

OSTA

SHANNON STUDENT NEWS

November 2001—Volume One Issue Two

GRADUATION 2001...

Well done to everyone involved in the recent Graduation Festivities and as you can see it was not just all work and no play...

Couples of the Month



Inside This Issue



Brother Faishal tells us how to Grow Anthrax Spores in Three Easy Steps

Noel Goes to Frankfurt and tells us about it

Kathleen attacks the Sandwich

Pat Hanley talks about Euro Stuff

Tichifara on Race and going on the Pull

And Introducing De Brussels Diaries



SHANNON KNIGHTS INN

★ ★ ★ ★ ★

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WHO WON ALL DA DOSH LAST MONTH? FIND OUT INSIDE

Placement and Travel



Frankfurt...er...in the night time

What are Industry Placements? Industry placements are a chance for a student to escape away from Shannon for 15 months and head towards mainland Europe for a nice easy, well paid job in a hotel.

All this sounds great in theory and it is for those people who stayed awake and paid attention in the language classes, but for the rest of us who sat there while French and German went in one ear and out the other, it does not sound so great.

I happened to wind up in Frankfurt, Germany for my placement and I remember thinking Frankfurt, that doesn't sound too bad. Yeah the Germans are renowned for as being very fussy workers but that's only rubbish. Every thing will be great I kept telling myself and so I headed off for Frankfurt.

The first real shocks that I got happened even before I left Ireland, actually, even before I left to the airport. I stepped onto the plane, sat down and made myself comfortable, then the announcements came on. This typical female German voice came on and proceeded to waffle on for about five minutes about something I couldn't understand a word of. It was then that I realise that I was up to my neck in cow manure and I couldn't get out of it.

When I arrived at the hotel I was told that I would be working in Room Service the next morning. When I walked in the next morning I was told we had a

VIP Guest who wanted Room Service, in g this VIP Guest turned out to be a former Russian President who tended to be fond of the booze, namely Micheal and Gorbichov. So off I went up to the Presidential Suite with my little trolley and knocked on the door only to be met by two massive Russian bodyguards who didn't seem to speak a word of English and who proceeded first to search the trolley and tray for anything dangerous, yeah, like I am going to turn out to be an assassin who has hidden a bomb in the tea pot when they finished searching the trolley they then proceeded to search me for weapons. So I don't have to tell you that I had an eventful first day at work.

After three months in the restaurant I moved to the kitchen where I was told that I would be working as a breakfast chef. Great I thought, I'll be getting away with cutting fruit all day and I'll let all the rest of the chefs do the hard work. The next morning I got a very large shock when I was told that there was three hundred people in for break-



fast and I was alone with one other very unpleasant German woman who didn't speak any English and as my German wasn't great needless to say we had great fun. Most of my work consisted of working in a live kitchen in the restaurant. This is a small kitchen in the restaurant where the guests can order eggs and omletes and watch them being cooked. There I was after leav-



ing bar-ley able to boil a spud, cooking omletes in the middle of Germany. After about an hour I was up to my elbows in egg white with smoke bellowing out of the pan and an omlet welded to it with a line of about 30 angry German people waiting for their breakfast. Things soon improved though and after a couple of months of cooking omlets I was moved to the banqueting department. This was great fun as I got to meet a lot of famous people who were staying in the hotel. On one evening we had a music awards show and I had to serve two tables with Sting, Iron Maiden and Prince sitting at them so it was very nerve racking.

The best part about the German people is that they think they are big drinkers, but after dragging them around all the Irish pubs in Frankfurt and after filling them all with Guinness they are not big headed. Of course the next morning they got their own back when you role in with a huge hangover and as we all know Germans are very work orientated people and don't take excuses like I was out on the piss as an excuse for coming in two hours late and falling asleep in the canteen.

Overall I found my placement in Frankfurt to be great fun after the few minor hiccups and I learned a great deal one thing being that Germans can't drink as much as the Irish.

By Noel "Blazing Saddles" McCormack

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Brother Faishal Tells Us All About Anthrax

Anthrax is a colorless, odorless, tasteless bacterium that protects itself from sunlight, heat and disinfectant by forming a protective coat. With this coat, the bacterium is called a "spore." The spores are so small that even an infectious dose — between 8,000 and 10,000 spores — is smaller than a speck of dust.

The disease Anthrax is caused by the bacteria *Bacillus anthracis*. Anthrax is normally found in sheep, cattle and horses but can be transmitted to humans who contact infected animals or their products. Usually humans acquire the disease by skin contact with the bacteria or by inhaling the bacterial spores found in sheep wool.

Research on anthrax as a biological weapon began more than 80 years ago. Today, at least 17 nations are believed to have offensive biological weapons programs; it is uncertain how many are working with anthrax. Most experts concur that the manufacture of a lethal anthrax aerosol is beyond the capacity of individuals or groups without access to advanced biotechnology. However, autonomous groups with substantial funding and contacts may be able to acquire the required materials for a successful attack. Anthrax is most common in South and Central America, Southern and Eastern Europe, Asia, Africa, the Caribbean, and the Middle East. When anthrax affects humans, it is usually due to an occupational exposure to infected animals or their products. Anthrax in wild livestock has occurred in the United States.

The illustration shows the assembly and entry of anthrax toxin into the cell. Single molecules of the protective antigen (PA) toxin subunit bind to one another to form a doughnut-shaped prepore on the cell's surface. The other toxin subunits, lethal factor (LF) and edema factor (EF), bind to the prepore, and this complex is endocytosed. In the acidic environment of the endosome, the prepore inserts into the membrane and allows LF and EF to enter the cytoplasm, where they wreak

havoc on the cell. PA represents a mutant form, which acts as a dominant-negative PA (DN-PA). The presence of a DN-PA in the PA prepore prevents the formation of a mature pore, barring entry of LF and EF into the cytoplasm. The blockage of LF and EF inhibits their toxic activities.

Source: School of Medicine, Harvard University

Anthrax infection can occur in three forms: cutaneous (skin), inhalation, and gastrointestinal. Anthrax spores live in soil and can survive there for many years. Humans can become infected by handling products from infected animals or by eating undercooked meat from infected animals. Contagion usually is not a problem since few of those stricken with Anthrax are likely to pass the disease on to others. Anthrax infection could also occur by inhaling anthrax spores. An anthrax aerosol would be odorless and invisible following release and would have the potential to travel many kilometers before disseminating.

Symptoms of pulmonary anthrax are very similar to the flu, which can make an initial diagnosis somewhat difficult. However, in light of recent events many doctors have a heightened awareness of the possibility, and are therefore more likely to diagnose it. Actually symptoms of the disease vary depending on how the disease was contracted, but usually occur within seven days.

Most (about 95 percent) anthrax infections occur

when the bacterium enters a cut or abrasion on the skin, such as when handling contaminated wool, hides, leather or hair products of infected animals. Skin infection begins as a

raised itchy bump that resembles an insect bite but within 1-2 days develops into a vesicle and then a painless ulcer, usually 1-3 cm in diameter, with characteristic black area in the center where cells are dying. Lymph glands in the adjacent area may swell. About 20 percent of untreated cases of cutaneous anthrax will result in death.

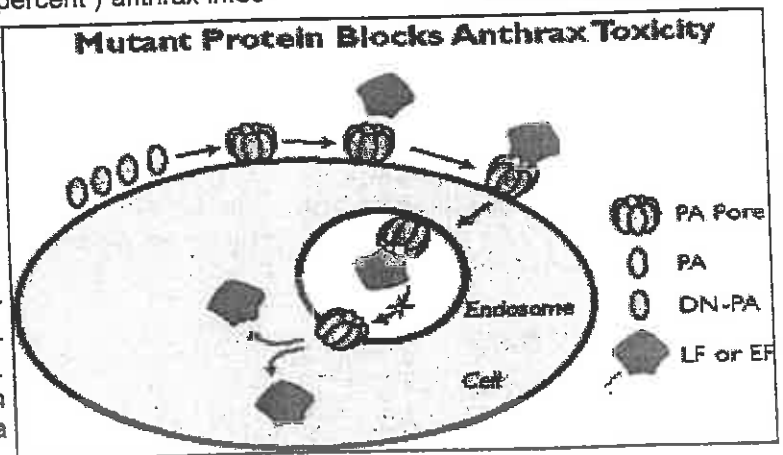
The intestinal disease form of anthrax may follow the consumption of contaminated meat and is characterised by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, fever are followed by abdominal pain, vomiting of blood, and severe diarrhoea.

Only one American company, BioPort Corporation of Lansing, Mich., is licensed to produce an Anthrax vaccine right now. BioPort plans to file papers to ship new Anthrax vaccines next year, but the drug, as planned, would not be safe for children, pregnant women or the elderly.

Anyway there is no evidence of person-to person transmission of Anthrax. Anthrax spores may survive in the soil, water and on surfaces for many years. Spores can only be destroyed by steam sterilisation or burning, but not by disinfectants.

Source: Biological Warfare Defense Information and ABC News.

Faishal Mahmud



Brussels



Diaries

Tales From the Dark Side, By Anon.

"We have tested and tested to much, through a chink in too wide there is no wonder".

I awake amid a haunting melody, vaguely familiar to me, the strong lucid voice of Maximus ringing through my ears, "strength and honor", shadows and dust? My limbs are aching and an inclination of my head sends a



paroxysm of pain through my whole body, 'I am wounded' I think to myself! "Lying somewhere on the bloodied battlefields of Germania" I must get up, I must go on. With searing pain I reveal the hot burning coals. That are my eyes to the morning sun. Ah! Realization dawn, I reach across to the stereo and stop my Gladiator CD, which must have been playing all night (Well am! Since I collapsed in a stupor two hours ago) and survey my surroundings. I'm lying in a battlefield alright, and I'm close enough to ger-

The day begins for me on the floor of the sitting room of No12 Square Felix, Simonis, Brussels. It is the scene of a tearless skirmish a no mans (or woman's) land of sorts, all around me are scattered



the soiled corpses of my comrades. Cigarette butts pepper the floor as if scattered liberally from a basket. The room is awash with odor as if in the dead of night a giant Shane

McGowan had sauntered up to our balcony, wrapped his lips around the sill and belched into the room. The floor is littered with the tools of battle, empty vodka bottles, traffic cones, a half eaten kebab, a well endowed

mangled, corpse, limbs, flailed in impossible angles, on his face is a look of complete and utter horror, his eyes wide open, pupils frozen, deep pools of pain frosted by the haze of over indulgence. "Oh no" I scream, "You've finally gone and done it, you've went too far, we've went too far, for too long we've danced around danger, laughed in the face of good sense, pissed in the mouth of conscience, shitted on eh head of moderation. Now its pay back time." With a yell I run towards him, my journey impeded

briefly as I slip, "Helena you feckin' git" I mutter under my breath, finally I reach B** in the corner, his skin already turning blue and I pump his chest furiously "Come back to us B**" I yell. Realizing there is nothing alternative I make a last ditch attempt at bringing him back, I reach over and endeavor to breath some life giving air into his spent lungs, and lo and behold, there's a stir, a hint of movement, every so slight but nonetheless

there. I keep up my selfless pride; he's coming back, snapping out of it. I hear a rumbling in his stomach deep down in his carnivorous pits, getting deeper now, suddenly bubbling up his throat, now a tide of regurgitated Chinese sweeps up his esophagus and gushes into my mouth, spatters my face, wave after wave of vomit erupts from his volcanic job, till at last he turns and with one final surge pebble dashes the wall. I fall back slipping on B**'s last supper banging my head off

I scream as I set my eyes on a heap in the corner. B** body is a twisted mangled, corpse, limbs, flailed in impossible angles, on his face is a look of complete and utter horror, his eyes wide open, pupils frozen, deep pools of pain frosted by the haze of over indulgence. "Oh no" I scream, "You've finally gone and done it, you've went too far, we've went too far, for too long we've danced around danger, laughed in the face of good sense, pissed in the mouth of conscience, shitted on eh head of moderation. Now its pay back time." With a yell I run towards him, my journey impeded



whole hearted laughter of my house mate who wiping his mouth with the back of his sleeve makes his way off to his work place in the kitchen of the five star Sheraton Brussels. As the banging of the door reverberates through the house and another section of the ceiling falls in, I lie there enjoying my moments peace before the rest of the house stirs and ponders what adventure waits me as I begin another day in Brussels

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Authors Note: The author wishes to convey that all the characters in the above story are entirely fictitious. Although it goes without saying the author would like to point out that the Brussels trainees did at no time act in a manner similar to the incidents mentioned in the aforementioned incident and that at all times they went about there duties with diligence, conscientiousness and professionalism.

Timmys grooming tips: women want him and men want to be him



Timmy Kelleher, formerly the messy tenant of 9 Linden, now the messy tenant of 10 Linden, and Lifestyle Guru, gives some advice on how to present oneself like a well groomed young executive.

(with laundered, ironed contents) will rest in a neat little pile near the front door with two crisp 20 pound notes and a few shopping bags of decent student junkfood to boot... Marvelous.

with ...

"THE KNACKER SHOWER" a.k.a "shower in a can".

The quintessential knacker shower requires little more than a can of Lynx, or if you are a stinking wretch of more refined taste a some Polo Sport. Simply lurch out your bed at a suitably late hour and then clench your teeth as you drown yourself and your stinking pits in a haze of cool alcohol based de oderisers.

Lastly and most importantly keep a good household. Tidy your happy home at least once per lunar month. Make forays into the fridge and enforce a strict HACCP separation of fresh, edible and inedible foods from you stock of Absolut Wodka.

Reduce washing up and the use of harmful detergents by eating off disposable plates or when drunk enough, the table. Where possible, purchase take away.

By following these steps you will have a pleasant, odour and accommodation committee free stay in Shannon

Attention to detail and neatness are the hallmarks of all Shannon students and graduates. Everywhere. Being Shannon students we must be neat and professional in every respect. In public, in private, at home and away, neatness must be our catch-call. Here are a few tips for a happy, healthy stay at Shannon College Of Hotel Management. Keep Yourself nice. Change your socks at least once a fortnight. If you are lucky enough to travel home every weekend the free laundry, grooming and financial services offered by "Mothers Of Ireland International" are a must. Simply stagger through the door on Friday night and dump your 37 kilos of and 4 rucksacks of soiled cargo on or adjacent to the nearest washing machine.

Wash. And do not be afraid to jump, in the raw, into the shower on those freezing, dark wet, winter mornings. A shower first thing in the morning followed by a shave (optional, but highly recommended) a decent breakfast of three Rothmans and a cup of black tea, (because some plonker, ie you, forgot to buy the milk the night before) will set you up for the day ahead.

In a perfect world we would all spring from the beds into the shower at 7 30 am like a load of bunnys on yokes. Unfortunately many of us all too often open a bleary, hungover eye at 8 27 am, invoke the name of any of a number of Christian, Hindu or Moslem deities and jump straight into our uniforms. Leaving no time for that cleansing shower, never mind the hearty breakfast. If you are one of those late risers, you too can trick the hands of fate, beer breath and BO

Two nights, as much home cooked food you can eat and 18 pint bottles of Bulmers later your 4 rucksacks

De Euro Language

Pat Hanley Reveals Shocking News From Brussels and swears he didn't make it up down the boozier

The European Union commissioners have announced that agreement has been reached to adopt English as the preferred language for European communications, rather than German, which was the other possibility.

As part of the negotiations, the British government conceded that English spelling had some room for improvement.

In the first year, "s" will be used instead of the soft "c". Certainly, sivil servants will resieve this news with joy. Also, the hard "c" will be replaced with "k". Not only will this klear up konfursion, but typewriters kan have one less letter.

There will be growing publik enthusiasm in the sekond year, when the troublesome "ph" will be replaced by "f". This will make words like "fotograf" 20 percent shorter.

In the third year, publik akseptanse of the new spelling kan be expekted to reach the stage where more komplikated changes are possible. Governments will enkorage the removal of double letters, which have always ben a deterrent to akurate speling.

Alos, ai wil agre that the horrible mes of silent "e"s in the language is disgrasful, and they would go.

By the fourth year, people wil be re-septiv to steps such as replasing "th" by "z" and "w" by "v".

During ze fifz year, ze unesesary "o" kan be dropd from vords containing "ou", and similar changes vud of kors be aplid to ozer kombinations of leters.

After zis fifz yer, ve vil hav a rejji sensibl riten styl. Zer vil be no mor trubls or difikultis and evrivun vil find it ezi tu understand ech ozer.

Ze drem vil finali kum tru.

THE BIG ARTICLE

SO BIG WE HAD TO PUT IT ON TWO PAGES

This Month—Senchit Singh Banga on Sikhism



Sikh faith began in Punjab in India in the century.

Nanak, the founder of Sikhism, taught a new faith, which was different from Islam and Hinduism, which rejected religious and social practices of the time. The Punjabi word 'Guru' means 'follower' or 'disciple'. Nine further disciples or teachers succeeded Guru Nanak, before the collection of Sikh writings was instituted in 1708. The Guru for all time to be followed by Sikhs is Guru Nanak Dev Ji, as they would a living teacher.

Sikhs believe in one God, whom they call Waheguru, meaning 'Great Teacher'. They believe that God reveals himself to those who are ready when he chooses, and that he has done so throughout history. As a result Sikh scriptures contain hymns and prayers from both Hindu and Muslim scriptures.

Sikhs also lay great emphasis on equality and service to others regardless of caste or religion. In many parts of India Sikh temples give food to hundreds of thousands of poor each day. Through the free kitchen 'langar' which is attached to each temple. A Sikh temple is known as Gurdwara.

Sikhs are amongst the most religiously distinctive of religious communities for they have five marks of their faith, as well as turban, which is the most visual mark of a Sikh man.

Guru Nanak a young man working for a local Muslim governor impressed all who knew him with his wisdom and ability. Throughout this time, Nanak continued to pray and meditate and discussed religion with both Hindus and Muslims. He formed a group of friends who met by the side of a river to pray and worship God together. One-day Nanak's clothes were found on the riverbank but he could not be found, and it was feared that he had drowned. After three days Nanak returned but did not speak for a day. His first words were "There is neither Hindu or Muslim, so whose path shall I follow? I shall follow God's path. God is neither Hindu nor Muslim and the path I follow is God's".

Travelling and Teaching: Nanak left his job with the governor and began a life of travelling and teaching. He became known as Guru ('Teacher') Nanak, and taught that God cannot be defined by any religion. Attracted by his songs and his simple lifestyle, people began to follow Guru Nanak. He spoke out against the Hindu caste system of the time, insisting that all his followers were equal, and that all should share whatever mark had to be done. He established communities of Sikhs in many parts of India, travelling as far as Sri Lanka in the south, Makkah in Arabia and Afghanistan in the north.

After Guru Nanak:

community of Sikhs at Kartarpur in the Punjab. It was expected that he would appoint a successor from among his sons as future leader of this community. But Guru Nanak underlined again the principles of equality that he had been teaching by choosing as the next leader a man called Lehna who had been particularly devoted to him and willing to perform any task, however humble or unpleasant. Guru Nanak renamed him Angad, meaning 'part of me'. In all there were nine successors to Guru Nanak, each one indicating his successors. Before Guru Gobind Singh, the final human Guru, died in 1708. He declared that the collection of hymns and psalms now known as the Guru Granth Sahib should be the Guru for the Sikhs. Leadership also passed to the Khanda, the brotherhood of committed Sikhs founded by Guru Gobind Singh.

Later Developments: Throughout the eighteenth Century there was continued armed struggle between the Sikhs and the Mughal Emperors, until Maharajah Ranjit Singh succeeded in forming an independent Sikh kingdom in the Punjab. This was short lived and in 1849 the British overtook the Punjab. In the face of increased missionary activity from both Christians and Hindus, in 1873 the Singh Sabha movement was formed, which campaigned for the revival of Sikhism and its recognition by the British

authorities and holy places, which had often passed into Hindu control. When the Indian subcontinent was partitioned in 1947 the western Punjab became known as Pakistani territory and the eastern Punjab part of India. In the unrest and violence that followed, about two million Sikhs left the eastern part and a similar number of Muslims migrated from the West. Many people were killed or injured and enmity between Sikhs and Muslims has left a painful legacy.

Basic Beliefs and the Eleven Gurus:

Sikhs sum up their basic beliefs in the words of the Mool Mantra, the first hymn to be written by Guru Nanak. These words appear at the beginning of every chapter of the Guru Granth Sahib.

"There is only one God. Truth is his name.

He is the Creator. He is without fear.

He is without hate. He is timeless and

Without forms. He is beyond death.

The enlightened one. He can be

Known by the Guru's grace."

The Guru's: Each of the ten human Guru's contributed in different ways to the development of Sikh faith and the Sikh community.

- 1) Guru Nanak. (1464 - 1539) First taught the Sikh

SIKHISM CONTINUED

- 2) Guru Angad. (1504 – 1552, became Guru 1539)

The beloved friend of Guru Nanak, known for his devotion and humility. He was originally called Lehna, but renamed by Guru Nanak. He developed the Gurumukhi script in which the Sikh hymns were written down.

- 3) Guru Amar Das. (1479 – 1574, became Guru 1552)

He organised the Sikh community into Geographical divisions and introduced the customs of calling Sikhs together at the festivals of Baisakhi and Divili. He developed the custom of the Langar or communal meal.

- 4) Guru Arjan. (1563 – 1606, became Guru 1581)

Son of Guru Ram Das. Completed the building of the Golden temple at Amritsar. He collected the hymns of his predecessors into the collection known as Adi Granath 'First Book', and installed this in the Golden Temple. His is honoured as the first Sikh Martyr.

- 5) Guru Hargobind (1595 – 1644, became Guru 1606)

Son of Guru Arjan he built Gurdwaras and repaired others at places associated with earlier Guru's, and developed government based on Sikh teachings.

- 6) Guru Gobind Singh (1666 – 1708, became Guru 1675)

Son of Guru Tegh Bhadur, he was originally named Gobind Rai, but took the name Singh, along with all other Sikhs, when he founded the Khalsa.

- 7) Guru Granth Sahib.

Guru Nanak's followers wrote down his hymns and several Gurus' later also wrote hymns of great beauty. Guru Arjan, who added hymns and poems written by devout Muslims and Hindus, collected these. In the nineteenth century the writing was standardized, so now every copy has exactly the same number of pages. The Book is treated as one would

treat a highly honoured human Guru. Sikhism Today:

Sikhs today continue to live the values exposed by the Guru's. Through hospitals and other such institutions, Sikhs help those in need. Sikhs also value education very highly. The Sikh faith discourages the use of any drugs (except medicinal) including tobacco and alcohol. Members of the Khalsa are expected to refrain from these altogether.



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TICHIFARA CHISAKA TALKS ABOUT RACISM AND OTHER THINGS.....

What's with all theseism's?

"So lone as we are mysteries, one to another, we face a perpetuation of ignorance and a feeding of fear..."

It was my first week in Ireland and I was taking a walk by the town centre. A man walked up to me and said: "That's a beautiful tan you've got there. Where did you get it from?" I have to say I was dumbfounded, because my first thought was: A tan? What does he mean I have a tan? I am black!

Another time a woman I was sitting with asked me: "If you stay out of the sun for a long time, do you think your colour will fade?" This time I just laughed, because the idea seemed so ridiculous to me as I sat and thought! Change into what exactly?

As I start to write this article, these and many other incidents which happened to people I know all came to mind. But then I got to thinking as well, since the above two incidents I quoted could be said to be ambiguous questions, really, is there a fine line between 'racism' and what I'll call 'curiosity'? Racism, by definition is antagonism towards other races and implies a belief in the superiority of one race over another. On the other hand, there are questions asked probably out of interest, wanting to know but perhaps because we have to be 'politically correct' we

daren't ask some of the things we think, for fear of being labelled as prejudiced.

However, what adults seem to have a problem saying, children on the other hand have no qualms about asking, for example: one time I babysat two children for a couple aged 4 and 8, like all children, there was the initial hesitance and then immediate acceptance. After a while the 4 year old looked up earnestly at me and asked: "Why do black people have different noses and lips?" The 8 year old seemed pretty eager to know as well. I thought about this for a second and said "Well I guess God just made us all different but we are all beautiful as we are." She giggled but nevertheless seemed satisfied by this answer. A few minutes later another question, "Why are you called black, when your skin is actually brown?" Oh, what wisdom from a 4yr old! I didn't have an answer to this and so I just said, "Well, I've always asked that question myself and I don't really know why." Maybe people just putting labels on others.

As I talked to a friend of mine, later, I got to thinking. Well, racism itself is something that is taught, it is learned. It's an ugly, terrible thing, but if little children can be so direct, yet so accepting of everyone, then what is it about adults that makes them hate? So, basically children will live what they learn. If you teach

them love, acceptance then if follows they will do as they're taught as they grow older.

Having said that, I could go on and on about cases and incidents of racism that either I've experienced or other people I know have. But I believe the bigots out there aren't even worth it. "To hate is to acknowledge one's own inferiority. One does not hate an enemy they know they can overcome. So one would actually have to feel sorry for the perpetrators of racism intolerance. Imagine having to live with so much hate in one's body. Racism can exist at many levels, i.e.: against other races, against one's own race, against other ethnic cultures (looking at ethnic cleansing) or religions etc. These may seem minor to the more publicised form of racism, i.e.: black and white relationships, but seeing as racism implies the superiority of one race over another, these level's of it are just real.

Racism against one's own for example, self hatred. Growing up, I remember it being 'drilled' into me that light skin was better than dark. The pressure was especially on women, who bought skin lightning creams, stayed out of the sun, straightened their hair, anything at all to live up to that 'standard' of beauty. It never bothered me at some stage, but there were moments when myself and friends and all who were not

so light or didn't conform felt ugly because we were dark. Was dark not just as beautiful? Call it, the result of being so colonialized, you begin to see yourself as inferior, but it was and still is a very real and ugly thing for a lot of people. Young, dark, skinned girls buying pumice stones, anything in order to 'scrub' off the 'dirt' in order to become 'beautiful'. Ethnic cleansing, what happened in Bosnia, Rwanda etc.. The colour of the skin is the same but one tribe or group feels they are more superior for whatever reason. Or people killing each other in the name of so called religion because of a belief that they are God's chosen. The examples are many, but the point being brought across is the same.

The question is then can racial differences ever be reconciled? Is there a meeting point? Perhaps there is, but at the same time each race, culture has its own idiosyncracies, things making them distinct, things that make us all who we are. And then there's the 'unwritten codes', so to speak, some things are just not said or done. Like what makes it ok for black people to call each other the 'n.....' word, but if another race called them the same it would be a very big issue. Or if a person, be they white black, Asian, makes a joke about another race, does that make them racist? I all depends on definitions really, and I'll leave it at that.


Kathleens Lean Cuisine

Today Kathleen O'Connor tells us about the tomato and its many uses:

<p>It was the 4th Earl of Sandwich, John Montague, who 'so to speak', invented the sandwich. As a gambler at the court of king George III he had bread and meat dishes brought to him so he could play as he ate.</p>	<p><i>Ever heard of the Waldorf Sandwich..?</i> <i>The American Classic was created in the 1890's in the New York Hotel 'Waldorf Astoria'.</i> <i>It started as a double decker</i></p>	<p>6 Most Interesting Cocktail Names.</p> <ol style="list-style-type: none"> 1) Sex on the Beach. 2) Yard of Flannel. 3) Where the Buffalo Roam 4) Blow Job. 5) Flaming Cool Britannia. 6) Long Slow Comfortable Screw
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How about trying some of the following to make your sandwich experience very pleasurable.....

<p>Ham:</p> <ul style="list-style-type: none"> - mustard, goats cheese (Cubeen, Durris) - Avoca pantry's apple & wild berry chutney. - Chopped celery, apple and mayonnaise - Feta cheese, sliced tomato, red onion, drizzle of honey! <p>Cooked Fish:</p> <ul style="list-style-type: none"> - Sliced dill pickle, mayonnaise. - Mayonnaise, chopped parsley, chives. - Tarragon or dill. <p>Smoked Salmon:</p> <ul style="list-style-type: none"> -Crème Fraiche,/ Cream Cheese, chives. - Lemon juice, paprika, pepper. - Onions, capers, cucumber. <p>Cheese:</p> <ul style="list-style-type: none"> - Crispy streaky rashers, scallions, pickle, 'mouse trap cheese'. - Ham, tomato, mayonnaise, mustard, philadelphia. - Lettuce, mayo, hard boiled egg, chive, warm 	<p>Roast Beef:</p> <ul style="list-style-type: none"> - Horseradish sauce, pickled onions. - Roasted sweet pepper, vinigrette. - Pickled gherkins, coarse salt. <p>Chicken:-</p> <ul style="list-style-type: none"> - olives. - Ham, sweet corn, sauce mornay. - Crispy bacon, cheese, tomato, mayonnaise. 	<p>goats cheese.</p>
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CLUBS AND SOCS NEWS

SCHM ANNUAL SLEEP OUT 2001

It is now the time of year for all of us to unearth those woollies, the coloured jumpers (Come on Dee Mark) and all the other layers that were obtained for what became known as The SLEEP OUT. For third years some of us recall the pain, the lack of sleep & food, the loss of voices during that weekend that we remember as one of the best times of first year and, for our well inducted replacements possibly one of the yours also. For those of you who can't remember or don't know about the Sleep Out, here are some basic facts. To be stated for the first time and not the last, this is the 10th year of Shannon Students or Nuts, which ever you prefer 'sleeping' or 'camping' on the streets of Limerick City, for, you've guessed it, 48hrs. The Paul and Aids Awareness camping excursion is around 30 students we the Charity Com-

mittes are looking for all of you who so you help in reaching our set targets; it is volunteered with your help and persistence during the Sleep Out that we will manage to reach this target. So if possible can we now start warming up those vocal cords and get everybody ready to partake in a weekend that will possibly be the epitome of 2001. Should you not willingly partake in this momentous occasion,

YOU WILL BE ASSIMILATED!!

Letter(s) to the Editor

"Write a letter, you get twenty quid Lad's it's the easiest money you'll ever earn" are the words I recall been spoken by a member of our college magazine committee and are the words that have inspired me to take pen to paper to produce the letter you read before you, (a desperate attempt to engage in some financial funding but necessary).

I hate to say it, I really do but in the words of so many mums and dads "What is the world coming to?" in particular the student world. The student world relies on the affluent flow of financial means – money. When the funds are low it primarily effects out little world. It's a vicious circle, one only too familiar to us all.

First- Prosperity, just back from summer break, maybe a few bucks saved from work or a few tenners collected from gran and granddad or even fifty pounds your parents may have given you, as you well deserve a treat after a long hard working summer. So you start back in Shannon financially secure and start enjoying 'the best days of your life' as you should. First 2 – 3 weeks no problem. You can afford your social agenda heck, you can even afford to buy a few friends a drink, you enjoy your food of choice from Super-macs after a night out, life for a student couldn't be better. As time moves on the financial funding dramatically decreases and you begin to economize – only 1 – 2 social outings, ease off on the "that's on me buddie" drinks, predrinks to be had in the crossroads (cuts down on taxi usage), a general recession but for me I find myself well beyond this stage, I find myself experiencing an out and out depression. With absolutely no funds I feel my social life has and is hugely effected. I mean I thought student life was the best life, however I haven't managed to see the Lodge in over two weeks or the crossroads in one, now that doesn't sound too exciting. Thank God for Aine Martin whom without I'd probably be in debt at this stage up to my eyes in taxi payments, thank God for the over production in wine in our world, without it we won't be able to avail of our £5.99 Blossom Hill. Yip, you could say I'm broke and the underlining motivation for my letter, so dear Editor am I worth you £20.00, is my case deserving enough, I hope so far I feel this money may help bring me to that final stage – recovery!!!

Olive Donegan 3rd Year
12/11/01

Will the ghost of the past come back to haunt us? Jerseys world cup review



It's four years to the day since Ireland lost 1-2 to Belgium in Brussels to qualify for Franc

e '98, but then again Ireland had only drawn with them at Lansdowne road. We go into today's match with a two goal advantage. Ireland take on Iran today at 2:00 and the attitude of both sides is positive. "We are going to make Iran defend by attacking them," McCarthy told a news conference on Tuesday. "We have not come to defend." Alireza Vahedi Nikhbakht said "Ireland are not as good as they say. Beating them isn't that hard. We underestimated ourselves in Dublin and got an undesirable result. But we must be careful that they don't score. One goal by them will make things worse. If the boys use the opportunities well, we'll qualify for the World Cup." But without Dr. Roy Keane will the team be able to cope playing in front of 120,000 in Tehran. "The heart of my team is the whole of my team. Every single one of them." McCarthy says defiantly. "Roy Keane is not important today, he's thousands of miles away. What's important today is who is here. Mark Kinsella and Mattie Holland are two fantastic, driven players". Other doubts for today are Niall Quinn, Steve Staunton and Gary Breen.

Ireland are at their highest ranking since 1995 (see table below), Ireland have won their last 3 matches, haven't lost since May 2000, and haven't lost competitively since they lost 0-1 to Croatia in Sept. 99. In fact Ireland have only lost 5 competitive matches under McCarthy.

My personal belief is that we don't need Roy Keane today, a whole is worth more than the sum of its parts, and a two nil advantage is worth at least 3 of Iran's goals. If Ireland score today it's game over, an away goal means Iran would have to score 4 goals to go through. Don't get over confident just yet the Aussies under Terry Venables made that mistake and they went out on away goals. I think today's game won't be a positive full of life game but the two goals we already have should be enough to see us through to next year's world cup.

OSTA TEAM 2001

General Editor	Timothy Kelleher
Production	David Sheehan
Advertising/Sales	Aine Martin & Sean Hughes
Sports Editor	John Britton
Music Editor	Fintan Doherty

NEXT EDITION CHRISTMAS 2001



Ayrton Senna the Formula-1 Great By Abhinav Malhotra

Ayrton Senna's Formula One career witnessed a meteoric rise to prominence, first with Team Lotus in the early 1980s and then with Team McLaren from 1988-93, where he waged several close battles with Alain Prost. Senna won the Monaco Grand Prix a record six times and was clearly the best qualifying F1 driver of all time, with 65 pole positions. His uncompromising driving style led to extreme reactions among F1 aficionados — either adulation or hatred — but his skill and bravery were unmatched.

In 1991, driving a plainly inferior McLaren-Honda MP4/6, Senna amazingly recorded four pole positions and four wins in the first four races.

For the rest it was more than demoralizing. With an increase in the points for a win from 9 to 10 (and all races counting for the championship for the first time in F1) Senna had 40 points, his



nearest challenger 11, and Nigel Mansell of Williams just six. After holding off Mansell's late-season charge, 1991 was to be Senna's third and last World Championship, but by no means the end of his influence in Formula One.

In 1993 Senna put on another spectacular show, once again in an outmatched McLaren MP 4/8, to win five GPs. The most impressive of these, and perhaps the finest victory of his career, was at the European GP at Donnington Park, where Senna won after picking up five places in the rain on the first lap, cementing his place in history as the rainmeister. And so, with a final victory at Adelaide in the last race of the 1993 season, Ayrton Senna prepared to move on to Team Williams, at long last striking a \$20 million per-year deal with the team, and his first test ride in an F1 car more than a decade before. But as all F1 enthusiasts know all too well, that was not to be. With new rules de-

claring the "active cars" unlawful, Senna did not post a single point for Williams — despite three consecutive poles — in 1994. In the last years of his life, Senna seemed to mellow a bit. Many who had despised him when he was younger had, with the passage of time, come to understand that Senna's brilliance as a driver was matched by a depth of character. 1994 San Marino GP, where he crashed and died — after taking his final pole — while leading the race on lap seven. Senna's untimely death left Formula One without its shining star and ushered in a renewed concern for safety. A highly religious man, he ironically had a premonition on the evening before the race that he would die.

GRADUATION 2001: More Pics from Da Trenches



"Only the Gala Dinner to go."



"In Russia we smile too..."

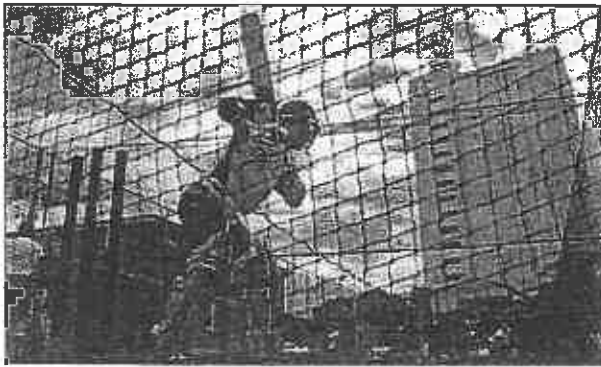
Sports 2

Proudly Sponsered By:



As the Cricket Season Starts....

Hi lads, the cricket season is just quite obvious that the finals will be by a huge margin of 70 runs. Indians starting with most of the test playing played between India and South Af- only managed to defeat South Africa once, in the league matches. countries taking part in various tournaments. In the coming months New Zealand will be touring Australia, India will play 3 test matches in South Africa, West Indies are touring Sri Lanka and then England will tour India.



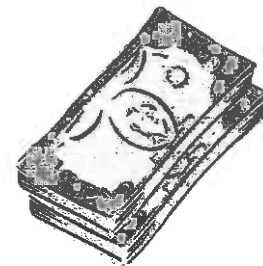
The final was eagerly awaited as the two teams had played well in the league matches. The Indians batted first and scored a low total of 183 in 48.2 overs, with Rahul Dravid scoring 77. The South Africans cruised to the total in 42.1 overs and only 4 wickets down. Shaun Pollock was given the Man of the Match whereas Gary Kirsten was named the Man of the Series. Ok lads bye for now but I will be back in the next edition of 'OSTA' with more results.

But the latest series, which has just come to an end, is the triangular series in South Africa featuring India, Kenya and the hosts South Africa. It was of glory when they beat the Indians

and the hosts South Africa. It was of glory when they beat the Indians

S.No	Venue	Match	Result
1.	New Wanderers Stadium, Johannesburg (day/night)	South Africa v India	South Africa won by 6 wickets
2.	Willowmoore Park, Benoni	South Africa v Kenya	South Africa won by 7 wickets
3.	SuperSport Park, Centurion (day/night)	South Africa v India	India won by 41 runs
4.	Goodyear Park, Bloemfontein (day/night)	India v Kenya	India won by 10 wickets
5.	De Beers Diamond Oval, Kimberley	South Africa v Kenya	South Africa won by 9 wickets
6.	Crusaders Ground, St George's Park, Port Elizabeth (day/night)	India v Kenya	Kenya won by 70 runs
7.	Buffalo Park, East London (day/night)	South Africa v India	South Africa won by 46 runs
8.	Newlands, Cape Town (day/night)	South Africa v Kenya	South Africa won by 208 runs
9.	Boland Bank Park, Paarl (day/night)	India v Kenya	India won by 186 runs
10. (Final)	Kingsmead, Durban (day/night)	South Africa v India	South Africa won by 6 wickets

Show Me The Money!



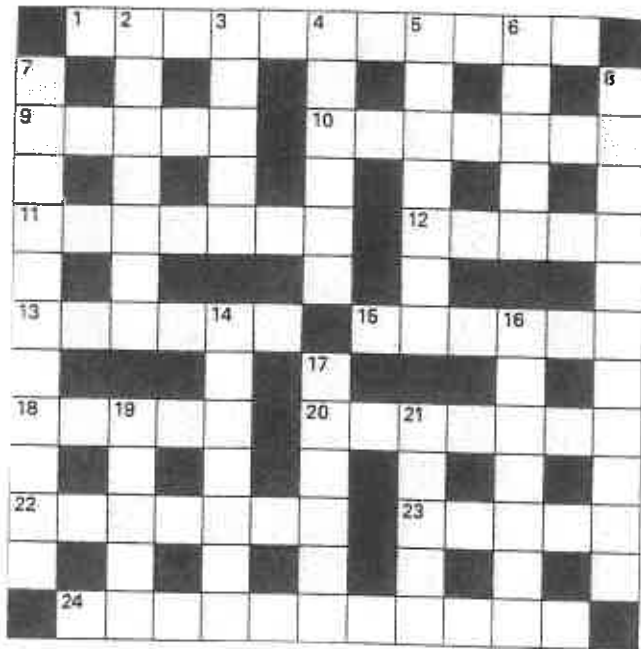
Congratulations to Mr. Paul Mer-nagh No. 8 Linden (Member of the Shannon Volkswagon Owners Cult) on having submitted the winning (and the only!) entry for last months Crossword. Paul walks away with twenty squid to finance his Westlife addiction.

Well done also to Ms. Olive Donegan (Coffee Shop 12 Hawthorn) for having submitted this issues Letter of the Month. Olive walks away with twenty quid and a clear Conscience.

WELL DONE LADS!

MONTHLY CROSSWORD

Hand Completed Entrys to the Editor, No. 10 Linden House and you could win £20



ACROSS

- 1 Everyday (11)
- 9 Full of fumes (5)
- 10 Let off the lead (7)
- 11 Disease associated with foul water (7)
- 12 Proficient (5)
- 13 Make certain (6)
- 15 Token (6)
- 18 Draw out or bring forth (5)
- 20 Of plants (7)
- 22 Foolish (7)
- 23 Wild infectious fear (5)
- 24 Earthly (11)

DOWN

- 2 Smelly (7)
- 3 Possibly (5)
- 4 Chewy, nutty sweet (6)
- 5 Cradle song (7)
- 6 Popular fad (5)
- 7 Mind-altering illicit drug, like LSD (11)
- 8 Badminton "ball" (11)
- 14 Come back in (2-5)
- 16 Stroke of luck, wealthy find (7)
- 17 Adding frame (6)
- 19 Diagonal rib of a vault (5)
- 21 Regular drinker (5)

Monthly horoscopes page

Scorpio:

Shortly all your projects and Christmas exams will fall due. At the same time... Happy birthday.

Sagittarius:

You only miss something when it's gone. Sever your thumb in a practical cookery class to really appreciate the worth of your fingers.

Capricorn:

Tomorrow holds great

things for you. I know what they are, and I'll help you get them. For cash!

Aquarius:

As a child of the water you have the ocean seas at your mercy. Test this theory by taking a long walk off a very short pier in a storm. But before you do leave all your worldly goods to me.

Pisces:

The next time they tell you that there is no "I" in TEAMWORK do not be embarrassed by your narcissism... Because there is a "ME" in it.

Aries:

Eat more white celery.

Taurus:

In the future we all hope for many great things. Your continued presence here is not one of them

Gemini:

Save paper and trees by writing the answers to your final exams on the same sheet of paper, over and over again.

Cancer:

You will celebrate your birthday on placement in high summer... Lucky sod.

Leo:

It is conceivable that with major cosmetic surgery, a personality transplant and a liberal use of Pernod, that you may find your true love in the very near future.

Virgo:

You need a wash.

Libra:

It was your birthday a month ago and now its almost Christmas. You make me sick.

The Last Word

The Osta Team

I can't believe its not butter. Here we are at episode 11. People thought we couldn't do it but we have.

Hopefully This months effort will entertain you or outrage you in a manner that may encourage some of you to contribute to this newsletter. Without your input it's a thankless and pointless task. This month alone we shelled out 40 quid in prizes. Let me put that in perspective. That's about 8 hours pulling pints. Easy money if you ask me.

Next month we have a special xmas edition. And we are giving lots of stuff away. Write to ús. We won't let you down.

The Osta Team & Editor