCarthy
Page 9

CLUBS & SOCIETIES

Budget Report
Pages 21

Clubs & Socs Timetable
Pages 20

Greek Week A Great Success

by Laura Greer

Between the Peace Societies love in, the blood drive in the Students Union to the Murphy's Comedy Club in the Scholars, UL's Greek Week II had something for everyone. Organised by ULSU and UL arts office the week was a showcase of the numerous welfare services on campus and the broad range of clubs and societies offered.

Named Greek week because of the Greeks connection that a healthy body equals a healthy mind it showed students that there's more to University life than desks and books and was as Paddy Buckley CCO said, "an effort to promote a healthy lifestyle on campus without drink."

A hectic program ran throughout the week and despite at times, the weather, attracted great support. Bungee Jumping at East Gate was particularly popular and students were lining up to take the plunge. Scholars staff, Richard Melotte said, "it was unreal buzz my knees were shaking."

Sports Commentator Micheal O'Muircheartaigh, who officiated the opening at Plassey House said, "it's great to see a young University so vibrant and active and so many clubs



The Irish Peace Society Lie in the Scholars Courtyard

and societies taking part."

Events such as soccer matches between UL Bohs and Doras, spinning classes in Irish by the Irish Society, Firedancing by the drama society, Salsa dancing competitions, the International Food fair, films, plays and numerous other events took place over the course of the week.

As well as social activities, special attention was shown to health and welfare education. Literature and advise on issues ranging from date rape drugs to landlord problems was available from the stands in the

canteen. Free condoms were being distributed by Garrison Alecsaunder of the Red Ribbon Project. "We're here to promote sexual health awareness, safe sex practices and drug awareness amongst University students and to teach them to play safe," said Alecsaunder.

Billie from Rainbow Support Services, a Gay/Lesbian/Bi-sexual support service said, "University is a place where you become aware of yourself and if you become aware that you're not heterosexual we're here if you want to contact us."

Information on the Samaritans was also available. "If students are going through any crisis situation and need to talk to someone non-judgementally, who will listen non-directively and in complete and utter confidence our lines are open 24-7-365," said Volunteer Edel. Information was also available from groups such as the Irish Cervical Screening Service, Breast Cancer Awareness, Meningitis Research Foundation and Cura amongst others.

The Green Fair that took place in the Stables Courtyard was a great attraction. Dream catchers, jewelery and locally made crafts were on sale.

continued on backpage



The Greek Week opening ceremony

Win!!

50 Euro

An Focal is offering a 50 Euro prize for the best article in each edition. Email submissions to:

sucommunication@ul.ie

President - Eoin Ó Broin

Hey People!

Hope you enjoyed the long weekend! I was in Belfast to check out the set up in Queens among other things. 2 bars, an 800 capacity music venue(Mandela Hall), 2 restaurants & a sandwich bar ALL run by the union! Food for thought:

Hope you got something out of Greek Week too. The highlights for me were the different fairs, the reggae dj's, the welfare ball but most impressive was the Peace societies love in. Very original! Fair play to all who made it happen. It can only get better. The concept is a hard sell here alright - one could say it's the opposite of what goes on during a RAG week. but the choice of things to do was great - cool arty films, salsa dancing, comedy, dramas, bands - so a good chance to NOT do the usual! Greek week is the amalgamation of Welfare week, SOUL(societies of university of limerick) week and a chance for clubs to promote their activities. If you saw something of interest be sure to track down the club or society involved and get your "extra curricular activities" going!

I have spent the last two week getting some campaigns together. I think a campaign on the bus lanes i.e. ready

to roll - see article further on in these pages. We had a good "no fees" campaign meeting last week with some behind the scenes stuff to follow. I met Fine Gael spokesperson on the Environment Olwyn Enright who reassured me that we were on the right track. She was against any return of fees - even for those who could afford them as she said that all thresholds can be adjusted downwards by governments in times of need so the safest thing for all of us was No thresholds and no fees! Another issue which is coming up a lot is prices on campus. This is a little complex given the number of food & retail outlets and the parties that own them. We have an open meeting on the subject soon so keep an eye out for the posters.

We also have an open meeting on ents in UL where you can say what you think should be catered for, give ideas for Kolledge Week and what stuff you would like to see around Limeirck. Look out for posters on that too.

Last week I went to bat against University management to secure funding for the Nitelink Service for this coming year. They had some reservations about providing funding for driving students home but agreed



that it could be incorporated as a feature of UL and that was a highly valued service among students and the local Gardaí. Over the coming year we may look at the issue within the broad area of health & safety on campus.

Next week the UNION GENERAL MEETING (UGM) for this semester takes place. All officers of the Union give reports on their work and the ULSU finances for last year are presented. Its a good opportunity to see exactly who is involved in the

Union and tell us where you think our priorities should be. Motions can be put before the meeting but these must be received by this Friday. At least 200 people must be in attendance for any decisions made at the meeting to be binding on the Union. Your class rep will be passing you on info about these things so once again if your class doesn't have one be sure to get one soon.

Slán tamall,
Eoin

Welfare/Deputy President - Gráinne Heffron

Dia Dhibh

First off some good news. Eoin argued the case for the Nitelink at the University Finance Committee meeting in week 4 and secured funding of 17,000 euro for the coming academic year. The Nitelink recommenced last week and will run from Monday to Thursday 7pm - 11.30pm each night. It departs from the stables every half hour and serves all the estates in the vicinity of the university and Annacotty by request. There is also a mobile number you can ring to be collected in your estate and brought to college. There will be notices in all buildings in the college, in the Students' Union and on our website www.ulsu.ul.ie.

Last week was 'Greek Week'. Some of the clubs and societies really got on board and organised some great events and raised money for charity, so well done to all who were involved. The week was opened officially by Micheal O'Muircheartaigh. From the welfare point of view there was an information village in the main canteen with groups like The Red Ribbon Project, Cura, Health Promotion Unit and others taking part. We also hi-jacked Student

Central in Docs for the 'Greek Week Ball'. Myself and Eoin gave out some condoms to some very grateful students and during the night the dancefloor was taken over by drummers and fire-jugglers. Bungee Jumping took place on Tuesday and I have to say it was terrifying. Well done to all who jumped. Unfortunately the number of jumpers was pretty low. We had a 4 day blood drive in the Students' Union which was really well attended. There a still a few problems and we will be doing a review of the week soon in preparation for next year.

In the next two weeks I will be working on the Chernobyl Children's Walk which will be on Thurs Week 8. We are hoping to build on the success of the fees march and make this the biggest fundraiser this year. We will be again joining up with the other limerick colleges so keep an eye out for advertising. I also hope to set up a student parent group much like the Mother and Toddler group last year. We will have some talks on social welfare rights, dealing with the absent parent issue and legal rights and ntitlements.



I hope to see some of you at The Halloween Ball on Wednesday. A lot of work has been put into the event and it should be great night. Also the Students' Union AGM is on next week and if you are interested in where your money is going and whether you are getting value for money then come along and let your voice be heard.

Finally I would like to congratulate our new Equality Officer Patrick McHugh and also well done to Jennifer Aherne on raising awareness of equality issues on campus.

Slán

Gráinne

Education - Margaret Ryan

Hi Everybody

Ok, exam papers. I'm sorry. They're not up yet, and they won't be for a while because we've suddenly lost the computer that we were using for the scanning. We are working on getting a new machine, but as of right now, we have a box of exam papers waiting to be scanned. You are more than welcome to come in here, borrow the paper, and photocopy it, but for right now, they won't be on the web. It will be done as soon as possible, I promise.

So what else have I been up to for the past two weeks? I've been to more meetings than you can shake a stick at. I've attended Quality Steering Committee, Class Reps, Student Affairs Committee, Faculty Boards, Education Committee and a lot of other things like that. If you have any ideas about what I should be saying at these things, call in and tell me, or email me and tell me, any input is good. Remember, I'm here to represent your point of view, but if I don't know what that is, how can I represent it?

Congratulations to everyone who managed to take part in Greek Week. I managed to escape my office for 20 minutes on Monday to give blood, and was encouraged by the number of people in the queue, but still wished there could have been more. But that queue could never be long enough for me anyway. Thanks a million to everyone who turned out for that, it was brilliant. I don't have the figures to hand at the moment, but I'm sure it was a great success. I also got to meet Micheál Ó Muircheartaigh, who officially opened Greek Week on Monday night in the East Room in Plassey House. He gave a fantastic speech, in typical Ó Muircheartaigh style, mixing Irish and English, with a history lesson on



Greece thrown in for good measure. A thoroughly enjoyable event.

of the roaring. :) We got all the topics covered in record time, with a little bit of entertainment along the way (thanks again Shane!) Thanks a million to everyone that came, and

The class reps weekend was a roaring success, with me doing most

UNIVERSITY OF LIMERICK
TEL: 061 330190
FAX: 061330710
EMAIL: info@scholarsclub.ie
WEB: www.scholarsclub.ie

Breakfasts 9am to 11.30am
Lunches 12 noon to 4pm
Evening Meals 5pm to 7pm

WEEK 6

MON DJ Eric Fitz
Champs League F/ball

TUES DJ John Kelly
Champs League F/ball
Murphys Comedy Club

WED DJ Eric Fitz
Champs League F/ball
Athletics Club Table Quiz

THURS Halloween Fancy Dress Party
with the Alvin Purple Experience

FRI DJ Keith Piggott
Happy Hour 5 - 7
+ Comp Finger Food

WEEK 7

MON DJ Eric Fitz
Salsa Dancing in the Function Room

TUES DJ John Kelly
Murphys Comedy Club

WED DJ Eric Fitz
"7 Even Words"

THURS International Student Night

FRI DJ Keith Piggott
Happy Hour 5 - 7
+ Comp Finger Food

Did you know that you can book 'An Phluais' free of charge?

www.scholarsclub.ie

Wed 16th Oct

MixitMoto D.J. Competition
Doors @9pm Tickets: €12

Thurs 17th Oct

Simon Fowler Acoustic Show
Ocean Colour Scene have had some strong chart success, notching up five top 10 albums, and an impressive ten top 20 singles including hits 'The Day We Caught The Train', 'The Circle', 'Hundred Mile High City'. Simon Fowler will be joined on stage by fellow-OCS member Oscar Harrison
Doors @ 9pm Tickets: €22.55

Fri 25th Oct

The 4 of Us
THE 4 OF US - spans ten years and three critically acclaimed albums : Songs For The Tempted (1989), Man Alive (1993) and Classified Personal (1999). Always a popular favourite at The Warehouse and sure to be another incredible gig
Doors @9pm Tickets: €12 Student:€10

Sat 26th Oct

Escapade
Escapade give it everything with their lively, infectious and exciting combination of covers and original material. The energy and electricity of their live performance is something worth witnessing. Be there or prepare to cry if you miss it!
Doors @9pm Tickets: €10

Tickets available in advance from Dolan's Pub, 3/4 Dock Road, Limerick

061-314483 / info@dolanspub.com / www.dolanspub.com

especially to those who presented some of the sessions, Dee Quinn, John Mulcahy, Tom O'Donovan, Andrew Flood, Eamonn O'Flynn, and Paddy Buckley. Thanks as well to everyone who got involved in the role-playing, it takes great courage to get up in front of a crowd when you know your responses are going to be

analysed by everyone that's there.

Ok, the last thing I have to say is this. Obviously my job is to make sure you are in a situation where you can get the best degree that you can. And to do that, I need to know what situations you are finding yourself in. But you see, Education isn't just

about passing exams. The word Education comes from the Latin Educere, which in turn comes from Educe, which means to draw out something hidden, latent, or reserved. You might have talents you never knew you had, a gift for oratory, or orienteering or indeed old, you could join Deb U, Outdoor Pursuits

Club or the Postgraduate Students Association.

That's my 2C for this week.

Talk to you again soon

Margaret

Communications - Paddy Buckley

Hi Everybody,

I hope everyone enjoyed Greek Week. It was a good blast as usual, and hopefully will continue to go from strength to strength. While the turnout at one or two events was disappointing, in general it was a successful week, with all the usual events like the Green Fair, Professions of the Past and the Food Fair going off as well as ever. Kudos to everyone involved

As you might have noticed, this week's edition of An Focal contains a small ad section. This is included for a number of reasons, but the most important is probably to relieve the pressure on the noticeboards on campus. At the moment, we simply don't have all that many noticeboards on campus, particularly in prominent locations where people can see them. The few that are there are used by everyone, from the Stables and Scholars, to clubs and societies to people looking to sell books and find accommodation.

The upshot of all this is that everything gets completely lost. Most posters get ripped down inside of a day or two, which means they are no use to anyone. So, to try and reduce the number of posters going up, I'm starting the small ads section. I'd ask everyone who has stuff to advertise, be it grinds, books, accommodation or whatever to start sending the details to me for inclusion. Just mail me the details at sucommunication@ul.ie

Congratulations to Valeris Gunning, who won the prize for best article in last week's edition of An Focal, and to anyone else who fancies their luck at writing, send all submissions along to the usual address.

Finally, we're starting to look at getting the television in the canteen operational again. This will probably take quite a bit of time to get going right, but the plan is over time to allow us to broadcast from the SU to the canteen and various locations around campus. Hopefully, this will also allow to provide a sort of campus radio. Again, the technical details of this will take quite a while to



sort out, but hopefully we'll be able to sort something out before the semester ends.

That's about all for this week,

Later
Paddy

WANNA WRITE?

Articles, Questions, Comments,
Queries & Theories to

sucommunication@ul.ie

Small Ads

Looking for a house?
Looking for a housemate?
Want to sell something?
Want to buy something?

For inclusion in the An Focal small ads section, Email submissions (Max 30 words) & contact details to

sucommunication@ul.ie

Your Letter(s)

Ladies and Gentlemen, boys and girls, students and slackers, I am confused. Living in Kilmurry, I was told I would enjoy a hassle free semester, without the usual trials and tribulations that exist with landlords and ladies - no demand for an extra €100 for bills, an extra €20 for bins and an extra €10 for the little boy who vists from the halting site nearby. If I were to be honest, the establishment has lived up to such promises, yet perhaps someone can enlighten me as to why I am being confronted with a bill for €100 for a fire entinguisher I failed to notice existed? Supposedly people I was running around on Saturday night with the said fire extinguisher in tow, unleashing waves of carbon dioxide upon our oh so quiet neighbours. Well, so the accusation goes, apparently heedless to the fact that the neighbours in question have admitted

that they indeed are the ones who sprayed our green pastures out front a murky shade of white. But, my fellow lads and ladettes, our extinguisher is mysteriously empty, and rather than question whether it had indeed been checked before our inhabitation, we, the most sedate and studious persons I know, have had the hammer bang and judgement delivered - guilty, guilty and consequently, my loved ones, very broke. No Lodge for us this week; oh no, we'll be sewing the holes in our white cotton socks in an attempt to conserve whatever little cash we happen to possess. So farewell, think of us when you're all enjoying yourselves and save a spot for us at the bar, for in the words of a favoured philosopher of ours, we shall be back!

Anonymous

In Loving Memory

Barry O'Brien from Sandyford, Dublin unfortunately lost his life during the summer months. For those who knew Barry can remember him as a multi-talented sports person who was on the victorious UL Fitzgibbon panel, as well as the Dublin minor hurling team. He had just graduated with a degree from the University of Limerick with a degree in P.E. teaching in the class of 2002.

However, most importantly, he will forever live our memories as the never aging 21 year old outgoing Dublin lad who always made time for people no matter what the circumstances. His death was premature and tragic. He will be missed by all his friends and our sympathies go to his family and close friends

May he rest in Peace

Small Ads

Accomadation

Single Room Available

30 Castlebrook,College Court.
All Mod Cons
Gas C.H.
Ring: (061) 228296
(086) 8689178

Room For Rent

Great new house in Annacotty,
Good Rent, Gas C.H.,
Dishwasher, Washing Machine,
Dryer, etc.
Perfect for Matur/Postgrad
Contact (087) 2363627

Room For Rent

607 Chestnut Close
Single Room for Rent
Phone (086) 8256578

Rooms To Let

5 Minute walk to UL
30 Sec from Shop, Bus Stop
Flat with young easy going
professional couple.
Rent € 55 a week
Contact: (087) 7414020

Books

For Sale

- Microeconmoics (Parkin) € 35
 - From Famine to Feast (Kennedy)
 - Macroeconomy of Ireland
 - Essential Maths for Bus + Economics (Bradley + Patton)
 - Le Nouveau Francais (Le Goff)
 - L'etranger (Albery Camus)
 - Principles of Organisational Behaviour (Morley)
- Contact (087) 6277231

1st Year Contract Law

For Sale
The Law of Contract, Ray Friel
Phone (085) 7238863

Business Books For Sale

Business information Systems
Financial Information Analysis
Contact (086) 3211976

Books Contd

2nd Year Law Wanted

- EU Law: Text Cases & Materials (Craig & De Burca)
 - Law of Torts in Ireland (Eoin Quill)
 - Property Law 2nd Ed (Coughlan)
 - The Sociology of Work (Grint)
- Phone (087) 6454487

Grinds

Grinds Available

Grinds available for

- Science Matths 1
- General Chemistry
- Physics 1 & 2

Contact (087) 9254928

Misc

Drummer Wanted

Drummer wanted for band
All original songs,
Greenday/NOFX style, 2 CD's
already released
Contact (087) 2306262

Bag Lost

Bag Lost Monday Week 5,
somewhere between Lodge and
College Court. Contents very
important, reward for finder
Contact 0207012@student.ul.ie

McHugh elected Equality Officer

by John Mulcahy

Patrick McHugh was the last officer appointed to the Students' Union Executive after he was elected Equality Officer on Thursday Week5. Mr. McHugh came out on top after a closely fought battle with Ms. Jennifer Aherne (4th Year Language & Cultural Studies) for the position. The margin at the end was only 31 votes, with Mr. McHugh winning by 377 votes to Ms. Aherne's 346 votes. Both candidates were delighted with the turnout given the relatively low key campaigns that were ran.

Mr. McHugh, a 1st Year Irish Dance & Music student, believes that as a first year he has the time needed to dedicate to the job. He wants to "bring equality back on campus". He envisages doing this through the establishment of an Equality Committee of the Students' Union and by drawing up an Equality policy.

Mr. McHugh was delighted with his victory and thanked all those who voted for him. He also thanked his campaign team, and Ms. Aherne for the campaign that she ran. He now claims that he will do the job of ULSU Equality Officer to the best of his ability and that things will change within this university!

Ms. Aherne, while bitterly disappointed at losing, was delighted with her vote and the turnout in general. She ran on the issue that she would be a voice for all students who experienced any form of inequality. She wishes Mr. McHugh the best of luck in the coming year. She also wanted to thank her campaign team for running a good, clean campaign and sticking by her to the end. She claims that, although she was not elected, she will still fight to ensure that equality issues are kept to the fore within the university.

As a result of Mr. McHugh's election, the position of first year



Patrick McHugh, the new ULSU Equality Officer

representative on the SU Executive is now also filled by him, taking over from Mr. Joey Enfield.

Mr. McHugh takes up his position with immediate effect.

UL Blood Drive

by Laura Greer

Sarah lies expectantly as the nurse taps for a vein in her arm. She looks away as the needle pierces her skin and squeezes the dog bone like pump in her hand. An attendant chats to her as ten minutes slip by and all of a sudden its time for tea and sandwiches. It was Sarah's first time giving blood. She was one of over 500 staff and students in UL that donated blood during the Greek Week three day blood drive.

The drive was run Blood Transfusion Service as part of Greek Week and staff and students were encouraged to donate blood in order to fill the vital need for blood in Irish hospitals. Over the three daysunits were collected and Team Leader Ann Quigley said that she was "very pleased at the great turnout."

"It was fine," said Sarah, a fourth year student, "it wasn't sore at all. It's something I've been meaning to do and this was an opportunity in my doorstep. The staff were really helpful and friendly it would encourage you to come out." Reg Hooper, UL Staff also gave blood for the first time because he said, "if I'm



A UL Student Donates Blood during Greek Week

in an accident I'd want blood to be available. I'm doing this to help people in accidents and because I feel it's a good thing to do."

The need for blood donations is "vital in Ireland," said IBTS Nurse Ann Gallagher, "it's a brilliant thing to, it saves lives and we need at least 300 units per week in Ireland. Its important to have regular donors rather than pooling large collection of blood as it only has a shelf life of 30 days and it can't be frozen."

A number of procedures are followed

before donors are allowed to give blood and very much take into account the health and safety of the person. People who have had piercings or tattoos within the last 12 months, those on anti-biotics, under 8 stone, those who are pregnant or awaiting surgery, who could have an STD or who have been on any sort of drug are all ineligible. The IBTS follows strict guidelines set by the EU and the Irish Medical Board in choosing donors and the blood is screened three times before usage to ensure its purity.

In order to become a donor you must answer a detailed questionnaire with 36 questions before being interviewed by a nurse. After screening your iron levels are tested by a pin prick to the finger. A sample of haemoglobin is tested and it must be above 12.5 in women and 13.5 in men in order to proceed.

Next the donor can donate and after the needle is inserted by a doctor the donor is kept company by a donor attendant as the blood is taken. The equivalent of one and a half cans of coke (450ml) is taken from each donor and can be taken every 90 days.

Third Year IT student John O'Grady said, "it's for a valid cause. At the moment there is a short supply of blood and if accidents happen there may not be enough to get by. My mother had an accident 2 years ago and needed blood. She was a donor herself and it would encourage me to give blood."

The Irish Blood Transfusion Service stresses the urgent need for regular donors. For more information contact 1850 731 137 or look at the website www.ibts.ie

Depression - The Silent Illness

Name with Editor

Depression is a very isolating condition and in a typical mental health Catch-22, the alienating nature of depression tends to keep its sufferers from finding their way to support that might help them. Depression is a narcissistic thing; it's a self-involvement so deep that it doesn't allow a sufferer to get out of his or her own head. That is why it is imperative that we be cautious and alert to the symptoms of depression.

The current prevalence of depression, whether clinical, dysythmic -or something that just feels like depression to an awful lot of people, ought to give everyone a reason to pause. Whether we are aware of it or not, we all know someone who is depressed-they may be calling out for help, but often we are completely unaware of the trauma person is suffering on their own.

It may be difficult to discern between depression, ordinary adolescence or adjusting to college life, they have quite similar symptoms. Its difficult to tell if someone who sleeps till afternoon, misses college, thinks shampoo is used by victims of capitalist oppression, drinks seven nights a week, is into scarification, self-harm or a combination of any of the above is experiencing a major depressive episode or is being every mother's nightmare, but we must be wary of their behaviour.

Depression as an Issue for Students

Depression can occur regardless of the person's family history,

background Among students, every case of depression is affected by certain developmental, medical history and life circumstances. The developmental issues in question involve:

- Changes in the balance between the capacity for independence and availability of emotional support
- Over-reliance on external standards of success at the expense of one's own ideals, abilities or health.

Fluctuations in self-esteem usually reflect difficulties in these areas. Instances of depression in college students are usually associated with recent stressful events. Most depressed students exhibit a depressed mood associated with feelings of hopelessness, helplessness, worthlessness and anxiety. These symptoms occur within three months of a clearly definable stress - for example, poor academic achievement, the break-up of a relationship or financial problems. The event upsets the balance between autonomy and connectedness and this, in turn, may impair self-esteem. Sleep and appetite disturbances may occur but the full range of somatic symptoms of depression are absent. Although all the symptoms may not be present, the depression is severe enough to interfere with work and social activity. Treatment is a combination of cognitive counselling with a developmental approach. Recovery is relatively quick.

The Facts

- Depression is a condition that is suffered by many people. Research has shown that 78% of college students will show symptoms of depression in any given year and 46% will seek some form of professional help
- It is one of the most common mental disorders affecting 340 million people in the world today, accounting for a full 10% of productive years lost throughout the world.
- No one is immune from depression
- One in four women and one in ten men can expect to develop depression during their lifetime, but it's not just adults who suffer...
- Depression affects at least one in 50 children under 12 and one in 20 teenagers.
- About half of all cases of depression is unrecognised and untreated.
- About 10-15 per cent of depressed people take their own lives.

BUT DEPRESSION IS ONE OF THE MOST TREATABLE MENTAL ILLNESSES. Why?

The death of a loved one, health problems, financial stress or other traumatic life events can trigger a variety of depressive mood disorders. In these instances, there is an identifiable trigger associated with the onset of the depression disorder. People with a family history of depression have an increased probability of having depression because of individual make-up including body chemistry or because of certain early experiences. A person's deeper beliefs and assumptions can predispose him or her to depression. In effect, depressed people's thoughts include three key elements:

1. A concept of themselves as in some way worthless, failed or to blame for their own or other people's plight
2. A view that the world is devoid of pleasure or gratification and that immense barriers block access to goals
3. A view that the future is hopeless.

The Symptoms

There are at least nine symptoms associated with depression. People who are suffering from it will have at least five of theses nearly every day all day for at least two weeks. The symptoms present a change from the person's normal behaviour and ability to function.

The nine features of depression include:

- Depressed mood
- Loss of interest or pleasure in all or almost all activities normally enjoyed
- Significant weight loss or weight gain when not dieting, or decrease or increase in appetite
- Sleep disturbance - either trouble sleeping or sleeping too much
- Feeling restless or slowed down
- Decreased energy or feeling tired
- Feelings of worthlessness, self-reproach or inappropriate guilt
- Diminished ability to think, concentrate, remember or make decisions
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide

How You Can Help the Depressed Person

The most important thing anyone can do for the depressed person is to help him or her get an appropriate diagnosis and treatment. The Counselling service in the college would probably be the first port of call. They have daily drop in 11-12

and 3-4 in which the depressed person will have a chat describing your symptoms and advice or a further appointment will be made-its relatively quick and painless and the first step will have been made. After this you must encourage the individual to stay with treatment until symptoms begin to abate (several weeks), and to follow the advice of the counsellor. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication. The depressed person should be encouraged to obey the doctor's orders about the use of alcoholic products while on medication.

The second most important thing is to offer emotional support. This involves understanding, patience, affection, and encouragement. Engage the depressed person in conversation and listen carefully. Do not disparage feelings expressed, but point out realities and offer hope. Do not ignore remarks about suicide. Report them to the depressed person's therapist. Invite the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused. Encourage participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon. The depressed person needs diversion and company, but too many demands can increase feelings of failure.

Do not accuse the depressed person of faking illness or of laziness, or expect him or her "to snap out of it." Eventually, with treatment, most people do get better. Keep that in mind, and keep reassuring the depressed person that, with time and help, he or she will feel better.

As someone who suffered a major depressed episode, I felt it was necessary to write this if only to highlight the extent of the problem. I came to realise that while I believed I was the only person living through depression, there was in fact many many more people like me, and a lot of those people were suffering a lot more than I was. I had very good friends who brought me to the counsellors, who listened to me while I tried to explain how I felt. They brought me to the doctors, made sure I took my medication, basically without them; I don't think I would be here today. So, if its only to pay a little more attention when someone is down or when life isn't going that well for someone-Do-it could make a lot of difference to someone.

For Further Information:

S.U. Welfare Officer
061 202519

UL Counsellors Office
061 202180

Aware
01 6766166

The Samaritans
061 412111
1890 609090

Whats going on with the bus lanes?

by Eoin O'Broin

The traffic situation in Limerick is worse than it is in Dublin. This astounding fact was revealed to myself and other members of various Limerick environmental groups at a forum on the future of rail in Ireland which came to Limerick during the summer. The newly created government Department of Transport had sought submissions from interested parties on ideas on how to expand and develop the Irish rail network. Submissions came from haulage firms, chambers of commerce, environmental groups, individuals and Interestingly submissions also came from hiking clubs that have turned unused railways into walkways. The subject of public transport in Limerick came up. The issue was that Limerick is the city in Ireland with the most rail lines already coming into the centre so could be ideal as a test for a metro. Lines could go from the centre to Nenagh, Shannon, Adare, Tipperary & Raheen. A link to the University could be taken from beside the railway bridge at the parkway!

The talk then went on to an integrated public transport system for the city. This would combine cycle

ways, park & ride facilities, bus lanes, trams or metros & pedestrianised streets. The civil servants there from the Dept. of Transport then dropped the bombshell that they knew things were critical in Limerick because the transport situation was WORSE THAN DUBLIN! They said to us that if we wanted to do something about it we should get on the LPLUTS people in Limerick. LPLUTS means Limerick Public Land Use and Transport Strategy and is a plan that has been devised between the Limerick, Clare and North Tipp local authorities for the development of the mid west. The study has been finished but hasn't been published as there is a study from the government Department of Environment called the 'National Spatial Strategy', yet to be published, which may contradict the LPLUTS.

So where does this leave bus lanes? When published LPLUTS & NSS studies will show aspirations as to where it is thought urban development and a complimentary public transport system should go. It will then be for the state to find the resources to support these plans. What is the time scale for this? Realistically we could be talking about 20 years before Limerick has its own suburban rail network. There

are two reasons for this. First suburban Limerick is too close to the city centre to justify the network and won't have the population to support such for some time yet. Secondly public transport is not a priority with the state at the moment. One only has to look at the current suggestions to close some existing railway lines and the priority given to road haulage over railway haulage to see this.

So what can we do? Concentrate on buslanes? One issue with this is that O'Connell St. is still a national primary route. This won't change until the fourth crossing of the River Shannon is complete. But all is not lost. In 1999 Bus Eireann in Limerick came up with plans for a bus lane down Mulgrave St. and Roches St. This is on the route taken by the bus when it turns left at the parkway and then right onto Ballysimon Rd. and then on into the city. They presented their plans to Limerick City Council who flatly rejected them. The city council looks after affairs within the city boundary which go right up to the Groody Roundabout. Elected members said that there was not the confidence in Bus Eireann to implement such a project. They said that Bus Eireann offered no alternatives for the council to consider. They said that no consultation had taken place with traders and residents on these streets. They said that Bus Eireann should investigate integrated transport systems in cities such as Chester in England. Bus Eireann answered these allegations as well as they could but the city council had effectively closed the door on Bus Lanes in the city. Since then there have been little dialogue between the two parties. Bus Eireann say that all they can do is make proposals for bus lanes. They can't paint the road or come up with an integrated policy for Limerick.

Myself, Mike Quinn president of Mary I Students Union, and Lydia Connolly from the Students Union at Limerick School of Art and Design met Ian Dodson head of Bus Eireann in Limerick two weeks ago to discuss the situation. He said that ideally Bus Eireann would have a bus every ten minutes on the route to the University but that it was pointless now given the level of traffic on the road. He showed us his ideas for a bus lane to the University and also spoke about requests from Mary I for a buslane on South Circular Road past Mary I. I was quite satisfied with what I saw. Last Monday myself and three other members of the Environmental

Society attended the transportation subcommittee meeting of Limerick city council as observers. The subject of bus lanes came up and the chair of the meeting Cllr. Joe Leddin suggested that that body were in favour of bus lanes and that negotiations between the council and Bus Eireann were currently taking place. These comments prompted the lead story on the following Limerick Post and were covered by the Limerick Leader too. One councillor let it be known though that he was against bus lanes on Mulgrave and Roches St. as he didn't think the street was suitable.

If this committee recommends bus lanes then they will happen. The wishes that they bring to the council are given to the council Engineers to implement. The transportation committee has 6 elected councillors:

Cllr. Tony Leddin - Labour (Chair)
Cllr. John Ryan - Labour
Cllr. Maria Byrne - Fine Gael
Cllr. Larry Cross - Fianna Fail
Cllr. Dick Sadlier - Fianna Fail
Ald. Pat Kennedy - independant

and 4 sectoral interests:

Chamber of Commerce - Tony Brazil
Trade Unions - Sean Tracey
Development & Construction - Michael O'Brien
Environment & Conservation - not filled

The gardai are also there as observers. One wonders if the combined educational institutes of Limerick should be there as a sectoral interest too?

So the issue of bus lanes is in the hands of these individuals. Regardless of whether an integrated transport strategy for the mid west will emerge and then be implemented I have no doubt that the plan for a bus lane to the city from the University via the Childers Rd. is sound. It is now up to us to make our wishes known to the city council. I will be asking if a deputation from the students union can address the city council transportation committee to encourage a positive response on this issue. At this stage it is only right and logical that this bus lane should happen. I would ask any of you who are constituents of these councillors to make your wishes known to them. Write to them or meet them. Eventually we may have to march for bus lanes but hey we are getting good at that! Watch this space!

ENTS

HAVE YOUR SAY!

Open Meeting with
Dave(ents manager)
Eoin(su prez)
Ents Committee

WK7, ROOM4,
STUDENTS UNION

ALL WELCOME!



TECHNO
COUNTRY
JAZZ
DANCE
KOLL WEEK
BALLADS
ACCOUSTIC

Is the end nigh for Mick McCarthy?

by Anthony Kirpatrick

It ain't over 'till the fat lady sings. A fine example of a metaphorical quote Republic of Ireland manager Mick McCarthy is surely sick of having his name attributed to. But in his current predicament, some see this as being a fully justified statement: since the dismal Irish performances against Switzerland and Russia, in which we lost both games, McCarthy's critics have been sharpening their knives and calling for a swift resignation from the former Irish defender.

But is this the right thing to do. Do we really want to see McCarthy go? Well the records laid out by his critics all suggest yes, he should leave. And even the U.L opinion poll carried out during the week, in which a total of 55% of students wanted his resignation, backed the growing in contentment towards the Irish boss. But I disagree.

All right. Fair is fair. The Irish squad has underachieved in the last eight years. In this period of time we have only reached one major championship, we have lost our superb and inspirational captain Roy Keane, and we have begun poorly to our qualification for the European Championships for Portugal in 2004.

But I sincerely believe McCarthy is not to blame. Instead, we should be looking upon a much larger broadband: i.e. the Football Association of Ireland. The F.A.I's improper management of our national side, which came to our

attention within the Roy Keane autobiography, is making our players feel like they are an under-10 national school side, not a team that has the potential to win tournaments and be up there with the likes of Germany and Brazil.

McCarthy has coached our team magnificently: compared to the Charlton days when the only tactics employed were hoofing the ball into the opposing half and putting pressure on the defenders, thus hopefully enforcing some minor mistake. This might have worked against Italy in the World Cup in 1994, but the game has moved on, and McCarthy has changed us for the better.

Some readers might disagree, and think that the F.A.I are a godsend for Irish soccer as a whole. Yeah right. The F.A.I are what is wrong with Irish soccer, and this is all evident from the events of the last several months.

Lets see, well first of all we have the disaster that was Saipan. Not only did we pick up numerous injuries from a 'state of the art' pitch and accompanying facilities, but we also lost our captain fantastic in Roy Keane, all due to the fact that the F.A.I were too ignorant to listen to his views and

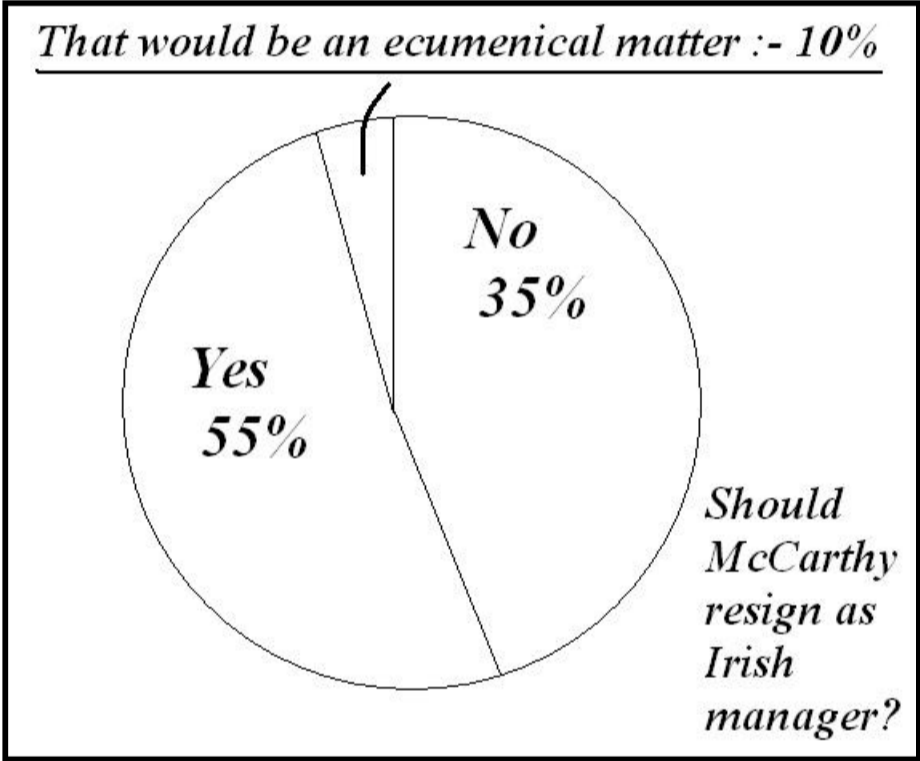
insights.

Secondly, we have the fiasco surrounding the multi-million euro deal with the broadcasting company 'Sky television' to broadcast all home matches. This was a complete sell-out of the fans. The fans that have

travelled far and wide to support the boys in green over the years. This deal was for the 'good of the players' apparently. I wonder if the likes of Damien Duff and Matt Holland want their younger fans watching them play from within the local pub in an intoxicating environment? Chances are, they don't.

Another fine example, which demonstrates the cost-cutting tenancies of the F.A.I, was conveyed to us when Jack Charlton left the

our national squad, bursting with so much talent and potential, then we should retain Mick McCarthy as Irish manager, and let him carry out his work in peace. The Football Association of Ireland on the other hand? Well, I wouldn't like to waste my breath on those cowboys for any longer.



Results of a survey conducted on UL Campus

scene after our failure to qualify for euro '96. Even before McCarthy's name was proposed for the stressful job, the Wimbledon manager at the time, Joe Kinnear, was given the approval for the vacancy. Want to know why he didn't take it? Well he was on a salary of approximately £500,000 per year with his premiership club. Whereas the F.A.I were offering a mouth-watering €100,000 per year. It's nice to see that the association are willing to pay for the best money can buy.

The thing that still baffles me is the fact that we performed so well at the World Cup in Asia during the summer, and yet a few months down the line, everybody has suddenly become intolerant of McCarthy and his achievements, when clearly as you can see, it is the F.A.I at fault.

Well, if the critics were to have their way, and McCarthy were to go, possible successors being mentioned include the likes of David



Mick McCarthy with the Irish team in Japan

Crisis in Northern Ireland

The recent event in Northern Ireland, and in particular in Stormont, where the Police Service of Northern Ireland (PSNI) raided the offices of Sinn Fein, and purportedly found evidence of Sinn Fein and the IRA engaging in an intelligence gathering operation has thrown the Northern Peace Process into disarray. Since then, on October the 14th the Power Sharing Executive was suspended, touching off a new crisis in Northern Ireland.

Many people see the suspension of the executive as a victory for those forces opposed to the Good Friday agreement. In any case, there is little doubt that much work is needed both to rebuild trust among members of both communities in the North, and to reinvigorate the Good Friday Agreement.

In contrast to previous editions of Both Sides Now the articles are not

diametrically opposed. They both express clearly differing opinion, but both also pose the question where now for the Peace Process.

An Focal would like to thank James Hoare and Babs for contributing these articles



Is this the end or beginning of peace?

by James Hoare

On Monday,October 14th, the Northern Ireland Secretary of State,Dr. John Reid,formerly dissolved the Power Sharing Executive.Mr. Reid was backed by all parties in Northern Ireland,apart from Sinn Fein, and also by the Irish,British and American governments in suspending the institutions.SDLP leader,Mark Durkan,said that although the power sharing assembly was being suspended,it was not a suspension



Tony Blair

of the Good-Friday Agreement

In a joint statement,An Taoiseach Bertie Ahern and Tony Blair explained that 'devolved government could not be made to work effectively in circumstances where there had been a breakdown of trust between those involved'.They added that they were 'saddened' at the suspension of the assembly,but remained'totally committed to the implementation of the Good-Friday Agreement.'For the assembly to be reinstated they said that 'it is now essential that the concerns about the commitment to exclusively democratic and non-violent means are removed.The time has come for people to clearly choose one track or the other.'

In response to the suspension of the assembly,Sinn Fein's Caoimhghín ó

CaoláinT.D. stated that "this is a very bad day for the peace process and the Good Friday Agreement.The suspension of the institutions by the British government represents a temporary success for the anti-Agreement unionists."Sinn Fein's President Gerry Adams M.P. said "Sinn Fein for our part will remain absolutely committed to this process and to the

“devolved government could not be made to work effectively in circumstances where there had been a breakdown of trust between those involved”

agreement.When unionism realises that it has to sort out the current crisis then we will be ready to once again engage with them to chart out a course to see the re-establishment of the political institutions and the full implementation of the Good-Friday Agreement.The agreement is the only basis to move forward on."

In a statement to the House of Commons, Dr. Reid said that direct rule must not simply be 'care and maintenance' and that his ministers would not duck the difficult issues.To assist Dr. Reid's two existing ministers,a further two Labour Party



Caoimhghín ó Caoláin

M.P.'s have been appointed to assist Dr. Reid in Belfast to take over and run the ten current ministerial portfolios until the reinstatement of the executive.Dr. Reid believes that there are three key tasks that he and his four ministers have to carry out "Decisive and good government in Northern Ireland,carrying forward the implementation of the Agreement and addressing the issues that underline the current impasse"

On Tuesday,October 15th,Sinn Fein's Caoimhghín ó Caoláin spoke in Leinster House about the current crisis.He stated that "the current crisis dates not from the raid on Sinn Fein's offices in Stormont but from the Ulster Unionist Council meeting of 21st September when the anti-Agreement forces in that party finally succeeded in having their

program adopted."He went on to say that "John Reid is suspending the institutions,for the fourth time,he has done the Ulster Unionists dirty work.He has slavishly played out their threat to bring down the executive if,as they demanded,my party was not excluded."

On Thursday,October 17th,Prime Minister Tony Blair made a passionate speech in Belfast in which he stressed that "the continued existence of the IRA as an active paramilitary organisation is now the best card those whom republicans call rejectionist unionists have in their hand."Mr. Blair bluntly stated that in return for an end to IRA and all paramilitary activity he would fully implement the Belfast Agreement. "remove the threat of violence and

the peace process is on an unstoppable path.That threat,no matter how damped down,is no longer reinforcing the peace process,it is actually destroying it."

Yet again it is crunch time for the IRA and Sinn Fein,as their next move could determine the long term future of the peace process.On the one hand the IRA,who have categorically stated that the war is over,could formally disband and reap the benefits of a fully implemented Good Friday agreement.But before they do that they have to ask themselves two questions.One:can they trust Tony Blair to keep his word and it is my opinion that they can because he wants a peaceful Northern Ireland just like anyone else. Two:how do they protect themselves against loyalist paramilitaries and the only answer to that is that all political parties and governments should insist that they follow in the footsteps

of the IRA and disband. The alternative to the disbandment of the IRA is that the executive may not be reinstated and then,in my opinion,it would only be a matter of time before violence broke out again.As an Irish person,I dream of the day when Northern and Southern Ireland are finally reunited.Although I do not disagree with the IRA,I believe that it is time for them to put their full weight behind the peace process,just like they did during the troubles,and then we can try to solve the Northern Ireland issue via peaceful means.

Northern Ireland in turmoil

by Babs

Two hundred armed police to raid one of the most secure locations in all of Northern Ireland; it's parliament buildings, particularly the Sinn Fein offices in those buildings. And all this at a time when Hugh Orde, the Chief Constable of the Police Service of Northern Ireland (PSNI,) is complaining about not having enough officers to keep the peace on the interfaces and trouble spots in that jurisdiction

A number of people were arrested as a result of that raid and the investigation surrounding it. Among those was Denis Donaldson, a senior member of the Sinn Fein political party. He has been charged, along with others, with using their offices to spy on confidential communiqués between Tony Blair, the British Prime Minister, and John Reid the Secretary of State for Northern Ireland.

As a result of this, the latest in a

already happened. This is being done in an effort to save face for the pro-agreement Unionist leadership.

Republicans are once again the centre of adverse attention in large sections of the media and are essentially being blamed for the current crisis. While in no way trying to claim that the Republican's are entirely blameless or that they have done everything in the best interests of the peace process at all times I am

concerned by recent events. It has been well documented by reputable journalists; Ed Moloney, Mary Holland and Marian McKeown to name a few, how active on the ground Republicans, both from Sinn Fein and the Provisional IRA, have been in trying to keep the peace. In fact at the interfaces in Belfast they have provided almost 24/7 cover in an effort to stop violence when it has occurred. Not always with great success but with genuine effort.

"In the spirit of the Good Friday Agreement Sinn Fein has used its influence with the IRA to keep the peace"



Stormont, home of the Northern Ireland Assembly

series of alleged incidents involving republicans, the Democratic Unionist Party, an anti-Good Friday agreement unionist party, have walked out of the power sharing Executive in the Northern Assembly. This act has put pressure on the Ulster Unionist Party, a pro-agreement unionist party, to look for the exclusion of Sinn Fein from the Executive or also to pull out to keep any credibility with the Unionist community for the up coming elections in Northern Ireland. Ipso facto crisis in the peace process!

At the time of writing the unofficial line is that the British government will suspend the devolved government of Northern Ireland and reintroduce direct rule, probably in conjunction with the Irish government, until at least May of next year. As you are reading this that has probably

Representatives for Sinn Fein have attempted to talk to members of the Unionist and Loyalists communities, with varying degrees of success, in an effort to defuse tensions.

In the spirit of the Good Friday Agreement Sinn Fein has used its influence with the IRA to keep the peace. They are showing political leadership in areas where trouble still flairs and they are competing with dissident republicans for the hearts and minds of the people on the ground who are being intimidated daily and whose lives are being directly affected by the violence. These are the people who have traditionally supported the violent opposition to British and Unionist rule. By and large those reputable



From L to R, Martin McGuinness, Martin Ferris & Gerry Adams

commentators have also reported on this.

Yet the hue and cry at present is based on IRA violence and military operations. The recent incidences, it is claimed, are evidence that the war is still on and that the Republicans on board with the peace process are being disingenuous. Let us examine those claims. Firstly is the war over? The realistic answer to that question has to be yes. In fact it has been yes since before the signing of the Good Friday Agreement. The ability of the PIRA or any underground military organisation, to carry out a guerrilla war is based on the support it receives on the ground in the areas that it operates.

Since the cease fire the majority of people in the nationalist community have experienced a new lease of life, for anyone under the age of 25 in 1994 it was the first taste of peace they had ever had. It is therefore extremely unlikely that a post cease-fire PIRA could expect the kind of support that it received before the cease-fire again. Obviously that such action by the authorities.

While this might seem to be a fairly loose argument on these pages it was the main concern of republicans in their discussions on whether to enter into a long-term peace process in the first place. The deciding factor came down to whether or not Republicans believed Sinn Fein could realise republican objectives through purely political means. The Sinn Fein leadership convinced the militarists that they could.

As to the second part of my question

are Sinn Fein being disingenuous? What is at stake here if Sinn Fein are caught out at being dishonest in this process? Worst-case scenario: the Peace Process collapses. If this happens the political wing of republicanism and its supporters loses its credibility and the militarists take over again.

Despite the fact that with out support they would probably be taken out within a relatively short period of time they would nonetheless attempt to rekindle the war. We would more than likely see a level of activity comparable to the failed IRA Border Campaign of the 50's, which petered out because of its lack of success and support. However the first casualty's of any such campaign would likely be the present political leadership of Sinn Fein and the current IRA Army Council for supporting the ideas they espoused. By this logic, it is their very lives that the leadership of Sinn Fein are gambling with for the Peace Process to succeed. Not just their political careers as can be said of others.

Is it likely then that Sinn Fein or the present leadership of the PIRA is acting in a way so as to threaten the success of the Peace Process? The answer to that I don't absolutely claim to know, but these are not stupid people despite all that one may think. They can't be; given who they are and what they have done, whether you agree with them or not, over the past 30 years. Just to have survived it indicates that. There are a lot of questions that are not being asked about what is happening in the North of Ireland at the moment and, frankly this writer for one believes that the right people aren't even being asked the questions that are.

Interview with Olwyn Enright

by James Hoare & Barry Walsh



The University of Limerick branch of Young Fine Gael was, last week, delighted to host Olwyn Enright TD, as she gave a speech on prominent issues in education in Ireland, particularly the proposed re-introduction of third-level fees, and the abysmal grants system that is currently on offer.

Olwyn was elected TD for the constituency of Laois-Offaly in May 2002, and she has since been appointed as Fine Gael Spokesperson for Education and Science by party leader Enda Kenny. Olwyn is the youngest female TD in the Dáil, and at the age of 28 she is well suited to addressing the concerns of the student body. Having qualified as a solicitor, she has decided to give up a potentially lucrative career in law for the more humble dedication to public service. As she says herself, she could have been a millionaire, but life is not all about money and she is optimistic about where her enjoyable new career will lead her.

Olwyn's father, Tom, was a leading TD for FG, who served Laois-Offaly for almost four decades. Despite the strong influence of her father, she

believes that she would always have become involved in politics at some level, as at a young age she was drawn to the policies of Garret Fitzgerald and also to the strong ideals of social justice which have always been strong in Fine Gael.

As Spokesperson on Education and Science, Olwyn has spoken passionately against the proposed re-introduction of third-level fees by the Fianna Fáil/Progressive Democrat Coalition. It is her strong belief that education at every level should be a right, and therefore it should be up to the Government to provide a free and proper education to all. "Students and college graduates are a vital part of our infrastructure and if we don't put the investment in, then the children of the future will be denied the possibility to reach their full potential" she says. It is her strong belief that "the government should be concentrating on bringing more disadvantaged children into third-level education, instead of concentrating totally on the issue of money and cutbacks"

She is concerned by recent trends of cutbacks by the Department of Education. Since the election in May, €36 million has been cut in spending, of which €6 million had been earmarked to help disadvantaged and disabled children get access to third level. In her speech, she also highlighted the need for urgent action to reform the grossly inadequate



Olwyn Enright in the University of Limerick

grant system, which is the lifeline for many students. When asked what her main priorities would be if she was appointed Minister for Education, she cited access for people with physical and mental disabilities to all levels of education as being the most important to her. She also stressed the urgent need for an improvement in the uptake of science subjects at both second and third level, in order to solve the serious shortfall of science graduates in Ireland, and to keep our economy at the cutting edge of technology.

Asked about the prospects of the Fine Gael party in the future, Olwyn was very optimistic. She pointed out that Fine Gael was the only party with

a TD under the age of thirty, and it has, in actual fact, got five T.D.s under 30. "This extremely young age-profile is providing a wealth of new ideas about the future growth of the party" she says. "Fine Gael is very well poised to pounce on the many failures of the FF/PD coalition, and we relish the challenges ahead". She is also adamant that Enda Kenny is the perfect man to lead the party at this time, saying "Enda is a very strong leader, and an excellent speaker who appreciates the importance of meeting with people and listening to their opinions" It is also her belief however that "Fine Gael is a team effort and backed by a strong and vibrant youth wing in Young Fine Gael, it has a great future

NOKIA
CONNECTING PEOPLE


CSS LTD
The phone repair people

● Free Nokia Mobile
phone repairs
repairs*

Opening hours Monday -
Thursday 9am-5pm

Located at the Nokia Desk in the
Students Union Office

● Are you having problems with
your mobile phone i.e. Dropping
calls, poor signal, powering off,
blank screen's, poor audio etc...

● Have your phone repaired on
Campus FREE OF CHARGE

● FREE Software upgrades

Tel: 087 6863333

Week 4 & Greek Week



Week 4 & Greek Week



The Stables Club AT THE UNIVERSITY OF LIMERICK

Week 6

Monday
The Extreme Sport Promotion
IN ASSOCIATION WITH COORS LIGHT
Music Soc Open Mic
Tuesday
Karaoke
Wednesday
BAND: Free Beer 9.30pm
Thursday
PaintBall Challenge
IN ASSOCIATION WITH HEINEKEN &
COMBATZONE
Friday
80's Night 9pm

KARAOKE
HAS
STARTED
@ THE
STABLES
CLUB!

CALL IN ON



FOOD COUNTER OPEN EACH DAY
FROM 8AM! BEGIN WITH A TOP-NOTCH
BREAKFAST AND CARRY THROUGH TO
AN EVENING MEAL BEFORE 7PM.
| 8AM-12 BREAKFAST | 12-3 LUNCH MENU



Week 7

Monday
The Extreme Sport Promotion
Music Soc Open Mic
Tuesday
Karaoke
Wednesday
BAND: Voodoo 9.30pm
Thursday
PaintBall Challenge
IN ASSOCIATION WITH HEINEKEN &
COMBATZONE
Noel McLoughlin 9pm
Friday
80's Night 9pm

T (061) 330139 - F (061) 330176

Arena Sports Club

The Arena Sports Club - THE Sports Venue

The Club features a Plasma Screen TV, and Big screen showing many sporting events. Our function room, equipped with Audio-Visual facilities is also available for group bookings. We have plenty of entertainment lined up for the year - check notice boards & posters for details.

We have recently launched our newest entertainment venture here at the **Arena Sports Club**. Our Open Mic sessions have proven a resounding success, with plenty of participants each night and an enjoyable night for all!

Should you decide to come down, please don't hesitate to bring an instrument or just sing. We guarantee that we will look after you - encouragement before & plenty of applause after!



COMPETITIONS AT

WEEK 6

Monday
The Greatest Music
Tuesday
Trad Session - All Welcome
Wednesday
'Open Mic' - Your opportunity to
dazzle - singing, comedy or
instruments
Thursday
Jamming with the Folk Club
Friday
Music Night
Sunday
Jamming & Trad Session

WEEK 7

Monday
The Greatest Music
Tuesday
Trad Session - All Welcome
Wednesday
'Open Mic' - Your opportunity to
dazzle - singing, comedy or
instruments
Thursday
Jamming with the Folk Club
Friday
Music Night
Sunday
Jamming & Trad Session

T: (061) 332760 | E: info@arenasportsclub.com

F: (061) 339641 | W: www.arenasportsclub.com

Tuesday Week 6: Murphy's Comedy Club**Scholar's Function Room****Dermot Carmody** →**Doors @ 8pm****Wednesday Week 6: Doc's Niteclub****Thursday Week 6: The Halloween Ball**

@

The Limerick Racecourse**Tuesday Week 6: Murphy's Comedy Club****Wednesday Week 7****Jean Monnet****ULSU ents +****ULartsoffice****featuring****Mundy****+****support****Doors @ 8pm****Tickets 10euro****Wednesday Week 7: Doc's****Thursday Week 7 : The Market****Upcoming Heineken Midweekers**

Every Second Wednesday in the Monnet

coming to UL.

wk 7,9

Mundy

The Frames+

(+ frames in concert hall, tickets on sale monday week 08)

YOUR WEEKLY NIGHTS OUT

wed @ Docs

thurs @ The Market

tickets 7/7.50 euro

including buses

UL arts office presents**AUTUMN FILM SEASON**

free film in the Monnet

every Monday @ 6:30

21st October - Sous La Sable

04 November - Tears Of The Black Tiger

THE MURPHY'S DOT COMEDY

Scholar's Function Room

Tues Wk. 6

Dermot Carmody

Tues Wk. 7

Ian Coppinger

Doors @ 8pm

Price - Come and find out

ALL TICKETS AVAILABLE FROM STUDENTS' UNION RECEPTION FROM THE MONDAY OF EACH WEEK @ 9AM

Harder Generation

by Timmy Hennessy

News:
Things in Limerick are starting to get more interesting by the week.

Gage is moving from its Friday night slot to Saturday nights, still in the Savoy, and still free b4 12 with the usual crew providing proper progressive. The move takes effect on the 2nd of November. See listings section for details of who's playing in November.

TechnoMonkeysAreGo! In the globe is now finished up.

And the major news in the city this month is that Kiss Fm is to return to the airwaves very, very soon. Its going to be back with a bigger reach than ever, and will of course feature all the best djs the city has to offer. Keep an ear tuned to 106fm for the next few weeks for more details.

One of Irelands rising Hard House superstars, Babydoll records Alan

Pullen has launched his own label, Class A Recordings. The first release from the label is due on November 4th, a double A-side affair with "Rippin'" and "Wound Up". Also look out for his new release on Babydoll, "Get The F*** Up" due on November 18th.

Listings:

Gage, The Savoy, Saturday nights.
Door: Free b4 12
2/11 -Shaq/Jon Greenwood/Kevin Cotter
9/11 -Dave Meehan/Nigel/Jay Callaghan
16/11 Jon Greenwood and guests
23/11 -Jay Callaghan/Jon Greenwood/Leonie
30/11 -Dave Meehan/Jon Greenwood/Shaq

Soul Clinic, Dolans, Thursday nights: Residents.

Audio, The Globe, Friday nights, Door: 8yoyos, 7 with flyer. Residents.

Top Of The Box!
Hard House - Compiled by Timmy Hennessy (Babydolly) in no particular order....

- Ali Wilson - Dirty Dancing [Freezing Point]
- Dj Meister - Can You Feel It (Steve Hill Code Mix) [Y2K]
- Alan Pullen - Rippin' [Class A]
- Steve Blake & Phill Reynolds - Phase 2 (Ilogik Mix) [Tripoli]
- Justin Bourne vs Dynamic Intervention - Save Our Souls [Stimulant]
- Ilogik & Bazooka Joe - Insomnicas (Mark Kavanagh vs Alan Pullen Mix) [Elasticman]
- A12 - Open Minder (BK Mix) [White]
- Andy Farley - Your Fear (Mark Richardson Mix) [Nukleuz]
- Alan Pullen - Get The F*** Up [Babydoll]
- Ewok - Supersound (Freak Mix) [Tidy 2]

Chart by Leonie (Lust, South, Springparty, Gage.....)

- Garbage - Breaking (Brother In Rhythm Therapy Dub)
- Greek feat Lesley - Strange World (Blackwash king Monkey Dub)
- Piliavin & Zimbaroo - Roots / Alcanzar (Honchos Music)
- Darko - Phased (Mechanis M Records)
- JB - Lazy Dayz (Fluid Records)
- Hybrid - Invisible Noise (Distinctive Breaks)
- Soul Driver - So Good (Hope Records)
- Mezz - No Way out (Technology Records)
- Indaba - Dark Light (Prolekult)
- Leone & Jon Greenwood - PF1

That's about it for this week, just to sum up keep scanning 106fm (you never know what you'll find), get your ass down to Gage on Saturday nights, Audio on Friday nights, Soul clinic on Thursday nights, and don't go to TechnoMonkeysAreGo anymore cos its not on. Be Good!

Josh Ritter in the Monnet

On Wednesday evening last the Jean Monnet theatre hosted the third in this semester's line up of Heineken Mid Week gigs. This week it was the turn of Josh Ritter to grace the lecture theatre supported by Mark Geary.

The last time Mark played in Limerick he supported Glen Hansard in Dolans. On that occasion the venue didn't really suit the music and Mark



Josh Ritter

failed to capture the crowds imagination. I am delighted to say that in the more reverential

atmosphere of the Monnet, Mark played a stunning set. Nervousness personified, Mark simply trembles on stage, he constantly looks as if he wants to run away and hide. In spite of this though he delivers a professional and ear pleasing set.

I have spent the last couple of days trying to figure out what kind of voice Mark pocesses, he manages to retain a guttural response while maintaining notes child sopranos would be proud of. His music has a nostalgic ring to it yet draws the audience in and keeps them enthralled. In songs such as "The Apron" and "Adam and Eve" Mark's guitar playing resonates with his vocal ability to render a heart warming and thoroughly bewitching performance, further endeared by his obvious gratitude to an audience which treat the songs with the attention they deserve.

As for Josh Ritter, music aside, it is hard to dislike this jovial American. I last saw him support "The Frames" at the Heineken Green Energy Festival in Cork and there whether playing to the crowd or not his performance seemed to take on a Dylanesque quality. While this is no bad thing, I was delighted to see that for this performance Josh has found his own



Josh Ritter

voice, and what a voice. Treating the audience to a barrage of songs from his latest album "Golden Age of Radio" Josh's lyrics have a not surprisingly American feel to them. If you crossed Dylan with Cohen and throw in an unassuming nature you might just end up with Josh. His lyrics are brilliant in their romance and accessibility and yet you leave wanting to say, "aw shucks".

Playing in front of 67 people it is hard to imagine an artist more pleased, Josh never seems to stop grinning, even when singing he seems to be the only one aware of the joke. Even

when a drunken fool with a bladder the size of a pea kept going from the front row to the toilet and finally tripped over himself on the way back Josh simply smiled serenely and remarked "this is brilliant" while singing "I'll catch you when you fall". His spoof apology for President Bush through song reminded me of Dennis Leary in its irreverence.

This is a man who seems to see the big picture, an American who gets it and is only too willing to let others into the joke. Even wondering "whether or not it is legal to marry your second cousin" prior to singing the single "Me and Jiggs" gives a fair idea of Josh's background and his simple outlook on life.

Josh's album has been described as near perfect in the media and that would be a fair estimation of this gig too. Don't forget Mundy in Week 7 and The Frames in late November.

Interview with Mundy

by Peter Burrows

So how does a boy from Birr Co. Offaly end up with a song on the soundtrack of a Bazz Luhrman film?

I suppose I was signed to Epic Records at the time and I heard that they were looking to put together this soundtrack for the Romeo and Juliet film. I was working with Dohnny Dee and we decided to submit a number of songs of which "Gin and Tonic Sky" and "To you I bestow" were two. They decided that "To you I bestow" best fitted with the emotion of the film. The rest is history as they say.

So how did the success of the soundtrack affect your life?

Well it kept me financially happy for a while. I was able to put food on the table and keep myself in clothes. I felt though that Epic handled the promotion of the single badly. They refused to rerelease the record. Unlike the Cardigan's "Lovefool" which was rereleased after the film and really got them noticed, they refused to release "To you I bestow" again.

Obviously this led to a souring of the relationship you had with Epic, they

eventually dropped you from the label. How exactly did that happen?

There were creative differences and I wouldn't bend over and take it. They wanted me to collaborate with different songwriters and I felt I was a good enough songwriter to work on my own. It's a cliché I know but we didn't see eye to eye and eventually they dropped me.

After being dropped by the label did you have a difficulty in getting your new album "24 star hotel" made?

Really it was made while I was signed to Epic. In that sense the album was written before I was dropped. Certainly I had difficulty making it, the creative differences I spoke about earlier were apparent. However once the label decided they didn't want me, this freed me to go in my own direction and do my own thing. Once that happened it was very easy to get the album released as I had decided to do it myself and I did.

After the albums success both commercially and critically do you feel vindicated, a sort of two fingers at Sony?

Not vindicated just happy. While I



Mundy

think they are bastards, I do realise that they helped me to make the record.

Can I quote you on that?

Sure you can say I think they are bastards, but again I realise that they helped me in getting the record made and once I decided to do it myself, there was nobody looking over my shoulder.

You have been touring extensively in the last 12 months to promote the record, do you ever find that difficult.

I love touring, I do the gigs I want to do myself. I am in London at the moment and when I decide to do a gig I can do it. There is nobody who

tells me to do this or to do that, I do what makes me happy and I really enjoy it.

You are going to play UL in two weeks time, are you looking forward to that gig? I can almost guarantee a bigger turn out this year.

No last year was good, I enjoyed it. Yeah I am looking forward to playing the university, there is a good atmosphere there, it should be a good gig.

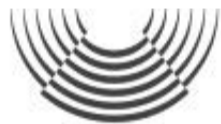
Finally as I was leaving home this morning one of my female flatmates shouted after me "tell Mundy I love him". You do seem to be a hit with your female fans, do you find this yourself?

Mmm [chuckles]. I don't mind it.

No nor would I, so what does the future hold.

Well I am in London working on a bunch of new songs. I guess the future is just to keep on rollin, keep getting the Mundy name noticed and to keep doing what I am doing.

Mundy plays the Jean Monnet on Wednesday of Week 7. Tickets on sale in the Student Union from Monday of that week.



UNIVERSITY
CONCERT HALL

Tom Jones & The Eagles ... well almost, University Concert Hall are delighted to present two fantastic tribute shows for all music lovers this November. The Musical Biography of Tom Jones will take place on Saturday 9th and Talon are back with their Best of the Eagles on Thursday 14th for two unforgettable evenings of music, song and dance.

Glen Leon has been stunning audiences around the world with his incredible voice for over the last decade and he will perform his explosive two-hour Tom Jones show in Limerick for one night only.

Glen is one of those rare gifted singers who has an amazing vocal range, which enables him to cover a vast array of material. From Sinatra to Lionel Richie, Tom Jones to Barry White, Glen delivers with such passion power and sheer raw energy, that he always leaves his audience

spellbound. Legendary Black Soul singer Mel Day will join Glen during this fantastic performance.

From What's new Pussycat, to Delilah, Kiss to It's not Unusual Glen Leon & The Explosive Reload Orchestra promise to have you clapping and dancing in the aisles. According to Tony Blackburn, Sky TV Glen Leon is "the closest voice you will ever hear to Tom Jones" - don't miss this show and remember ladies you can leave your hats on but the rest is up to you!

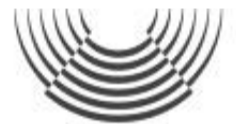
Do you remember the hot summer of '76 and the cool sounds of Hotel California playing down the radio? If that brings back pleasant memories you should not miss Talon present the Best of the Eagles in UCH on Thursday 14th November @ 8 p.m.

The legendary sounds of the Eagles are

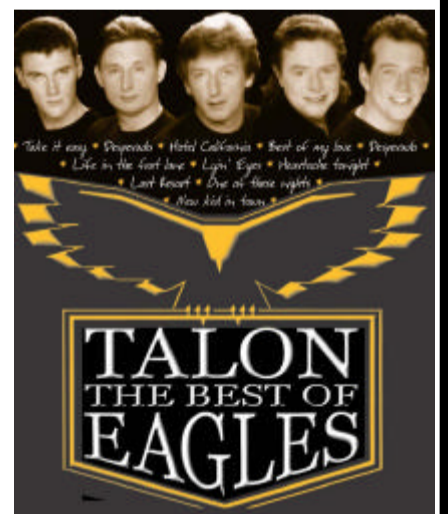
faithfully and brilliantly recreated by five of the most respected and talented men in the music industry today collectively known as Talon. Reproducing the rich vocal harmonies and timeless melodies and the greatest guitar solos in the world they are without doubt the Best of Eagles.

Talon are back in University Concert Hall for the fourth year due to public demand. Featuring such great everlasting hits of the Eagles including Take it Easy, Lyin'Eyes, Desperado, Hotel California, Heartache Tonight, New Kid in Town, Take it to the Limit, and so many more this is a show not to be missed.

The guitar playing, particularly on Hotel California, is so true to the original that to listen with closed eyes one could be forgiven for thinking you were back in the seventies in the presence of Glen Frey et al on a warm Californian evening.



UNIVERSITY
CONCERT HALL



Tickets for the Tom Jones & The Eagles tribute shows are available from the UCH Box Office on 061 331549. Further details on both shows are available on www.uch.ie. You have been warned!

The Living Room Project

by Emma Kennedy

What better way to get to know your neighbours (presuming prior knowledge of one's friends), than to invite them to a lunchtime dance performance at your place? On Tuesday last, 15th October Daghdha Dance Company performed their Living Room Project in Fiachra O'Luin's living room, 47, Dún an Oir. Playing host for the afternoon, Fiachra invited about 20 friends and neighbours to lunch with him. Events got underway at 12.30pm, when invited guests and lunchtime concert crashers were welcomed and converged on the house, more specifically, the kitchen.

Fiachra and his team of chefs laid on quiche, multi-coloured pepper salad, bean salad, soup, wine and other beverages, and plenty of it. In the absence of an unending supply of crockery and cutlery, those who came late had to find a plate or bowl, wash it, and help themselves to sustenance for the activities to follow. Just as the quiche and soup ran out, word worked its way from the living room to the kitchen that Yoshiko and her troop were ready and would like to begin the performance.

We were ushered into the living room. While the living room may be sufficient in size to cater for the six housemates and a few visitors at a time, I thought that fitting the audience of 20+ along with 5 performers would be problematic. Not at all. Space was limited after everyone fitted in, somewhat squashed, but comfortably cosy onto the couches, chairs, and floor, and in the doorway.

Yoshiko Chuma, a native of Japan set up and runs the Living Room Project, with Daghdha Dance Company.

Introducing herself and musical colleague for the afternoon, Hungarian classical cellist Ferenc Szucs, she told us her personal life story. She spoke of her early life in Japan, with her parents, of her love for performance and performing arts, not entirely accepted by professional family members. And then of her dynamic student years. The history lesson was fascinating, as were the views she shared.

Separating "the dancer from the dance" She continued, completely at ease with us in her surroundings and



confined space of the living room, and stepped sprightly onto the dance floor (Fiachra's living room floor) with some exaggerated and dramatic moves. It was an intimate performance, during which she involved some of the guests. These passive participants handled the unexpected nature of their performance well.

The routine Yoshiko danced was perfectly choreographed to the cello's music. Combining both contemporary dance and classical music, brings a whole new dimension to artistic entertainment.

Next, Lisa McLoughlin and Julie Lockett, of the Dance company took centre floor. Together and face-to-

face they first performed a synchronised routine, followed by individual movements solo. Yoshiko's desire for diversity was evident when she invited Maighread Nelligan, guitarist, singer-songwriter, and composer to perform. She played three of her own songs. I look forward to hearing more.

After the performance Yoshiko answered questions from the living room floor, from her enthusiastic audience.

I appreciate talent and views of all who are willing to share theirs. I would like to thank all those involved in the Living Room Project for such an enjoyable experience. Sustenance, for body, soul and sociable senses.

To find out more about Daghdha Dance Company, or about the next Living Room Project contact Patricia Moriarty, Arts Officer at the University.

UIL ARTS OFFICE AUTUMN FILM FESTIVAL

presents

MONDAY 4 November



STORM
Director : Clare Langan
TEARS OF THE BLACK TIGER
Director :Wisit Sasanatieng / Thailand / 1999 / 100 mins

Rumpoey and Dum first met as children. Rumpoey's wealthy family was evacuated from Bangkok during the Pacific war. Dum's father, Dua, a village chief, gave them a temporary home in the countryside of Supanburi. An intimacy soon developed between the headstrong city girl and the country boy. They develop a strong attachment to each other, and, nine years later, they meet again as students in Bangkok. Sammy Prescott (Laura Linney) lives a nice orderly life. She lives with her son in the small community where she has always lived and works in the local bank. She attends church, behaves respectfully, and even has a nice dependable boyfriend. Then, out of the blue, she receives a letter from her brother Terry (Mark Ruffalo), who she rarely sees, announcing his impending arrival which will lead to an upheaval of everything she is used to.

Kenneth Lonergan makes his directorial debut with this sensitive film, adapted from his own play. A quiet, gentle affair, "You Can Count on Me" covers the emotional gamut as run by all family members and does so with an intense honesty. All the performances are excellent, with the sibling relationship in particular portrayed with poignancy and style by the Oscar-nominated Linney and Ruffalo. This is one of those films where not much seems to happen apart from the passing of time, which makes for surprisingly enjoyable viewing.While in some cases this can fail to be memorable or pleasant, here it is a warming, worthwhile experience as the characters endear themselves to you with their unfailing humanity and fallibility. Humorous, gentle, and completely charming, this is a film that truly captures what family is about.
Reviewed by Ali Barclay / bbc.online21st March 2001

LIP SERVICE
Director : Paul Mercier
GEORGE WASHINGTON
Director : David Gordon Green / USA / 2000 / 90 mins

Set in a small town in North Carolina, George Washington is the story of a tight-knit multi-racial group of working-class kids caught in a tragic lie.After a twelve year old girl breaks up with her boyfriend for a sensitive, deeply introspective thirteen year old boy named George, a bizarre series of events and an innocent cover up launches their insular group on individual quests for redemption 14/11/01: It is no surprise that the appeal of George Washington has eluded some critics. One of the most interesting American independent films for some time, George Washington is an assured and very beautiful début feature by the young David Gordon. The captivating story of a group of (mainly black) children on the verge of adulthood, the film is an eloquent portrait of kids in a poor, rural town in North Carolina. During an innocent game one languid summer, an accidental killing finds the youngsters caught p in a tragic lie. Forced to confront a tangle of difficult choices, they struggle to be true to themselves and discover what it takes to be an American hero. Beautifully shot in wide-screen, Gordon's film is not another exercise in social realism. On the contrary, with its poetic voice-over commentary and carefully composed images, the film recalls the work of Terrence Malick. But, as Edward Lawrenson noted in Sight and Sound, the film "is more than a atatalogue of alluring pictures. Its lovingly fashioned lyricism approximates the wide-eyed sensibilities of its child protagonists. Eliciting understated, almost deadpan performances from his largely non-professional cast, Greendisplays an ear for the faltering rhythms of adolescent speech along with a remarkable empathy for his young characters."
IFC Programme

MONDAY 11 November



Clubs & Societies Events: Week6

MON	TUE	WED	THU	FRI	SAT/SUN
Games Society Role-Playing Games 19:45, EG006 including Dungeons & Dragons	Debating Union Weekly Debate 7:00, Scholars Function Room	Tennis Club Coaching, Tennis Courts 2-3 Beginners 3-4 Improved 4-5 Advanced Training 11-12:30 All Welcome	Games Society Computer Gaming (LAN) 19:00, Sufers Counter Strike/Quake		Soccer Club vs Waterford United Eircom U21 League Bowl, 2:00
Music Society “JET SOL” & Support 9:30, Stables	Games Society Role-Playing Games 19:00, EG006 including Whitewolf	Games Society Role-Playing Games 19:00, EG006 including Apocalypse	Role-Playing Games 18:00, EG006 including Vampire		
	Aeronautical Society Aerochallenge 7:30, SU Building	Athletics Club Table Quiz Scholars Function Room	Dance Society Irish Dancing Classes 6 - 7 Dromroe Village		
		Soccer Club Mens Soccer vs UCC National Universities League Pitch 1, 2:30 Ladies Soccer vs Sligo IT Womens Premier League 10 Acres, 2:30	Equestrian Club Table Quiz <i>Spot Prizes included</i> 9:30 Sports Bar		
		Music Society “Tremourguard” 9:30, Rumours Bar	Equestrian Club 35's Trials, Check noticeboard for times		
		Christian Union Irish Conference (Weekend Away)			
		Chess Club Chess In The Canteen 7 - 9, Main Canteen			

Clubs & Societies Events: Week7

MON	TUE	WED	THU	FRI	SAT/SUN
Dance Society Salsa Classes 8 - late, Scholars Function Room	Debating Union Weekly Debate 7:00, Scholars Function Room	Computer Society Quantum Computing 6:30, FB028	Dance Society Irish Dancing Classes 6 - 7 Dromroe Village		Windsurfing Club Weekend Away in Belmullet
Ogra Fianna Fail Table Quiz Stables		Chess Club Chess In The Canteen 7 - 9, Main Canteen			Soccer Club Ladies Freshers Intervaristy hosted by UL
Christian Union Mon 4th Bible Study - Identification, "Who is Jesus?"					Mens vs Kerry District 2:00, The Bowl
					Dance Society Salsa Weekend Bundoran 8th - 10th <i>Weekend of a lifetime - 24hours of dancing</i>

Clubs and Societies Budget Review

by Eamonn O'Flynn

As is normal, the annual budget review was carried out in week 2, semester 1. Some improvements were made to the budgeting software introduced last year, but we have not deviated from the principle of awarding money based on the points system. For those of you who are unfamiliar with this system; points are awarded to a club/society for performance in areas such as committee development, sponsorship, performance in competition, participation in clubs/societies administration and other events organised. Each of these areas is weighted, with the total points amounting to one hundred. A top scoring club or society would have to be competitive at international level, organise quality events that are well attended on a weekly basis, have a strong committee ensuring continuity and participate fully in the administration and decision making of clubs and societies.

The aim of the budget is to meet the shortfall in finance required by a club/society to run its annual events. As such we only allow certain things to be budgeted for, for example funding is not given for food or drink, we also don't give funding for t-shirts, hoodies etc. The budget provides for

travel, accommodation, affiliation and insurance and the purchasing and replacement of equipment. Equipment replacement allows for wear and tear only; if equipment is lost or damaged through negligence it cannot be budgeted for. Purchasing of equipment is a contentious area as some clubs are capital intensive, for example a new rowing boat could cost €20,000, which is almost 10% of the €211,000 budget, naturally new boats aren't purchased every year, but this is a problem area almost every year, as there is always one club in need of expensive equipment.

The aim of the points system is to provide an objective means of prioritising clubs and societies. The ethos being the better you run your club or society, the greater share of the budget is deserved. So here's what happens, if a club expects a shortfall of €20,000 and scores 90 points, they are provisionally awarded €18,000 (€20K x 0.90). At this point the executive will remove items that are not to be budgeted for, and examine the proposed budget to ensure that it has not been exaggerated and inflated; this is done using the clubs track record and end of year reports from the accounts department. Following this the provisional awards for all 70 clubs and societies are totalled, this year the total sought was €311,000. The budget available for this year is

€211,000 so every club/societies award is reduced by 33%, so in the example given the clubs' final award is €12,000.

For each and every club/society the executive compare the budget from the previous year with the end of year report. So a club can only receive money for a budgeted event, or else have to explain to the executive the reason for a change in plans. These are usually straightforward, for example a tournament may be cancelled due to inclement weather and so alternative arrangements must be made. There is the potential for a club to ask for an exaggerated amount of money in order to receive the amount they really need, there is however a number of checks in the system to prevent this and serious consequences if you are caught trying it, i.e. your entire budget is taken away and you cannot apply for a budget for two years. There has never been a case of this, mainly due to the fact that those involved in clubs and societies are a fantastic group of people.

The long and the short, Clubs and societies need €600,000, the budget is €211,000. Each year we raise about €300,000 in sponsorship from companies, events etc. which is very time consuming and after all that we are still going to be approximately €100,000 short this year. So what

does this mean, well in the past it has meant world-class rowers not competing at international level, because they had to buy a boat that year. Teams faced with exiting a competition because the money ran out or else they must carry the debt into next years budget and you don't have to be a whiz on the calculator to see where that ends up after two or three years. We are facing a particularly tough year this year, with a mini recession in prospect sponsors are pulling by the minute. The university has announced that money is scarce and departments are being told to tighten their belts across the board. If you think it can't get worse, you're wrong. We'd be fine if this was a crap University that lost everything we enter, but thankfully we're not. Our hurling team are national champions, we have world class rowers, the soccer club hasn't lost a game in ninety minutes for nearly two years, we're ranked in the top twenty debating Universities in the world, womens' hockey, kayaking.... You see where this is going. For each round of competition we win, we have to find the money to pay for the next round. If we can't find the money, after all the training, all the effort in raising sponsorship we are left with the prospect of going home and letting another college claim the honours. Something has to give.

Dance Society Review

by Lorcan MacCurtáin

The Dance Society celebrated Greek week 2002 with a memorable salsa night in the Function Room of the Scholars. In spite of the miserable weather, spirits were high on that Monday, with our Salsa teacher, Xavier Cauvin going through various moves for the first hour or so, then leaving us to our own devices to dance the night away. Our live band for the night, Salsa Brava, belted out the tunes in a boisterous manner. The Dance Society, however, would like to take the opportunity to apologise to those present on the night for the late appearance of the band, due to circumstances entirely outside of our control.

A draw was held at the end of the night, with the following people receiving prizes. Helen Schneider, Monika Steghoser, and Krispin Leydon winning tickets to see Sinéad O'Connor in the Concert Hall, Marvinna Fleming and Mielce

MacMahon won Dance Society Hoodies, Sclicitas Chen, Ekaterina and Oujdi Aziz all won Dance Society T-Shirts, while passes for the set dancing weekend in the Glentworth were won by Bebhinn Macmahon and Heather Turner.

Salsa classes will be held again on Monday, 4th November, in the Function Room of the Scholars. For those of you who were fascinated by the night during Greek week, you are more than welcome to come along and discover the Latin side to yourself! Irish classes with Breda Garrard recommence on Thursday, October 31st, at the earlier time of 6.00 in Dromroe Village Hall. Numbers have been pretty good for this class so far, and beginners are welcome to along, as for Salsa and Set Dancing.

Set Dancing classes take place monthly, and the next class will take place on Monday, 11th November, in the Function Room of the Scholars, with instructor Pat O'Connell putting



us through our paces. Students from the MA course in traditional Irish music will provide music for the night. Whilst our numbers were small for our last class, all involved had a most enjoyable night and hopefully the word will spread on the grapevine. Who knows, there may be plenty of students out there who want to relive the memories of summers spent in gaeilscoileanna!

Finally, we are offering our members the opportunity to travel to Bundoran for the salsa experience of a lifetime, on the weekend of the 8th to the 10th. This weekend is organised by Afrimania, a group driven by the spirit and inspiration of one of our former salsa teachers, Dr. Rumba, and it is a weekend that one will never forget, with a surprise and a twenty-four hour party taking place. The total cost of the weekend comes to €123, with the cost of travel being subsidised. Those interested in going to the weekend are more than welcome to contact the Dance Society at dance@csn.ul.ie, or if you have any general enquiries, feel free to drop us a line.

Christian Union

by Conal Watterson

Who on earth are we, what do we do?

Christian Union. You may or may not have heard of it, if you have heard of it, you are perhaps wondering what it is that we do. We are a group of people brought together by our common beliefs. Our regular meetings every Monday night (8PM, A1052) usually include a guest speaker, who takes a particular topic and discusses it. We look at relevant Bible passages as well as hearing personal experiences. Another main activity is praise and worship; we have musicians who play both modern worship songs and choruses, as well as some well-known traditional hymns. We also meet together to pray, and also to have fellowship afterwards. What we mean by fellowship (you possibly aren't familiar with the term) is just getting to know people who have something in common because of their faith. It's also about having a bit of craic in a wholesome way.

What do we believe?

There's the summary of what we do. Now you might be wondering, what do we believe? Well, we have people from all backgrounds not only from denominations such as Catholic, Protestant and Baptist but also from non-denominational Christian fellowships and backgrounds. Many are from different regions, countries

and cultures. People differ of course on various religious issues, but we hold to the important of people's personal faith and relationship with God through Jesus. Our doctrinal basis, a list of the basic Christian beliefs to which all Christians hold to, is printed on this page.

Irish Conference

This Thursday (30th October) or Friday for some, we are going to an event called Irish Conference. This is an annual event, run by our parent organisation IFES (International Fellowship of Evangelical Students) Ireland. It involves a few hundred Christian students from all over the country, North and South. We stay for a weekend conference consisting of praise and worship together, as well as teaching from a guest speaker. Also smaller groups study particular issues relating to Christian life. A major part of the weekend is spent getting to know other people of all sorts, who just like us, are Christians and students. Needless to say that many students in one space for a weekend is a phenomenal experience and the spiritual aspect to the weekend similarly makes an impact.

Other events during the semester

The two Monday nights of the 11th and 18th of October will be spent looking at a very topical issue: how being Christian affects our relationships. This has been run



previously and with great success. This is something that everyone struggles with at some stage and with Christians it is an area of concern for us. We will be having a guest speaker to go through this "Relationships Revolution" programme that has been run in Universities across Ireland and Britain.

Our particular "Investigation" for the year continues as we look at different aspects of the "Good News" as present in Mark's gospel. So far we've asked, "Why bother with Jesus?" and "What's Jesus' Diagnosis?" (What's wrong with us!), and will be looking at "Who Is Jesus?", "Why Was Jesus Killed?", "Evidence That Jesus Rose" (from the dead) and "What do we do now" (*next semester)

On December 2nd we will have a missions evening. Organisers of mission trips and past participants

will be speaking. Every summer students from Christian Unions in colleges around Ireland go abroad to do mission work. This consists of spreading God's word, helping others in less well off countries, or more usually, both. We have had members of our Christian Union go to Russia, Ukraine and Kenya in previous years. IFES is responsible for a number of programmes, notably the Ukrainian trip, which has become a great link between Christian Unions in Ireland and in those in Ukraine.

On December 9th we have a Carol service, we will have more details on this closer to the time.

We also have various other events planned for next semester, see the programme on this page.

Contact Details:

Website: www.csn.ul.ie/~cu

Email: ulcu@hotmail.com

IFES Website: www.ifesireland.org

IFES World: www.ifes.org

Irish Peace Society

by Amy Auer

It is disappointing and intolerable that our daily lives are bombarded with images and of hate, violence, and greed. It has gotten to the point where selfish behaviour is the norm and straying from this norm can be problematic. At what stage in history did offering someone a hug turn from an endearment to an offence? Whenever it was, it must have been a very sad day. Love, peace and happiness are concepts dreamt of by many, but practiced by few. Our individualistic society makes it difficult to envision a world without discrimination and injustice, but there are those who BELIEVE!! There is hope for a better place and brand new day. Every little step in the direction of civility and compassion brings us that much closer to a good and decent society.



To invigorate this restrained human character, the activist spirits of the Irish Peace Society brought a day of love to all of UL on Wednesday, the 23rd of October. In celebration of Greek Week, a Love-In was held in the courtyard near Scholars to raise money and awareness for the Doras Foundation. Doras is an organization for asylum seekers and

refugees in Limerick seeking citizenship in this fair land. Doras means "door," which symbolizes a welcoming entrance. The Irish Peace Society is proud to support those who are less fortunate, those searching for safety, security, and peace in a home away from home. Peace students could be seen and heard throughout the courtyard singing songs of love, banging on

tambourines and bongos, hugging students and staff, and strumming a few classic guitar tunes. Most importantly, lest we not forget, the steadfast bed vigil. The Love-In bed was sometimes occupied by two, other times by ten, it was essential to the theme of peace and its consistent occupancy illustrated loyalty and dedication to the cause. Irish weather did not deter the demonstration and the student response was outstanding. Laughter echoed the courtyard and love filled the air. It started with a vision, as all great projects do, and turned into a € 731.05 success!! Thank you to each and every UL contributor for opening your hearts, minds, and moneybags in the name of peace, love and citizenship.

If you are a fellow "dreamer," make a difference by joining the Irish Peace Society.

OPC - The Kilarney Trip

A splash of Finland, a pinch of France, a dash of Germany, and a few more mixed spices added to the main ingredient, Ireland; put into Killarney for 48 hours and you have a recipe that I call the "Outdoor Pursuits Club Weekend Trip"

In total there were 58 on the trip which to date is the most successful Killarney trip run by the O.P.C. with the bulk made up by Erasmus students. Our mission, as leaders to all the different nationalities and abilities was to guide them up Ireland's highest peak, Carrantoohill and of course the legendary Irish Craic.

We left U.L. at 9:30 on the Saturday morning with what seemed like the E.U's food mountain and arrived in Killarney at about 12:00. Pat Curtain drove us to the foot of the "Hillock" and so the ascent began in glorious weather. We successfully got 56 of

the trekkers onto the summit where we stopped for lunch in relative shelter, a rare for Carrantoohill. At the summit we broke the group in two according to ability. Some returned via Caher (ascended route) to the devil's punchbowl lake, while the rest did the ridge walk over to Benkeragh and back to the lake where we all descended together.

Pat's chariot awaited our return and brought us back to the hostel in Killarney town centre. Here we washed and ate before part deux of our mission; showing the Erasmus and the inexperienced Irish amongst us the Craic, the only way we know how.

Nothing said other than a few sore heads in the morning. Sunday was unwelcomed with a trio of choices, rock climbing at the Gap of Dunloe, hill-walking up purple mountain or shopping for the ladies. Many chose



the lesser of the 3 evils and went rock climbing which was really enjoyed by everyone under the rare blue skies of Kerry. The climbing over, the walkers back and the shopping done, we set sail from Kerry and voyaged back to rainy Limerick, which wasn't raining at the time.

From the feedback we received, everyone had a cracking weekend

and were keen to find out when the next club weekend trip is due. Well I can tell you all now that it will be on weekend 8, the 16th and 17th of November to Cliften in Co.Galway. More details to come!

Any questions or comments email to opc@csn.ul.ie
Check out our website at <http://www.csn.ul.ie/~opc/>

OPC - The Kayak Club

What a summer! After two weeks of slick Creekin' in the alps with the H2O Extreme crew and then 6 weeks of working at Birr O.E.C. (with some great stealth missions at Meelick and Curragower) it was time for myself and Jam McManus to head to the White Nile, Uganda.

Uganda a very cool place. Tropical climate, lush green foliage, rolling hills, blue skies everyday, stable government, easy transport and friendly people all add up make this a great place to have one of the worlds best stretches of white water. After the long flight to the capital Kampala we went straight to the Hostel and got in touch with the Adrift rafting company who kindly hooked us up with a special hire to get us to the river the next day, about 1.5. Hours East. This left us free to try to find a bank to change money and take in some of the city. I should point out though that there are a lot more



seconds in the Ugandan minute than in our own and though our directions told us twenty minutes down the road the bank had not materialized after two hours of walking! But at least we got to have the first of many Boda Boda races back! That night we went to sleep in anticipation of what lay ahead and Gecko lizards scratching the roof of our Banda.

The following day we threw our S8s on the roof of the special hire told James the driver that that dent was "sure to pop out in the sun" and we were off to the river. The scary driving tactics of Ugandans, fallen trees and monkeys jumping in the canopy punctuated the drive to Speke camp, where we had planned to stay. Speke camp is a campsite with Dormitory and Banda accommodation set right at the start of the full day run. There is a bar/restaurant and it is also an overland truck stop, which means there is a consistent stream of travelers coming through and the place always seems busy. Mick, the owner of Speke also owns the Equator rafting company and the campsite serves as its base. When we arrived we set up the tent and when that days trip came back we met the crew and arranged to go boating the next day. We then proceeded to have a few beverages in typical "Irish Male Abroad" style and the rest of the evening is a bit foggy though I think there was a drinking game called coinage involved which we lost very badly. The bottom line is the next morning we woke up in the tent and the

sandals were off. The banter in general is great out at the Nile; there are three rafting companies on the river and two overland truck stops (both with bars) so there is always a crowd around. There are also the bright lights of Kampala to sample and since it's the home base for Adrift Rafting and a group of young Ex-Pats it's called the "Dark side". Just go to Als Bar on a Friday night and you'll see why. The next day dawned in a haze of unanswered questions as we stumbled to find our assorted pieces of kit. With kit found and bottles of water begged, borrowed and stolen we took our first shaky strokes on the White Nile. Here's what we found.....

THE RIVER

The White Nile flows north from Lake Victoria through Uganda forming the basis for all kinds of life in East Africa but more importantly for myself and Jam it forms some of the sickest whitewater on the planet! The river is controlled by the dam at Jinja and it releases every day so the river is pretty much the same all year round, give or take a little so there isn't really a season, or maybe just a really long one. The rapids are big volume and most have very flat pools below them swimmers/kit are easily picked up. The water is warm and there is no gorge to contend with. Its possible to literally get up, roll down the hill, fall into your boat and start surfing a wave in the one movement The full day rafting trip takes in some really great rapids and waves though not necessarily the best ones and

certainly not the scariest examples of what the Nile has to offer. There are however some pretty big pools and the great scenery and wildlife that was depicted in Wicked Liquid 2. The other great feature of paddling on the Nile is the local people who live along the banks and take time out from washing clothes and fishing to greet you as you pass.

CHEERS AND BEERS

Thanks to Rough Stuff and Outdoor Adventure Store for the all the support and great toys! Other Club Stuff Well as you all should know by now Greek week is on next week, which means UL Descent time of course! Just a quick reminder that the descent takes place on Saturday 26th , end of week 5. Starting 1pm from O' Brien's Bridge ending at the Rowing Club Boathouse, roughly 6 miles later. Prizes for each category. Hope to see you there!

And of course before all that happens we're off to Lahinch this weekend to do some surfing and have a bit of craic. So if you haven't signed up for the weekend yet call to the pool tonight between 21.50 and 23.00 and you might be lucky enough to come along. Trip cost is EUR35 including food, transport and paddling gear and of course the promise of a fun-filled weekend!

Games Society Take on evil monkeys

The Games society took to the stables courtyard for Greek week, running two competitions for UL students

Monkey target was a test of game playing skill as people competed on the Monkey Target video game we set up in the courtyard. Particularly stubborn players spent up to 4 euro attempting to get the coveted high score and win the King Kong model that was generously supplied by Hollywood empire. Eventually second year James Moloney scored the highest score on the three-day competition racking up an impressive 420 points. Friends of the winner said, " he's really happy, now he has a big monkey just like all the other boys"

The second competition was Funky

Monkey, the aim of which was to hunt down and capture the posters of Monkeys that had been let loose on campus

Valliant monkey hunters returned the wayward Spider monkeys, orang-utans and gorillas, some a little worse off from spankings received in the course of being captured.

Eventually the lucky winner of the three wise monkeys woodcarving was first year Aoife ní Shíulheabhain, who is reportedly asking Clubs and Soc stalwart Ella Daly for monkey spanking advice.

The next big event for the Games society is our Paintballing trip where we plan to take 40 members for a 3-hour game on the Saturday of week 8. Anyone who is interested,



members and non-members alike, contact the society at ulgsoc@skynet.ie

Until next time
The Lord of cheese
PRO
UL Games society

U.L.H.S. Professions of the Past - Part Deux

'A lie gets halfway around the world before the truth gets the chance to get its pants on' - Winston Churchill

One might say the history society have been conspicuous by their absence in the student metropolis so far this semester. Well we announced our arrival in dramatic circumstances with the second instalment of 'Professions of the Past' last Thursday during Greek Week. On behalf of the society, I apologise for the dearth of lectures thus far, but with our banner event now done and dusted. Normal service will resume next week of which I will refer to later in this article.

It was with a certain level of collective trepidation that we approached the 'Professions of the Past' project this year. The original version under the auspices of Katherine Harford in 2001 was a resounding success and indeed won the society event of the year. Yet in true Kevin Costner fashion the ball was set rolling again for yet another categorical triumph, which all involved should rightly be proud of. 'Build it and they will come' Field of Dreams.

After an hours manoeuvring and cavorting in the stables courtyard, 'Professions of the Past' was declared officially open at 11a.m. In a circular fashion, the passing public were treated to displays by a tinsmith, herbalist, dry stone waller, blacksmith, seed saver and rustic constructor amongst others. A motley crew you could say. Primary school children from the surrounding area were invited and duly entertained with demonstrations on trades in existence for hundred of years. What was even more rewarding for U.L.H.S. was the sight of several U.L. incumbents stopping for more than a

cursory glance at the skilled craftsmanship on view.

The star of the show in the eyes of many passers by had to be Peter Collins. Before you start bombarding the e-mail address with requests for Peter's contact details I of course mean Peter Collins the blacksmith rather than his much lusted after namesake on radio. Complete with blazing furnace and vice holder, Peter displayed his innate ability to transform an unassuming piece of iron into items such as pokers, chisels, handles and a debarking implement, which I must admit I'd mistaken for a dehorner. (Answers on a postcard!) With no gloves or face guard for protection this particular individual was very much of the 'old school' variety.

Frank Bouchier, a garden manager and seed saver in Scarriff County Clare is a strong believer in genetic biodiversity. To the uninitiated, (I was just as confused) this is the act of food saving in the form of maintaining rare seed varieties. In the modern era, the growth of contemporary farming practices has lead to increased mono cropping leaving many fields overly reliant on chemicals for survival. The historical relevance? Well it has been traditional in this country for centuries to maintain ones source of nutrition in the back yard. The convenience of the supermarket may well be critically reducing the variety of the seed population here in Ireland.

Amongst my other acquaintances on the day were Bob Wilson the dry stone waller amongst the guild. He described his trade in such terms 'like a jigsaw, if its put together right it won't fall'. Kas Clarke, the herbalist,

spoke of the danger to her craft in the form of an upcoming EU directive in April 2003 enforcing a costly license on the age-old art of natural medicine. (This maybe an issue EnviroSoc would like to delve into and if so we have some information) The concoction of hawthorn berries to correct an irregular heartbeat was one of the organic cures on show. The right order for a typical night on the tiles in the Lodge if you ask me!

All the trade's people I conversed with were adept at conveying their keenness for the general fields they were involved in. This general goodwill filtered down to the audience- both young and relatively young. There were genuine expressions of awe to be seen on the

faces of even the most lecture weary students going to and from our daily grind (as if!!).

I would like to take this opportunity to thank the following people who made this eminently worthwhile venture possible. The Greek week committee containing John Hickey, Elleanor O'Faolain, Alan Higgins and most of all the 'commander-in-chief' Emma Stafford without whom this event would not have been possible. A big thanks also to the U.L. Arts Officer, Patricia Moriarty, who helped greatly in the sourcing of trades people for the event. With what is essentially a wholly new committee since 'Professions of the Past - the original', it makes the success of part deux all the more note-worthy.

The Law Society

This year has seen the setting up of many a new course, friendship and even a club or two. We are the new and improved Law Society !! due to the fact that I am only a baby I am unable to remember the last Law Society but this one is full of folk, simply bursting and bulging with ideas. Have you ever wondered why Ally McBeal has to wear such teeny, tiny skirts? Or perhaps why some small time criminals spend more time in jail than the rapists and murders? Or what the bloody hell is the difference between a solicitor, a lawyer and a barrister? Now you can find out. We hope to organise moot trials(fake trials where we get to act as judge, jury and court clerk), talks from those in the business about what exactly(if anything) we can do after all this learning and the piece de resistance will be the Law Ball where there will be drinking, dining, drinking and dancing and more drinking if you want !! all you budding lawheads, do watch out for all the posters regarding future eeting as we need all the members we can get - you will make us or break us !!

Soccer Club Report

Week 6 is set to be a very busy one for the club.

Fresh off our 3-2 win Away to NUIG in the Universities League Cup, ULFC Senior Mens Team host UCC looking to make it 3 wins over our Cork Rivals in a row. Our goalscorers in Galway were Mark Holland, Tommy Cooper and Eddie O'Brien. Team Manager Paddy Gunnig was happy to come away with 3 points, especially as we were 2-0 down at one point.

Wednesday also sees our Ladies Munster/Connaught Regional Team compete in their first match EVER!! ULFC host Sligo IT at 2.30pm on Maguires. The success of the Ladies team last season have attracted a lot of new players for the Management duo of Eoin Killackey and Derry Vaughan to facilitate, and so the Regional League team was created. The team will consist mostly of First Years and all players will be looking to make Killackeys 18 for the trip to

Ulster for the Intervarsities. Derry Vaughan had this to say " This season, we have a bunch of girls who came to the squad with a level of skills already in place. It makes things a lot easier for us to coach them and I think they will do really well, and do more than hold their own. They may cause a few surprises in the Challenge Cup as well".

Our Ladies Seniors also host Sligo IT at 2.30pm. Last season, only goal difference seperated these two teams in the Premier League, with UL coming out on top and claiming our first League Championship in 7 seasons. There have been some very useful additions to the squad and at last there is credible competition for places as Team Captain Louise Henchy confirms " Before it was a case whereby the team pretty much picked itself, but we are now in a situation where 6 changes could be made to the line-up and we would still not to

weakened. It keeps everyone on their toes as we are all deperate to replicate last seasons achievements, and hopefully go one better and win the Intervarsity in Ulster." Sligo IT drew with CIT 2-2 in Sligo in their League opener and will be looking to avenge the 6-0 defeat they suffered in Limerick last season. "When we beat them 6-0, we knew we had a great chance to win the league", adds Julie Kirwan " Everything clicked and we wanted the win badly. We know it won't be the same this time around, but if we get the chance, we will do it again."

The 35's Trophy is also set to take place this week and our Freshers Men will be looking to beat DCU in their first competitive match of the season. Steve Enright and Mark Holland have worked very hard to get the Freshers ready and will hope to kick off their season with a win.

Saturday November the 9th sees ULFC host the Ladies Freshers

Intervarsities. This is a 7-a-Side Tournament which UL won last season. All of our players who have not represented a College at Senior Intervarsities level are eligible to play in this tournament. This year, our first team will be captained by 1st Year PE student, Michelle Ryan - "It will be hard to copy what Donna, Patrice & Co. did last season, but we have been working very hard and consider the FReshers a Trophy worth winning. What we'd like to see most is an all UL final, but we'll have to wait and see". UL would like to extend a warm welcome to all visiting 3rd Level Institutes, including Queens, CIT, Sligo & UCC.

All Soccer queries will be dealt with by emailing 9942203@student.ul.ie

Roller Hockey Club report

Run out of excuses for hand-outs? Have you exhausted the "I need new books" line? Fear not for help is at hand! Look no further than our new and improved Roller Hockey team, a club who will supply you with viable reasons for money squandering, whatever the time!!! Thanks to our new and improved(but questionable) Treasurer, Andrew Shanaghy, we can now tamper with our accounts and charge you an outrageous €50 for membership, leaving you with a net profit of €45 euro to blow. It's a no lose situation. Your parents will never expect it!!

Of course there are other reasons you will want to join our club. From the male perspective, you can enthral your friends with blood gripping stories of barbarous, death-defying clashes against giants of men, a sport that only the chosen ones could endure. For the ladies, as a result of vague rules, we get to enjoy flooring those delusional, pre-pubescent langers, who think all the girls should be doing is cutting oranges.

Training times are Mondays and Thursdays at 5.15 outside the Paddocks, where our resident driver, Ger(who is overcoming and addiction to nail polish remover), takes us off to the Crescent gym, where, on your

way, you will be treated to a scenic drive through the beautiful Roxboro. Experience the real Ireland, sh*t in your pants style - it's a must for all Erasmus students!! Newly organised is shooting practise in the old gym at 7pm Thursdays, thanks to Dan, Mattie and Mike, who will be lending us their vast expertise in scoring!!

Outings are a given with us, and last weekend saw the first of many visits to the promised land of Cork. The reigning Munster champions, the Celtic Wolves, had their work cut out for them Saturday, thanks to the international efforts of Dan and Liang, who blazed around the court like hormones on acid. But despite their valiant efforts, the UL Lions succumbed to a 7-6 defeat. But ha, ha, nobody expects the Spanish Inquisition. Our saviour, in the form of a sexy Mediterranean named Rubens, scored an inspirational 5 goals in a fearsome scurry against the UCC Cannibals, final score, 10-7. In an attempt to sustain our good luck, we ditched the goalie on loan for the chairperson, Conor, resulting in a 7-0 battering against the Cork Rebels, just showing that even the most talentless amongst us will be given a chance. Thankfully, our newly acquired goalie, Cornelius(of Indian origin, meaning "Without fear"), is

willing and able to throw himself in the line of fire and sustain all head injuries coming his way, so things are looking up!! Also new on the team is the first UL Lions' cheerleader, Joseph Trautmann, whose comes fully equipped with luscious lion or kinky tutu outfit. Give it up for Joe!!

But the fun doesn't end there. Our 100 member club is currently organising their own tournament here in Limerick, inviting all national clubs and international teams such as Manchester and Edinburgh for a bit of action. A Dublin weekend is also on the cards, involving a trip to the ramp n' rail park for the show offs. And if we're really really good, we get to go to a pro ice hockey game in Belfast, before squandering the benefits of our hard work in the pub. Which brings me to our most important issue: fundraising. We are in need of cash, so watch out for events such as poker night, the inevitable Slodge night, a sponsored leg/bikini wax and much more. Please give generously people; our Canadian members are hairy men so we'll need a lot of wax!!

For potential new members, try it for one night and we'll guarantee you fun. For current members who are not showing up for training, we know where you live. Be afraid.

For more info, check us out on <http://www.csn.ul.ie/~ulils/> , or mail us at andrewshanaghy@yahoo.co.uk.

Want to come golfing???
Join the U.L Golf Club!!
Great Courses, Great Prizes, Great Fun
All welcome, from beginners to Pros



Just come along to the C1059 to sign up and to hear about our next outing.

When: Thursday week 6 at 6pm
Where : C1059

See you then!!

Formula 1 Society

Kilcornan Karting Event 2002, Wednesday 23 October

The UL F1soc had their first event of the year during Greek Week, on Wednesday 23 October. The event was held in the fabulous outdoor karting centre based just outside Limerick City, at the Kilcornan Karting Centre. The track is just under half a mile long, and is well distinguished amongst the Irish karting circuit. And it has staged the All-Ireland Finals on numerous occasions. For the engineers amongst you, the karts were twin-engine Pro-Karts; two Honda 5.5hp Engines enable them to reach a top speed of 48 MPH.

The bus picked up the seventeen of us at 14:00 from the university and we set out on our karting trip. As the bus pulled up to the karting complex, the Limerick weather hit, and it poured rain, and hail too. Although this didn't delay us, we got kitted out, given the brief on the circuit and the karts, and then divided into groups of eight and nine for our warm-up laps. Padraigh Hickey was first into the

karts and his infamous first words: "Where's the seatbelt". As the first nine set out for their warm-up laps the rain struck again, which made for a very interesting race day. The circuit was wet which made cornering and using the break a bit difficult, and spinning was inevitable. But this all helped the enjoyment of the day, as the races were unpredictable.

The karting was very well organised and everybody had at least four sessions on the track, which consisted of 5 laps each. Points were awarded depending on your finishing position from each session, so over taking was encouraged! There were then two semi-finals and the grand final. After which the prizes were presented.

The winner of the event was Patrick Keating, in second place was Raymond Hunt and in third position was Joe Triggs. Trophies were presented, and Patrick was presented with a bottle of champagne for his efforts.



Justine Clare was best of the ladies, slow and steady, and she won the wooden-spoon award for her efforts. Although she was the only female at the event, so I would like to see more ladies at future events, and hopefully a male versus female challenge in the future.

I want to take this opportunity to thank all the members of F1soc who were involved in the event for their hospitality and cooperation throughout the day. I also wish to thank Mike and the lads at Kilcornan Karting for looking after us during the

event.

In relation to future events, there is another karting event planned for December, which looks like being an intervarsity with UCD in Dublin, there will also be a fundraising table quiz and PlayStation event during November. We will keep you posted on these events.

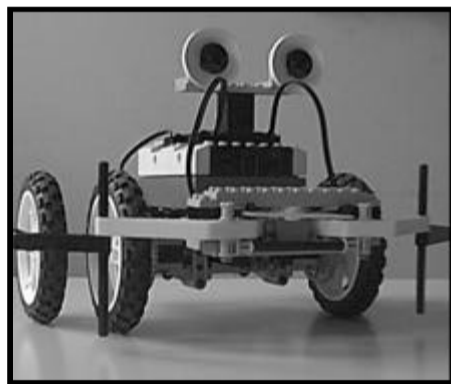
For more information on the UL Formula One Society, F1soc please contact us via email: 0044512@student.ul.ie and our web site: <http://www.csn.ul.ie/~f1soc/>

Lego Society

LEGOSOC: Yes, we do exist!

So, you used to play with LEGO when you were small, eh? So you have loads of old LEGO lying around your house or up in your attic? So you think that LEGO is the best thing in the world, EVER? Lucky for all of you people, there is a brand spanking new society on campus. It's LEGOSOC, the LEGO society, and it's fantastic. Whether you're a hardcore technic and robotics enthusiast, have visions of making LEGO models of every single fountain and building on campus or just like fiddling around with the stuff, the LEGO society is the society for you. We have just finished running two moderately successful LEGO drives, where we signed up lots of new members and managed to acquire a moderate amount of LEGO. We still need more though, so if you want to go out and buy us some shiny new LEGO, that's cool. Or else dig around in your attic for a while and bring us in a couple of blocks or a whole bagful. We won't mind either way. You can either email us, bring it to a meeting, or drop it into the clubs and societies office.

We're in the process of organising lots of events too, which will be taking place over the course of the year. There will be talks for all you engineering and robotics enthusiasts, competitions, exhibitions and loads and loads of fun. Who knows, one day we may even get to LEGOLand.



Until then, though, we're having meetings every Tuesday from 7pm in BM015 (it's hard to find, just go to the BM corridor, find the glass door halfway along and follow your nose- and the signs). Come along, and bring us some LEGO, if you can bear to part with it. contact us: legosoc@skynet.ie

University of limerick ? DRAMASOC.

DRAMASOC. MASCOT COMPETITION

Hello Everybody,

I have something very interesting to talk about this week. The Drama society has decided to run an unusual competition, which you are all invited to enter. We are currently looking for a new mascot for the society, which we want to use to advertise ourselves. What we are looking for is any creative ideas, all ideas will be considered but what we would be looking for is some sort of animated caricature. The closing date for entries will be the Tuesday the 5th of November. All entries can be dropped into the competition box in the clubs and societies office on the first floor of the Students Union building. When you submit your entry please include your full name and your ID number on the reverse of the entry. The prize for the winning entry will be a pair of tickets to go see "Guys and Dolls" and also to see the "Cripple of Inismann" kindly sponsored by the University Concert Hall. The winning entry and the winners name will be published in the next issue of an focal. Once the winning entry has been selected by the Dramasoc committee the logo/caricature will become the sole property of the Drama Society for its own use in advertising and any other use it deems fit. Now that that legal rubbish is out of the way I hope ye come up with some really creative ideas and I wish you and your entries the best of luck

Campus News

by Valerie Gunning

LODGE-GOER SEARCHES FOR MR. RIGHT, SETTLES FOR MR. ALMOST RIGHT

Third year Susan Fitzpatrick had declared herself "satisfied" with her new boyfriend, after an exhaustive search for Mr. Right proved unsuccessful. "I came to U.L. looking for the man of my dreams, someone who would sweep me off my feet and surpass my wildest expectations," she said yesterday afternoon, before shrugging and adding, "ah well".

Miss Fitzpatrick has decided to requite the love of classmate Barry Connolly, whom she confirmed "has had a crush on me since first year". "After another unproductive night scouring the talent of the Lodge I thought 'what the heck, he'll do'," explained Miss Fitzpatrick. "I was tired of fending him off."

Mr. Almost Right was absolutely delighted with developments. "I knew that once she saw the kind of guy I really was, she wouldn't be able to resist me," said an ecstatic Mr. Connolly. "I always thought of our relationship as being similar to that song, 'Uptown Girl'. She was out of my reach for so long but now she realises who I am deep down, how we're meant for each other for all time."

"A few months at the most," is how long Miss Fitzpatrick expects the new relationship to last for. "We're all idealistic and full of hope when we start college, aren't we? One of life's major lessons is that things are never going to turn out as well as we thought they would when we were thirteen. I could waste my life waiting for the perfect guy to come along, but it's never going to happen. Some of our dreams are never going to come true."

"All of my dreams have come true," enthused Mr. Connolly. "She is more than I could have ever expected and hoped for. I'm so happy. We're so in love."

"I mean it's not as if we're in love, is it?! Perhaps Mr. Right is still out there somewhere," philosophised Susan, "but at least I can have a laugh while I look for him. And if my Prince Charming never shows up, well, I'm sure there'll be a Prince Quite-Charming only too eager to love me."

STUDENTS SUSPECTED OF "DARING" TRAFFIC CONE THEFT

A citywide manhunt has been launched following the disappearance of a traffic cone from the Hurlers area late last Thursday. Gardaí have warned students of a "criminal mastermind" in their midst.

"All the evidence suggests that this was a truly daring criminal act," stated Garda Muldowney who is leading the investigation. "Eye-witnesses have said that a group of white males emerged from the Hurlers at about 23.35 hours, pausing nearby for approximately 13.68 minutes" explained Garda Muldowney. "They then executed what was clearly a well-planned act of criminal audacity. One of the group edged up to the traffic cone and picked it up without hesitation. He was later seen 'legging it' through Elm Park".

"We believe this act of great cunning was the work of a clever, cocky and tightly organised criminal group" Garda Muldowney informed 'An Focal'. "Witnesses state that the cone thief donned the stolen object like 'a big witch's hat' and also used it as a makeshift megaphone while shouting the words 'abuse' and 'serious abuse' at passers-by". "Such incredible courage to attempt a snubbing of authority in this manner is almost unbelievable. These are the bravest villains I've ever come across," added the experienced law-enforcer, shaking his head in disbelief.

Despite having to try and track down such brilliant criminal minds the Gardaí remain confident of bringing the perpetrators to justice. They are following up a number of leads from evidence found at the scene of the cone-napping. First to arrive at the aftermath was Garda Maguire. He said: "I discovered the gang's distinctive calling card, a pool of vomit". Similar lakes of stomach contents have been found at previous examples of the crime suggesting this is a group of serial offenders.

The Gardaí have also issued the description of a man who they believe can help them with their inquiries. He is said to be 6'2" with a "glazed expression".

Garda Muldowney also issued a plea for anyone with information to come forward. "If anyone has seen anything suspicious recently, such as a traffic cone suddenly appearing in the sitting room of their friends student house then please give us a ring," he pleaded. "These people are a danger to society and must be caught. It may not be long before they move onto even bigger crimes such as turning road signs in the wrong direction".

Your Stars

by Mystic Meg

Aries: (March 21—April 19)
People generally get the sort of government they deserve, which is why the nation's biggest assholes cast write-in votes for you in the upcoming election.

Taurus: (April. 20—May 20)
You will be the first one put up against the wall in next week's bloody revolution in skin care.

Gemini: (May 21—June 21)
For the last time: Yes, there is a parasitic life form growing in some sort of pod deep inside your body, but this is perfectly normal for a pregnant woman.

Cancer: (June 22—July 22)
The gods, in their jealous wrath, will command you to perform the labors of Hercules next week, but it turns out to be a snap with the aid of modern technology.

Leo: (July 23—Aug. 22)
People the world over will be transfixed by your new signature dance, the Oh My God, Get It Off Me, Sweet Jesus, It Burns.

Virgo: (Aug. 23—Sept. 22)
You will almost become a hero next Friday when you nearly push an old lady out of the way of a speeding bus.

Libra: (Sept. 23—Oct. 23)
Remember: Doing the right thing is nowhere near as important as whether others think you're cool.

Scorpio: (Oct. 24—Nov. 21)
You won't be too worried about the buildup of trinitrotolulene in your system, until you figure out it's the scientific term for dynamite.

Sagittarius: (Nov. 22—Dec. 21)
Being an animated skeleton wouldn't be all that bad if it weren't for the incessant xylophone music

Capricorn: (Dec. 22—Jan. 19)
Thursday will usher in a new era of love and prosperity for Capricorn, which is only fair considering what happens Friday.

Aquarius: (Jan. 20—Feb. 18)
You will seek the ancient wisdom of a witch doctor, but you'll have no idea what he means by "Ooh Eee Ooh Ah-Ah Ting-Tang Walla-Walla Bing-Bang."

Pisces: (Feb. 19—March 20)
You will belatedly realize you've become part of the problem when you board a train that leaves Philadelphia at noon traveling 45 miles an hour.

An Focal Contributors

Editor
Paddy Buckley

Writers
Clare Shaughnessy
Laura Greer
Peter Burrows
Anthony Kirpatrick
Timmy Hennesy
Patricia Moriarty
Valerie Gunning
Clare O'Brien
Gemma Nolan
Eoin OBroin
Margaret Ryan
Grainne Heffron
Mary Sweeney

James Hoare
Mairghhead Neligan
Ruth Bagnall
Luke Curley
James Fitzgerald
Barry Mc Mackin
Amy Judge

Photographs
UL Photographic Society
Eoin Stephenson
Patricia Moriarty
Daghdha Dance
The Internet

continued from frontpage
Information about ongoing campaigns against Nestle, Cellafield and Nuclear Refuelling at Shannon was distributed. The Peace Society also proved a hit as they were also selling hugs for 50 cents in aid of Doras, a homeless Organisation.

Between Soccer Challenges, Plays, films, bands, debates, Sinead O'Connor, and the Greek Week Ball in Docs...Greek Week had it all and the packed itinerary was said Julie Comer, 4th Year Public Administration, "a credit to all

involved. It was really great to see so many things going on throughout the week"

ULSU Welfare Officer Grainne Heffron said, "I think it was a great week and it was brilliant to see all the clubs and societies chipping in. It was a continuation of last years success and next year it will even bigger and better."

HELP NUMBERS Mentioned in Article

- Action Breast Cancer - 01 2310 500
- Cura - 1850 622 626 - Limerick 061 318 207 - www.cura.ie
- Gay Men's Outreach - 061 314 354
- Irish Cervical Screening Programme - 1850 252 600 - www.icsp.ie
- Meningitis Research Foundation - 189041 33 44 - www.meningitis.org
- Rainbow Support Services - 061 468 611
- Red Ribbon Project - 061 316 661 - www.redribbonproject.com

Nite-Link to resume service

by Claire Shaughnessy

After last week's announcement that funding for the Nite-Link service has been finally secured Gráinne Heffron, ULSU Welfare Officer, asserted that the union are "to push for the service to become a part of the university's annual budget" Heffron who is "delighted that the funding has come though" commented that if the service saves one person from being

attacked it is certainly worthwhile.

The University Finance Committee, which met with ULSU representatives last week, has agreed to provide funding for the Nite-Link for the forthcoming year. The service, deemed "vital" by ULSU president Éoin Ó Brion at the meeting, had been in jeopardy due to financial uncertainties regarding its funding. Initial funding, which was provided by the university in conjunction with the counselling

service, has since "dried up" which lead to the recent dilemma.

Introduced five years ago, by the Welfare Officer Elaine Kylie, the service has been highly successful. Its popularity being asserted during its recent absence from the campus, when ULSU was inundated with enquiries and comments from concerned student.

With the service reinstated this week Heffron advises people to make good

use of the Nite-Link and most importantly "not to walk home alone!"

Collecting students from outside the Stables arch the free service runs nightly from 7pm to 11:30pm. The Nite-Link bus (Kelly Travel) serves all estates in the Castletroy area (Annacotty on request). Students can also avail of the service to travel into college during the same period by phoning the service on 087-2205509.



Official U.L. Night
@
THE MARKET
Nightclub
every Thursday

Pre club D.J. @ Mcdaid's
around the corner from The Market
Special 2 euro concessions available