

SU Ents off to a Rockin' Start

AOIFE BREEN AND FINN MCDUFFIE

ALMOST 1700 students welcomed both The Blizzards and Director to the UL stage last week during an eventful freshers' week that thrust the new semester into full swing and gave new students a taste of what can be expected over the coming semester and academic year. The concerts passed off successfully with both the crowds in attendance and the band members enjoying the performances. The Blizzards kicked off the yearlong party on Tuesday night, taking to the stage in front of a full house in the Stables' courtyard. They needed no other introduction other than to tell the crowd, "We are the Blizzards" which was met with a tremendous roar and begun the evening's entertainment. The crowd eagerly sang along with the

group for over an hour while they were on stage.

After their performance, the band members met with fans and readily signed tickets, posters and even a towel. Dec Murphy, drummer with The Blizzards, enthused about UL students, proclaiming that they are "f**king one of the best crowds - possibly the best ever" while his band mate Aidan Lynch continued with, "The audience are the most responsive audience we've ever played for".

Members of the audience were equally thrilled with the show. Second year Applied Languages student Caitliona Gallagher told An Focal, "The music was fantastic and [the band] really interact with the crowd", while PhD student Clive Earls described it as being, "wicked". Blizzards' lead singer Niall Breslin commented on their previous session at UL and

decided that this one was "more nuts than the last time". The singer also proved himself to be a popular attraction with the crowd, particularly among the female portion of the audience, but one male 2nd year Applied Languages student went further and remarked, "If there was one man to turn gay for, it's Niall Breslin".

Director continued the festivities on Wednesday night in the same venue attracting close to 600 guests into the courtyard. Although a smaller crowd, the night proved to be an equal success for lead singer and guitarist Michael Moloney who "really enjoyed the gig" and was "really happy" with how the night went.

Both bands played previously in the Stables' courtyard during RAG week last year and their success then prompted the Students' Union to invite them back to

play again during week 1. Patrick McHugh, Campaigns and Services Officer, commented on the bands' successful performances during their previous outing at UL and this, combined with their achievements over the summer - including the Blizzards' appearance at the Oxegen festival in July -, encouraged the SU to invite them back.

The €8 tickets for the gigs went on sale at 10am on the Monday morning, and by the following morning The Blizzards were set to perform in front of a full house on Tuesday night while Director attracted a slightly smaller crowd for their show on Wednesday. Mr McHugh commented that these two events were just a signal of what can be expected over the coming year, remarking that the SU events this year are all about being "bigger, better and bolder".



Seanad votes for UL graduates

SEAMUS RYAN EDITOR

UL graduates look set to be entitled to vote in Seanad elections within the next year following a pledge made by Donie Cassidy, Fianna Fáil's leader of the Seanad. Senator Cassidy said last Thursday that a subcommittee of former cathaoirígh and Seanad leaders would be urgently established and assigned to providing a list of recommendations for Seanad reform. 'I can tell you now that all colleges will be included and they will be included within next 12 months' he told the Irish Examiner. Speaking in favour of the reform, Senator Shane

Ross, the longest-serving member of the upper House of the Oireachtas, described the university system through which he was elected as 'flawed'.

The composition of the Seanad was originally precisely fixed by the Irish Constitution, including three seats to be elected by graduates of Trinity College Dublin and three by the constituent colleges of the National University of Ireland (UCC, UCD, NUIM and NUIG). However in 1979 the Seventh Amendment was passed by referendum, empowering the Oireachtas to extend the franchise for the election of the six university senators to the graduates of additional institutions by

ordinary legislation. The legislative power to extend the franchise by the Oireachtas has never been exercised.

On hearing the news, St. John O'Donnabháin, ULSU President said 'this is great news, that finally 18 years after the referendum was passed allowing for UL graduates to vote in the Seanad elections it seems to be getting the priority it deserves again. This is something that ULSU has long campaigned for and something that will make a big difference in terms of having our voice heard at a national level in a Seanad which will hopefully be reinvigorated by this democratisation'.

Jumbo
CHINESE RESTAURANT

UNIT 7, GROODY NEIGHBOURHOOD CENTRE
CASTLETROY, LIMERICK

Phone Orders & Delivery are Welcome

061-333789
061-335809

Opening Hours:
LUNCH 12:30pm-2:30pm (Wed-Fri)
DINNER 4:30pm-12:00am (Mon-Sat)
SUNDAY 12:30pm-11:30pm
PARTIES UP TO 50 PEOPLE
DELIVERY 7 DAYS A WEEK

Credit Cards Welcome

STUDENT SET MEAL SPECIAL €7.50
Choice of any of the following
(all include rice or chips and can of coke)

Chicken with Blackbean Sauce	Chicken with Thai XO Sauce
Beef with Blackbean Sauce	Beef with Thai XO Sauce
King Prawn with Blackbean Sauce	Chicken with Sichuan Sauce
Chicken with Hot Garlic Sauce	King Prawn with Sichuan Sauce
King Prawn with Hot Garlic Sauce	Chicken Curry

DELIVERY CHARGE APPLIES

EDITORIAL



BY SEAMUS RYAN
EDITOR

ONE of the major highlighted issues of week 3 when the SU safety campaign takes place will be road safety. My last editorial centred on the actions of a group of students in painting a zebra crossing at the Groody roundabout and the fallout from that with the University Discipline Committee. I've already

made the case that the actions of the students in question should be highly-praised rather than criticised and this week I write about the actual issue itself - the lack of action from higher authorities in tackling the problem of pedestrian safety outside the college gates despite a promise in April to take care of the issue (see page 4).

So far this year 236 people have been killed on Irish roads. This compares with a figure of 266 for the same period last year. The government and road authorities are slapping themselves on the back for a job well done and on a national level that self-praise is reasonably fair - the number of people killed on Irish roads has decreased by an appreciable, if not especially significant, amount over the past decade. However, national figures can be somewhat misleading when the concern for many people is the safety of the stretch of road they themselves use. As an elected student representative, I'm most concerned with the safety of the sections of road used by UL students.

In the past decade road traffic around the Groody roundabout has caused 10 deaths, 20 serious injuries and 106 less-serious injuries, as revealed by Garda analysis of our national road network. This places the Groody area among the worst spots in the country for road danger to pedestrians. Action from the relevant authorities has been almost non-existent.

Just a few hundred metres up the road, the Parkway roundabout is equipped with a crossing to allow pedestrians to safely cross the road. It's a crossing that was deemed necessary due to the high footfall from pedestrians crossing the road near the busy roundabout. The crossing in question is within the Limerick City boundary and was installed by Limerick City Council. The question is why Limerick City Council appears to care more about pedestrians than Limerick County Council does.

Limerick County Council allowed the building of hundreds of apartments in the Curragh Birin area without any apparent consideration of pedestrian transit in the local area as a result. At best this is an oversight, at worst it's simply incompetence. The County Council must finally recognise that they are presiding over a large number of urban areas (including Castletroy) and take steps to ensure the safety of pedestrians in those urban areas, rather than merely using the areas surrounding the city as convenient locations from which to gain rates from extensive retail developments.

It's time for the county councillors, the county managers and probably even the local TDs to step up to the plate, take leadership on this issue and just get it done. It's time for them to stop using collective lack of accountability on this issue as an excuse.

Quotes of the fortnight

- **I'm a metrosexual! I'm like David Beckham!**
ULSU President St. John Ó Donnabháin gets assertive while wearing short trousers
- **Oh, haven't we got a high opinion of ourselves and our little paper?**
Sinead O'Brien takes An Focal editor Seamus Ryan down a peg after his warbling on about press freedom or changing the world or something similar
- **What's wrong with An Focal's page 3? Just put a picture of a naked woman on it!**
Aoife Breen, An Focal's news editor, manages to solve any problems with getting content and readership numbers in less than five seconds
- **Soft porn is not porn!**
David Keane, 2nd year Multimedia & Computer Games Development student, making the case for more and better nudity in your campus newspaper
- **This... is a condom. And this... is a cucumber. When you're doing this at home, don't touch it if it's green!**
Welfare officer Judith Lynch illustrates safer sex for incoming first years
- **There's a fine difference between Nazisque and getting the job done**
Keith Pigott, UL Ents guru on the problem of getting Grad Ball attendees on to buses
- **We love Dolans! There's a certain vibe you don't get anywhere else... except for here!**
Blizzards frontman Niall Breslin on the atmosphere in Dolans. And in the Stables, where the band were actually playing
- **Go home, tell your parents you need 100 euros to buy a law book and buy a totti with it!**
Dave O'Donovan does the sales pitch for the Ents totti tickets. All 100 available tottis were sold out on the first day of sale.
- **I should have failed!**
William Rotte expresses a bit of regret that he can't re-run for the position of first year rep on the SU exec

Ulster Bank
let's do things differently

Dear Ulster Bank

I'm a fourth year student with a loan that I can't repay. I went on Erasmus twice instead of going on coop, and spent a summer on the J1, so I got a loan for both of these. Now that I'm in fourth year I don't really have time for a part-time job as my course has very long hours, and I'm worried that I won't be able to pay back the loan - what should I do?

Dear student

The first thing is not to worry we are here to help. The second thing you will need to make an appointment to see one of our Customer Advisors at the branch. At this meeting they will review your situation and look at the best way to restructure your finances. In cases like this, we would combine both loans together so there would be only one loan to repay. The repayments would be on an interest only basis, what this means that the repayments would be very low and very affordable. For example if the money you owe is E4,000 which is called the principal, this will have interest added over the term of your loan. Most loans are repaid on a capital and interest basis, this means that each payment you make you are reducing the capital and the interest owing over a fixed period of time. In the case of interest only you are only covering the interest part of the repayment the capital part of the loan is not reduced.

When you have completed your studies we would review the loan and put it on a Capital and Interest repayment schedule and this will clear your loan in full. The term would be decided on at the time based on your ability to afford monthly repayments when you are in full time employment.

Ulster bank

An FOCAL EDITORIAL TEAM

Editor: Seamus Ryan
Phone: 061 202363
Email: editor@ulsu.ie

News Editor: Aoife Breen
Sports Editor: Tomás McCarthy
Layout & Design: Jackie Britton, Topdesk

Contributors:

St John Ó Donnabháin
Judith Lynch
Alan Higgins
Patrick McHugh
Emma Murphy
Breandán Ó hÉamhaigh
Oisín Collins

Alexandra Gavigan
Katie Harrington
Raymond Moore
Anne McNee
Neil Slevin
Liam Togher
Conor McGrath

Server Crash leaves Students Stranded



BY AOIFE BREEN
NEWS EDITOR

STUDENTS were left without their timetables at a crucial time at the beginning of the semester when the server on which they are hosted crashed over the weekend before week 1 commenced. The Information Technology Division informed staff of the outage on Monday afternoon, and later forwarded the notice to

students.

The hardware fault on the system caused the timetables to be unavailable leaving many students stranded without their class times. Although all modules and times are listed on the notice boards at Student Academic Administration, many lecturers found their class numbers to be depleted during Monday morning's lectures. Education Officer, Alan Higgins, told An Focal that, "It was a disgrace that such an essential service for students was unavailable on their return to college. Students missing lectures at this early stage can have a detrimental effect on their studies for the entire semester".

It has been made known to An Focal that a lecturer in the

College of Informatics and Electronics forwarded an email to students on Monday afternoon reinforcing 'the importance of attending lecturers regularly' following low attendance at the morning's lecture.

Students were dismayed at the poor service provided by ITD and the lack of information regarding the timetable outage. Students rely solely on the online service since SAA's decision to cease sending out hard copies by post before the beginning of the semester. Many students were stranded and could not attend their classes on Monday as a result of the server collapse.

Timetables were online again in the afternoon when the service was restored.

ULAA brings Thomond College back

BY OISÍN COLLINS

SATURDAY 8 September saw the graduates of Thomond College return to the University of Limerick for the first reunion of its kind. All past graduates of the National College of Physical Education and the Thomond College of Education were invited back to the campus for a reunion made possible when the UL Alumni Association acquired the records of graduates from Thomond College since 1975 in November of last year.

The unearthing of these records by the ULAA meant that the 1,781 graduates of Thomond College were all invited back to what was a very special Alumni reunion. Executive Director of ULAA, Majella O'Connell, told An Focal this was a great opportunity to welcome these new members to the UL Alumni Family. A small group with a total of 670 students at

most in the college, this reunion was always going to be a relatively intimate affair and this was how the ULAA planned it, leaving plenty of time for people to catch up and re-acquaint themselves with old friends.

The extensive program for the day began with an address from President Don Barry in the Foundation Building, who welcomed the assembled group on behalf of the University. Following this the graduates had a chance to walk through the old campus of Thomond College, the PESS and Schroedinger buildings followed by tours of the campus.

In the evening, a champagne reception was held in the Castletroy Park Hotel and followed by a gala dinner, hosted by Dr. John O'Brien who as well as being an Associate VP of the University and a ULAA board member is the Former Head of Physics in Thomond College.

Six graduates offered stories of their time on the campus during the evening and what Thomond College meant to them both in their time as students and as graduates.

Graduates of Thomond College can now look forward to the same regular reunions as UL graduates. Other plans from ULAA include the introduction of five and 15 year reunions to compliment the current system, giving graduates a chance to return to their alma mater every five years. Also in the pipeline are annual reunions with the intent of being more social occasions. The first of these is currently being organised and will take place next year for the graduates of 2007. Through these reunions and the other projects they manage, ULAA continues to lead the way in building a lasting relationship between UL and its past pupils.

SALSA PARTY

**IN AID OF THE PEOPLE IN PERU
AFTER THE EARTHQUAKE**



UL ARENA SPORTS CLUB

WEDNESDAY SEPTEMBER 19 @9pm

TICKETS 5 EURO FREE FINGER FOOD

Non-Sabbatical Elections

BY OISÍN COLLINS

WEEK 3 will once again see the first elections of the year for the Students' Union. The Executive is drawn from a number of different areas: the Sabbatical Officers, Clubs' & Societies' Nominees, Nominees of Class Representatives Council and positions elected from the general student body. The elections in Week 3 are for the final category which is made up of the Equality Officer and the Community Relations

Officer.

The Equality Officer has a number of duties. These include acting as a point of contact for any students or groups who have an equality issue to raise, guiding the equality policies of the Students' Union and communicating with the University on equality issues. As a member of the Students' Union Executive the Officer would also be required to attend Class Reps Council and submit reports to that Council. The outgoing Equality Officer is Kate Nolan who said that

"the most important element of the job is to ensure that everyone feels that they are treated equally, in terms of access to education and generally feeling like they can contribute to the university and participate on a social level."

As Community Relations Officer, one of the most important duties is to research and then co-ordinate projects which aim to improve relations between all sectors of the community, including students and residents. The Community Relations Officer,



NCPCE graduate Nuala Gibbons BA Physical Education '75 is given a special welcome back to the campus by her son, UL Students' Union President St. John O'Donnabhain BA '06

or CRO, also attends the Community Forum, in which various elements of the community discuss issues which affect them. Last year's Community Relations Officer, Aoife Breen, said that the CRO position is all about "making sure that students are well represented to residents, students are people too! It's also really important to

develop a good relationship between students of UL and the local community.

A position on the SU Executive as a non-Sabbatical Officer presents a good opportunity to get involved with the Students' Union in a way which makes an influential change. The outcomes from this post come from the effort that is put into

it, and anyone who thinks they would like to make a difference on-campus can pick up an application form from the SU reception.

Nominations for these positions opened on Monday Week 2 and will close on Friday Week 2 with an election on Thursday Week 3 should more than one person put their name forward.

Official launch of UL Alumni merchandise

AN FOCAL REPORTER

UL Alumni Association last Thursday launched an extensive range of official UL merchandise for sale primarily to UL students and graduates. Ruth Scott, 2FM DJ and a graduate of European Studies at UL officially launched the collection, which includes clothing, stationery and corporate gifts. Speaking at the launch, Ms Scott said that she was 'frankly sick of seeing all these UCD sweatshirts and scarves around the place at RTE' and wanted one of her own UL sweatshirts to wear with pride. Diane Colfer, senior manager at Ulster Bank in

UL said that Ulster Bank were delighted to sponsor the Alumni Association's new initiative through the Ulster Bank Enablement Fund and wished the association every success in marketing the items.

The merchandise features a new contemporary UL logo, commissioned specifically for the collection. Designed by Eoin Gamble of ASA Marketing, the logo features the twin 25-metre high flag poles located at the main UL gate.

Majella O'Connell, ULAA Executive Director, said that the introduction of the collection was 'fuelled by increasing requests from graduates who upon leaving the UL campus

were feeling nostalgic and contacting the Alumni Association looking for souvenirs that they could wear with pride wherever they were'. She went on to say that US colleges have a culture of identifying with their alma mater for life and that the UL collection is 'an attempt to nurture a life-long relationship between alumni and their alma mater by providing items that are fashionable, practical, novel and, above all, high-quality'.

Items from the collection are available for purchase from the UL Alumni Association website (ulaa.ul.ie) as well as from the Students' Union shop.



Pictured at the ULAA merchandise launch were Katie Harrington, Majella O'Connell (ULAA), Ruth Scott (2FM), Diane Colfer (Ulster Bank) & Oisín Collins

President's Inaugural Address - Wednesday week 2

AN FOCAL REPORTER

Details have been announced of UL President Don Barry's inaugural campus address. The lecture, entitled "Renewing the Core - Towards an Enhanced Undergraduate Curriculum for Ireland in the 21st Century" will take place at the UL Concert Hall on Wednesday September 19 at 4pm. Lectures have been cancelled from 2pm on the day of the

address to facilitate attendance, though tickets have to be booked in advance. To ensure a wide coverage across the campus, the address will be streamed live to a number of lecture theatres and to individual computers. Professor Barry's first campus address is expected to draw significant attention from the media.

Professor Barry can be expected to expand on his already-stated ideas of UL as a

centre of research excellence with a student-centred learning environment and the campus as a social outlet for Limerick city and the surrounding area.

An invitation has also been extended to Professor Barry to address Class Representatives Council and it is hoped that this will take place in the coming weeks.

ULSU calls on County Council to fulfil promises

AN FOCAL REPORTER

UL Students' Union yesterday issued a public call to Limerick County Council to make good on their promise to install a pedestrian crossing at the Groody roundabout.

Following the actions of a group of students on the night of April 11, where they painted a makeshift zebra crossing on the road near the roundabout, a statement was issued by Limerick County Council that the crossing would be completed over the summer. This work has not been started.

Extensive analysis carried out on a national basis by An Garda Síochána in conjunction with the National Roads Authority, Ordnance Survey Ireland and the Local Government Computer Services Board with regard to collision history on the national road network in the past ten years has revealed the Groody area to be among the worst in the country for road accidents. The analysis revealed that road accidents in the Groody area during that time period have resulted in 10 deaths, 20 serious injuries and 106 minor injuries.

ULSU President St. John Ó Donnabháin said 'Despite promises that a pedestrian crossing would be in place by the summer, students and other residents in the Groody area are still taking their lives in their hands every day when crossing the Dublin Road. Limerick County Council must give this the top priority that it deserves and install a pedestrian crossing'.

ULSU will be running a safety campaign in week 3 of which road safety will be an important part.

New courses in UL



BY KATIE HARRINGTON

32 new students have now started their studies at the Graduate Medical School, which the University of Limerick successfully tendered for earlier this year. The Medical School will place particular emphasis on the role of medical graduates in the provision of excellent primary care; this will be done, in part, through differential diagnosis (situations where the students will be asked to make a prognosis, in the process learning about the relevant disorders; students will start by being given these as hypothetical situations.) This and other methods of learning are being facilitated through the establishment of primary care teaching networks in the Mid West, the Midlands and the South East.

The 32 students in question come from diverse backgrounds, with undergraduates reigning from English and History to Computer Systems to Forensics. Entry to the programme is based on having a 2.1 in an NFQ Level 8 degree, after which selection is based solely on the use of GAMSAT (Graduate Australian Medical Schools Admission Test). The fees for these places have been set at €12,000 a year for students, with the Government paying the balance of

€13,000 per student to the medical schools.

The new Arts programme starting in UL this year incorporates subjects from three colleges within the University, Humanities, Information and Electronics and Business. Pat O'Connor, Dean of the College of Humanities, commented at the launch of the new programme that 'The development of a BA has iconic status and is important for the strategic development of the University of Limerick, marking a small but significant change in the definition and perception of this University. Whereas the University of Limerick has built a strong reputation with targeted programmes in the Arts/Humanities/Social Sci-

ence area, such programmes by their nature cannot provide the same degree of choice to students as an Arts Degree'. The wide range of subjects available for this Joint Honours degree means students can now get degrees from UL with subject combinations such as Politics and Economics and Criminal Justice and Sociology.

Student's Union Education Officer Alan Higgins commented "The introduction of both programmes marks a significant milestone in the academic development of the University. I hope that their introduction will further serve to add to our dynamic campus community and the reputation of UL"

UL Debu
UL's Debating Society



Welfare in UL

JUDITH LYNCH, WELFARE OFFICER

DRUGS - THE FACTS! Whether or not to take a particular drug is a personal choice. Whatever decision you decide to make about drugs, wherever you decide to draw your personal line in the sand, make sure this decision is based on factual information. One of the most widely available 'recreational' drugs is Cannabis. So here's the info:

Cannabis

Cannabis has sedative and hallucinogenic properties. Its effects depend on the strength of the drug as well as the mood and personality of the user and the frequency of use. It comes in three forms: Marijuana ("grass"), Hashish ("Hash") and Hashish Oil. The active ingredient in cannabis is THC (Tetrahydrocannabinol). THC remains in the fatty tissue of the brain and reproductive organs for up to several weeks.

Effects of Cannabis abuse: Intoxication, impaired judgment and concentration, risk of accidents, fatigue, mood swings, loss of interest in school or work, impairment of memory and learning ability.

Risks:

- Increased risk of mental disturbance.
- Increased risk of cancer.
- Adverse effect on male and female reproductive systems.
- Maternal cannabis use during pregnancy may affect the foetus.
- Psychological dependence.

Bear in mind that even small amounts of some drugs, including alcohol, can impair coordination and clear thinking, making the user more prone to accident or injury. Some drugs depress or arrest breathing which may lead to unconsciousness or death. All drugs affect the user's judgment and probably reduce their inhibitions, increasing the likelihood that they might find themselves in situations they would normally avoid and which may be unsafe.

First Aid

If someone overdoses and is drowsy or unconscious - never leave them alone but comfort and reassure them. Try to find out what they took, how much they have actually taken, how they took it: whether they ate it, injected it, smoked it or whatever, when they took it etc. It's often easier to get a clear answer to this from somebody who was with them. If they are unconscious, put them on their side make sure they can breathe, loosen tight clothing and so on - get medical help straight away.

If unconscious, turn them on their side to prevent them from inhaling vomit. Ring for a doctor or ambulance immediately. Give any substance or implement they used in drug taking to the doctor.

For more information on drugs contact Judith, your welfare officer

Or go to www.drugsinfo.ie or <http://abovetheinfluence.com/>

Safety Campaign

PATRICK MCHUGH,
CAMPAIGNS & SERVICES
OFFICER

THE UL Students' Union safety campaign is adopting a two prong strategy this year. We are very interested in addressing safety for all of the U.L. community both en route to and from the campus and also all time spent on the campus and in the campus community. In order to address this, we are focusing on campus community safety and road safety with the relevant Gardaí resources in our area: the community Gardaí and the Traffic Corp. We are hoping to develop a greater awareness of the issues for your safety whilst still enjoying all the great walks, entertainments and social resources of the university. The cars are all provided courtesy of Hegarty

Metals Recycling, Ballysimon Road, Limerick.

We are very aware of the diverse students travel trends and distances covered by many of U.L. students coming and going to home, both daily and at weekends. This is partly why we feel the need to address this issue early and so features strongly on the agenda for better student awareness and focus by all parties in serving the students needs. The road deaths in the local Groody area is to date 10 deaths and 20 serious injuries as stated on the Safe Driving section of the Garda website, therefore no soft approach will serve to steady the impact of road carnage or injury.

Remember, keep an eye on your friends as well as yourself- there's safety in numbers! Hope you all have a safe and successful time on campus, by all means get involved in the campaign!

Sexually Transmitted Infections (STIs)

JUDITH LYNCH

Who is at risk?

Any person that is sexually active is at risk of getting an STI. The more sexual partners you have, the higher the risk of coming into contact with someone who is infected with an STI. However, it only takes one time to contract an STI and you can become infected even on your first time. For this reason, it is important that you are informed so that you can make decisions for yourself about your sexual health. Anyone who is sexually active is advised to have a regular STI check-up every six months.

This week we feature:

Chlamydia & NSU

What is it?

Chlamydia is the most common STI.

Chlamydia is a bacteria which affects the genitals and sometimes the throat and eyes. It is very common and causes NSU (Non Specific Urethritis) in men. Chlamydia is passed on through vaginal, anal and oral sex.

What are the symptoms?

Chlamydia is known as a "silent" disease because about three quarters of infected women and about half of infected men have no symptoms. If symptoms do occur, they usually appear within 1 to 3 weeks after exposure.

Symptoms for males:

Discharge from the penis. Burning sensation while urinating. Irritation to the eyes.

Symptoms for females:

Increase in vaginal discharge. Pain whilst urinating. Lower abdominal pain. Pain during sex. Irregular menstrual bleeding. Irritation to the eyes.

Prevention:

Using a condom for vaginal sex and anal sex will help to prevent transmission

Treatment:

Both Chlamydia and NSU are easily treated with a short course of antibiotics. If untreated, Chlamydia can lead to serious problems in women such as pelvic inflammatory disease which can cause infertility, ectopic pregnancy and pelvic pain.

In men, untreated Chlamydia or NSU can lead to serious problems with the prostate gland (which makes semen) and sometimes the testicles causing a painful swelling. As the symptoms are so easily missed and the consequences so serious, it is important to get tested for Chlamydia.

Where do I get tested?

The Medical Centre in UL - 061-202534

Women can order a self-test for Chlamydia at www.selfcheck-tests.com

You can apply for an STI test at the Limerick Regional Hospital - 061-482382

Homework with Alan Higgins, ULSU Education Officer

Module Outlines

And everything else a lecture should tell you.

BE you in first year, fourth year or somewhere in between you want the best out of the modules you study. The guide to do this is the module outline, but are you been told everything?

Last week you should have been supplied a module outline by each of your lecturers. If you haven't then the lecturer has broken the academic rules. If you haven't got a Course Outline ask the lecturer or get your class rep to ask. If you still have a problem contact the Students' Union and we will act on it.

The role of the module outline is to detail the expectations of the student and the responsibilities of the lecturer. Now this is the important bit: A lecturer CAN NOT change the module outline after week one, without agreement from the majority of the class. This is one of the important reasons for your class to have a Class Rep as they can act a liaison between your class and the lecturer.

Your module outline **MUST** contain the following information:

- Module Objectives
- Methods of assessment, including the weighting of each method
- Means of repeating the module

Other information which can be in the module outline and should be looked for:

- Lecturer contact details and officer hours
- The reading list - ask what is an appropriate amount of reading
- Procedures for requesting an extension and if there are penalties for late submission.
- Ability to get feedback - ask what were the common difficulties encountered by past students of the module.

Remember that you have the right to ask about the modules you're taking (although they are generally touchy about giving out the exam paper). If you don't understand something or if you are encountering difficulties there is always someone to help, so don't be afraid to ask. And if you don't have a module outline by now please contact the SU Education Officer.

Postgraduate News

Hi All



BY EMMA MURPHY
PSA PRESIDENT

I hope you have all settled back in well and have recovered from the madness of Week 1!

I have just a few memos and diary dates for all of you this week!

The PSA 'Meet and Greet' session is rescheduled to Thursday 20th (Week 2) at 7.30pm in the PSA Common

Room! This is a chance for all new and old, research and taught postgrad students to meet up and get to know each other better!

As some of you are aware there was a Babysitters Initiative set up last year and we are currently looking for students who are looking for some part time work to sign up for the scheme! If you are interested in participating contact either myself or the Welfare Officer in the SU! emma.murphy@ul.ie or judith.lynch@ul.ie

The Childcare Bursary Applications are now being taken for the Academic Year 2007/8 and the deadline for submissions is Friday 21st September 2007 (End of Week 2). If you are a Postgrad and need an application drop by the PSA Centre and you can collect one there.

Just to make you aware, the PSA and the SU will be running a campaign in relation to the Re-Integration of the PSA into the SU in the coming weeks! I would be more than happy to hear your thoughts or views on the topic or if you would like information in relation to the matter just drop me an e-mail! But more on that in the next edition of An Focal!

Finally, please continue to collect Class Rep nomination forms from the PSA Centre or from the SU! The first council is Tuesday of Week 2 and it would be fantastic if we could increase the number of postgrad representatives from last year.

Enjoy settling back in!

Emma

NI Ombudsman visits UL

KATIE HARRINGTON

THE establishment and maintenance of justice and peace, both local and global, were top of Nuala O'Loan's agenda during a lecture she gave to a packed room in Plassey House on September 10th. In an intriguing speech, she detailed how police accountability can be used to counter terrorism and organised crime.

Asked about the idea of 'throwing men at a problem', Ms O'Loan rejected the idea, explaining that as long as there were 'sufficient resources' using strategic management and modern equipment to maximise produce was the way forward. Intelligence led policing was a key factor in this. She believes that with the type of pay police officers benefit from, 9-5 desk work is not getting value for money, where civil servants could do the job in question. She commented 'There are situations where a police officer is the only person who can do a job, but there are multiple situations where a civil servant can do the job equally well.'

With regard to terrorism, Ms O'Loan explained that terrorists need society. In order to operate covertly within an area they need community sympathy, which can happen when police have alienated a community. In this regard she showed how community policing in smaller areas can effectively fight terrorism on a

global level. She stressed the importance of learning from the past; internment without trial, a strategy used in the North in the past which is known to have become a breeding ground for the IRA, and yet the United States continue with this policy at Guantanamo, a strategy Ms O'Loan questioned. She told the story of a Canadian man, extradited and tortured into a confession, which was later found to be false. The man suffered terribly at the hands of the American government and received \$10,000,000 in compensation from the Canadian government.

With regard to drugs, Ms O'Loan emphasised the fact that drug problems are the result of organised crime rather than individual operations. She explained that due to the large coastline in relation to landmass we have here in Ireland, we are vulnerable to drug smuggling. She explained that in areas of social deprivation, effective policing and a relationship between the police and the community is particularly important, and showed that at least to some extent this has been achieved in the North.

Asked what advice she would give to the Garda Ombudsman she explained that in the setting up of the office of the Garda Ombudsman they had many meetings, and had worked closely together. A piece of advice she did give was never to be afraid to publish an evidence based



report, and not to allow oneself as Ombudsman to be influenced by politics, as to do so would mean losing impartiality. Asked for problems she felt the new Ombudsman might face she spoke of the 'Blue Wall', police standing together, sometimes out of a loyalty which was misguided, sometimes because a junior officer would have difficulty in making a complaint about his seniors. She expressed the

necessity of acting with the law all times, and spoke constantly of integrity and of maintaining the highest standards.

It is clear that police accountability is something that needs to be achieved on a local level, but that it will have effects far beyond the local, into the national and global fight against organised crime and terrorism.

Debating Union in Turkey

NIAMH MADIGAN

THE Lonely Planet website's tagline for Turkey reads, "hospitality, history and a hotline to the sun." This seemed like a good deal to me, given that this summer had achieved a record level of soggy, and also that my trip there would be paid for by the UL Debating Union. I was one of six lucky members (two teams of two people, and two judges) chosen to represent my university at the European Universities Debating Championship, held this year in Koc University near Istanbul, and I was to spend the week in the company of some of Europe's most intelligent and articulate students.

Known simply as Euros, the competition brings together university students from all over the continent to debate on a variety of issues, from politics to ethics, sports and current affairs. It is held in British Parliamentary Style, a format based on parliamentary debates and consisting of a Government/Proposition and an Opposition, with two teams on each side. The tournament has been held regularly since 1999, and this year, the largest yet, drew roughly 500 speakers, judges and organizers.

We arrived late on Saturday night, and spent the next day recovering and enjoying the Turkish weather before the Opening Ceremony that evening. The debating proper began on the Monday with four rounds, followed by three the next day. This was more than would usually be held at a debating competition, but a Relax Night with free beer, ice-cream and popcorn, and a boat trip on the Bosphorus (the strait that separates European and Asia parts of Turkey) did much to alleviate the stress.

Wednesday was far more relaxed for all except the top sixteen teams who had made it through to the elimination rounds. The quarter-finals were held in the morning and the semis in the afternoon, and the evening was devoted to Culture Night. Every nationality set up a stand showcasing

their nationality and provided a song. The Irish provided many, the volume of which increased when it was announced that an Irish team had made it through to the final.

The English Second Language final was held in Koc University Thursday morning, then all participants donned their finery and were transported to a buffet dinner and the black tie, televised final. It was held in the Hagia Irene (a former church dating back to the 4th century), on the motion "That This House Would Publish Untruths in Times of War". Though the Irish team gave excellent speeches, the victory went to a Cambridge team. We were then treated to a display of the semi-religious traditional dancing (the performers are often best known as Whirling Dervishes), before being whisked away to Taksim, the Istanbul party district, to celebrate the end of the competition.

Though Euros was officially over, European Council (the organization dedicated to debating in Europe) was held on Friday in Hidiv Mansion, followed by tours of the various sights of Istanbul. The exertions of the previous night proved too much for many, and a number of the Irish participants instead headed into Istanbul much later. We admired the Hagia Sophia and the Sultanahmet (Blue) Mosque, haggled at the Grand Bazaar and took in the unique atmosphere of a city combining both Middle Eastern and European cultures.

Early the next day the UL delegation caught taxis to the airport, tired and slightly sad that Euros was over, yet having thoroughly enjoyed the week. Becoming involved in any Club or Society offers great opportunities, and all of the UL Debating Union representatives would agree that this was a fantastic experience.

Letters to the editor

AN FOCAL, UL STUDENTS' UNION, UL, CASTLETROY, LIMERICK
PHONE 061-202363, FAX 061-213476, EMAIL SEAMUS.RYAN@UL.IE

An Focal will endeavour to accommodate all letters as far as legally possible. All parties have a right of reply to letters printed herein.

Sir,

I'm sure that when Student Academic Administration decided that they were no longer going to post out hard copies of timetables to students they were aware that in the event of a server crash or other equipment failure that there would be students who would miss their assigned lectures. The problem I have is that just like the camera issues in EGO10 that seem to crop up on an annual basis during student registration, there isn't an adequate failsafe in existence for when the equipment failure happens.

I am as aware as the next layman is that equipment failures happen and there is little that can be done about the particular piece of equipment failing when it is most needed. I am also as aware as anyone who has been watching the papers over the summer that universities purport to be extremely cash-poor at the moment. However, the relevant authorities (whether it falls in the lap of SAA or ITD) need to recognise that students are more dependent on their timetables on the day they arrive back to their studies than at any other time of term. Leaving many students without a timetable on the first day many of them have access to a printer to make their own hard copy of their class timetables is frankly inexcusable. When 'free' fees were first introduced some people feared that services would suffer as a result. Now students like me find ourselves paying 800 euros to cover registration, administration and ancillary services yet it still appears to be too much trouble for the responsible parties to have a backup server available on the one day they are aware that traffic on their existing timetable server is likely to be at its peak.

I also find it, put bluntly, quite rude of ITD to inform staff that there was a problem with the server a clear hour before they bothered to consider telling those most affected by it - the students. It's lazy, impolite and just not good enough.

Yours,

William Smyth

Sir,

It may seem slightly early in the year for 'vehement and vicious' ranting yet such is incorrectly how my views on USI were portrayed in the 'Deep Throat' section of the previous edition of An Focal. I am not going to discuss my views on USI at this stage as there is plenty of time this year for such debate yet if the contributor in question would like to challenge or question my views on USI then I would be more than happy to talk to the person behind the 'Deep Throat' mask.

Yours,

Emma Murphy
President, Postgraduate Students'
Association

Sir,

I wish to issue a formal apology on behalf of the teetotalling community for the article 'Fanta Fueled' that appeared in An Focal on September 4th.

I am ashamed to be a teetotaller in modern Ireland. This is largely to do with people of Ms. McGrattan's ilk colouring us as a self-righteous group of smug gits who offer up diplomatic phrases like 'drink isn't for me', whilst in the same breath pushing their own philosophy upon peers.

Adding insult to injury is the uncertainty McGrattan casts over the veracity of her own statements, stating "with a doubt I have had some amazing nights out in the Stables". Ironically, one might wonder if she was under the influence whilst at the keyboard were it not for the subject matter, given the number of disjointed sentences she stumbles through whilst eschewing any traditional grammatical structures (let alone paying heed to whether her words are typed in their entirety).

Her ill-conceived evangelicism would have been much more effective had she mentioned any points of merit, such as the money one saves on a night out only buying a drink when thirsty. She also missed out on the valid aspect of not impairing one's ability to drive home after a piss up. And how did she fail to report the boon of not waking up with a hangover after an embarrassing night of alcohol-induced-erectile-dysfunction?

Shame on Ms. McGrattan for attempting to pass off her decision not to indulge in the odd pint as a 'quirk'. Such inane statements are not only a poor reflection on the author's desperation to stand out from the crowd, but also misrepresent the far from vocal few of us who decide to spend our lifetimes without mood altering drugs.

I wish to stress that not all those who abstain from alcohol are bursting with the same sense of self-congratulation and condescension that Catriona McGrattan imposes upon her readers. I offer my deepest sympathies to those who suffered through the stale-sense of unjustified enthusiasm she ejaculated onto page fourteen. In doing so, I am hoping to wipe the slate clean. Upon finding out that the tall, dark and handsome man (or woman) you have been chatting up for the past forty-five minutes is of the dry disposition, don't respond with "Fair play" or "You plonker". A simple "Meh" will suffice.

Your designated driver for life,

Seán O'Sullivan

El Presidente

Don Barry's challenge

THE new UL President, Don Barry, makes his Inaugural Address this week in the Concert Hall, where he'll outline his plans for his ten-year term of office, how he wants to make the University better in that time. And there have been positive sounds coming from the White House, especially regarding a stronger campus community, and placing Teaching and Learning at the top of the agenda - much better than loads of new buildings and an obsession with research cash, which could be said to have characterised UL over the last few years.

But now the new broom sweeps in. We're told that UL should be like a town, 'a social resource' for the local area, where people come and go to the regular activities. He also agrees with the Students Union that the Alcohol Policy has failed, and that more entertainments are needed on campus. There are big plans for putting undergrads at the heart of the University, and having professors lecturing to first-years regularly (rather than sitting in those lovely, but totally impractical, ivory towers!).

And few are in better positions to deliver on these good ideas. Don Barry is in the throes of a comfortable honeymoon period at the moment, but the real challenge is not in promising improvements but in delivering them, as he admits. Students have to be alive to holding the President accountable to his promises and responsibilities, not just this year and next, but for the next decade. A good start would be to take real, concrete steps towards fulfilling the University obligations under the Alcohol Policy, including free Wednesday afternoons and long-promised sponsorship for Clubs and Societies, a non-alcoholic venue and the advent of low-alcohol drinks promotions.

Ten years starts here. Best of luck Don, we'll be watching (with interest).

St. John Ó Donnabháin,
UL Students Union President
st.john.odonnabhain@ul.ie



BAR & RESTAURANT

*James Gleeson tea, wine & spirits merchant
56 O'Connell Street, Limerick, Ireland*

Est. 1812

WHITE HOUSE



No.1 White House Poetry Revival

In its 221st consecutive WEDNESDAY night it is now recognised domestically, nationally and internationally as the premier poetry venue in Ireland and Europe. Everybody is welcome. It starts at 9.00 pm. If you would like to read your own poetry to an audience of uncritical, good humoured like minded people then just come along on the night - give your name to the M.C. - Barney Sheehan. Or just come and listen. It's easy. The second part of the evening is given over to an invited guest Published Poet who reads his own work, answers questions, signs copies of his Books and talks and mixes freely with the general audience.

Free Admission.

Free Finger Food.

email: whitehousepoets@eircom.net web: www.limerick.com/whitehousepoets blog: <http://whitehousepoets.blogspot.net>

podcast: <http://druidpaddy.blogmatrix.com>

No.2 White House Three Songs Limerick

This is an Acoustic Songwriters Night - every TUESDAY night also starting at 9.00pm. Artists are encouraged to bring and perform their own music. They are expected and help to create an environment for listening and developing each others songs. Equally just as with the poetry - just come and listen.

Free admission.

No.3 White House Sunday Music

This is a great music night with live performance established like the poetry a long time under the enthusiasm and guidance of the White House Manager - Glenn McLoughlin. Glenn has brought together four different groups - made up of a variety of music, crossing from American Country to Irish Traditional to contemporary modern music with a little jazz thrown in. A very special music appeal.

No.4 White House Ambiance

Generally a very cool place. It was established in 1821 in upper O'Connell St., just across from the Bank of Ireland - next to the Limerick Leader and has not changed much. It is the home and resting place of many journalists, auctioneers, artists, writers, solicitors, students, tourists, doctors, secretaries, musicians, singers and actors - everybody really that's anybody or somebody in Limerick City. They all visit for morning or afternoon tea and coffee, maybe a beer and midday brunch - soup, hot meals and salad. A little like an eastern Tea House - a very pleasant place for a drink in the evening. Drop in anytime - where talk and conversation is first and the staff never change. They love the place and the customers.

To Fee or not to fee?

Seamus Ryan introduces this fortnight's An Focal head2head debate

THIRD-LEVEL tuition fees were back in the news at the beginning of August as the Irish Universities Association (a corporate organisation that represents the seven university presidents in Ireland) called for the re-introduction of full tuition fees in Irish universities.

Ned Costello, chief executive of the IUA said they were 'concerned at the absence of an overall strategy for higher education and the very significant shortfall in available funding

relative to the challenges facing the university sector'. The campaign for new funding came after Irish universities received their annual allocation from the State based on a new funding model, known as the Resource Grant Allocation Model, which tilts funding towards courses which meet overall Government economic and social objectives. The former system had linked financing to overall student numbers. In the run-up to the general election, Mary Hanafin, Minister for Education had said the

return of college fees was off the agenda for the foreseeable future.

The call for tuition fees was rejected by student groups across the country, including by UL Students' Union. St. John Ó Donnabháin, ULSU President, said: 'Third-level education might need more investment, but students are not cash cows - the state should be investing properly in education and the benefit it gives to society and the economy. This country has changed massively for the better in the 12 years since fees

were abolished, but their return would do massive damage. Lots of students are only just getting by as it is - if fees were to come back you automatically exclude them from college. Education should be open to everyone, not just for those rich enough to afford huge fees!'

This fortnight's An Focal head2head has Aoife Breen making the case for the re-introduction of tuition fees and Katie Harrington arguing against.

No!

THIS week most students will notice that there is now an ostentatious bridge linking the main campus to the North campus here in the University of Limerick. The bridge cost approximately €16,000,000 to build. Building Contracts worth over €4,300,000 have been signed for a state-of-the-art Rowing Boathouse on the shore of the Shannon. What relevance has this to whether we re-introduce fees or not? Probably none, but I do think that Universities are taking us for a ride if they can afford to invest this much into infrastructure and then cry that they cannot afford to invest more in their undergraduate programmes. I won't even bother going down the road of listing areas where the government squanders money that could be spent in funding third level institutes. You've heard it all before; the fact is that there is plenty of money floating around to bring our Universities up to standard without re-introducing fees.

Arguments have been heard that a system of state loans to students which will be given to students will provide for a fairer, more equal system where students need not rely on parents or part-time work. But wait a minute, isn't that what was said about the highly flawed and inadequate grant system? Let's look into this idea a little further anyway; at the moment, the Union of Students Ireland estimates that the cost of one year in college is approximately €7,000. Add to this the extra approximate €5,000 in fees and we get €12,000 in total per year. Over the course of a standard four year degree, this leaves us looking at a debt of almost €50,000 per student. Second year New Media and English student Diarmuid Healy comments 'In the

four years that I would spend in college working up that sort of debt I could probably get a junior job with a newspaper and work my way into journalism like that without getting myself into debt'. This indicates that rather than an incentive for students to work harder to achieve their goals, the idea of leaving University with such an enormous debt would be a deterrent to otherwise eager third level students.

Presumably a €50,000 debt will also make graduates think twice about whether or not they should really bother with a post-graduate which will add another €10,000 or so to this ever mounting debt. Not to mention those daring few who had dreamed of a year in Oz! No time for that now, you're grown up with a very grown up debt and need to get working immediately. At an average starting salary of between €20,000-€25,000 and covering your costs of living completely independently now it will take a good few years to clear off that loan. This will affect graduates ability to get on the property ladder, buy cars or even go on holidays.

So what is this system really going to achieve? It places a huge burden on new graduates going out into the workplace and gives the Government and Irish Universities the get out of jail free card they have been looking for. In effect, it's dumping the problem on the little guy.



BY KATIE HARRINGTON

Yes!

MENTION fees to third level students and you have the whole lot of them taking up arms and aiming them in your direction. Fees have no other purpose than to irritate and frustrate students and their parents, inflicting economic hardship on many families disabling them from continuing with their education. Fees ensure that only those who can afford them can get an education; that education is a commodity like any other and needs to be bought. Fees further marginalise certain sections of society, pushing those at the edges further out and further away from a future with more financial security.

But do they really? The abolishment of fees simply hasn't shown an increase in the uptake of further education by those from lower-income backgrounds

Before those students mentioned above decide to pick up their weapons, a brief insight into why fees are necessary is obligatory. Put plainly, universities are under-funded; grossly under-funded. The government has failed, and failed again, to provide the financing that is required to ensure that third level education maintains a high standard. Universities struggle to bear their costs and it's no wonder that many Irish third level institutes are forced to crawl into the red, including our own University here in Limerick which found itself first backed into a €2.5 million debt for the year 2005/06.

The government has insisted that it wants a first class third level education system ready to lead the drive towards a knowledge economy based on the assumption that a better education

dedicated in a recent initiative to fund research.

But it's not enough.

And the government can't keep answering the demands of university heads when it has so many other areas to finance and yet still keep taxes low. Something has to give. Maybe it's time that students did.

Paying full fees upfront is an option, but it's not an answer. Without a doubt reintroducing fees in a manner similar to the way they were formerly would only cripple further education in Ireland.

Perhaps a better idea would be to adopt a model similar to that in place in Scotland. There, students enrolling on their first degree course are required to pay a pre-decided fixed sum in the April following their graduation. For entrants in 2006/07 this fee amounted to £2289 (€3375) and will increase annually according to inflation. However, this system is not flawless.

Maybe, then, it should be considered to bring in a 'graduate tax'; a percentage of a graduate's salary - or anyone earning a salary above the average industrial wage - taken following graduation. One or two per cent from a graduate's annual salary would easily fund a university in the long term. It wouldn't place any sort of financial strain on the graduate, nor would it be preventative for those from lower-income backgrounds to attend further education.

Such a system is vital for the sustenance of our education system and to ensure that Ireland can thrive and grow further. Full fees as they were in bygone years should stay in the past, but a contribution from those who can afford it - and from those who benefited from the system - would result in a positive outcome for all. If our third level institutes can be financially solvent, then they can maintain their positioning at the fore of world education and we can all take pride in knowing that we financed such an asset.

Or, we can continue to complain about the lack of funding and watch the quality of higher education begin to spiral downwards into the depth of its debt.



BY AOIFE BREEN
NEWS EDITOR



SO, WHAT DO YOU DO IN COLLEGE?

Last year over 200 students made the decision to run for Class Reps Council, to represent, campaign and party for their class.

Every Course has a right to a least one Class Rep. To become a Class Rep, pick up a nomination form at the Students' Union Reception or PSA Common Room.



CLASS REPS COUNCIL - A STUDENT LIFE LESS ORDINARY

FOR MORE INFORMATION CONTACT ALAN:
CALL: 061213491 E-MAIL: education@ulsu.ie

will lead to better graduates who will find better, well-paid jobs to fund a better economy. Despite what many people - including students - think, the government has been trying to inject money into the sector: funding has doubled since 1999; the NDP has allocated over €13 billion to higher education; €230 million has been

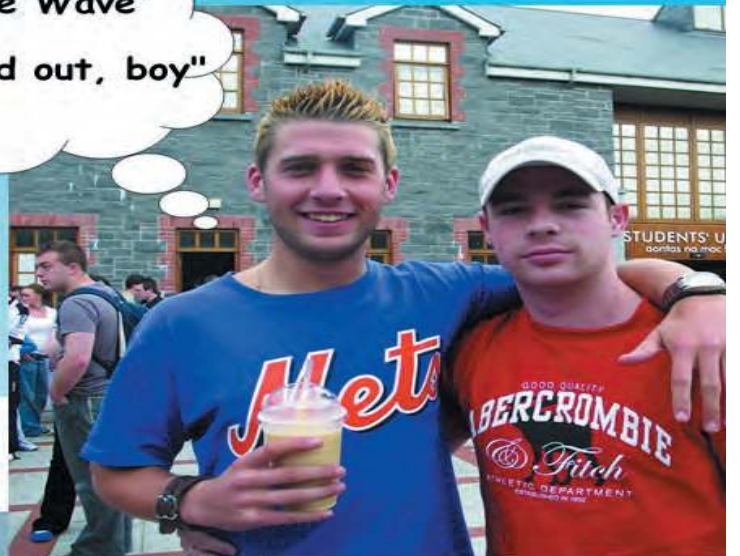
STUDENT SPEAK

Katie Harrington asked students "How was Orientation week for you?"



St. John
"Happy, happy, fun, fun, happy happy"

Dave 'The Wave' Murphy
"Tis grand out, boy"



Siobhan Keogh
"Very good"
Craig Murphy
"Great craic"



Tomas McCarthy
"I can't remember"



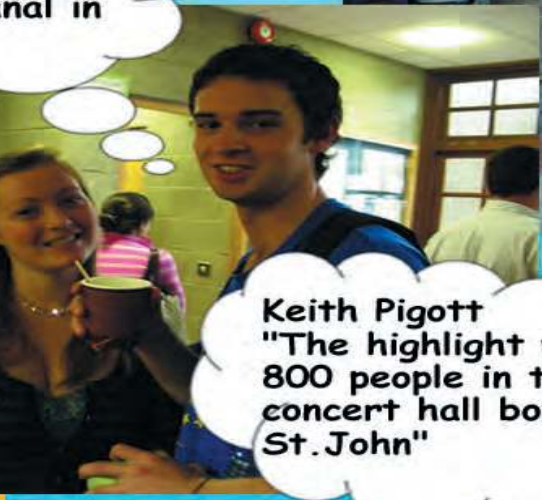
Amelie
"Drunk!"



Ruth & Diggie
"Excellent, riveting, spontaneous, combusting, not mundane or banal in the slightest"



Paddy English
"It consisted of gaming, Subway, gaming, going out and very little sleep"



Keith Pigott
"The highlight was 800 people in the concert hall booing St. John"



The Cycling Saga

CLARE LANGFORD

CLOSE your eyes, picture the scene.... A beautiful morning, a few white clouds sail across the sky, the birds singing a gentle breeze blowing ... "What a nice day for a cycle", you think to yourself...

And so you take out your trusty steed, fully equipped with pump, reflective jacket, Rain-gear (should the Irish weather revert to its habitual wet state) and set out upon your merry way. You sail past your fellow commuters, as they snail their way through the rush hour traffic and arrive at your point of destination. As you dismount, you feel at one with the world; your mind is at ease in the comforting knowledge that you have done your bit for the environment, your body has had a workout before the day has even begun, and the little devil inside is grinning smugly at the thought of those poor souls that you left slowly baking in their cars. So you lock up your bike and, having battled with the boy-racers, long-distance lorry drivers and frustrated parents that one meets in the early morning on the Dublin Road, you head off, ready to take on whatever challenge the day should bring....

Now, let us fast-forward a little bit. The day draws to a close and jangling your keys, you make your way to the bicycle racks. But wait...what is this??? There, where your bicycle should be, dangles a solitary black lock,

smashed to pieces and left behind as the sole evidence of a heinous crime. The vehicle itself is nowhere to be seen, no body parts strew the path, not even the bell remains. Picture my face...grrrrrrrrr....

What to do? Resort to LMERICK PUBLIC TRANSPORT? Inform security staff? Fill out a report form (which no doubt isn't even on recycled paper, and thereby cancels out your fine efforts for environmental betterment)? Look at the cctv footage so that you can confirm that your bike (which was there, and is now no longer there) was indeed stolen? Perhaps even glimpse the colour of the hood of the perpetrator of the crime? Hardly constructive!

Now, imagine this scene repeated- not once, not twice, not thrice... BUT FRICE! (four times that is) Picture my face again-grrrrrrrrr.....snarrrrrrrrl!!!

And I am not the sole victim... take a stroll through the campus- here and there you will find safety-locks, perched upon the bike racks, alone, empty, at "a bit of a loose end", as it were- a poignant reminder of the bicycle that once stood there.

So, a word of caution to UL cyclists, particularly to the unsuspecting first years: beware of the bike-stealers...they are watching, waiting, for the moment to pounce... Racers, mountain-bikes, hybrids, tricycles...they show no mercy!

Editor's note: ULSU is currently running a



UL students queuing to buy bikes in the ULSU bike Scheme last Thursday

bike scheme to make bikes available to UL students at affordable prices. Sponsored by Erasmus UL, the scheme has been very successful

and the ownership of second-hand bikes sold has been checked.



 Ulster Bank

...here's a better one

€100 cash* when you open and use your Ulster Bank Student Account

Talk to Mike, Sally or Sinead at Ulster Bank on Campus on 061 216260

*Terms and conditions apply. Please refer to our student brochure for full terms and conditions. **€100 Offer 1.** The offer is only available to full time third level students who are commencing, or have already commenced, their first full time Higher Education course of at least one year in duration and who open a Student Account with Ulster Bank between 7 August 2007 and 31 October 2007. 2. Ulster Bank will lodge €100 into new student accounts which meet the requirements set out above in two separate instalments. The first instalment of €50 will be paid not later than 30 November 2007 and the second instalment will be paid not later than 31 January 2008 provided the customer has continued to operate the account in accordance with these terms and conditions until that date. 3. This offer is subject to change and may be withdrawn by Ulster Bank at any time. Ulster Bank Ireland Limited is regulated by the Financial Regulator.



ULSU ENTS

www.bebo.com/ulents

Sponsored by

Ulster Bank

€100 cash - good idea, or a great one

Join us on BEBO - we're ULents

Breaking News Breaking News .

As we were going to print we have just confirmed that we will be doing the Dirty Sanchez Live show on Monday 9th October. The MTV nutters are doing a three date Irish colleges tour and UL will be one of those dates. Tune into our Bebo page for further details.....or keep an eye out for posters. Tickets will go on sale on Monday Week 2.

The Rest

So that's two weeks down and another 29 to go, judging by the smiles on faces you seem to be having a good time. Highlight of the start for me was the wall of noise that greeted The Blizzards after every song on Wednesday night. I have never heard any UL audience as loud as that and I've seen a few gigs here over the years (too many years).

So time to move on and figure out whats happening for the next few weeks. Those of you who have joined us on Bebo will have a fair idea but for the people who are yet to join us here are the bare details.

Week 2

Tuesday 18th September - Green Sessions @ The Stables with FRED

Tuesday 18th September - County Colours Ball @ The Sin Bin

Thursday 20th September - Pop Stars Party @ the Cornmarket with Green Daze (Green Day tribute)

Week 3

Tuesday 25th September - Green Sessions @ The Stables with THE FLAWS

Tuesday 25th September - Father Ted Ball @ The Sin Bin

Thursday 27th September - Pop Stars Party @ the Cornmarket with... [TBC] - watch out for the posters!

Thursday 27th September - Swift Session 1 with Declan O'Rourke

For those who are a little bit more interested here's more than the bare details.

Green Sessions

Tuesday Week 2

Fred

www.fredtheband.com

Fred are a five piece from Cork and are no strangers to a UL audience. They headlined the Thursday night of Rag Week and blew the crowd away rolling out the tunes from their three albums to date and even threw in a few covers including the highlight of the night, their cover of Take on Me by a-ha. They have a great sound and are without doubt Ireland's best band from Cork.

Make it your business to see them , they're 100% party. Just so you can hear them in advance check out their website or check them out on our Bebo page you might even become a fan.

Tuesday Week 3

The Flaws

www.theflaws.com

The Flaws are a bunch of lads from Carrickmacross who have made it their business to write some very good music , record it and release it as an album in August. They are one of the real hot properties in Irish music at the moment and heres your chance to see them for free. They're joining us having recently played a great set at the Electric Picnic to a crowd who really took to them. They're last single 1981 was all over the radio, its probably one of those ones you heard but aren't quite sure who sings it.....heres the chance to hear it live!

Again check them out on the Bebo page we have a few Flaws tunes on our playlists, think there might even be a video.

Thursday Week 3

Declan O'Rourke

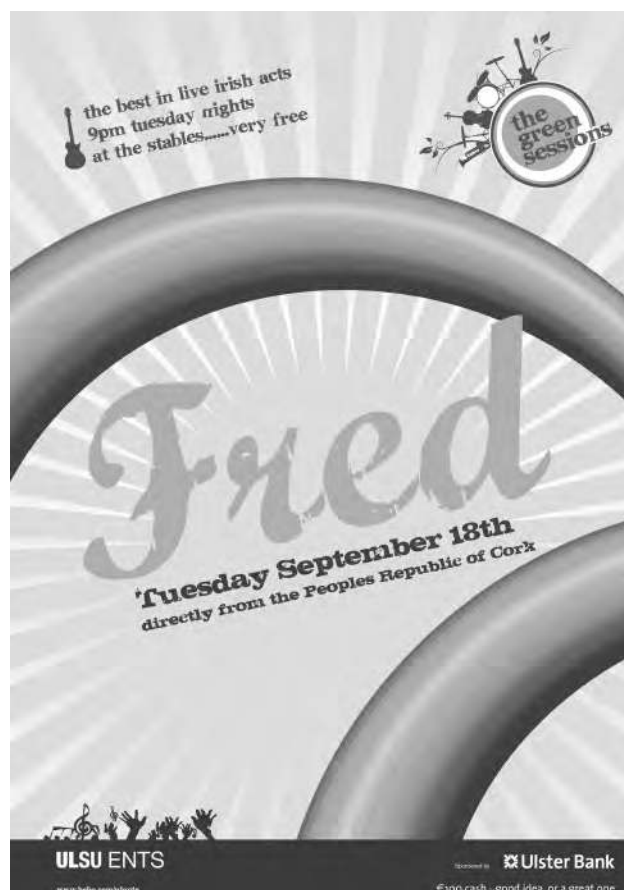
If there is one gig I will not miss this year it's this one. We have produced a lot of great / successful singer-songwriters over the last few years but as far as I am concerned this guy beats them all.

He has only played here once before, as support to Paddy Casey, back in the days when

he was Paddy Casey's guitarist. He's progressed since then and now is out there in his own right. His new album Big Bad Beautiful World is starting to gain momentum along with the single of the same name....

His recent appearance on Ray Darcy's show (can someone do an appearance on radio?) has reminded the nation just how good he is. He rolls into UL to do a solo acoustic gig on Thursday September 27th its just one of a string of dates he'll be doing around the country over the next few months. I don't feel like I can do him justice so here's some of the more lyrical language that his PR people use, I kind of don't understand some of it , see if you can do any better.....either way buy your tickets from Monday Week 3.

"Singing in a velvet-tinged baritone with a killer falsetto....it's a rare gift that his music can bear comparison with so many classic era troubadours, Fred Neil, Jackson Browne and Bruce Springsteen while still sounding so completely original" Nigel



Williamson, Uncut. Declan O'Rourke used to be one of Ireland's best kept secrets, but rave reviews for his debut album 'Since Kyabram', a growing international fanbase and an enviable collection of eminent devotees, including Paul Weller, Snow Patrol and Kate Rusby, are rapidly changing that.

On its release in Ireland, 'Since Kyabram' reached double platinum status and garnered Hot Press magazine's 'Best Debut Album' award. A major record deal with V2 and a publishing deal with BMG followed, as did patronage from his peers - invitations to support Snow Patrol at Marlay Park in Dublin, Teddy Thompson on his UK tour, The Divine Comedy for dates in Germany and the U.K., and to perform at the legendary 100 Club at the request of Paul Weller.??

The buzz is growing, based on the simplicity of great songs and a unique voice. Declan's lyrics touch on all aspects of the individual, his songs focus on the centre of everyday emotions and his voice irresistibly draws the listener in. He has an understated charm, a quick-wittedness that make him highly endearing live and equally at home playing to one person as he is to thousands.??From the opening melody of 'No Place To Hide', the first song on 'Since Kyabram', to the final key of 'Marrying The Sea', Declan's ability to tell a story unfolds.

Each track on the album gives a feeling of being part of a collection of short films; the connecting thread being Declan's flowing and dreamy lyrics. The album embodies the roots of his Irish heritage, but also has a distinct rock edge, reflecting, in part, his time spent in Australia from age fourteen to his return to Ireland four years ago.?



ULSU ENTS

www.bebo.com/ulents

Sponsored by

Ulster Bank

€100 cash - good idea, or a great one

TG4 is preparing for the second series of Deis Roc (literally an opportunity to Rock) which will appear on our screens in January next year. Tobar Productions and Green Inc Film and Television, the companies behind the series are currently looking for new bands and solo artists from all around the country to enter the competition.

We are encouraging applications from bands/ artists from all musical genres. Provided it is great music and young people are into it, we want to hear it. The series will be recorded in Belfast in early December with a number of preliminary rounds taking place at venues around the country next month to select the bands for the televised part of the competition. Bands are asked to email info@tobarproductions.com for an application form. If chosen, each band or solo act will be asked to perform at a venue in Dublin, Cork, Limerick, Galway, Letterkenny or Belfast, dependent on which is closest to them.

SCHNITZEL

Schnitzel Comedy Club Coming to Town

Monday October 1 - Karl Spain
Monday October 15 - Maeve Higgins

Venue Jonathan Swift Theatre Doors 8.30pm
Tickets 8 Euro from Students Union

Schnitzel is amongst the best comedy clubs in the country hosted by LCAD student Alan Bennett. The best comedians in the country have appeared at the club over the last 18 months and now they're coming to UL. To start with in October we have Karl Spain & Maeve Higgins. Also coming this semester we have PJ Gallagher, David O Doherty, Neil Delamare, Jason Byrne to name but a few. In second semester we are planning to have Andrew Maxwell, and then coming in from the UK we plan to have Alun Cochrane, Phil Nicholl and Phil Kay if those names don't mean as much to you never mind just go We guarantee you'll be laughing, possibly even wetting yourself.

Karl Spain Monday October 1st - Week 4

I'm slightly biased because I went to school with this guy but I really do think he's a savage comedian. He was recently the star of his own TV show called "karl spain wants a woman" and he managed to find one and even stranger he managed to hold onto her too!

Mr. Spain has been on the scene for a number of years now. In 2003 he was thrilled to be chosen as one of the Irish acts at the Montreal 'Just for Laughs' festival which was recently repeated on R.T.E. 2. In 2004 he performed at festivals around the world including Australia, Kilkenny and his well received solo debut at the Edinburgh festival 'Spain, Ireland and Beyond'. Other T.V credits include The Late Late show & The Liffey laughs for RTE as well as the BBC New Comedy Awards in 2002. And also if you look closely at the audience the time his brother Gary was on



Where in the World, you can see Karl, he has a beard and is smiling. As well as the R.T.E. award Karl was also a league winner with Summerville Rovers under-10s. plus he won a couple of buachail na seachtaines in primary school including two in third class.

His TV appearances make for good viewing but to see him at his best you need to see the man live. Put him in front of a crowd and he wrecks the joint. Heckle him at your peril!!!

Maeve Higgins Monday October 15th - Week 6

Maeve Higgins is a firebrand. Well, more like a sparkler. She is controversial and doesn't care who gets hurt. Except that she does really. Over the last three years Maeve has gone from strength to strength from her early days as a contributor to the Ray Darcy show to her current role in the smash hit Naked Camera she has gradually become one of

the best recognized faces on the comedy circuit.

Since beginning stand up three years ago, she has performed in comedy festivals around the world, including Edinburgh, Melbourne, Adelaide and Kilkenny.

In her debut hour-long show, 'Ha Ha Yum', at the Edinburgh Fringe Festival last year; Maeve did stand-up while her sister Lilly made cakes. People thought it was hilarious and delicious. The show went on to a sell-out season in Dublin's prestigious Andrews Lane Theatre, which Maeve followed up with a sold-out stand-up tour around Ireland.

Maeve rapidly rose to an uncomfortable level of notoriety on Irish television in the past two years, on the most watched comedy show in the country, RTE's Naked Camera, her various neurotic characters are loved on the show and she swears they bear no resemblance to her in reality (we believe her!)



An American in Ireland

RAYMOND MOORE

MY ancestors left Ireland to go to America a long time ago. I'm not alone, thousands of Irish immigrated to the United States, and we, the descendents of Irish immigrants, have returned years later to find out what we would have had, if only our families would have stayed. For the term there are about one hundred and fifty American citizens here at UL. Many of us have come for different reasons, to return to the land of our ancestry, to tour a beautiful country, to learn about the equine industry, and to just visit a really cool campus. To Europeans Ireland is another place where they can continue to learn English, which is unnecessary for Americans. For the rest of us learning what can be taught in a classroom is only half the reason we are here.

This is a brilliant way to cross borders and expand our understanding of other cultures. The most distinct feature the Irish have is their accent. Some have better accents than others, and some I just can't understand altogether. The Americans have been welcomed with open arms, noted by our distinct accents as well. As one person put it, the Irish are known for their friendliness, this is in part due to the fact that they are noseys.

But it has been to our benefit. Mike Titus summed it up best when he was asked to describe his first week here, 'It's just like I've gone on a vacation with a bunch of strangers'.

One of the challenges of being a Study Abroad student is that haphazard meetings aren't as prevalent as they are in the dorms in America. In college there, students live with roommates, and in a single building and the best way to meet people is to leave your door open. Whereas going up to a house and knocking on the door just to say hi isn't a common practice within the student villages. But in all fairness I think an Irish student in Plassey Village put it best, 'So what. You're not in America, you're in Ireland now.'

Orientation!

ANNE MCNEE writes about her early experiences as a mature student

I have to leave my house at 7:30 on the morning of orientation to get to UL on time. Everybody seems to have their own opinion on my best route to take, but I stick to my guns & go straight through town. It takes me half an hour to get to the Coonagh roundabout and another half to get to the bridge. By this time I feel sick. I just know I'm going to be late and will have to walk in after everybody has started and they'll all turn and look at me and I'll go bright red just as I did at 18 and.... Oh, the lights changed. 10 minutes later I'm parking the car and feeling a lot better. My stomach, strangely is still feeling a bit queasy, surely I'm not feeling nervous? I'm nearly 40 for God's sake... I pass a lot of ridiculously young looking students but funnily enough don't really feel much older than them.

We all get placed in the Concert Hall with military precision; walkie-talkies, microphones and colour-coded tee shirts seem to be the order of the day. After lots of introductions, we're divided up with guides. The range of courses is fascinating, some sound incredibly cool - who wouldn't fancy doing robotics, brings me in mind of Robot Wars, which my hubby and kids love, but I'm sure it's much more serious than that!

Having already met some of the other mature students last week, we have a little posse to sit with. We've already decided that we're definitely not sitting at the front, as this will make us seem far too keen, which of course we are!! We all introduce ourselves and get some course info. Finally, my timetable. I've been desperately trying to get hold of this, but it has been like gold dust. When I first see it, I'm amazed; this college lark is a breeze! Unfortunately I'm soon stripped of my illusions when we're told that this is only our lectures; tutorials and labs are to follow. Oh, and we're also expected to study. Thought it seemed too good to be true...

As we leave to go on our tour, I realise that our seating ploy has backfired a touch. Everybody looks different from the front, so to recognise anybody, I have to go and look at the back of their heads! And if they wear different clothes tomorrow, I'll be completely stuffed. In fact, I think that should be a new rule at UL. Everybody has to wear the same clothes and hairstyle for at least 2 weeks until they're committed to memory. And for those poor young ones, it'll save them having to learn to wash their clothes for a couple of weeks while they learn to cook!

After hanging around for 3 hours, we go back to register, as, I hasten to add, we were told. It's 4:50 and our guide is mega stressed. Apparently everybody is already registered and they're about to close, somebody gave her the wrong info. We get whizzed around the tables and before I know it, I'm getting my photo taken. I'd forgotten about the bloody photo. I'd have at least brushed my hair and put on a bit of lippy. I reckon they do the photos last just so's you're tired, hot and sweaty and look like crap. And then you're stuck with it for 4 years! I decide to use my feminine wiles (what's left of them) and plead for mercy. I think the lads take pity on me, because my photos pretty reasonable. My signature however is a different story. Signing my name without seeing anything is odd and when I get my card it looks like my 7 year old has signed it.

After I've gone home I realise that I didn't get a pin number or computer account and have found lots of questions to ask, but as the famous line goes, tomorrow is another day, or something like that....

Newbies Ahoy!

Three new UL students give their spake on their first weeks at UL

First Year Diary

NEIL SLEVIN

HI guys, I might just be a little first year but I have arrived! My name is Neil Slevin and I come from County Leitrim, although many of you reading this might not know where that is... (It's on the map, I've checked!) I'm currently studying PE teaching and my chosen elective is English, which is going to stay that way because I've just coughed up one hundred and twenty euros on books, meaning no more trips to the "Slodge" for me in the near future. I'm not really sure as to what I should write about in my first attempt at getting my name in print, so maybe I should just give you all a rough, patchy, bloodshot-eyed account of my last few days on campus. I must admit that I love UL itself. I feel that I will be happy here, the Arena, the running track, the stables, the opportunity to meet a whole new world of people really sings to me. The only downside is the certain "culture" of college that rears its ugly head, each evening, usually after six or seven o'clock, when the cans of Dutch gold are opened... "If it's not Dutch it isn't much" being the common paraphrase! I probably sound like a redneck from the country, which I am admittedly, but when drinking causes trouble for the more innocent souls amongst us, like myself, it is sickening. I shall delve a little into the rumblings that have so far stormed through my residence in "Classy Plassey"...

"Day 1: I arrive, a little hesitant, having grown accustomed to the setting of Dromroe Village, Plassey is a little disappointing. I open the front door, Dad and Gran in tow, and find some complete randomers' bags,

clothes, toiletries etc. on our couch. Then I notice two bins full to the brim with empty bottles, and the place stinks with the aroma of drink, cigarettes and chip fat...

"Day 2: I wake up the next morning for my first real day of college, go downstairs and find the place absolutely trashed, it looks like a crowd of elephants have had a house party, not a couple of youths... I pick myself up and head off to enrol....

"Day 2(Again!!!): at around half past one, I get a phone call, telling me that I have a disciplinary meeting with the Campus Life Services manager, and that involves me having to miss all my introductory lectures and enrolment... I manage to prove my innocence, but two of my housemates are not so lucky, get threatened with eviction, but finally settle upon three hours of community service...

"Day 3: Wake up, tired and groggy, and open my room door. At first I think my eyes are deceiving me, but no they sadly are not. The room door, directly across from mine has been kicked in, and splintered wood, sawdust and even parts of the door handle lie strewn across the floor... Cue another disciplinary meeting, which I'm allowed to miss, and a repair fee of 160 euros, which the offending housemate refuses to pay, as his shares in the brewery are non-redeemable...

That's a brief summary of my first week in college, which, along with the "back to school ball", the Blizzards and numerous other happenings, has proved to be an eventful, if unforgettable one, hopefully I'll be corresponding with you all soon, and when my pay cheque (just a little joke editor!) comes through I can afford to use up more of your free time.



An Gaeilgeoir!

Hey laids!

TÁMUID an-ghnóthach anseo i dTolglann na Gaeilge faoi láthair! Táim ag déanamh traenáil le Pádraig agus Caitliona anseo ag tabhairt an t-eolas go léir dóibh faoin gCumann Gaelach agus gach rud a bhaineann le saol na gaeilge anseo san Aontas. Tá na laids ag déanamh cúpla athruithe don Tolglann, agus sin é an fáth go bhfuil sé dúnta faoi láthair.

Le mo thréimhse mar Oifigeach na Gaeilge agus Uachtarán an Cumann Gaelach ag teacht chun críoch, táim ag breathnú siar ar beagnach trí bhliain ag obair ar son na Gaeilge anseo ar an gcampus. Tá an méad sin buanna bainte amach againn! Tá an alt seo againn gach eagrán do an Focal, sin teagmháil rialta le na Mic Léinn. Tá Tolglann na Gaeilge ag eirí níos gnóthach gach lá. D'oscail Tolglann na Gaeilge I mí mheán fómhair 2005, agus bhí an-chraic againn ann, mar áit cruinniú, agus ionad buail isteach do mhuintir na Gaeilge anseo. Na mílte chupáin caifé agus tae déanta agus óllta againn, agus na mílte plean a tháinig le chéile. Spraoi Luimnigh, an imeacht a chur an Cumann Gaelach ar léirsceál na tíre, tháinig Rónán Ó Snodaigh, seinn sé sna stáblaí... Sin é an chéad uair a tháinig na choláistí le chéile chun stádas na Gaeilge a phlé. Seachtain na Gaeilge, gach bhliain tagann feabhas ar Sheachtain na Gaeilge anseo san Ollscoil, bíonn imeachtaí iontach againn, agus tá i bhfad níos mó daoine ag freastal ar na himeachtaí anois. Tá Seachtain na Gaeilge ag teacht chun chinn mar ceann de na féilítí is fearr an an gcampus. Beidh na himeachtaí ag tosú go luath, agus beidh an Tolglann ar ais ar oscailt i gceann cúpla lá. Nuair a osclaíonn sé arís, ná bí scanraithe buaileadh isteach agus labhairt leis na laids. Bíonn daoine ann i gcónaí, agus is féidir leat dul ann chun do lón a ithe agus cupán te a dhéanamh. Tá an Tolglann ann mar úrlais chun an Ghaeilge a chur chun chinn anseo ar an gcampus, so teigh ann, agus bíodh bródúil as an dteanga!

Beir Bua!
Breandán Ó hÉamhaigh.

Oifigeach na Gaeilge 2006/07
Uachtarán an Cumann Gaelach 2005/07

Just your average sex column

ALEXANDRA GAVIGAN

AFTER the first thrilling instalment I bet you're all at the edge of your seats wondering what I'm going to talk about next... (I promise I'm saying it as sarcastically as you're agreeing with it) Well the wait is over. This week's entry will be about the ever elusive, ever problematic issue of contraception. And though I could go down the very mature line of 'Before you deck her, wrap your pecker', instead I've chosen to take a more blunt view of the whole affair.

Condoms - Have you ever stopped and thought about the concept of condoms? Or indeed stopped to look at one before the big moment? I stopped to think one day and realised that I entrust my sexual health to a doctored (and coloured) elastic band. These flimsy things that you're warned may break if you wear jewellery or have long nails... This is what we're depending on to protect us from the big evils out there. Having looked at one on, they do look quite ridiculous. They never really fit right or they never look like they do anyway... if they're too tight you know you're heading for Splitsville, population - You. And that's just the male condom. The female condom is possibly the most complicated looking thing I've ever seen. Albeit a consequence of my ignorance, I wouldn't have the first clue how to operate something where I have to close ends and open ends... I'd feel like I was using a drawstring rucksack rather than a method of protection.

Hormones - I resent a method of contraception that puts the responsibility completely at my door. I'm so scattered that I forget to eat... How can I be expected to remember to take the pill at the same time every day? As for the patch I'd look like I'm trying to quit smoking rather than be safe... and just how adhesive are they? What if you don't notice them falling off? According to various sources 'they should stay on' but lets face it 'should' is about as useful as 'might'. Shouldn't we really be more definite than that?

Pull-out - I never claimed that this section would deal with realistic methods of contraception did I? So the ever-reliable pull-out 'method'. Probably the stupidest attempt at avoiding the problems caused by unprotected sex what with the contact and potential for accidents... Anyone who suggests it isn't overly bright. Take it from me

You begin to wonder if it's really worth the hassle and reconsider celibacy... Maybe that's just me

Limerick Pride 2007

AN FOCAL REPORTER

THIS August saw Limerick play host to its first ever full-on Gay Pride festival. Events took place in venues across the city between August 27 and September 2 in celebration of the Mid-West's L.B.G.T. community.

According to one of the organisers of the festival "This is a first for the city and a sign of how diverse the city has become. For those who don't really understand the point behind such a festival, it is for all gay, lesbian, transgender and bisexual people, but not exclusively. These events are generally open to everyone in the city, to come out and show support for the community." They also hope for this to become an annual event in the city.

Highlights of the festival included the white and black Masquerade ball and a special performance of the Edinburgh Fringe Festival comedy show, Filth. The Belltable Arts also hosted gay and lesbian themed films through the week, such as Shortbus, and Hedwig and the Angry Inch. The week culminated in the Pride Parade along O'Connell Street on the Saturday.

Hundreds of spectators lined the streets as more than 200 people from across Ireland marched through the city. Amongst those marching were members of Out in UL, UL's LGBT society, as well as representatives of our Student Union. Out in UL also created a float for the parade, which symbolised what they believe to be 'half-door equality' in our society.

Reaction to the festival appears to have been extremely positive. One celebrator at the festival said "I was really impressed with the level of organisation that has gone in, and enjoyed the events that took place." It seems all is set for it to become an annual celebration, as the organisers hoped.

Out in UL meets every Monday at seven, contact outinul@yahoo.com for information.

Struggling Against War, Climate Change & Capitalism

BY CIAN PREDIVILLE, UL SOCIALIST YOUTH

What have we done?

From organising anti-war protests, to the travelling to Rossport to support their struggle against Shell to campaigning against environmental destruction, UL Socialist Youth has been the most active UL society in fighting back against capitalism.

We have also organized pub quizzes and gigs to raise funds for different campaigns and to have a good night out with others interested in socialist ideas.

This year we are organizing debates with the Greens, reports a on the struggles for socialism in Latin America, commemorations of Che Guevara on the 40 th anniversary of his death and of the 90th anniversary of the Russian revolution as well as trips to Dublin and Kildare for a festival and a conference. On top of this Joe Higgins will be coming down to present the case for socialism.

What do we stand for?

So as you can see, it promises to be an interesting society to join. And what more important society is there, than one fighting the rule of profit?

The huge amount of CO2 put into the atmosphere by factories and power plants is threatening to destroy our environment. Yet the grip of the oil companies over governments means that the vital investment in renewable energy is not taking place.

The power of the oil companies can also be seen in the invasion of Iraq. It is clear now that this was a war for profit & oil. As a result 650,000 Iraqi civilians have died and the oil &

construction companies have made record high profits.

Here in Ireland huge profits are also being made as workers wages are being cut. Migrant workers as well as young workers are being paid lower than normal wages, causing a general lowering of all wages. Extreme exploitation of workers on wages as low as €2.20 is now taking place more and more.

Fundamentally all these things point to one thing - the capitalist profit system is destroying our world and our future. But now we are seeing the fight back develop. This was seen in the mass demonstration of over 100,000 people against the race to the bottom at Irish Ferries in the nurses' recent struggle.

Latin America - a continent in revolt

In Latin America this process has gone much further. Millions of workers and students have moved into revolt against capitalism. Presidents have been overthrown, natural resources have been taken from multinationals and people have organised powerful movements for change.

Socialist ideas have re-emerged. Some workplaces are being occupied and run under workers' control and left-leaning presidents have been elected, such as Hugo Chavez in Venezuela. Socialist Youth seek to build similar movements for socialism here in Ireland.

If you are interested in getting involved in UL Socialist Youth come to the 'Resistance' forum for students in ULSU Room 3 from 6 to 8:30 on Wednesday Week 2. There is a debate with the Greens on saving the planet and a discussion on Latin America. Or at the same red time, same red day, same red room in Week 3 hear Joe Higgins outline the case for socialism.

WANNA GET HIGH??

JOIN
SKYDIVE UL
FOR THE
BUZZ OF A LIFETIME!!!



SKYDIVEUL.ORG
info@skydiveul.org

Campus Sport

UL Hurlers Shine On Championship Stage

TOMÁS MCCARTHY

THIS summer in a championship of high drama a number UL hurlers have left their mark on the senior stage with counties from Limerick to Laois.

Seamus Hickey has probably had the biggest impact of all. He has been a crucial part of the Shannonsiders' pursuit of ultimate glory this year. He started all seven championship games at corner back including the All Ireland final against Kilkenny. The Murroe Boher man is only 19 but he has marked some of the best in the game this summer. Hickey was particularly impressive in marshalling Eoin Kelly in the first game at the Gaelic Grounds. He is

currently in second year studying Biomedical Engineering. A possible All Star and a real contender for young hurler of the year.

Brendan Bugler is another who has taken to senior intercounty hurling like a duck to water. He has overridden controversy to be an ever present in Tony Considine's side this summer. He played at midfield in the Championship opener against Cork and fortunately wasn't involved in the infamous Semplegate affair. He was subsequently switched to wing back for the rest of the Championship to great effect. The Whitegate man was one of the few players to come out of the Limerick defeat with some credit. Bugler landed two spectacular long range

points, his first in Championship hurling.

Two Tipp men Ryan O'Dwyer and Thomas Stapleton also made an impression. O'Dwyer started the first game against Limerick at centre forward. He caused Brian Geary some trouble with his pace and grabbed a point. After this game though Ryan got injured and fell out of favour with Babs Keating. The Cashel King Cormacs man was in and out of the side thereafter. Thomas Stapleton from Templeberry also made a number of appearances at midfield mainly as substitute during the campaign.

Continuing the long list of UL hurlers in the Championship are two Offaly men, Sean Ryan and Alan

Egan. Birr's Sean Ryan started Offaly's qualifier against Tipperary in Thurles at midfield. He produced a lively display scoring 1-1 and rattled the Tipp defence with his energy. Corner forward Alan Egan appeared as substitute in the qualifier series. Both men started in Offaly's Leinster U-21 final defeat against Dublin with Egan notching a goal.

Other names worth mentioning include Matt Whelan of Laois, who played at centre half back throughout the season and Conor Hassett who lined out for the Clare intermediates. It's really great to see these hurlers who have all lined out with the college realising their potential and producing the goods in the pressure cooker of the Championship.

UL Ladies To Clash In Croke

TOMÁS MCCARTHY

ON September 23 the All-Ireland Ladies Football Final between Mayo and Cork will take place in Croke Park. UL players Aoife Herbert, Geraldine O'Flynn, Norita Kelly and Brid Stack will have a major say in the outcome.

Aoife Herbert has been a vital cog in Mayo's All-Ireland pursuit. Herbert has been an ever present at corner forward this season notching up impressive wins over Monaghan and Tyrone along the way. Her playing style could possibly be compared to Ciaran McDonald with the socks pulled up and her precision foot passing. The Ballina lady was part of the O'Connor Cup winning squad this year. Aoife is also a talented soccer player and

represented Ireland this year.

On the Cork side though Geraldine O'Flynn, Norita Kelly and Brid Stack will be hoping that the cup will return to Leeside. All three should line out on Sunday with Stack at centre half back, Kelly at midfield and O'Flynn in the half forward line. The trio were also involved in UL's impressive O'Connor Cup triumph. The Rebelettes are going for the illustrious three in a row and have hammered sides like Waterford, Dublin and Laois this year.

An Focal Sport would like to wish all involved the best of luck. It promises to be an intriguing encounter with undoubtedly the two best teams in Ladies Football going head to head. Sparks will fly. The match will be broadcast live on TG4.

UL Sports Roundup

TOMÁS MCCARTHY

Camogie

UL camogie player Aine Lyng played an integral part in Gaultier's victory in the Kilmacud Seven's Tournament. The Waterford sharpshooter scored 4-1 in the Division 2 final against Lavey to propel her side to victory. Lyng was an Ashbourne Cup All Star last year.

U-21 Hurling

John Greene was part of the Galway All-Ireland U-21 winning team that defeated Dublin recently. Greene, part of the UL senior team last year, made substitute appearances in both the semi-final and final.

Spotted On Campus

Last week Kerry footballer Darren O'Sullivan was seen on campus by eagle eyed An Focal reporters. O'Sullivan was doing a bit of promotional work for Ulster Bank. Nobody seemed to know who he was though.

Email

Irate with the sports editor? McGrath getting on your nerves? Any comments or queries? Email your views to mossy.mccarthy@gmail.com

Words Of Wisdom

Some An Focal sportswriters get a bit carried away at times! "Kevin Kilbane is a legend". "Absolute s*** weekend of sport. John O'Shea is a useless donkey, O'Gara was s*** and D'arcy couldn't handle anything". "This is just discrimination against Waterford people".



Training Times:

Tues 6.15 - 8.00 pm
Thurs 8.15 - 10.00 pm

PESS Building Gym

You've seen the movies,
Time to try the real thing!

www.ulkarate.com



Aoife Herbert fends off the Tyrone defence

UL Bohemians Fixtures 2007-08

Match Date	Opposition	Home/Away
27 October 2007	UCD	H
03 November 2007	Lansdowne	H
10 November 2007	Shannon	A
17 November 2007	St. Mary's College	H
01 December 2007	Galwegians	A
08 December 2007	Cork Constitution	A
15 December 2007	Dolphin	H
12 January 2008	Dungannon	A
19 January 2008	Garryowen	H
26 January 2008	Clontarf	A
16 February 2008	Terenure College	A
01 March 2008	Ballymena	H
22 March 2008	Blackrock College RFC	H
29 March 2008	Greystones	A
19 April 2008	Old Bevedere	A

"Lovely Hurling - The Championship 2007"

2007 Hurling Championship: drama of Grey's Anatomy proportions

LIAM TOGHER

WHAT was the abiding memory of the summer just gone for you? Would it be the incessant rain that seemed unnatural even by Irish standards? Or the impossibility of getting away from Rihanna's smash-hit single Umbrella? Well, when I look back at the summer months of 2007, my first thought is of the incredible, thrill-a-minute rollercoaster that was the senior hurling championship. Last May, I came off the fence to boldly predict how each major county would fare. Now the time has come to find out whether I am a soothsayer or a charlatan.

Kilkenny: "I maintain the Cats to be favourites for this year"

To be honest, so did everyone else. Kilkenny simply had too much for everyone and one look at their substitutes' bench tells you everything about the quality of the Black and Amber. It is frightening how dominant they have become and there is nothing to indicate that Brian Cody's men will be on the wane before long.

Limerick: "too profligate to mount a serious challenge"

The form of the Limerick forwards, in particular Andrew O'Shaughnessy, was not what one would classify as profligate. Also, a first All-Ireland final in 11 years must be seen as a serious challenge. The Treaty County gave us some fond memories over the summer and there is every sign that they could be

contenders for the next few years.

Waterford: "may pose the greatest threat to the All-Ireland champions"

If a Waterford man won the Euromillions jackpot, chances are he'd lose the ticket. That is how unlucky the Deise are. Three classic games against Cork (two of them wins) and another two thrillers against Limerick (a win and a loss) showed us the quality of this team, especially Dan Shanahan. That All-Ireland final taboo remains, however. Wexford: "capable of some fantastic displays but equally likely to be torn asunder by the big guns"

Wexford's enigmatic nature came to the fore once again as they delighted and embarrassed their fans in equal measure. The Slaneysiders will fondly remember the dramatic win over Tipperary but two more depressing defeats to Kilkenny highlighted the chasm between Wexford and the best. Chances are it will be the same again next time around.

Cork: "Lady Luck can only take them so far"

Any team that gets to four All-Ireland finals in a row, winning two of them, must be a formidable outfit but Cork definitely enjoyed their share of luck over the years. They're still a quality team that narrowly lost out to the excellent Waterford and they're definitely capable of giving it a right bash next year. Not a year to remember for the Rebels, though.

Tipperary: "the last eight may again be their best hope"

For the third year in a row, Tipperary bowed out in the quarter-finals. Losing to Limerick after three games and 250 minutes of hurling may well have affected their mindset and they appeared a tad arrogant against Wexford. They have potential but it could take another three or four years for them to really challenge once more.

Galway: "the semi-finals are well within reach"

Ger Loughnane sent the pressure on his Galway side soaring when he claimed that his time in charge would be a

failure if they didn't win the All-Ireland within two years. Defeat to a far from all-conquering Clare team in the qualifiers burst their bubble, although the fright they gave Kilkenny suggests that more can be expected from them next year.

Clare: "a team in transition"

To call Clare's year an 'annus horribilis' would be an understatement. Aside from the hard-fought win over Galway, the Banner resembled a Nicky Rackard outfit in 2007. Rookie goalkeeper Philip Brennan did not look at all uncomfortable in the shadow of Davy Fitzgerald, but Tony Considine failed to



Dan The Man

get the best out of his players and few will shed tears over his departure as Clare boss.

Overall verdict

There were at least eight games worthy of 'classic' standards, namely the three-game Limerick-Tipperary saga, the trilogy between Cork

and Waterford and the two matched contested by Waterford and Limerick. While Kilkenny triumphed yet again, fans from all over the country had something to celebrate in this remarkable championship. Roll on 2008!

Hurling Quotes Of The Year

TOMÁS MCCARTHY

"Terrible absolutely terrible. There's no point in dressing this up as anything other than a terrible, terrible display."

Ger Loughnane after his side's unimpressive 12 point win over Laois.

"He'll definitely score this Ger."

Donal O'Grady puts the commentators curse on Henry Shefflin.

"Jesus Christ Donie you f*in ejit."**

A Limerick fan gets a bit agitated with the performance of wee Donie.

"Tom Ryan is an a*hole."**

Babs Keating tells it like it is.

"There is a lunatic from Clare talking rubbish."

I wonder who Brian Cody is talking about?

"Lotto money wouldn't buy him, Liverpool Torres money wouldn't buy him Dan is priceless."

WLR Fm's Kieran O'Connor gets overexcited after Dan The Man scores yet another goal.

"You would see more intensity at the opening of a field on a Sunday night."

Donal O'Grady wasn't impressed with the Leinster final.

"A big mouth is only good for cooling soup".

Pete Finnerty referring to some Clare chap called Loughnane.

"Tubs of ices now lads".

A popular refrain heard not too often on terraces this summer as the traditional tub was replaced by the cup of tay.

Highlights Of The Season

TOMÁS MCCARTHY

Clare and Cork having a bit of a kerfuffle.

The Limerick v Tipp trilogy.

Andrew O'Shaughnessy coming of age.

Dan The Man.

King Henry's flick over Declan Ruth in the Leinster Final.

Ken McGrath's outrageous catch against Cork at Croke Park.

Damien Fitzhenry's last gasp penalty against Tipp.

Ger Loughnane stirring the pot as he does best.

Babs Keating taking on the world like a man on a mission.

Clare shortening the pitch in Ennis.

Waterford coming from 4 points down with two minutes to go against Cork.

Ollie Moran rolling back the years.

Brian Cody trying to keep a straight face after 'tough battles' with Wexford.

Richie Bennis giving it his all for the Limerick cause.

Justin McCarthy making 10 positional switches from the published programme.



Continental stage comes calling

Champions League Preview

LIAM TOGHER

SINCE its inception in 1992, it has revolutionised the game of football. Once it came into being, there would be no turning back. It spawned a bidding war among a number of broadcasters jousting furiously for TV rights. The money involved for participating can make or break a club's future. Missing out on it is a calamity for some; just being in it is the Holy Grail for others. And no, it is not the Premiership I am talking about. On 18 September, Europe's finest enter battle for the UEFA

Champions League. For some teams, nothing less than winning the final in Moscow next May will do. Others, meanwhile, are jubilant merely to have made it to the group stage.

I reckon eight teams can realistically hope to win the tournament. This group includes all four English contenders, although Arsenal probably stand less of a chance than Chelsea, Liverpool and Man United. The smart money is on one of these to get to the final, but an all-Premiership decider in Moscow next May is a long shot. Very little separates the English big guns, as the

Chelsea-Liverpool semi-final showed us last season.

The trophy currently resides in Italy after AC Milan's triumph in Athens and they will surely feature at the business end once again, despite my frequent predictions that they've had the rub of the green once too often. City rivals Inter, who won Serie A last season in their sleep, want to finally prove themselves on the continent. Not since 1965 has the trophy gone to the blue and black half of the San Siro. With the players at their disposal, Inter will rarely get a better chance to win the Champions League.

Finally, Spain's much-feted top two will be expecting to contend for the trophy. Real Madrid have won this competition nine times, more than anyone else, and are the current La Liga champions, but such is the off-field turmoil at the club that the efforts of their dazzling players will probably count for nothing. Barcelona went all the way in 2006 and will be eager to atone for last season's dismal second round exit. With Thierry Henry bolstering an already mesmerising strike force, the Catalans may well make it to the final once more.

More Shocks And Surprises In Store

CONOR MCGRATH on RWC 07 so far

THIS Rugby World Cup has lived up to its billing as the most intense and physically demanding World Cup to have ever graced the game of rugby. Countries like the USA and Namibia have used their physicality to ruffle the feathers of the more inferior countries such as Ireland and England. The word unpredictable also has to be factored into the equation. Who could have predicted that the French were going to be utterly humiliated on their own soil in the opening match of their World Cup? Who could have guessed that the Irish were going to produce the kind of performance that was barely good enough to beat the worst ranked team in the World Cup? In my view, this has turned the event into a fascinating and worrying spectacle.

Let's start with the Irish. We all feared that the performance against Namibia had been brewing for a while. The warm up games against the Italians and the Scottish were horror shows and they indicated to us all that the team was struggling. The team also put in awful performances against the Scottish and the Welsh in the Six Nations last spring. Players like Ronan O'Gara, Gordon D'Arcy and Rory Best were shocking against Namibia. Brian O'Driscoll and Denis Leamy were the only two players who left the field that night with some amount of dignity intact. The line out was a catastrophe as well as the infamous Munster maul which has seemingly evaporated from the team. The backs struggled to get the basics right such as the lack of accurate passing to one another and the endless amounts of fumbles. These basic errors will have to be put right immediately if we are to have a sniff of a quarter final spot. After the match had finished, I thanked the lord that we have Steve Staunton as manager of the senior football team. At least, the soccer team has the decency not to qualify for a major tournament as they would obviously show us up for what we really are. Major changes will also have to be made in the team. Jerry Flannery must start as hooker for the France

and Argentina matches as he can throw the ball straight. Geordan Murphy needs to be used as he possesses a great deal of creativity and is reliable under the high ball. As a result of the Namibia game, our chances of qualifying our paper thin. We now have to beat the French and the Argies in St Denis by more than 7 points respectively, to prevent both countries from obtaining a crucial bonus point. This is a ridiculously high order to say the least. In my opinion, we probably will qualify from the pool but only as runners up. A match against the mighty All Blacks most likely awaits.

A fascinating thing about this World Cup so far is the amount of skill and heart which is being displayed by the lesser nations. Argentina's performance against France ranks up there with the best ever seen at a World Cup. France never got going due to the performance of Felipe Contepomi and the beating they took in the scrum. The IRB have always looked down on Argentina. Argentina are treated as amateurs, have received no funding from the governing body in many years and they are deemed to be unworthy of a place in the Six Nations or the Tri Nations. Their preparation for the World Cup was a farce as they only started their preparations a month prior to the event and only had two warm games to iron out any flaws. This makes the Irish team's performance against Namibia a bit more worrying as they have been preparing for it since the start of July. Namibia and the USA have also given a good account of themselves. The Namibian squad only has a fistful of professional players but still came mighty close to beating the Irish. The Americans don't really care about rugby but they still made the English, defending champions, look like the tired force that they really are. It will be interesting to see as to what state each country will be in come the end of the October. Will the All Blacks be rueing another missed opportunity? Will Argentina become world champions? One thing is for certain, many more surprises are to come...

UL Playa Profile!

Sarah Cronin interviews a UL sporting head each fortnight

Name: John McCall
Age: 19
Course: Product Design
Hometown: Limerick

What is your earliest sporting memory?:

Winning the county championship in swimming when I was 10 living in England

Who are your sporting heroes?:

Kelly Slater because he's unreal. He won eight world titles

Who is the biggest influence on your sporting career?:

My parents and my coach Steve Price

What was the last C.D. you bought?:

Arctic Monkeys

Who makes you laugh?:

My brother Hugh because he's so stupid and my friends Seamus, Cian and Niall

Favourite place you've been?:

Portugal on a surfing holiday last February and hopefully I will be going to Morocco during our Christmas break

Favourite place on campus?:

IBC building because that's where I get to chill out or on the grass in front of the library when it's sunny

Favourite food?:

Anything that fills me up!

What do you do to relax?:

Watch films and sleep

Favourite thing to do in Limerick:

Driving out of it or going out at night. We go to Molly's because it's free and Mary I chicks rock

Are you involved in any other clubs or societies in U.L.?:

Sailing, Windsurfing and Waterpolo, which is great fun. It's like a community. We train twice a week Monday and Thursday 9.45 to 11.

What is your motto in life?:

If you don't try you will never find out and never forget your friends and family.

Honours Won:

2007 Irish Short Course Nationals Silver in 200m Butterfly; 2007 Represented Ireland in Celtic Nations for swimming; 2006 Represented Ireland in Celtic Nations for surf lifesaving; 2005 Under 18 Division 1 200m Butterfly and 3rd in 400m Freestyle; 2004/05 2nd Junior and 2nd U-18 in Short Course Nationals; 2004/05 2nd in Irish Schools 100m Butterfly; 2005 Top Munster Swimmer; 2004/05/06 Winner of the Griffin Cup which is the fastest across the Kilkee Bay Swim



SPORTS QUIZ 2

Liam Togher

1. Where will the 2008 Champions League final be played?
2. How many Premiership titles have Manchester United won?
3. With which Clare club did David Fitzgerald win an All-Ireland title?
4. Which Premiership team's home ground is the JJB Stadium?
5. The Aga Khan trophy is a competition in which sport?
6. How many times did Cork and Waterford play each other in this year's hurling championship?
7. Which legendary French footballer has scored in two World Cup finals?
8. Villarreal, Betis and Getafe are teams in which European country?
9. True or False: Armagh's All-Ireland title in 2002 was their first.
10. Which English team ended Munster's unbeaten Heineken Cup record at Thomond Park last season?
11. Which Coca-Cola Championship club does Irish striker Alan Lee play for?
12. Phil Taylor and Dennis Smith are leading personalities in which sport?
13. Who are the reigning Serie A champions?
14. Does Kieran McDonald play for Galway or Mayo?
15. Dan Carter plays rugby for which country?

ANSWERS TO SPORTS QUIZ
Moscow, 9, Six Nations, Wigan Athletic, Showjumping, 3, Zinedine Zidane, Spain, True, Leicester Tigers, Ipswich, Darts, Inter Milan, Mayo, New Zealand

ULKC: Uganda 2007

BY ALEXA WOLFFE

IN May 2007 after months of preparation, fundraising, exams and vaccinations, 12 members of the University of Limerick Kayak Club (ULKC) were ready to head for Uganda, with €7700 in their back pockets for Soft-power Education. When we arrived in Entebbe, the reality of where we were soon sunk in. Our journey consisted of dirt roads, ignoring traffic lights, crater size potholes and the stop in capital city where outside each shop front a man with a shotgun stood. We finally arrived at Nile River Explorers (NRE), which was to be our home for three weeks. It was pitch dark and with no electricity we made our way to our dorm and fell into bed to the sound of grasshoppers, mosquitoes and monkeys.

The next morning we were awoken by the sound of Mike "Somethings not right, I seem to have woken up in Uganda".

The first order of business that morning was breakfast. So as we headed for the gates of the NRE compound, and reached the local Chapati company and by company I mean small wooden hut with a tin roof. Where-else in the world could you get the freshest fruit loaded into a wrap made of flour and water, along with an egg for the equivalent of €1?

Time for our first trip to town. This was not a place with road markings or any rules of the road it seems. So holding on for dear life to our boda boda (scooter drivers), no helmets to be seen, we headed to town. Big smiles and waving arms, and shouts of 'Muzungo' (white person) from the children greeted us.

Later that day we went for our first look at the river, and at Bugugali falls, one of the rivers first big features. This river was very wide and all features as a result were huge! We all stood quietly looking at Bujagali falls, and after engraining the right line in our

heads it was time to get on the water.

Within two minutes we were into the first rapid "Ribcage". Something we were not used to from Irish water were the whirlpools and swirly eddies that this volume of water created, where you could find yourself getting pulled underneath the water in your boat. Next up was Bujugali, I think everyone was a bit nervous about this one. Concentrating hard, you left the eddy and paddled like a lunatic to make it across left to skirt the large hole, failing that, the next best option was to tuck up and take the hit. Most of us went for the "tuck and duck" option that day. As you approach the hole you take a big breath and then feel this huge hit of water on your body, but you're tucked up with your head forward on your boat, with your paddles at your side to avoid a shoulder dislocation and you're underwater and can hear the water surging all around you.

You count 1,2,3... and then hear the water calm slightly and so roll up to see the rest of the group cheering and smiling.

Next up is 50/50 which is a wavetrain. As we paddled down, Justin informed us that this wave was the same size as "Curragower", a local wave in Limerick. However as we approached the horizon line we saw a wave 2/3 times the size of Gower!

Total Gunga, the next rapid, consisted of a series of huge crashing waves with a gigantic hole called G-spot in the middle. We'd heard stories of people getting 12 seconds downtime after getting caught in there and the waves were so big that they backlooped boats. I think everyone's heart was pounding on the way down Gunga!

After this was "Surf City", a smaller wave train leading down to one of the favourites - "Silverback" - a series of four gigantic waves. The wave must have been 20ft! The whole river ramps downward, so you're paddling hard down the ramp, when all of a sudden you reach the bottom, look up and see these two walls of water forming a crashing wave above your head! What a first day!

The Day 2 section of the river consisted of some really fantastic rapids including "Total Vengeance", "Hair of the Dog" and "Kula Shaker". These rapids were great, involving huge wave trains, must make lines to avoid holes and great playspots. The last rapid was where the world famous "Nile Special" wave was located. Some of the moves we saw pulled off here were just unreal!

Prior to our trip we contacted Soft Power Education



and arranged to do 3 days of charity work, roofing the school, with them. Upon arrival we were greeted by children with huge smiles. We were straight to work, painting classrooms and drawing diagrams on the walls as the children can't afford to buy books. Unfortunately, some children are going to have a very mixed up view of what an elephant and craftsman looks like!

The school children were fantastic! While poverty is evident, the children are still happy and generous. They often thanked us and brought us presents such as sugar cane and papaya. After working, we gathered in front of the school and played with the kids. Playing catch, learning local songs, and teaching Irish dancing were just some of the things we got up to. We played until the sun went down. Our accommodation consisted of an empty classroom, no windows, metal bars, thin foam mattresses on the floor with no mosquito nets. We could see enormous spiders on the wall, hear bats and mosquitoes buzzing and as we went to go to sleep we saw a rat running along the rafter above our

heads. Showers came in the form of a bucket of water and, well we won't say anymore. However, none of this really mattered as it was such a great experience!

On a sad note, work has recently begun on building a dam across the Nile, resulting in the majority of the most popular section being flooded and no longer suitable for kayakers. Therefore we were very lucky to be one of the last groups to kayak on one of worlds best sections of river!

A huge thank you to trip organiser Justin Mc Carthy and ULKC Captain Ruan Dillion McLoughlin for making the trip possible. Also, we would all like to thank Paul Lee (Clubs and Societies Officer) and all at the Students Union for supporting this one of a kind trip to Uganda. It is one we will never forget!

ULKC trains every Tuesday to Thursday from 9:50pm to 10:50pm at the Arena swimming pool.
<http://kayak.csn.ul.ie>



UL Shokatan Karate

Welcome to UL Shokatan Karate Club 07/08. This year the club plans to exceed last years fantastic performance using last years winning strategy of exceptional tuition, comradeship, discipline and the fact the club is "Not just a Karate club". The club trains throughout the year with summer training having taken place throughout the summer. The club regularly takes part in Karate competitions and the Intervarsities are one of the highlights of the year.

Our main instructor is Diarmaid Lane Sensei who

has been practising Karate for the past 15 years and who represented Ireland in JKS championships throughout the summer. This experience is reflected in the high quality tuition received by all club members. Along with this the club has gradings twice a year and all levels of karate are catered for. However it is not all Karate, as we are "Not just a Karate club". There are club nights out, race nights and the Christmas Dinner to look forward to as well. The end of the summer college semester last year was celebrated with an evening trip to Lahinch and

a camping trip to Doolin. The highlight of this semester is the club trip to Japan in January. During this trip members of the club will be able to train with some of the best Senseis in the world, visit some of the country's premier tourist attractions including Mount Fuji and experience the distinct culture of Japan.

Training recommences on Tuesday week 2. For the early part of the college semester training will take place in the gym hall in the PESS building on Tuesdays 18.15 - 20.00 and Thursdays 20.15 - 22.00, with

morning training to be arranged for later in the college year. If you have any further queries please do not hesitate to contact the club at info@ulkarate.com, check out the website at www.ulkarate.com and visit the Bebo page at <http://www.bebo.com/karatekicksass>



UL Shokatan Karate's Leonard Skinner takes on Adrian Garvey of the UL Vikings

Perfectly Flawed

An Focal Talks To Monaghan Four Piece, The Flaws

BY FINN MCDUFFIE

'The Flaws?' you ask? Soon there'll be no need to ask because the Monaghan band is getting plenty of good publicity and review. The Flaws have played alongside bands such as the Thrills, the Editors and recent UL visitors, Director and The Blizzards. Their debut single 'No Room' was released in Ireland in March '06 as a calling card. But copies were limited. It won many fine reviews, as did the band's live performances. With the launch of their new

album 'Achieving Vagueness', a recent double appearance at this year's Electric Picnic and a number of national broadcasts, the band's new explosion of media exposure can only secure them a wider fan base.

The band got to know each other at school, but they only got serious about four years ago. 'We went to college in different places, some in Bolton Street, Dublin, others in Dundalk IT,' says Shane, lead guitarist, 'but afterwards, we got a record deal sorted and it all snowballed from

there'. '[Their] new album's been getting good review,' he says, 'we're proud that people are making up their own minds about it and liking it.' The Flaws' music is self-described as 'dark, guitar pop', and is influenced by late 80's bands. 'But we take our influences from everything,' adds Shane.

The band has played recently in Dolan's, Limerick. Shane commented, 'the crowd was really into it. It was our first break-through down in Limerick... People were coming to see us and were

singing our songs. We were no longer supporting other bands. People were there for us and that was great!' As mentioned, The Flaws played Electric Picnic this year. 'It was great to get it,' says Shane, 'we played twice. Cork's 'Simple Kid' couldn't play so we stood in for them. It was a very big gig for us.' He adds, 'supporting the Editors in Belfast in front of 5,000 people was probably my favourite gig though.'

The new album has a big part to play in The Flaws' plans for the immediate



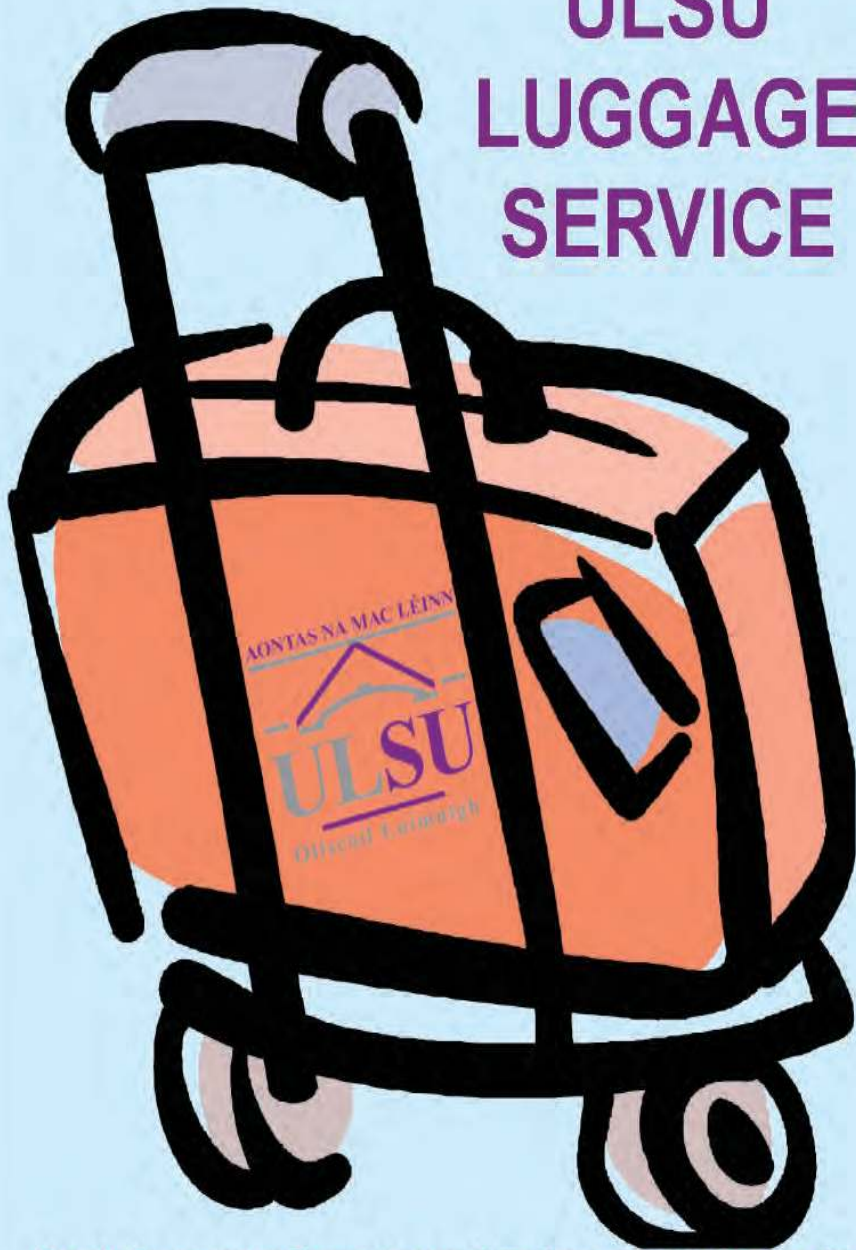
future. 'We're going to tour the album and we're also looking for distribution in Britain, Germany and Italy', countries where the band's music has also been received well. 'We're doing more videos too', he remarks. Next up is the video for the song 'You and I'.

With an abundance of positive feedback, lots of

media exposure and the new album released last Friday, we can expect to hear and see more from The Flaws very soon.

The Flaws play the Stables on Tuesday, Week 3, doors open at 8pm

ULSU LUGGAGE SERVICE



Don't Drag your Bags Around Before you go Home for the Weekend!

UL Students' Union Now has a Left-Luggage Facility
Every Friday
€1 per bag

WHAT IS GOING ON IN UL STUDENTS' HEADS?

ULSU WANTS TO KNOW!

ULSU is currently recruiting for part-time positions as:

UNION RESEARCHERS

to conduct research projects on behalf of the Union.

Candidates are required:

- To have experience in conducting research (preferably in social policy or market research), including planning, survey writing and compiling reports
- To work in a group dynamic
- To work to strict deadlines
- To have excellent communication and interpersonal skills

Closing Date for applications:

Friday, 28th September 2007 (Week 3)

For more information contact:

Alan Higgins
VP/Education Officer
Students' Union
University of Limerick
Castletroy,
Co. Limerick

E-mail: alan.higgins@ul.ie
Phone: 061 213491

