

AN FOCAL

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FREE

Another jewel in UL's crown as Boathouse opens

By Finn McDuffie – News Editor

AFTER 12 years of development, the UL Boathouse will be officially opened at the end of this month. Martin Cullen, Minister for Arts, Sport and Tourism, will mark the opening, which is expected to draw large crowds of students, University staff, locals and parties involved in the project's development.

The event, which takes place at the Boathouse on 30 September, will run a series of interactive displays, organised by some of UL's clubs and societies. Live music will be provided by the Delorentos and The Blizzards. Interactive opportunities include kayaking on the river Shannon and diving in UL Sub Aqua's try-a-dive tank from Scotland. UL's mountain bikers, archers and games society will also perform displays. Skydive UL are expected to 'do a drop' nearby, weather permitting. The showcase is being organised by the Boathouse Management Committee, comprised of Arena representatives, the University and the Students' Union.

The event is a celebration of the years of hard work that have gone into the Boathouse project. The impetus for the project came from Colin Byrne in 1998 and was carried on ever since by UL's Clubs and Societies Development Officer, Paul Lee among others. Mr. Byrne, then President of the UL Rowing club, approached Mr. Lee, with a demand for

a storage facility. The SU general manager, Ger Barry, felt £10,000 a year would allow the construction of a simple breeze-block structure. It never transpired and in the following years, the Rowing club suffered massive damage in the form of arson and vandalism. The cost of the damage amounted to £15,000. The Kayak club later lost its storage prefabs to University development and relocated to the PESS building.

As the SU began to invest heavily in boats and club equipment, the need for a secure storage environment became vital. Storage containers were proposed but the idea was scrapped on aesthetic grounds. Dr. Ed Walsh, then President of UL, accepted a Boathouse was possible on the condition that it met the exacting high standards of the University. In 2001 discussions with the University Foundation, UL's fund-raising charity led to an application to the University for consideration of a Boathouse. At the time, the University was still developing its academic infrastructure and the application was rejected.

Following further meetings involving Mr. John O'Connor, then University Vice-President of Finance (VPF), the University agreed to donate a parcel of land to the SU for a boathouse. Funding would need to be sourced elsewhere. The information was relayed to the Clubs and Societies Council of the day and was met positively. On foot of this, the SU drafted a proposal based on a 10 year projection of developed club requirements.

The Rowing club had also requested a rowing tank for training. The tank was seen as an integral part of the club's development. There was no such tank in Ireland at the time. American Consultant and President of Still Water Designs, Dick Perelli, was chosen as the tank's designer. A large amount of specific data and design features came from UL students Darragh Cronin and Rosamund Healy who were very familiar with still-water situations and sought a tailored design.

A preliminary costing was drafted. The initial figure was €4.1 million. At the same time, VPF O'Connor sought to know who else might benefit from the boathouse. The Sub Aqua and Mountain biking clubs put forward storage requirements. This drove the concept design and in 2003, the SU went to a referendum on the construction of the boathouse. It was passed by just under 2,800 students. The referendum asked students to extend the

mortgage of the SU building by eight years. This secured the €4.1 million estimate. Some cost over-runs led to the final figure being €5.1 million. The SU struck a deal with the University whereby 80% of the additional €1 million would be covered by the University. The other €200,000 was sourced from student levy and paid by the SU. The mortgage on the SU building ends in 2014. Following the referendum, the SU and the University formed a Memorandum of Understanding. This was the legal framework by which the SU was to proceed with the project as clients and associates of the University. Tenders and interviews provided the necessary expertise and numerous consultations took place on aspects of planning, derogation and special areas of conservation.

The writer would like to thank Paul Lee, Patricia Moriarty and Ruan Dillon McLaughlin for their contributions to this piece.



The Boathouse

ULSU present Mary Hanafin with anti-fees petition

By Aoife Ní Raghallaigh – Editor

UNIVERSITY of Limerick Students' Union President Ruán Dillon McLoughlin presented Minister for Social and Family Affairs Mary Hanafin with a petition against the reintroduction of third level fees on Thursday, Week 1.

The petition was presented to Ms Hanafin at the launch of the Special Olympics to show the intense opposition that students felt with regard to the reintroduction of fees.

As Ms Hanafin was on campus to attend the

launch of the Special Olympics it was felt that it would be inappropriate to ask students to stage a protest. ULSU did not want to impede or take away from the launch, but were eager to raise the issue with Ms Hanafin and as such the decision was made to present her with a petition and accompanying letter. Mr Dillon McLoughlin explains:

"The petition was the means by which students could express their dissatisfaction to the Minister without interfering with the launch of the Special Olympics".

The petition was presented to Ms Hanafin along with a letter which outlined why the

student body had taken an anti-fees stance. The letter, which urged the minister to also take a firm anti-fees stance, explained that every student should be entitled to education under equal conditions.

The Students' Union feels that the reintroduction of fees will create a barrier to third level education for students from vulnerable backgrounds and as such not everyone will have equal access to university. The petition, which was circulated around UL on the morning of the Special Olympics launch, received over 800 signatures in the space of an hour. This fact visibly shocked Ms Hanafin

when she was informed of it by Campaigns and Services Officer Fergal Dempsey.

Mr Dillon McLoughlin believes "the response to the petition was unprecedented with over 800 signatures received in one hour. This really shows that students are actively speaking up against the reintroduction of fees".

The Students' Union plans to present any Government representative who visits the University of Limerick campus with the same petition.

Students are again urged to write to their local TDs to outline the concerns and opposition the reintroduction of fees.

An Focal Digest

In Brief

Surviving Week One

New Website

ULSU launched their new website on Monday of Week 0 (31 August), just in time for Orientation Week. The website was redesigned over the summer after a number of students stated they were unhappy with the old website.

The new website was designed by Eoin Mahon of Break Open (www.breakopen.ie) over the past two months. The Students' Union would like to thank Eoin for his hard work and dedication in getting the website up and running.

Some changes still need to be made so if there's anything you don't like or if you think something needs to be added email sucommunications@ul.ie

Getting involved

Two new ULSU email addresses have been launched after a number of students stated that they wanted to get involved with the Students' Union but weren't sure how.

Students who wish to get involved with the Welfare Office through activities like fundraising or bag packing can email suwelfarecrew@ul.ie. Students who wish to get involved but aren't sure exactly what they wish to do, or have an idea that hasn't been done before can email sugetinvolved@ul.ie.

Third Level Access Scheme extends to all secondary schools

The Higher Education Access Route (HEAR) is being extended by the seven universities, DIT and the seven colleges of education from 305 to all 730 secondary schools in Ireland. The scheme will broaden access opportunities to third level education for school leavers from disadvantaged socio-economic backgrounds across the country. This expansion of the scheme, which was primarily reserved for students from DEIS schools, recognises that educational disadvantage affects a cross section of all communities and is not confined to clearly identifiable areas or regions.

For the first time, school leavers who wish to apply for the scheme can do so online as part of the CAO application process. Applications open from 1st November 2009 onwards.

A dedicated website www.accesscollege.ie has also been developed to provide full details of the scheme and assist students in making their application.

UL Orchestra recruiting new players

Do you play an instrument?

Coming to university is no reason to stop playing. The UL Orchestra is looking for students who can play an instrument to a standard of Grade 5 plus, who are keen and committed, and who would like to play in our two annual concerts.

We practise every Tuesday (starting 22nd September) in the Irish Chamber Orchestra Building from 7.30 pm to 10.00 pm.

If you are interested in joining, please come along on Tuesday night (22nd September). If you have any queries, you can contact universityoflimerickorchestra@hotmail.com. For more information: www.ulorchestra.org.

No-one told me it would be this hard. Well actually they did, but I thought I knew better so I didn't listen. What am I talking about? The students being back. All summer was spent keeping my head down and diligently working away. I was feeling quite smug with the fact that I wasn't spending long nights in the office, and my stress levels were only slightly raised.

After Orientation Week I sat back, and though I was exhausted, I thought to myself that the week hadn't been that bad. In fact it had been fun. Meeting students and having a chat with them was great, and so was seeing that a lot of my friends had come back to do Masters. So I sat there and thought that arrival of three additional years would be fine, just

like Orientation Week. I was wrong, so very wrong. The first years were in a big, new place and as such they were very quiet and shy. They did what they were told and didn't ask (many) questions. The other three years were completely different. From Monday to Friday of Week 1 there was a constant stream of people coming in and out of the Students' Union. Now that I'm not complaining about; we love that you're coming in here and we hope you keep coming in! I was just completely taken aback at how busy it got overnight!

Now that I'm settled into Week 2 things aren't so stressful. I hope everyone else is feeling the same. The last week really brought me back to my first week in UL. Orientation Week was fun and relaxed and I felt I was fully prepared

to start lectures. If I remember, I spent most of the first week lost and on the verge of tears. Orientation Week had been great but the reality of spending four years hit me. The idea of exams, assignments and tutorials took my breath away, and not in a good way.

Thankfully the feeling passed fairly quickly, but some people might find it harder than others. If you're finding it tough here, for any reason, then don't be embarrassed. Speak to the counselling department about how you feel or join Connect (www.ul.ie/connect), the peer support network, which will put you in touch with another student to talk to. Alternatively call in to any of us in the Students' Union. We're always here with a listening ear and a cup of tea!



ULSU present/Mary Hanafin with anti-fees petition

And thanks to ...

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Next An Focal deadline is Friday, September 25 for Opinion/Features/Columns & Sport. News deadline is Monday, September 28. Email submissions to sucommunications@ul.ie

Quotes of the Fortnight

"The fire alarm is going off cause they're so hot!" – Paddy Rockett at the Pussycat Dollies on Tuesday of Week 0.

"Vote yes for Lisbon" – Welfare Officer Derek Daly isn't sure if he's in favour of Lisbon or Lesbians.

"Zebra?" – Features Editor Jason Kennedy has a random outburst.

"The wider you spread, the easier it gets" – Education Officer Aoife Finnerty gives lessons on how to get low.

"Is there no manga out there that is not gay porn?" – Eoin O'Brien, addressing the head of the UL Anime & Manga Soc.

"Christ, you have enough condoms in there to not repopulate the Earth" – CSO Fergal Dempsey on the amount of condoms in the Welfare Office.

Students disgusted by graffiti on campus

Aoife Ní Raghallaigh - Editor

STUDENTS have been warned against engaging in the act of graffiti following a number of incidents in Week 1.

While graffiti has been found in numerous places around campus the most prominent could be seen on the “chequerboard” sculpture at the entrance to UL.

The graffiti, which read “Welcome to Limerick prison”, was painted in large red letters on the sculpture which is located at the main entrance to UL where it could be seen by students, staff and passers by. The graffiti was first spotted on Wednesday of Week 1 and was removed by the Buildings and Estates Department of the University early in Week 2.

One onlooker said “I don’t think it was students but if it was they should just drop out if they hate it here so much.” A number of students also expressed their disappointment and anger regarding the graffiti. “I hope whoever did it doesn’t think it was funny. It was pathetic and nobody found it amusing”, said another student. In addition to being shocked by the graffiti at the main gate, a number of students have voiced anger at graffiti on campus in general stating that they are dismayed that their fellow students have such disrespect for their

University. Communications Officer Aoife Ní Raghallaigh said “It’s simple really; students wouldn’t spray graffiti on the walls of their home so why would they do it anywhere else?” Comparisons have understandably been drawn to a similar incident in 2006 when the phrase “Arbeit macht frei” (“Work will set you free”) was daubed in the same place. “Arbeit macht frei” was the motto inscribed in the gates of a number of Nazi concentration camps during World War II. It was unknown at the time whether the graffiti was a practical joke in bad taste or a more sinister racist symbol.

Students are reminded that graffiti is a serious offence and is considered criminal damage. If caught, the student will be brought before the Disciplinary Committee where they may receive a fine, suspension or expulsion.

They will be prosecuted under the Criminal Damage Bill which entails heavy legal penalties. In addition to the legal implications students are reminded that it can cost thousands of euros to remove graffiti from campus, a fee the student may be liable for if they are caught.

The Students’ Union has condoned the act of graffiti and has warned students that will not provide any support to student caught defacing University property.



The graffiti as seen at the main entrance

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In Brief

Drinking in Public

The local Gardaí are again warning students that it is illegal to carry an open container of alcohol in public. Students that are found to be drinking in public face a fine of €75 and a court appearance if this fine is not paid.

A number of students were fined for this offence in Week 1 and the Students' Union urges students to only consume alcohol while indoors.

New Students' Union Shop

By Nicole Ní Ríordáin

The new Students' Union shop will open in the North Campus in the coming weeks. The shop will be situated in the Irish Chamber Orchestra building, close to Cappavilla student village and the Health Science building.

Work is currently ongoing to furnish the store. Once open, the shop will be similar to those already existing on campus, stocking convenience food and providing a Deli where hot snacks, sandwiches and rolls can be purchased.

ULSU president Ruán Dillon McLoughlin, said that the new store would facilitate "those working and studying on the North Campus".

The new shop will join the other Students' Union shops, which can be found in Dromroe village and beside the Scholar's club in the courtyard.

Declan Kidney to receive Honorary Doctorate

Declan Kidney will be conferred with an Honorary Doctorate from the University of Limerick today, Tuesday, September 22.

Mr Kidney is the current coach of the Irish rugby team and has previously coached the Leinster and Munster teams.

Mr Kidney is also responsible for coaching Ireland to win the Grand Slam and Triple Crown earlier this year.

In 2006 he was awarded Philips Sports Manager of the Year.

Limerick Pride

Limerick Pride will take place in the city from Friday 11 September to Sunday 20 September.

Events will be taking place each night including screenings of Milk, the Harvey Milk biopic, art exhibitions and the Mr Gay Pride and Mr Gay Stud. competition.

For more information visit limerickpride.blogspot.com

KBS Trading Floor officially opened

By Aoife Ní Raghallaigh - Editor

The Kemmy Business School Trading Floor was officially opened by the Chairman of Reuters, Niall Fitzgerald KBE, on Friday, September 4. The opening of the Trading Floor was attended by a number of faculty and staff of the University as well as Deputy Mayor of Limerick, Denis McCarthy.

The state-of-the-art Trading Floor overlooks the reception of the Kemmy Business School and contains 24 computers which simulate the working of an authentic Trading Floor. Each computer is equipped with four screens which feature share price graphics, stock tickers and company data. The Trading Floor will give UL's computational finance and financial services students a commanding view of the global real-time financial arena and provides

a combination of information and insight as well as access to the global Reuters trading community. Speaking at the opening, Dean of the Kemmy Business School, Donal Dineen, described the occasion as a very special event in the school's brief history. University of Limerick President, Don Barry, also spoke at the opening and stated that he was delighted to be at the opening of "the first facility of its kind to be purpose built in any University in Europe". Mr Barry took the time to thank Niall Fitzgerald and staff of the University for attending the opening, as well as the sponsors of the Trading Floor; Thomson Reuters, DANTE, Hewlett Packard and Susquehanna Bank.

Mr Barry went on to say: "UL has always had its finger firmly placed on the pulse of innovative business and this is an ideal way to prepare students for the real World." Mr Barry

also complimented Mr Fitzgerald, stating that he was "an example of a person Business students should hold in high regard."

Guest of Honour, Niall Fitzgerald, congratulated the University on having "the vision to combine pursuit of intellect with practical experience" as "such vision is rare". Mr Fitzgerald did joke that he was concerned by the lack of genuine adrenaline experienced from a real Trading Floor. Mr Fitzgerald concluded the opening speeches by stating that "the understanding of these facilities is a valuable experience."

The opening of the Trading Floor was the second of a triad of events which will take place over the coming year. The first event was the unveiling of a portrait of Jim Kemmy in the Business School reception and the final occasion will be the official opening of the school itself.



Niall Fitzgerald speaking at the launch

Library extension gets go ahead



The library as it looks now

By Nicole Ní Ríordáin

The Glucksman Library has announced that plans are underway to extend the library building. The new wing, which will measure 6,600 square meters, will significantly enlarge the current capacity.

"The new library wing will integrate seamlessly with the existing library to provide one facility to support the

university's research and learning needs", the library press release announced earlier this month.

There are currently 1,430 study spaces available to students, and this number will be increased by more than 800 to accommodate both undergraduates and postgraduates. All study spaces will be fully networked to allow students access to the internet.

The new wing will provide both a Law and

Health Science Library, as well as study zones, a Faculty and Research Area and collaborative learning spaces. Storage for 350,000 volumes will be created by the extension, as well as space for exhibitions and displays.

The changes will have little effect on the student body day to day, as the entrance will remain in the same place and the surrounding lawns will be left intact.

Students asked to respect neighbours

By Jason Kennedy - Feature Editor

STUDENTS, especially those living in off campus accommodation, have been warned to respect their neighbours and not to be abusive or reckless at night time. The Community Policing Section of Henry Street Garda Station has stated that College Court, Milford Grange and Elm Park have been as the black spots for complaints against students by neighbours.

The Community Policing Section also stated that they will be handing out fines of €75 for drinking in public and fines of €125 for littering. A member of staff at the station said that they will no longer be giving chances to students seen drinking in public. "We used to give students a second chance, but it has gotten out of hand lately. We walk down the streets and see wine bottles thrown on the side of the street. It's appalling. Students can drink in their houses, but not on the streets. This also leads to the huge littering problem in Castletroy."

The staff member also said that littering is a huge problem in the area, and even if your garden is littered you may get the fine.

"What we do is we give the person in charge of the house half an hour to get the place tidied up and to get rid of all the litter. If the place is clean after half an hour, we will not hand out the fine. We find that if we just give people the fine, the litter is not cleaned up

anyway, so it's much better this way." They also reminded students that it is an offence to break these laws. "It is an offence to litter and it is an offence to drink outdoors. Have students €75 or €125 to spare. It shows a huge level of lack of respect and immaturity."

The staff member claimed that students are also disrespectful to their neighbours directly. "While the vast majority show respect to us when we arrive, they are rude and ignorant to the neighbours when they try and complain to them. The area is also disgusting at night time. There's rubbish thrown everywhere and there's broken glass everywhere, which is very dangerous as well as making the place look horrible."

The member of staff also gave out some advice for neighbours who live beside such tenants. "It is a very difficult and often sensitive situation, but if you feel you are being tormented, you should definitely report what is going on. You should report straight away, not the next day"

However, the member of staff did pay tribute to the students that show respect to their neighbours. "The majority of students are very pleasant to deal with. It's the small minority that are difficult. Sometimes it's a difficult job to do this, but it is our job and we do it as best we can."

The Community Policing Section of Henry Street Garda Station can be contacted on 061 212458.



Common Room Revamp Union's Latest Improvement

By Emma Hayward

THE Students' Union (SU) common room, located upstairs in the SU building, has undergone recent renovations.

The common room, which offers pool tables, vending machines, tables, couches and a common area for students' general use, has been fully repainted and revamped.

Campaigns and Services Officer Fergal Dempsey told An Focal that the improvements to the common room were made "so that students can get the most out of the Union." The common room is open everyday from 9am to 11pm. It provides "facilities for students that they may not have at home, like Sky TV and a comfortable environment during the day."

Due to fire safety reasons the common room was previously unsuitable to host entertainment nights, but the introduction of Sky Digital is expected to be a big improvement.

"There are going to be two new TVs with Sky digital and we'll be showing all major sporting events, big matches and

horse racing. There will be daytime TV as well." The Union is also looking into the possibility of running movie nights.

There has been a problem in the past with litter in the common room. "That was partly our fault for not providing enough bins," commented Mr. Dempsey.

"There will be more bins this time and recycling bins as well. It will be a cleaner, friendly environment for students where they can come and relax during the day, or eat their lunch out of the rain."

The newly refurbished common room will have a breakfast bar with sixteen bar stools, "so that students can bring their laptops and do a bit of work or just relax".

The revamp is just one of many improvements to services on campus this year, including the new SU shop in Cappavilla and a Bike Shop. The common room will be completed and re-opened for use this week.

Mr Dempsey urged suggestions for continued improvement.

"We're encouraging students to make the most out of the Union and we welcome any suggestions that students might have."



TD: “Fantastic” variety at clubs and societies recruitment 2009

By Finn McDuffie – News Editor

30 CLUBS and over 20 societies hosted a recruitment drive in the University Arena on Wednesday evening of week one.

The drive targeted students, staff and locals wishing to participate in a range of activities from the adversarial arts of debating, fencing and judo, to more relaxing activities like gaming, trampolining and drama.

Each of these student-run organisations had a stall with visual exhibits of past activities or working gear and equipment on display.

The Shotokan Karate club boasted a live martial arts display while the Archery club showed off their shooting skills. Society exhibits included G-soc’s 10 metre screen with live Xbox and Wii gaming and the DJ society’s live acoustics.

The music delighted nearby trampoliners who had erected their trampoline for the first time in years. Sharon Brosnan, President of Skydive UL, noted the work and general approach of each organisation. “You can

really see the clubs and socs working hard to get people in. Simple things like having gear out can make a great difference.”

The event has grown steadily over the years and the variety of clubs and societies in UL is unrivalled. One outsider involved in a political society commented on the drive’s atmosphere. “I’m from UCC... this carnival atmosphere is really something special. In UCC it’s not as exciting.” Fine Gael TD Kieran O’Donnell also attended.

“It’s fantastic that something like this is put on every year. As a UL Alumnus myself, I know these student-run organisations quickly integrate new students,” he said.

“The range of clubs and societies is really fantastic and what it brings to Limerick, culturally, is amazing.”

The one-year-old International society attracted hoards of individuals for sign up. Last year the society won the Best New Society and Society of the Year awards. Stuart Parsons, President, attributed the large numbers to the broad range of individuals his society targets. “We attract

Erasmus, study-abroad and postgrads in particular. But after our success last year we’ve started getting a lot of interest from Irish students as well... The queue is so big it’s been putting people off.”

Membership prices ranged from two Euros to €10 with the average cost at €5.

THE ULSU also hosted its annual Fresher Fair on Wednesday of week one.

The event offers multiple outside companies the chance to advertise their products and services to students in a confined environment and time-space. Games and music were provided this year by the Trinity Rooms and UL’s Music society.

The Fresher Fair was well attended by first years and the companies involved were reportedly pleased with the event.

The fair was first established by last year’s ULSU Communications Officer, Aoife Breen and has been carried on by her predecessor, Aoife Ni Raghallaigh.

Chorus, Ibuyvouchers.com, NYC Pizza, 02, Oxegen, Trinity Rooms and Ulsterbank were among the participating companies.



Students at the C&S Recruitment Drive

Charity not just for RAG Week

By Caitiona McGrattan

ARE you looking for a reason to get active and interested in helping the community? Look no further! A great ally of the Students’ Union (SU), the Limerick Mental Health Association (LMHA) needs your support in the up-coming Limerick Leader Women’s Mini Marathon.



The LMHA and the SU first collaborated in 2005 to celebrate World Mental Health Day, 10 October. The relationship has blossomed in recent years. UL’s Mental Health Nursing and Psychology students do placement work with the LMHA. Events on campus for Positive Mental Health Week have also grown both in number and size. Nearly 1000 people celebrated the campus community spirit by performing the Haka in the Arena last October. Last year the LMHA was chosen as one of four ULSU RAG Week Charities 2009.

The Association received €5000, which has contributed to numerous projects including the kitting out of a much needed, and now much appreciated, new premises in the city centre. As well as the ongoing support and development of the LMHA’s Le Chéile

project, the premises aims to provide a safe, neutral environment for those who have experienced difficulties coping with mental health difficulties.

The money received by the LMHA made a huge difference but unfortunately it has been spent and your help is needed if the Association is going to continue to provide support to the most vulnerable and isolated members of society.

The Limerick Leader Women’s Mini Marathon is taking place in UL on Sunday, 4 October. Running or walking the mini marathon (or leisurely strolling it!) for the LMHA could be the difference between the Association continuing to provide its services and it closing its doors to its members.

The mini marathon is 10km or 6.4 miles long and covers a course than runs through

the UL campus, on to the Dublin Road and back into UL (not much further than the ground covered walking home to Thomond from the Lodge!). Men are welcome and asked to dress up – after all, it is for a noble and charitable cause.

Everyone who enters the mini marathon on behalf of the LMHA will receive an entry pack, which includes an LMHA t-shirt, sponsorship card and registration details.

The entrance fee to participate in the race will be paid on your behalf by the LMHA as a Thank you! Just another reason to take part. If you are interested in participating or if you would like more information please contact Marilyn on 087 2485742 or email lecheilelimerick@eircom.net.

The closing date for applications is Friday, 25 September.

Special Olympics launched in UL

By Jason Kennedy - Features Editor

THE 2010 Special Olympics Ireland Games, which will be held in Limerick next Summer, were launched in UL last week.

The event, which took place last Wednesday in the University Concert Hall, was hosted by Today FM DJ, Ian Dempsey. Minister for Social and Family Affairs, Mary Hanafin, who is a patron of the Special Olympics also attended.

During a speech at the event, Minister Hanafin paid tribute to all the people that volunteered for the Special Olympics. "The athletes, coaches and volunteers who are involved in Special Olympics Ireland display tremendous dedication, professionalism and enthusiasm in their endeavours and I wish them all the very best of luck for the 2010 Special Olympic Ireland Games in Limerick."

Former Irish and Munster Rugby star, Keith Wood, who is one of the faces of the 2010 Limerick Games, was a guest speaker. He showed his support for the games and said they will be a major event for UL, which will be holding many of the events on-campus and for Limerick. "The 2010 Special Olympics Ireland Games will showcase the talents and skills of 1,900 Special Olympic athletes. Every one of these athletes will have worked extremely hard at club and regional level to reach these prestigious games. It is now up to each and every one of us to show them the support that they deserve." CEO of Special Olympics

Ireland, Matt English said that everyone in Limerick should have a part to play in the games. "Today's launch is the start of something very special, which we will be building up to over the next nine months. Everyone in Limerick has a valuable role to play. With the help of volunteers and business from the greater Limerick area, we are determined to ensure that the 2010 Special Olympics Ireland Games will be a fantastic success."

Other speakers included President of UL, Don Barry, Chairman of Special Olympics Ireland's Council of Patrons, Denis O'Brien and Cathal Magee, speaking on behalf of Eircom.

Special Olympics Ireland is looking for 3,500 people to volunteer for the 2010 Limerick Games. Special Olympics Volunteer, Trish Thomson said that volunteering for the games is a hugely worthwhile activity. "It's such great fun meeting the athletes and watching them compete. You get really emotionally involved in it as well when you really get to know them and see how much it means to them. It would be great if we could get a lot of University of Limerick students involved in this special Occasion." Special Olympics athlete, Olivia Morrissey was also at the event and is looking forward to the games. "I really liked meeting all the people and getting up on stage with all the other athletes. Special Olympics Ireland is a very important event and I hope this will get a lot of people to volunteer and help."

If you would like to volunteer, look up www.specialolympics.ie.



Information screens will be ready "any day now"

By Damagh Roche

The Students' Union information screens will soon be operational. The four 42-inch screens will be placed in the Foundation Building foyer, the Main Building close to the Student Academic Administration office, the Health Sciences Building and the Students' Union shop.

ShannonsideAV will provide training on how to use the screens and the Communications Officer Aoife Ní Raghallaigh will update the screens each day from her office to advertise campus events and activities.

The installation of the screens has been delayed because a fire bell in the Foundation Building was obstructing the installation of the screen there.

The bell was originally going to be moved but the screen was fitted with a swivel arm rather than a fixed arm so that the bell can remain in place.

Data points also need to be installed to

update each information screen. While all the screens are now in place, two data points in the shop and the Health Sciences building still need to be installed. These will be installed as soon as possible.

The SU also hopes to gain access to already existing screens in the Glucksman Library, the Arena and Kemmy Business School.

The screens will not be a method for advertising but will publicise activities of students and staff as well as conveying any possible emergency messages or notices affecting the campus.

It is also hoped that the screens will help to cut down on student e-mail traffic. The student e-mail system is a popular means to convey news and information on campus events but the screens may act as a substitute for constant e-mails.

The SU's successful application to the Ulster Bank Enablement Fund has made the screens possible. The SU and the Communications Office once again wishes to extend its gratitude to Ulster Bank.

ULSU Nite link

Timetable for Academic Year 2009/10

Route A 19:00, 20:30, 22:00,

- Stop 1: Dromroe Village
- Stop 2: Thomand Village
- Stop 3: Cappavilla Village
- Stop 4: Plassey Village
- Stop 5: College Court
- Stop 6: Groody Student Village
- Stop 7: Courtyard Student Village
- Stop 8: Brookfield Hall
- Stop 9: Parkview Hall
- Stop 10: Park Mews (Kielys)

Returns to UL via Flag Pole Entrance

Route B 19:45, 21:15, 22:45,

- Stop 1: Kilmurry Village
- Stop 2: Elm Park
- Stop 3: Oaklawns
- Stop 4: Kilmurry Lodge
- Stop 5: Brierfield (Back of the Estate)
- Stop 6: Woodhaven
- Stop 7: Annacotty (Synotts)
- Stop 8: Spar (Dublin Road Bus Stop)
- Stop 9: Courtyard/Brookfield Roundabout

Returns to UL via East Gate entrance

Route C 23.30 Only

Route A+B Stops on Request
Drop off only

Union Debrief

Postgrad News

Hi everyone, I hope all you newbie's are settling in well and that I'm the only one still trying to figure out where the first three weeks have gone. For those of you who made it to the Welcome Party in the PSA in week one I hope you had a good night and will come along to our next event. Find out what that is at www.postgrads.ie/events.

PSA Annual AGM

The Postgraduate Student Association is holding its AGM on Thursday the 1st of October at 1pm in the PSA Common Room. This is the most important meeting of the year for the PSA. We have Constitutional reform and the election of the executive on the agenda. Please come along as this will be the best opportunity to put your views across and improve the PSA to suit the current needs of postgrads.

The PSA Executive will be elected at the AGM and most of the positions are up for grabs. Shane O'Sullivan is our Mary I Rep and the Students' Union will place their rep as they assemble their full executive. The positions still to be filled include the Deputy-President, the Treasurer (I hope to amend the constitution to integrate the position of Treasurer into the office of Deputy-President), Publicity Officer and Events Officer.

There may be additional positions added to the executive if the constitutional changes pass. These proposed changes include adding a number of new positions such as, for example a Mature Student Rep and Student Parent Rep or a Community Inclusion Rep to represent both these groups of students. The AGM may also see the addition of a PhD Rep, Research Rep and a Taught Rep to represent the different types of postgrads that make up our community. While these may not be the exact titles of the new positions they at least give an idea of the direction I wish to bring the PSA over the next number of months.

Coffee Mornings

The PSA held a coffee morning for students who are parents. If you missed this and are interested in meeting other student parents then please check our website for details or call into my office to find out more. I will also be holding a Mature Student coffee morning on

Thursday the 1st of October at 11am until 1pm. This event is open to all mature students and not just postgrads so please come along. There was also a charity coffee morning on the 16th of September in aid of Milford Hospice in the PSA Common Room, details of how much was raised are available on the website.

Class Reps

Does your class have a Class Rep? Why does your class need one? Here are some quick points:

- Class Reps represent you in the event of unfair treatment by lecturers or tutors.
- They inform the Officers of the Students' Union/ PSA about issues in your course, department, faculty, accommodation etc. so we can help in any way possible.
- They inform you of what's going on in the PSA and Students' Union – everything from gigs to protests.
- They organise social gatherings, so you can get to know each other better.

If you are a Postgrad Class Rep please come and introduce yourself to me to see how you fit into the PSA.

As always if you have any ideas for the PSA please get in contact and if there's anything I can help you with my door is always open.

Michael Bourke

PSA President



Michael, PSA President

Ruán's Piece

Well, congrats on surviving your first few weeks! It's been a bit of a mad one alright! We have had some savage events on campus ranging from the vibrant Fight Like Apes who rocked the stables to the launch of the Special Olympics Ireland Limerick games 2010. These games will be held next summer with a large majority of the events being focused around UL. You will all get an opportunity to give a hand out as over 3,500 volunteers will be needed for the event! Watch this space...

The Special Olympics launch brought one of our government ministers to our shores. Mrs. Mary Hanafin arrived to join in the celebrations of the event.

In view of the occasion that was in it we decided against a demonstration about fees. Instead we arranged for a petition to be sign by students so they could relay their views to the minister.

In just one hour over 850 people signed their name in protest over the re-introduction of third level fees. The response from students was phenomenal and reinforces the level of opposition to the re-introduction of fees. You can all join us on the 7th of October for our March on Cork with all the other Munster colleges. Keep an eye on our website for more info.

For all you Munster fans out there you will be delighted to hear that we are now selling Magners league tickets for the Munster games in Thomond Park.

You can get your tickets from the SU for just €20 and you get a free drink at the match. There is no better way to enjoy a Friday evening then basking in the atmosphere of Thomond Park!

For any of you driving to college you may have noticed what a pain it is to get parking in the morning and how bad the traffic is to get off campus in the evening.

I can't solve that for you right now but what I can say is to get yourself a bike! Ye can pick up a cheap second hand bike or a sparkling new one from the bike shop. This is operating at the moment from the unit beside the Paddocks restaurant near the stables. They are open 12-4pm on Tuesdays and Thursdays. They also do repairs and accessories.

I would ask you all to give me an email if you see anything that's either annoying you around campus and think we can do something about or if ye see anything we can do differently or how we can improve. Just send us an old email to supresident@ul.ie.

Have a good one!



Ruán, ULSU President

Policy Explained

Bouncer Policy

Throughout the years a number of policies have been passed by the student body, particularly through Class Reps Council. A policy motion can be brought to Class Reps Council and needs a proposer and seconder. A policy motion can propose a change to an old policy or the implementation of a new policy.

A student can object to a policy, but a seconder is needed also. If there is an objection the policy goes to a vote. If there are no objections the policy is deemed passed by the Chair and this policy is then adopted by the Students' Union.

One such policy is the ULSU Bouncer Policy which was brought before Class Reps Council on May 2, 2006.

The policy noted that a number of complaints had been made by students about the behaviour and attitude to students by security staff, bouncers and doormen. It was believed that this behaviour and attitude was discriminatory against students and in some cases could cause students hardship and despair.

The policy called on the Union to follow up on all complaints made to them by a student against security staff, bouncers and doormen when students have not been treated fairly and equally and where the security staff or bouncers had not acted within the provisions of the law.

In other words, the policy called on the Union to provide support and assistance to any student who had been mistreated or discriminated against by a bouncer or doormen.

The Union was not required to provide the same support to a student who had deliberately caused trouble or who had been removed from a premises with due reason. This policy was officially passed by Class Reps Council in May 2006. Every policy must be renewed or omitted every three years.

As such the policy was brought before Class Reps Council for a second time on April 21, 2009 where it was passed again by Class Reps Council.

Council Corner

Clubs and Society Council

CLUBS AND Societies (C&S) council met for the first and second time in Week 1. The first meeting, on Tuesday, provided members with an introduction to the running of a Club or Society. The second meeting on Thursday was a financial seminar which focused on the financial running of a Club or Society.

The reason for the two intensive meetings was to ensure and maintain the high quality of Clubs and Societies and to bring everyone up to speed with how any Club or Society should be run on a day to day basis.

The election of the Club and Societies Executive also took place on Thursday and three of the six positions were filled. Keith O'Neill was elected as Clubs Officer, Mairtín Lally was elected as Clubs Executive and Paddy English was elected as Society Executive. The positions of Societies Officer, Clubs Executive and Societies Executive will re-open in this week, Week 3. These positions require the holder to sit on Clubs and Societies Executive where they will work on implement and developing strategies and directions as outlined by the Clubs and Societies Council. Clubs and Societies Executive once a week and those who are elected to any of the six positions will be required to attend. They will also be required to attend Council which takes place on the Tuesday of even weeks.

The Clubs Officer and Societies Officer are also required to attend Class Reps Council, which takes place on Tuesdays of odd weeks, and Students' Union Executive, which meets once a week. The next Clubs and Socs Council will take place on Tuesday of Week 3 (September 22).

Class Reps Council

CLASS Representatives Council met for the first time this academic year on Week 2. Representatives were informed that there would be free food and drink in the Stables after each meeting of Council.

It is also hoped that the Trinity Room Cards, which will provide free entry to the club for reps every night of the week, will be available from next week. It was also announced that Class Representatives Training will take place on the Friday and Saturday of Week 3.

A number of elections to fill various positions and groups took place at this Class Reps Council, but, as the majority of Class Reps have not been officially elected yet, a number of positions were deferred until the next Council meeting in Week 2. However two of the available four positions were filled. Charlotte Geoghan, 1st Year Law Plus, was elected as Irish Officer for the year and Finn McDuffie, 4th Year Law and European Studies, became a member of the Commission of Arbitration. A second position on the Commission of Arbitration and a position on the Electoral Referenda Board were deferred until Week 4. The election of Chair and Deputy Chair of Class Reps Council, First Year Rep, Faculties Officers and the election of two members to the ULSU Services Ltd. Board will also take place at the Council meeting on Week 4. In addition to these elections Class Reps, and the wider student body, were invited to

join the Ents, Welfare, Campaigns, Class Reps Development, Presidential, Class Reps Office Management and Communications Working Groups. The Working Groups aim to improve services and facilities in each of the areas listed. Students can still get involved by emailed sugetinvolved@ul.ie.

Following this each of the Sabbatical Officers gave their Officer Reports which, for the first week, were given orally.

President Ruán Dillon McLoughlin explained that he had been working on the Boathouse Opening and was also trying to organise brilliant gigs with cheap tickets. He also explained that he had met with College Court residents to discuss the anti-social behaviour displayed by students.

Finally he announced that ULSU would be working with 4th Year Marketing Students on a project which would look at marketing the Union. Welfare Officer Derek Daly explained that most of the first two weeks was spent dealing with accommodation and financial aid queries. He was also working on a large amount of case work and had attended a number of meetings.

Education Officer Aoife Finnerty started that she had spent the last two weeks organising Class Reps Council and answering queries from students. She also said that she is hoping to introduce evaluation of lecturers by students. Campaigns and Services Officer

Fergal Dempsey said he had been working closely with Ents to organise gigs with cheap tickets. He also spoke about the issue of fees and explained that while USI were holding a large protest in Dublin, ULSU was not invited. He assured students that ULSU were continuing to fight against fees. He reminded students that it is illegal to drink in public and anyone caught doing so is liable to a fine. Finally he explained that ULSU would be taken over the selling of hoodies this year. Anyone who is wishing to get a hoodie for their class can email suhoodies@ul.ie to set a meeting and see some samples.

Communications Officer Aoife Ní Raghallaigh explained that she had been working on An Focal, Pulse, the Wallplanner and the Handbook. She also stated that ULSU had recently relaunched their website and that she had been working on fixing any problems there were with the new site.

Postgrad Students' Association President Michael Bourke said that he had spent the summer working on renovating the PSA Common Room, which is now complete.

He also launched the new PSA website, www.postgrads.ie. Finally he stated that he was working on organising the PSA AGM and setting up the PSA Executive.

The next Class Reps Council will take place on Tuesday of Week 4 (September 29).

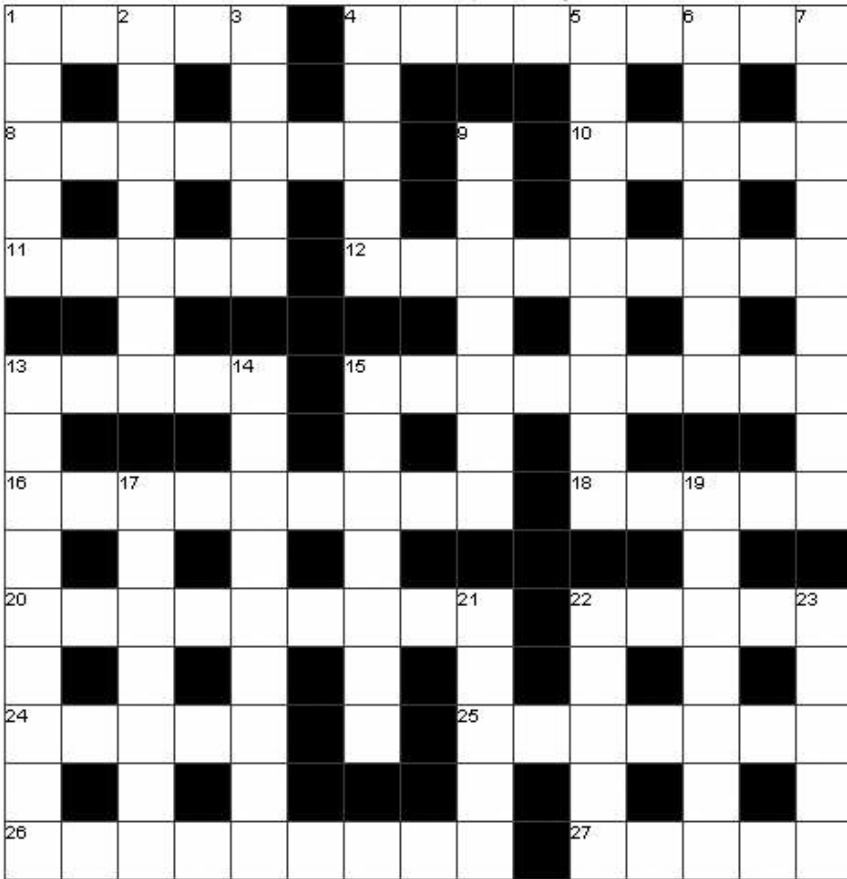
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Fun Page!

Crossword



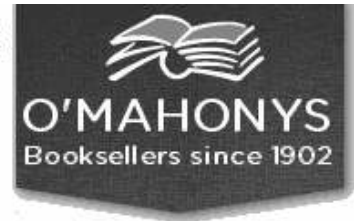
Across

- 1. Hindu Princes (Var.)
- 4. Memorable Opening
- 8. Aspirant, informally
- 10. Stop pushing so hard
- 11. Basic security device
- 12. Depression of keyboard key
- 13. Not domesticated
- 15. Test administrators
- 16. Vexed
- 18. Anasthesia of old
- 20. Nader and others
- 22. Hit the slopes
- 24. Turning gray
- 25. Spiny anteater
- 26. Dogged
- 27. Pesto ingredient

Down

- 1. Spur wheel
- 2. Willy on "The Simpsons"
- 3. Secret store
- 4. One-in-a-million
- 5. Game for one
- 6. Make unfashionable
- 7. Former ironer?
- 9. Ambushed
- 13. Sales meeting visual aid
- 14. Sluggish
- 15. Supplicate
- 17. Alumna gathering
- 19. Beehive and Bouffant
- 21. Lose one's coat
- 22. Indian address
- 23. To speak in a slow manner

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 29th September 2009

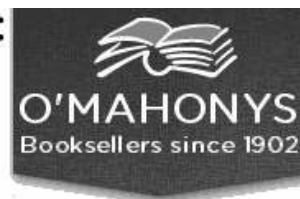
In Numbers



- 13.6**
The average temperature in Limerick in September
- 21.9**
The actual temperature in Limerick on September 13a
- 3500**
The amount of Student Handbooks that were printed. Did you get one?
- 850+**
The amount of signatures a petition against fees received in one hour

Sudoku

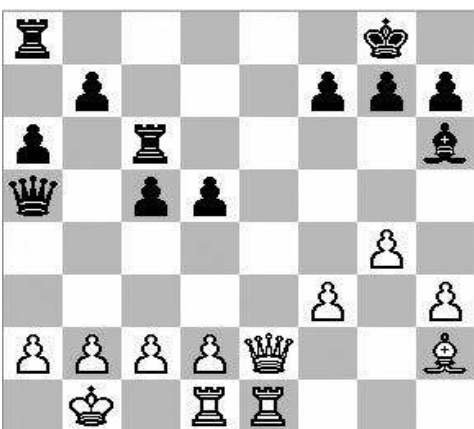
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		7	1	5	6			
								2
	9	3	4					
8			5	2		6	3	
1	2			8			9	5
	3	5		4	9		1	
					5	1	2	
9								
			8	3	4	9		

Instructions:
 The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow in a 9 by 9 square Sudoku game:
 * Every row of 9 numbers must include all digits 1 through 9 in any order.
 * Every column of 9 numbers must include all digits 1 through 9 in any order.
 * Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

The winner will receive a €20 voucher to spend in
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 Submit entries with name & ID number to entry box in SU reception by 29th September



1: 068+ Bx068 5: Bx068++



Amy 09

Illustration: Amy Moriarty

Graduate Article

in association with the University of Limerick Alumni Association



Ruth Scott is former University of Limerick student who graduated with a Bachelor of Arts in European Studies in “the 90’s”.

She is currently a presenter with 2FM and hosts five radio shows a week. Here she speaks to An Focal about what life has been like since she graduated, her work, and what she misses most about UL.

Ms Scott describes coming to UL as “one of the best accidents of my life...I had applied to do Communications in DCU and only had UL down as my second choice because my cousin said it was great fun. I don’t even remember being in Limerick before I started my time in UL!”

When asked what she enjoyed most about her course, Ms Scott is not shy in admitting she hated it but explains this hatred came about “on account of not really choosing to do European Studies other than to fill a gap on the CAO form.

I certainly wasn’t aware of what the course entailed.

The description was lovely but personally I didn’t have a clue!

I didn’t particularly enjoy the politics modules. The concept of attending lectures in foreign languages freaked me out no end!”

Despite this, Ms Scott did have some affectionate memories of UL. “I had one lecturer for Russian that I remember fondly. Brian Falloon I think was his name and his lectures were pretty interesting and quirky.

I enjoyed the Anthropology lectures but I feel that subject suited my personality and that’s why I enjoyed it so much.

I seem to remember it being more opinion based than remembering hard fact. In fact the Anthropology lecturer was over my FYP. The one subject that I absolutely love loved in college was Sociology with Eoin Devereux. I bump into him from time to time when I go back to UL. He hasn’t changed a bit. He’s still a sound man!”

Ms Scott also explained that there were a number of things

she missed about UL.

“I miss the camaraderie.

I used to share a house with a couple of people and I miss that there was always someone in the house to hang out with. There was always something going on so even if you were skint (which we regularly were) you could still go and listen to a debate or get involved in the drama society.”

After graduating from UL Ms Scott won the 2FM DJ for a Day competition. She then gained employment with 2FM via AA Roadwatch despite having “damn all knowledge of roads!” Ms Scott still works with 2FM today.

“My job entails doing five radio shows a week, subject to change.

You never know where you’re going to be moved in a schedule change or even if you’ll keep your job so I just keep my head down and work away.

The music shows during the week mean I could spend all day listening to new music at home and deciding which is going to make

the cut for night time. The Saturday Show needs more preparation in that we might need to organise interviews in advance of the show. We try and come up with new ways of doing competitions or features. I’m a nightmare to have in the car because I spend my time flicking between radio stations to see what everyone else is doing.”

When asked how her time in UL was beneficial to her career and personal life Ms Scott explains: “I was quite shy when I started college. No one believes me when

I tell them that! I joined the Drama Soc in 1st year and I started getting a little more confident year by year.

It took me until 3rd year to get involved in the Radio Society at all and that eventually paid off! I ended up being heavily involved in the organisation of RAG week when I was in 4th year.

It involved addressing a lot of classes – some small and others terrifyingly big. By the time I was done, I was definitely more confident. A case of needs must.”

“All in all, my time in UL was brilliant. Even though

I hated my course, I made amazing friends that are still best friends.

I dipped my toes into broadcasting. My confidence grew and grew.

So academically UL was not a perfect match for me but if I could go back in time like Neil Delamere talks about on the Lotto ads, I wouldn’t change a thing!”

Ruth Scott presents The Frequency on 2FM, Monday to Thursday, 8 – 10pm. She also presents The Saturday Show every Saturday from 12 – 3 pm. Visit 2fm.rte.ie/ruth for more information.



What the Heron was that?

By Emma Hayward

Emma Hayward investigates strange night time noises on campus.

WALKING home alone at night is scary enough without encountering eerie noises from the shadows nearby. At first I thought: "Oh Father, forgive me, for I have sinned", but when my heart started to beat again I convinced myself that there wasn't a monster lurking behind the PESS building and that it was probably a vixen calling from somewhere nearby. I continued on my way home when I heard the dreadful squawk again. But it wasn't a vixen, unless vixens climb trees. It took me a while to figure out that it was, in fact, our native Grey Heron, a rather large, stork-like bird that spends most of its time standing on the riverbank fishing. It was surprising for me to learn that, although they are quite a large bird, they roost in trees at night time and it is fairly common to see these long legged, long winged birds flying overhead or standing still as a rock at the water's edge, just waiting for some unassuming young fish to swim close enough to be then snapped up and devoured, head first.

I found that when I related my experience to other people, quite a few of them had had the same sort of encounter with the mysterious noise late at night. They were glad, and I would think relieved, to find out the innocent nature of the culprit who had caused them to increase their pace as they were walking by.

This particular bird has been likened to the prehistoric Pterodactyl, largely because of their shape in flight and I have no trouble in imagining that there wouldn't have been much difference in their calls. Due to their size, Herons tend to get mobbed by other, smaller birds. Perhaps they know something about the

Pterodactyl reference. You have a good chance of seeing this happening around campus and it will usually be Rooks or Jackdaws, though other smaller birds pester them as well.

It is instinctive to these smaller birds to group together to ward off potential predators and although there are bigger threats out there than the Heron he still has to contend with these mid-flight disturbances.

The Grey Heron eats mostly fish which he snaps up in his long yellow bill.

They can also dine on small mammals, small birds, worms, insects and amphibians.

The Grey Heron stands at about one metre tall and has a wingspan of 155 - 175cm.

The adult bird sports, as the name suggests, mostly grey plumage with a white underside and a white neck and head. It also has patches of black feathers on each side and two long black streaks on its head. The younger birds are a dull grey colour all over until they grow into their adult plumage after about two years.

Heron roost together in Heronries, similar to Rookeries and when the breeding season rolls around, the female Heron takes it upon herself to build the nest. Herons mate and stay with the same partner for life. Breeding takes place in February, notably earlier than most birds that breed in April or May and they have on average 4-5 eggs each year, though not all will survive their first winter.

No doubt that you will see plenty of them on the banks of the River Shannon if you take a walk around the campus and beyond.

More than likely if you do see one, and get close enough, it will take flight with an indignant rasping squawk; a familiar - and perhaps previously unidentified - noise to those who walk between PESS building and the White House late at night.



Gray Heron

Diary of a First Year

By Amy Murphy

I DON'T KNOW about my fellow first years but I'm having a quarter-life crisis. I'm old. I can't believe I got to University. I can't believe all my friends are scattered about the country in U(insert letters here). I can't believe that secondary school is going on without me! I can't believe my life has gone on without secondary school.

However, somehow between pangs of nostalgia I've actually managed to form a rather favourable impression of my new universe(ity). Already it has conferred on me, not a degree, no, but some of the essential skills of the ideal citizen. For example; the ability to make new friends. I find poking random people with an outstretched hand accompanied by "Hi, I'm Amy." works wonders. Of course, I'm sure my cousin was arrested for that once. Also the very important skill of socialising

in an appropriate manner. That is, in Trinity Rooms even if some people I know are bitter because that was #1 on their CAO.

As all the counselling ads are telling us these days it's not weak to ask for help and in this skill all the "freshers" have become very proficient as I'm sure anyone who is not a fresher will be aware of. And, most importantly, in the proud tradition of Hyacinth Bucket: keeping up appearances.

This, I feel may have been the biggest hurdle for us all - I know I still haven't mastered the art of eyeliner (it's still sitting in my bathroom since I picked it up for the first time in my life on Monday morning - I quickly abandoned that plan). Have any of us managed the laundrette yet? Alright, alright, so we may not be the next generation of upstanding citizens in Ireland but we'll fit in at UL...right?

Postcard from Co-Op

By Kieran Phipps

SO I CAN clearly see that coming to Argentina for Co-Op was definitely the best option!

While the last few weeks have been incredibly busy, I couldn't even consider changing it to work in some pokey office in Ireland. I've spent the last few weeks working between English Immersion Camps where kids are taken to the countryside for three days to be immersed in the English language. The days are long but the kids are great fun and you actually feel like you're doing something worthwhile. There's a lot of travelling involved, but the one thing everybody here comments on is the fact that the buses here are so comfortable; Bus Éireann can't be compared to it!

As well as all of that I really feel like my Spanish has come on leaps and bounds over the last few weeks. It's a far cry from sitting in a tutorial room in the lashing rain on a Wednesday morning and now I have a

funny accent in comparison to the Spanish spoken in Spain. That being said, being Irish means you stand out here a lot, but everyone is so friendly and willing to help you out that it gives Ireland's hospitality a run for it's money. This weekend I had the chance to go to Rosario and meet up with the other Irish people taking part in the programme, because we had a long weekend to celebrate Teacher's Day here.

This is something which should be implemented all over the world if possible! I also had the chance to meet my host family from my first placement, which was really refreshing after not seeing them in a few weeks. The outline of the next few weeks is great too, I'm moving to a new host family and I'm going to visit lots of great places in the south of Argentina, and a trip to Santiago in Chile to renew my Visa with the others should be fun.

Que la vaya bien!



Former UL President Roger Downer speaks about sustainability

By John Rainsford

A former President of the University of Limerick has made common cause with the plight of Irish farmers on the issue of sustainable development.

Professor Roger Downer told a packed conference of business professionals that global expectations of industrial and agricultural development were 'unsustainable'.

The criticism came as the government's own policy on sustainable economic renewal 'Building Ireland's Smart Economy' lay gathering dust at government buildings.

The President Emeritus, University of Limerick and Distinguished Professor Emeritus, University of Waterloo was speaking to the Association of Retired and Semi-Retired Professional and Business Personnel (PROBUS).

He said: "80 pc of the planet's wealth is controlled by 20 pc of its people.

Three billion individuals survive on less than \$2 dollars a day while the per capita income of the richest 20 countries is 40 times greater than that of the 20 poorest countries. "Third World countries can't be expected to live on less so that we can consume ever more resources," he warned.

According to Professor Downer we are currently witnessing 'ecological footprints' of developed countries which are five to twelve times greater than those of lesser developed countries and, as populations grow, the bio-deficit of developed nations will increase yet further.

'Ecological footprints' describe the area of land and volume of water required to provide the resources consumed and absorb the wastes produced by a society.

Currently the wealthiest nations in the world have ecological footprints which exceed their available biocapacity and are able to survive a substantial biodeficit only because economically disadvantaged countries live in poverty and have excess biocapacity.

This has created the kind of inequality which he abhors and which, he argues, cannot be sustained.

The 1987 World Commission on Environment and Development (WCED), chaired by the former Prime Minister of Norway Gro Harlem Brundtland, introduced the term 'Sustainable Development' and defined it as "development that meets the needs of the present without compromising

the ability of future generations to meet their own needs." Professor Downer however has grave doubts about the validity of such a concept and the kind of socio-political systems that are putting their faith in it.

"We must learn to live collectively on less. The planet cannot sustain the 5-10 pc increase in industrial activity recommended in the Brundtland Report. We are already exceeding our biocapacity and our population is growing at an alarming rate, thereby increasing consumption of non-renewable resources," he said.

Irish farm organisations have long questioned accepted wisdom on the subject. The ICMSA Munster county chairman, Martin Heenan has said: "The government do not have a sustainable policy for farming, they have a policy for cheap food and that is not the same thing as seeking value for the consumer."

He warned that he could foresee a situation where certain foods would become scarce.

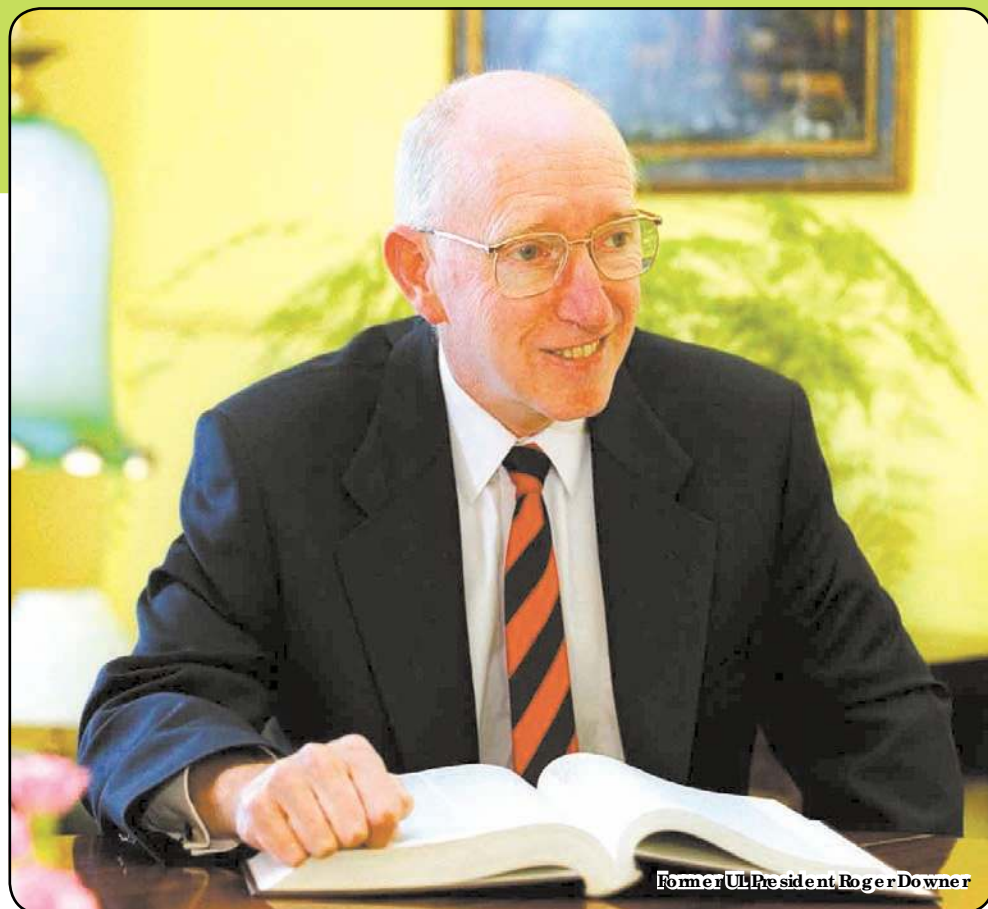
The IFA President Pdraig Walshe recently stated that the focus should now be on increasing agricultural production to feed the world's poor. Farming had a crucial role to play in helping billions of people to escape poverty he believed.

The United Nations currently estimate that the numbers of those facing hunger and starvation is expected to top 1 billion for the first time in world history. Roger Downer has more reason than most to empathise with the fragility of human life. In March 2007 Professor Don Barry succeeded him as President on health grounds after he developed a serious form of cancer. His illness has caused him to reassess his priorities in life.

"I believe that scientists have a responsibility to speak out on scientific issues that are of public interest and, if I was starting my career again, I would probably have been more active in this regard," he stated.

Professor Downer and his family have made changes to their own use of natural resources. "Yes, we try to be as responsible as possible. We have reduced our use of energy by keeping the temperature of our home lower than before, using public transport when possible and reducing the number of car trips. We recycle wherever possible."

He believes passionately that there are many things that we as individuals can do to reduce these ecological footprints.



Former UL President Roger Downer

We can for example reduce our use of non-renewable resources and our production of waste. Governments could incentivise environmentally friendly practices such as use of public transport and take encouragement from the positive impact of the tax on plastic bags introduced a few years ago.

Efforts could be made to discourage the excessive use of unnecessary packaging that is currently used to market and display almost every product.

He sees his ideas as being common sense and drawn from serious reflection on the situation in which we are currently placed. Unfortunately many leaders do not have time to think about the long-term consequences of their actions he noted—the recent proposal of the government to withdraw medical cards from the elderly being a case in point.

"It is known that prevention or early detection of disease is more economical than treatment at a later stage yet the removal of medical cards would have resulted in the elderly having fewer medical checkups and consequent reduced early detection of disease," he said.

Roger Downer doesn't wish to be perceived of as a doom-monger but insists that our planet's ecological problems are real and he worries for his grandchildren. He quoted Gandhi as saying, "We have enough to meet our need but not enough to satisfy our greed".

He suggested that it is immoral for us

to expect the poor to survive on less in order to enable us to enjoy high levels of consumption and he fears that, eventually, they will resist and the result will be civil unrest on a global scale. He currently serves on corporate boards in North America, is Chairman of the boards of the Hunt Museum in Limerick, the IRFU Education and Player Welfare Committee and a research institute in Toronto, is a board member of Shannon Development and LEDP, has shared platforms with royalty, prime ministers, business leaders and other celebrities and is a popular speaker at a wide variety of events from sports dinners to international think tanks on such long headed topics as 'getting the future right'. If Professor Downer is correct, belt tightening is set to become the norm. Car pooling will replace the two car family.

Engine size and speed may be limited by law as will our energy use in the home. Water may be strictly metered and nuclear power, as a replacement for fossil fuels, may become unavoidable.

Fisheries, forestry, fauna and flora are all under increased ecological pressure while precious natural resources become further denuded each day.

For all the doom and gloom though he still believes in a better future and called on the Government and social partners to seize the day on the issue. In doing so he is partaking in a tradition that has long united town and gown.

Coming soon to Limerick...



Eric Prydz to take on Trinity Rooms

It's all good news down at Trinity Rooms these days as they knock out bigger and better names by the week in the world of top class international DJs!

The next top DJ to take to the decks in the award winning club is none other than the chart topping Eric Prydz best known for his 2004 hit single 'Call on Me'. But as everyone these days knows his success didn't stop there. He proved this in his ability to mix commercial success with underground notoriety. This is clearly demonstrated by his capacity to deliver huge global hits, but then simultaneously be held in the highest regard by an adoring underground scene.

His careful and smart approach of releasing certain tracks under different pseudonyms, on his own labels, has enabled him to achieve a kind of success that has never been seen before or since. Not only does he have an underground phenomenon, Eric also achieved huge commercial success. Since teaming up with Data Records he has achieved three top two hits in the UK.

Eric's debut for Data, Call On Me, released in 2004, flew straight to number one not only in the UK charts (six weeks) but also topped the charts in the following countries; Germany (six weeks), France (five weeks), Australia, Sweden, Holland, Austria, Norway, Ireland & Belgium.

Eric made the tune, sampling Steve Winwood's Valerie, originally as something just to play to friends in Stockholm a year earlier. It quickly became a local anthem and rapidly gained momentum, eventually culminating into a global hit, selling 4 million copies world-wide.

After becoming the only artist ever to be given the go ahead to sample Pink Floyd, Prydz release the huge Proper Education. Remixing Floyd's Another Brick in the Wall he reached number two in the charts, and was subsequently nominated for a Grammy.

This was yet another display of his unique ability to amalgamate the underground and the popular. Summer 2008 saw Pjanoo become his third successive commercial hit. First released on his Pryda imprint it quickly became Beatport's fastest ever selling download. Its uplifting piano-led hook made it the perfect summer anthem. The track took off, smashed clubland, Ibiza and the world's summer parties and then went on to reach the pinnacle of the charts, gaining an unprecedented four separate Record of the Week accolades from Radio 1 DJs such as Zane Lowe & Jo Wiley, as well as The Hottest Record In The World again from Zane Lowe, truly astonishing!

Since his arrival, Eric Prydz has unassumingly broken into uncharted territory for dance music. Previously seen as an impossible target, the man famous for his phobia of flying has managed to fuse huge commercial success with huge underground credibility. With his first artist album ready to drop on Pryda Recordings, this anticipated project will not disappoint - Eric will undoubtedly continue to produce the goods for years to come.

Eric Prydz is in Trinity Rooms on Wednesday September 30th for one exclusive show tickets on sale now at ticketmaster.ie Empire music and Trinity Rooms! Trinity Rooms have also announced exclusive dates with one of the world's Top 5 dj's Ferry Corsten on Wednesday October 7th and Drum and Bass Don's Pendulum on Friday October 16th !

Dope Beats & Visual Treats from the Herbaliser

Trinity Rooms & Tweak.ie Festival are throwing a very special party at the Clubhouse on Friday 25th September when one of the foremost UK producers and DJs with releases on Ninja Tune, K7 and a seminal mix for London Club Fabric under his belt comes to town.

Ollie Teeba is one half of the excellent Herbaliser. Formed in the early 90's, they've released around 8 or 9 albums, including DJ mixes and have produced countless remixes. Ollie is also known as Kid Teeba. Their sound could be described as tight Funk mixed with Hip-Hop and finished off with dollops of Jazz and Electronica. Check their brilliant "Same as it Never Was" album for some dope sounds. Ollie is also an avid collector of rare records so expect some unknown gems to be dropped on the night. From the seminal "remedies" album on Ninja Tune in 1999 to 2008's "Same as it Never Was". The

Herbaliser have blazed a trail for dope music. Ollie proved his DJ skills with the acclaimed 2004 mix album Herbal Blend and a 2006 mix for Fabric. In between, they returned to the studio with Take London, released in 2005 before 2008's "Same as it never was" reasserted The Herbaliser's position as the UK's premier doped up beats purveyors with their multicultural manifesto celebrating the UK capital's unique mix of soul, funk, hip-hop and reggae.

This party will also feature live Video Mapping and Visuals from France's Digital Slaves and will feature support from Code & Razor.

The Herbaliser, The Clubhouse @ Trinity Rooms. Friday 25th September. 9pm to Late.

Admission Free before 10pm and just €5 after all night including access to the main room with Bono at the Controls.



Dr. Hook to play University Concert Hall

Country R&B stars DR. HOOK will play a one night show at UCH Limerick on Sunday 01st November 2009. DR. HOOK featuring Ray Sawyer will deliver all of the bands worldwide smash hits including "Sylvia's Mother", "Sexy Eyes" "When You're in Love With A Beautiful Woman" and a lifetime more. Tickets from €27.50 including booking fee are on sale now at the UCH box office and www.uch.ie

Ray Sawyer, the spirited, eye patched lead singer of the group Dr. Hook, whose soulful and sometimes comic vocals fronted the bands breakthrough to the "Cover Of The Rolling Stone" an international superstar status in the early 70's and 80's, has been touring the United States, Canada and Countries Overseas, since the break-up of the Band in 1984, with a new band and a new twist to his familiar sound. Ray's current style is harder edged and more soulful than his previous country-rock and pop efforts, through future releases will show the humour is still there.

Born and raised in Alabama, Ray got his first job as a professional musician at age 14 playing drums with a local band.

His style was indelibly marked by blending the black and white Southern music that kept Alabama dance halls and clubs hopping. When Ray grew up playing music in Mobile, you play either Country or Rhythm & Blues, though down there they are just about the

same thing, its two races talking about their lives, Ray explains. Developing a style that extracted honesty and emotion-the best traits of both Country & R&B. Ray sings with an intensity and sense of conviction that truly moves an audience.

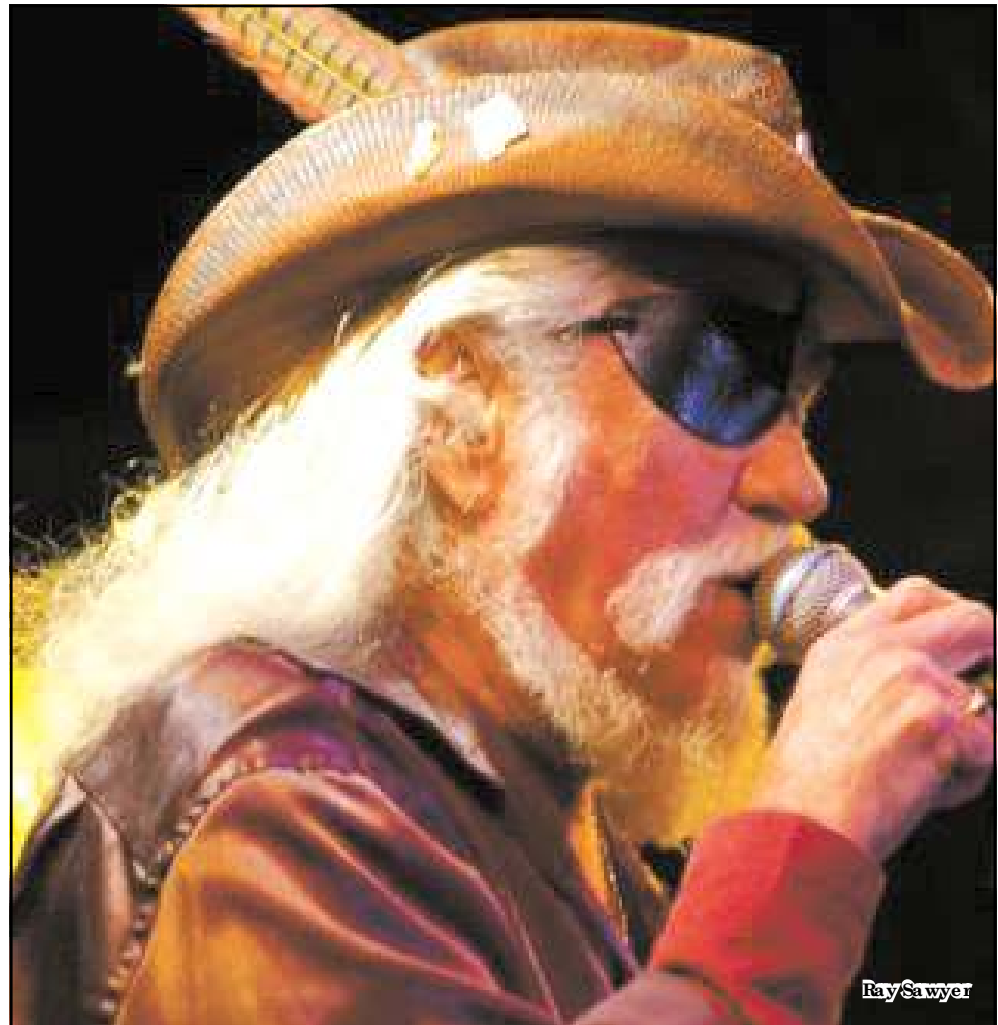
Ray's trademark eye patch was acquired following a 1967 auto accident that left him without his right eye and kept him laid back for two years. When he was back on his feet, Ray set out for Los Angeles in 1968, working his way back East to New York where the nucleus of Dr. Hook was formed in time to record the score to a Dustin Hoffman film "Who is Harry Kellerman (and why is he saying those terrible things about me)".

Accumulating 60 Gold & Platinum Records worldwide with Dr. Hook, He has gained the confidence of a seasoned entertainer.

Ray still to this day travels the World with his Band. His son Cayce has been touring with him since he was 13 playing percussion and singing background vocals in the show. Now he is the "Drummer" for the band.

Ray has had the honour of being inducted into the "Alabama Music Hall of Fame" in April 2005

With an abundance of stage energy, and prankish sense of humour, an unmistakable voice and image, and a unique ability to reflect his good times in good music, Ray is definitely a song stylist of the first order, and never was it more evident."



Ray Sawyer

Man in the Mirror - The Music of Michael Jackson

MAN IN THE MIRROR is a special tribute show to Michael Jackson. This celebration of the songs of The King of Pop will include glittering performances of his hits covering Billie Jean, Thriller, Beat It and Bad all the way up to Earth Song.

Top Michael Jackson impersonator Anthony (Moon) Walker will be backed by a full live band, dance troupe and a

spectacular visual show. The show is a huge success in Dublin selling out 3 nights at the Olympia and now the south west will get a chance to experience the phenomenal show which is selling out all over England and Ireland.

Tickets priced at €27.50 including booking fee are on sale now through the UCH Box Office, Empire Music & Ticketmaster outlets nationwide.



Michael Jackson

Student Speak

Now that all the students are safely installed back in UL Jason Kennedy takes to the Student Centre to see what students missed most about ULove the summer.

Pouring beer all over our friends when they're asleep so they look like they've pissed themselves.



Chloe Hartigan and Bridget Scanlon
2nd year Biochemistry

I was here all Summer. I miss nothing.

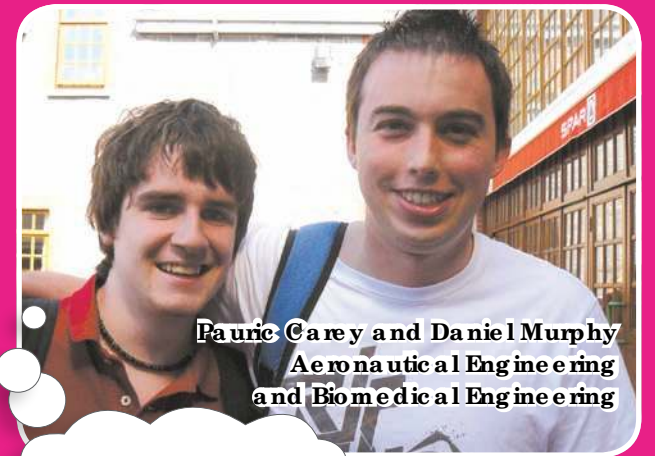


Emma Barry
2nd year Architecture

Lodging, unadulterated Lodging. Cigarettes, drinks and slutty clothing. Let's just say we'll Lodge it up.



Gina O'Brien
2nd year New Media and English



Pauc Carey and Daniel Murphy
Aeronautical Engineering and Biomedical Engineering

Trying to score the Third Year sluts.

I miss the rain.



Denise Brody and Ruth Cullen,
Law and Euro and Science Education

13 Tap Challenge and being naked in the Stables. Spotting talented lecturers



Vivion Grisewood, Aine O'Connell, Thomas Dee, Paddy Rockett

The Lisbon Treaty – The case against

Conor Payne looks at why we should vote against the Lisbon Treaty.

IN THE campaign on the upcoming Lisbon referendum the ‘Yes’ side are focusing on vague statement about how beneficial “Europe” is. What they’re not talking about is the Lisbon Treaty itself. The reality is that the Lisbon Treaty contains significant measures to further the privatisation of public services, the undermining of workers’ rights and the militarisation of the EU.

The Lisbon Treaty opens the door to further privatisation of public services including health, education and public transport. Under article 188c, the right of individual states to veto trade deals which include basic public services such as health and education would be removed. This means that the EU can open up health and education to “the market” even if the Irish government opposes it.

It has been claimed that the Charter of Fundamental Rights would improve the rights of Irish workers. In reality, it would have the opposite effect. Any rights contained in the charter are to be limited by “EU and national laws and practices.” The official explanation of Article 52 of the Charter states that “... it is well established in the case law of the Court that restrictions may be imposed on the exercise of fundamental rights, in particular in the context of a common organisation of the market...”.

This means that the right of businesses to maximize profit comes first and the right of workers to a decent wage comes second. An example of the case law that the quote

refers to is the Laval case where Swedish Trade Unions protested against a Latvian construction company, Laval, bringing in workers from Latvia at well below the agreed trade union rates for the industry in Sweden. The European Court of Justice ruled in favour of the company, precisely because the right of businesses to operate was considered more important than the right of workers to decent pay and conditions.

This attitude is enshrined in the Lisbon Treaty, which puts the “free market” at the heart of the European Union. So, far from being the start of a solution to the economic crisis, Lisbon promotes a continuing of the kind of pro-big business policies which caused the recession in the first place.

The Lisbon Treaty clearly promotes the increased militarization of the EU. Paragraphs 49 and 50 state “Member States shall undertake progressively to improve their military capabilities.” The treaty gives legal status to the European Defence Agency, an organization whose role is to promote the European arms industry. It’s clear that the Lisbon Treaty means wasting more resources on weapons that maim and kill.

Much has been made of the “guarantees” given to the Irish government.

However, these change nothing in reality. As the European Council says they “will clarify, but not change, either the content or application of the Lisbon Treaty”.

It’s the exact same treaty and we should reject it again.



The Lisbon Treaty: The case for...

Eric Doyle looks at the benefits of the Lisbon Treaty

THE CURRENT recession has brought a lot of things in to question as to how we do business in this country.

Many difficult decisions will need to be taken if we are to recover; not least of all will be how we vote in the referendum on October 2. The Lisbon Treaty will change the operation of the EU in order to adapt to its enlarged size and stay effective at responding to a changing world. There is a lot of misinformation about what it actually does. So what follows is a brief explanation on what it will change and what it is not going to change.

To start; after Lisbon 1 fell the government went back to the EU for assurances on a series of issues that they felt the electorate was concerned about. Ireland successfully managed to secure our Commissioner under Lisbon 2. This means that if we vote no the Nice treaty remains in effect and in two years one of the commissioners will be rotated and Ireland is very likely to lose its one. Lisbon 2 will prevent this from happening by continuing to allow each member state to nominate a commissioner.

It will introduce more Qualified Majority Voting into the Council of Ministers, which will increase democratic accountability and improve the influence of smaller countries upon EU policy. Also all meetings will be publicly held to improve public oversight,

something no other cabinet institution does. It will also replace the rotating Presidency with a new post that will be elected by the European Council to improve the effectiveness and coordination of the Union.

The Parliament’s role will be improved with the introduction of co-decision in new areas. This is the joint decision making between the Parliament, the publicly elected institution and the Council of Ministers. The purpose of which is to improve democracy in the EU and give the individual voter more say over the direction of the EU.

The Parliament will also elect the president of the Commission, the EU’s civil service, furthering accountability and transparency. And finally the introduction of direct democracy through the use of petition. This means any European citizen can, by obtaining a million signatures, force the Parliament to debate a specific issue.

These are important improvements that are needed in the EU, through which we as voters will benefit enormously. Unfortunately these advantages are being lost in the debate as the No side continue to misrepresent what the treaty actually does. There are a series of spurious claims that stand out. For example Lisbon in no way affects our taxation policy. Much has been made of the EU intervening in our tax policy in response to the economic

problems the Euro zone is facing. This is untrue. Lisbon does not give the EU any competences in this area. On a related point the low interest rates of the ECB may have allowed for greater access to credit for Irish businesses, it did not however lead to the recession; poor regulation and myopic fiscal policies on behalf of our government were the prime causes of the dramatic slump we experienced. In fact our membership of the Euro was what stopped us from becoming the next Iceland.

Neutrality is guaranteed by Lisbon and that is the bottom line. To put it simply the Solidarity Clause of the Treaty obliges Ireland to provide assistance to fellow member states should they become the victim of a disaster of some kind including an invasion. It does not say what form that should take instead it leaves that up to the discretion of the member state. Also the European Defence Agency is not an army at the command of the EU, but a joint operation that has been created to facilitate greater effectiveness for our peacekeeping missions on behalf of the UN. As with our triple lock principle its mobilisation can only happen if all member states agree and if it has a UN mandate. It is a functional arrangement between member states to make UN peacekeeping easier that Ireland has the ultimate say on whether it

involves itself or not.

Abortion and the right to life are also not going to be affected by Lisbon. The treaty will bring into law the European Charter on Human Rights, which will enshrine the political, social, civil and economic rights of EU citizens. On its own this is a great reason to vote yes. This does not alter in any way our constitutional position on abortion, education and family rights. Finally workers rights are not being undermined by Lisbon. One of the more nasty lies about the Treaty is the claim that the minimum wage is going to be reduced to €1.85 or some such rubbish. This is an outright lie. The Lisbon treaty will however promote further workers protection through its declaration on social progress and the responsibility of national governments to provide public services in an equitable and fair manner.

The Lisbon Treaty is vital more so now than ever to ensure the stability of the EU and our own national interest. This will affect us all. You don’t have to take my word for what the Treaty means either. My advice to anyone with questions is don’t take any of this on face value. Find out for yourself as there is plenty of information out there.

I’m sure that if you do you will realise that it is in all our best interests to keep Ireland in the cockpit of Europe.

Undemocratic Ireland?

Jennifer Powell looks at the Government's unwillingness to take no for an answer.

WHERE Referenda are concerned in Ireland each government seems to have one motto; you can vote no or we can stay going until we get it right and vote in line with the government's wishes. How can Ireland be a democracy if this is the case?

There have been several referenda to change the Irish constitution with topics varying from crime, our membership with the European Union (EU), divorce, the right to life and Irish citizenship.

Every single referendum has ended in the government's favour, if not on the first go, then on the second. The old maxim "if at first you don't succeed, try and try again", has never been more fitting than within an Irish context.

We voted to protect the right of life for the unborn child, which was the side the government supported. We voted to change the terms of Irish citizenship so that if a child is born in Ireland to non-Irish parentage that does not automatically give right to Irish citizenship, again backed by the government.

But what happened when the Divorce Referendum was rejected? That's right, we voted against the government and so like naughty school children we were put in the bold corner and told to vote again. When we did we voted in favour of the referendum, but why? Was it to keep the government happy or did we realise at the end of the 20th century that as much as we value "til death do us part", it was unrealistic?

The Nice Treaty was also the same. We said "no" and the Government said "let's

go again until you vote yes". God forbid we should say no to the EU; it would ruin the whole country which is funny really considering we survived without them before. We went and voted again, this time voting yes and so the Government got what they wanted.

Alas, here we are again and can we really say we're surprised? We rejected The Lisbon Treaty the first time and suddenly the promises the government made about respecting the people's decision goes flying out the window. Pat Rabbitte had said that if the Treaty failed it would be "dead in the water". He got that one seriously wrong.

The opposition are pulling together and trying to get us to vote yes which should be the first sign that something is seriously amiss.

The two sides of the house are hard pressed to agree on what day of the week it is let alone a piece of legislation that will have major consequences for the Irish people.

Therefore, this is the most important vote we have yet to make. Why? If the Government get to put forward a variation of bills we have already voted on until they get what they want we no longer live in a democracy. Democracy is run by the people for the people. What we currently live in is not far off a dictatorship. Don't get me wrong, we have a lot of characteristics of a democracy, but it has become apparent that on issues the Government deems too important, it will be vote until we vote on the side of the Government. So, no matter which side of the campaign you are on, go out and vote on Friday October 2 2009, because your voice has to be heard, or else we really have lost our democracy.

NAMA – Where do you stand?

Aoife Woulfe takes a look at NAMA

OUR DAYS are dark and that's not due to the constant cloud cover in Limerick. Recession and depression; these are two words that have been tied closely together in recent times as our money woes hit their one year anniversary. September 28, 2008 was the day that proved the dawning of tough times ahead for the Irish people and left the Irish banks in serious trouble as their share prices crashed to little over half of what they used to be. Not a day goes by where we open a paper without reading about another property tycoon going bust or the exposure of yet another government blunder that's costing the tax payer money.

We, as students, need to pay particular attention to the current market as it won't be long before we are out in the "big bad world", and that is exactly what it's going to be when we're out there; a bad economic climate. We are accustomed to financial control but who can tell how high our taxes are going to be by the time we reach full time employment? At present, the average employee is not only being murdered by inflation but also with soaring taxes from a government bid to deliver the stability required to ensure a reasonable prospect of survival of the weakened economy. In an attempt to put a hold on this turn of events we are doing what has always been a flop in the past and we watch on as our government tries to force another quick fix bill. This bill is The National Asset Management Agency or N.A.M.A.

It is at this point I will urge my fellow students to take note. We are asleep and we should be ashamed of ourselves if we hope to become the future of the Emerald Isle. Yes, college is about enjoying life, going out and making the most

of being young, but we cannot close our eyes and hope that it's all going to go away or sort itself out by the time that we will feel the brunt of it. It is already affecting us in more ways than we can see. Now is not the time to give up on anything. When walking around campus, apart from the obvious stand up fighters such as our Students' Union, the general consensus is "why bother?" The clock is almost running out so make your voice heard whether it's about the Lisbon Treaty, NAMA or fees. Don't let it slip into "too late".

And back to the previous topic: NAMA. We are about to witness one of the most important bills in the history of Irish economy be pushed through. The majority of people are unsure as to what exactly NAMA means for us so it's time for a break down. NAMA will undertake the countries major assets (i.e. the money owed to our major banks) and be run by the National Treasury Management Agency. Are you happy with the sound of this? Ask yourself, if this was your own cash in your own pocket would you give a group of civil servants control of your money? If your answer is no then you're on the same track as me. I want my money in the hands of someone that's willing to do everything that needs to be done without bending the rules or wasting time and money. This does not mean that I am in favour of Fine Gael's quick fix, the National Recovery Bank (NRB), which has even more holes in it than NAMA but I believe an alternative needs to be found. This is not going to happen as the government is going to stick to this plan because it's the only one available at the present time. Hopefully in times ahead, with a bit of sense, we won't see a repeat of the types of mistakes made in e-voting, the FAS scandal, or the first Lisbon Treaty debate.



Run Fat Boy Run:

The Mentality behind Running

By Ruth Whittle

RUN, FAT boy, run. You are useless and so unfit; everyone else runs faster and better than you. You look like a beetroot now, so ugly, so sweaty, like a panting dog.

Then some nymphesque girl overtakes you, giggling into the crowd, flailing her arms in the air with fiery determination. You are fuming and you fancy her like mad so you sprint with all your might. And quite unexpectedly the finish line comes into sight.

People run for different reasons; some to compete, some to lose weight, others to improve sporting performance, some for the social scene and others purely for the adrenalin rush. But usually after a running session, we may have some nagging insecurities. Did you cover enough distance? Did the lads see you puffing and panting round the block? And the ultimate one: that young one is running faster than me. What have they got that I haven't? I need to beat them! I suppose that last question is mainly male testosterone speaking. But

does it really help us to perform better? The short answer is no. In life, someone will always be better than you and even if you do win the race, is that it? You may be on a high for a while, but if it was merely a competitive challenge, you will soon feel empty, especially if you go home and gloat about it non stop until the cows come home. Whether you like it or not, eventually your friends and family will get sick of your banter, as much as they may love you. Solution? Talk to yourself until the cows come home!

Every hour, every day, every night, remind yourself that you are unique and that you can achieve anything with enough force! Gradually, you will start to believe yourself. There will be that little voice in your head pushing you forward. At this point, you will have the tools necessary to enhance your mentality while running. So how can you use these tools of positive force effectively? Whether you are running on a treadmill or jogging through rolling vales, develop an acute

awareness of your surroundings. Therefore if you go to a gym, figure out the best time to go, not too quiet or not too busy. You'll need some distractions and I'm not talking about the TV! If you're outside, smile at the weather and think of those less fortunate than yourself, appreciating your own life and good quality running attire. Breathe consistently, not too slowly but not too fast so avoid going into panting mode – always be comfortable. If you get a stitch, do some twists while moving or if that fails, stop for 10 seconds, leaving out a semi-orgasmic yell! Always be mindful of your posture and footwork – fantasise your ideal (wo)man and aim to impress them!

Avoid looking behind you, but do look left, right and ahead, acknowledging any strangers in your path. Avoid constant chats with any fellow runners especially at the beginning and in the middle of the run; only speak if you will gain some energy or knowledge from speaking. Conserve that precious energy reserve for your breathing and running. And

anyway it is best to run alone. Don't listen to music, sing in your head instead – memorise lyrics and build up a mental running repertoire. With all that in mind, there will be no stopping you. Whether you're young, old, wiry, sturdy, dainty or dashing, you will improve your running with those steps in mind, whether it be a cross country course, a 5km race or the Dublin Marathon in October.

...As you reach the finish line, the nymphesque girl glides to your side. It is too close to tell who came first and anyway, you both have the same time record: 53.03 minutes. Pretty good going for your first 10km race.

Delighted, you can't wait to tell the lads later at the pub. But what about the nymph? She looks about 16, maybe 17 in 5th year or something. Very fragile looking, no muscles to speak of, completely on her own but a mad one, I'll tell ye, never seen anything like it.

You turn around swiftly to ask for her name, maybe even her number. But you can't see her anywhere, she's already gone...

The Hills do Ireland

An An Focal reporter looks at the possibility of an Irish "The Hills"

EVEN all the way across the Atlantic, we Irish folks still manage to feel the cringe every Sunday evening as we tune into another "oh-so-dramatic" episode of The Hills.

Addictive as the so-called reality series is, I cannot deny that my main entertainment does not come from the obviously scripted antics of the privileged stars of the show. Instead, I prefer to bask in the pity I feel for such self-centred spoilt brats, who, somehow, find justice in exploiting every aspect of their lives in the

quest for money, fame and most importantly, attention. It's one of those guilty pleasures, a love-to-hate-it kind of thing. At least that's what I try to convince myself every Sunday when I find myself glued to the television, shamelessly enjoying the revealing glimpse into the lives of twenty-something girls with way too much money than is good for them.

Of course, at least then I could always comfort myself with the thought that this immature behaviour was merely that of silly, rich

American girls, who to me have always seemed to exist worlds away from the more sensible brand of Irish ladies. Turns out I was wrong. Yes, from recent news reports it seems that an Irish, or should I say a D4, version of The Hills is currently in the making, with several glamour models rumoured to be the main stars. Forget celebrity-filled LA nightclubs and wild trips to Mexico; the streets of Dublin, with hotspots such as Brown Thomas and Krystle nightclub, are the new place to catch a gawk of a good catfight or a nasty break-up.

And it's not like this already pitiful show will be reserved for a half an hour spot on RTÉ once a week, alongside Fair City. Rumour has it that the rights are being sold to MTV so that the show can be aired in Britain too. Anyone else remember Living on the Edge, the British version of The Hills? Somehow, it seems that rich English girls manage to come across as even more whiny and annoying than the American editions.

God only knows how the Irish gang will compare in this shamefully addictive 21st Century concept of "which country is home the most spoilt and attention-deprived millionaires?" I'm seriously hoping that Ireland ranks very low in this contest, because the last thing I want is to lose my right to laugh at the stars of The Hills.

It seems that our series does not yet have a name, but I'm already dreading an Irish producer's attempt to come up with a snappy title to match The Hills whilst also describing a life in an affluent estate in the suburbs of Dublin. The Pale, maybe?

Despite all my criticism, I have to admit that I'm quite excited to see if they manage to make

a success out of this show. I mean, surely they could not have found a group of Irish women who classify as being as shallow, superficial and utterly fake as those who have made huge names out of starring in The Hills? Will there be a villainous boyfriend who steals one of the women away from her friends, a.k.a. Spencer? And more importantly than that, how do they intend to create the image of a glamorous and attractive lifestyle in a country that never ever stops raining?

I guess we'll have to wait until it hits our screens to find out. I'm already looking forward to seeing what trials and drama affect the more privileged Irish women, and I'm expecting it to live up to the LA version in terms of both fashion and bitchiness, although probably with a lot more backcombing than we're used to. Apart from this, I can only pray that the Irish media retains a little more credibility than that of the US, and does not become inundated daily with up to date "news" of the stars of reality TV, as the American media often seems to be. I'd rather that this sort of show did not reach the forefront of Irish culture, as The Hills seems to have in America. As entertaining as it may turn out to be, I think we have a lot more going for us in this country as the dramatic antics of fame-hungry models.

Undoubtedly, this experimental show has the potential to introduce a new breed of celebrity to Irish shores. Certainly it will appeal to a different audience than many Irish-produced TV shows. I know I'll be tuning in...No matter how I try to fight it, I can't resist the lavish world of bitchy glamour girls.



The Other Side of the Counter

Paula Jane Murphy why your shop assistant isn't full of the joys of life.

RECENTLY, at the checkout of a service station, I was attacked. Well, not physically attacked or even verbally, but the shop assistant's body language combined with her facial expression and tone screamed at me to just leave her alone or suffer the consequences.

Her glare could have made a death row detainee wonder what he had done wrong.

My items were slammed under the scanner with a ferocity that rendered my biscuits useless for anything except a cheesecake base.

My proffered note was ripped from my fingers and my change fired at me, raining down on the counter like shrapnel following an explosive attack. I whimpered a thank you and dashed for cover.

Now while the shop assistant's behaviour was completely unacceptable, inexcusable and definitely no fault of mine, I did have pity. Rewind the situation ten minutes and there are three people ahead of me in the queue. Customer One complained that the bill was too

expensive and made the girl re-scan everything after which the price remained unchanged.

Insisting that there was a mistake Customer One asked to speak to the manager.

The girl apologised and said that the owner was away and that she was in charge. Frustrated, customer one accused the girl of overcharging her deliberately, said she didn't believe the owner would have left a child in charge and that she would be ringing to complain. The girl again apologised but said that there was no mistake with the price. Customer One muttered incompetence and left without buying anything. Then, with the girl visibly embarrassed, Customer Two turned to Customer Three and proclaimed how "young people" neither had a clue, nor cared, about their work.

After all of this abuse you could forgive the girl, who appeared to be about nineteen and, therefore, not a child, for being a little less than warm.

You see I have been on the other side of the

counter, and although I have not treated anyone like I was treated, I have often been made to feel so worthless that had I murdered some previous customers, I could have pleaded provocation and gotten away with it. In my three years as a shop assistant I have been polite, helpful and diligent. Virtually tattooed to the back of my hand, so as to be of a constant reminder, I have the inscription "the customer is always right".

But are they? That statement cannot be considered an absolute. Undoubtedly we are there to be of assistance, to provide a service and to do a job but where does service end and being subservient begin? If a customer comes to your place of work and attacks you, dismisses you or shatters your self-esteem, then they are not right.

It is an unfortunate phenomenon that, as the world has quickened in pace, modernised and urbanised; manners, common decency and respect have begun to disappear. Everyone quite simply wants things their way or no way. Presuming there had been a high concentration

of customers behaving similarly to Customer One, was the fact that the girl had not walked out by the time I came along testament to her patience? I have said "Good Morning" to customers and been completely ignored. I have omitted to say it and been accused of being sullen. I have offered a bag at the end of a transaction and had a "no" snapped dismissively at me or received the response "well do you expect me to carry things out one by one?" What has happened to "yes please" and "no thank you"?

We have all had bad service and I am not condoning it, but the way some of us behave towards those wearing the uniforms leaves me wondering why there is not more bad service, as a revolt against bad custom.

I urge those behind the counter to retain composure as good manners are the greatest weapon against bad manners.

I also urge customers to decrease the potential for bad service by respecting us shop assistants as you yourselves would like to be respected.

Bring back a awkward silences

By Rachael O'Brien

Is it just me, or have people become wise to avoiding awkward silences? Ok, so there is the obvious small talk; "what lecture do you have now? Mmm, ok, what's that like?" But there are other avoidance techniques too.

I have a friend who goes out of his way to make the situation even worse, which usually involves bringing up the reason why the situation is so awkward "hey look, it's you, we scored last night, but now it's awkward cause we never got each other's names, and there your friend is beside you, waiting for an introduction", which ironically, creates laughter, thus beating the awkwardness into submission.

I know that that might seem desirable, but I think it's time to rejoice in that terribly uncomfortable moment. If silence is golden, awkward silences are platinum!

My favourite awkward silences include the aforementioned meeting of the person you scored the night before. This moment is all the sweeter when both parties make the immediate decision that they are more attractive than the other, and figure that the other person is in love, and obsessed, therefore is likely to have followed you into the shop so that you could share this magical moment at the hot food counter.

Another favourite of mine, happens when someone answers a different question to the one that you've asked. You have two choices, the first is to say "oh no, I meant....." and

the second, preferred method, is to go with the question they've answered, as if the information is key to your very being. This has a delayed silence, as it slowly dawns on the person that they are answering a strange and unintended question.

I met an acquaintance after an exam, and he told me that he'd nearly slept in, just had time to grab breakfast before sitting down for 3.5 hours, so I asked him what he had, and he told me that he only had time to grab a piece of toast. I stifled a giggle, and then continued on what had turned out to be a more interesting vein. "Did you get a chance to butter it even?" "Oh, ya of course, and I put a few slices of cheese on it, cause I knew I wouldn't be eating for a while." "That was a good idea, that will have helped in your..." "Politics", "That's right, politics exam". "Oh, wait, that's what you meant, wasn't it?" "Am, it is, yeah". Cue, silence...

That moment has nothing on the "will we/won't we stop for a few words" one when you pass an acquaintance around college.

Timing is of the essence here, and if it's a minute to the hour, it's quite clear that neither of you is ready to discuss the weather.

One might say, "Hey, how's it going? Just heading to a lecture now" because the refill pad, pen and red cheeks don't quite give it away.

It gets difficult if it's a quarter to the hour, and one of the parties likes to saunter, and they carry a bag, which by all accounts may have note taking equipment, but on the other hand, may contain an interesting article that the

person wishes to discuss. The timing doesn't even give you a clue, they could be heading to the main building, and thus, bumping into them close to the library, they're looking to kick back, but what if they're heading to the business school?

The combination of all these variables causes a temporary brain freeze, and this will be evident in the staggered walking, both of you working out whether or not you'll stop.

By slowing, you're telling the person that you are open to the idea of conversation. Having stalled, you'll notice the person hasn't mended their stride, so you're forced, red faced, to speed up and dart by.

Meanwhile, the other party, a little slow on the uptake, has noticed and mimics your stalling behaviour, only in time to see your injection of pace as you fly right past, leaving them feeling disorientated and alone. To the neutral observer, this plays out like a cross between a Ronaldo penalty and a beautiful ballet in which the only sin of the two characters is polite social grace!

The iPod has in some ways ruined the last moment, as people can make clear from a long way off that they intend to converse, whether they take out both ears or just one, is a good indication of how long they intend the exchange to be. But don't be tempted to ruin any of the rest with an awkwardness relieving statement like "oh that was awkward there, wasn't it, I thought you weren't going to stop and chat", instead, take a deep breath, look at your feet, look back and embrace a dramatic pause that Shakespeare would be proud of.

www.gingergirl.ie

Tray Baked Pork Chops

I am a big fan of one-pot dinners; I love the intensity of flavours, the ease of cooking (and washing up!), the endless range of meats, vegetables, spices, herbs etc that can be used. For the recipe below I use pork chops on the bone for great flavour.

8 pork chops on the bone
Approx 1kg of rooster potatoes
4 parsnips
4 carrots
1 handful of fresh rosemary
2 bay leaves
The zest and juice of 2 lemons
8 tablespoons of olive oil
2 cloves of garlic, chopped
Salt and black pepper

Rub the lemon zest, rosemary, garlic, salt and pepper onto the pork chops. Squeeze the lemon juice over the meat and pour on a generous glug of olive oil and allow the flavours to develop for approximately one hour. Preheat the oven to 220°C. Prep the potatoes, carrots and parsnips cutting lengthways and into quarters. Place them along with the pork and marinade onto a large roasting tray gently mixing together to ensure everything is coated in the marinade. Roast in the oven for forty-five minutes to one hour, depending on the thickness of the pork chops.

About gingergirl:

Helen Keown aka gingergirl, trades every Tuesday at the Farmer's Market in the Student's Union Courtyard, from 12noon to 5.30pm. The gingergirl range includes her famous chocolate brownies, cupcakes, breads, biscuits, jams, preserves and chutneys.

Helen is also a food writer with a weekly food column in both the Limerick Leader and the Limerick Chronicle and is a guest writer for Food and Wine Magazine. You can follow gingergirl's tweets on Twitter – under gingergirlfood.

Advice Bureau

Welfare Corner

So you've made it to Week 3. Well done!! So what's going on with me apart from the usual condoms, glydams and general welfareyness? Well, since you ask (if you did); this week I'm pimping the Irish Heart Foundation's Walk for Heart campaign.

It encourages you to do a little walking or some activity every day for 4 weeks. Those of you on the Groody side down in Brookfield, Courtyard, Groody and Troy have maybe gotten the leaflet at this stage. There are prizes including bikes, sports vouchers etc., once you have done the 4 week challenge. I have a few spare forms in my office for anyone interested.

Next week sees Helen from the GingerGirl stall in the Farmers' Market do a cooking demonstration. It'll be pretty much a healthy cooking and eating demo to show you how to make simple foods that are healthy on the quick and as cheap as possible. I'd like to thank Helen for agreeing to do this.

Last week saw the Milford Hospice Coffee Mornings around campus which were a great success, thanks to all who took part. As a stressbuster, there is also meditation in the Contemplative Centre every Tuesday at 7pm. It's FREE so take advantage.

If anyone is interested in being charitable or getting involved in general with Welfare (SHAG campaigns, organising fundraising, and helping with campaigns, coming up with campaign idea, e.g., eating disorder campaign) just email SUWelfareCrew@ul.ie and I'll drop an email back. For anyone who joined up on the stand in the Arena, you should have gotten an email by now, but if not, that's my fault so come in and hound me. The Union doesn't work to its best without you so come on in and pick one of us to work with.

Cya

D

Ed's Education

Ok, it's week three and you're into the swing of things... or at least you should be.

At any rate there are a couple of things you should look out for. Firstly, you should have a course outline for each module that you take. It doesn't matter whether that's a one page document or half an encyclopaedia, your lecturer should have made this available.

If you haven't been handed a paper copy in class and there isn't one put up on the net, then report it to your Class Rep immediately. If you don't have a Class Rep, call into me in the Students' Union building and report it there.

It may not seem like a big deal, but a course outline is something very important. It forms an agreement between you and the lecturer as to the form the module will take, when coursework is due and most importantly the way you will be examined. A course outline guarantees no surprises - without one, your lecturer could spring midterms and assignments on you with very little notice.

One final word of advice is to read your course outline thoroughly, particularly in relation to attendance and submissions. Make sure you fully understand the percentages awarded for attendance and the penalties for late submissions. There's no point realising in week 8 that you've already lost 10, 20 or even 30 percent of your final grade because you failed to attend the majority of your tutorials without excuse!

As always feel free to phone, email or call into me with any problems, but before you do check the website (www.ulsu.ie) as I've answered many common questions there under FAQs!

All the best,

Ed

LET'S TALK SEX

Hi Everyone

In this article I will be telling you about the different types of Sexually Transmitted Infections (STIs). Unfortunately the latest figures show a steady rise in infections, with genital warts are chlamydia been particularly high; another reason as to why using condoms is so important.

Genital Warts

Warts are a common infection and while they are treated with lotion they are a considerable nuisance. Treatment is a long and slow process and genital warts may reoccur several times. Warts are associated with cancer of the neck of the womb; so ladies annual smear tests are a must.

Chlamydia

Chlamydia is the most common STI. It is a bacterial infection and can be easily be cured with antibiotics. However if it is left untreated it can have severe consequences, particularly for women, and in severe causes can lead to infertility, ectopic pregnancies and pelvic inflammatory disease (PID). Chlamydia generally has NO symptoms. However the symptoms can include abdominal pain, spotting between periods, swelling or pain of the testicles, vaginal/penal discharge and pain or burning during urination.

Pubic Lice / Crabs

You do not have to have had sex with the infected person to contract "Crabs", as they can be caught by bodily contact or bedding/clothing used by that person. The lice cause severe itching as they mainly infect the pubic area and the bite. Eggs stick to the pubic hair and take 5 days to hatch. There are special lotions and shampoos that kill both adult louse and egg as normal washing and normal lotions will not cure them.

Herpes

This is a viral disease, which appears as sores. They may be inside the vagina, on external genitals, thighs or in or near the anus or on the buttocks. The sores can rupture to form open sores or ulcers, which can often be very painful. They ordinarily appear within a few weeks and they should be treated to ensure they are not the symptoms of another disease. There is no cure for herpes but treatment can prevent further consequences. However new eruptions can occur at any time.

Gonorrhoea

Gonorrhoea is a bacterial infection sometimes called "the clap". It can infect the genitals, urethra, rectum and throat. More rarely, it can affect the blood, skin, joints and eyes. Gonorrhoea in the early stages can be easily treated with antibiotics.

Symptoms in men can include a thick discharge from the penis, inflammation of the testicles, pain when urinating and irritation or discharge from the anus. Untreated in men can cause and inflamed testicles, inflammation of the prostate gland and infertility in men.

Symptoms in women include strong smelling vaginal discharge, pain when passing urine, irritation or discharge from the anus, low abdominal or pelvic tenderness. Untreated in women can lead to blocked fallopian tubes, long-term pelvic pain and ectopic pregnancy.

HIV/AIDS

Three times more heterosexual cases than homosexual cases of HIV were diagnosed last year. So as you can see, the crap

about HIV/AIDS only been a homosexual problem is just that, crap. Anyone can get HIV, young, old, male, female, gay or straight, and with the volume of people in universities are a perfect breeding ground for it. Promiscuity, drug, booze and unsafe sex are contributing to the rise of HIV and AIDS in this country.

There is no cure for HIV/AIDS. If you are sexually active, proper use of condoms is the only way to keep yourself safe. The only way to know if you have contracted HIV is by being tested. If you are sexually active, make it a habit to have regular HIV/STI tests. Testing is available from the Limerick Regional Hospital and the UL Medical Centre.

Syphilis

Syphilis is rare. However it is complex and has three stages to it. If caught in the first stage can be treated with antibiotics. The longer it is left to fester the worse the outcome. One to twelve weeks after infection, a small painless, pimple like sore appears on the man's penis or the women's external genitals. It may also appear in or around the mouth after oral sex or on the anus after anal intercourse. Unfortunately, the woman's symptoms may be internal and unnoticed. If the sore is untreated, it heals and the primary stage begins.

The secondary stage develops two to six months later and various symptoms may occur, the most common being a reddish rash on the skin, headaches, sickness, loss of hair and feverishness. Painless warts may develop around the vulva, scrotum, anus or mouth.

These symptoms are painful and may last for up to a year. The third stage may not occur until years later. It can involve intense pain, tumours, heart and brain damage, harm to unborn children and death.

Campaigns and Services

Lads, I have to ask ye this week to take it easy on the neighbours! Sometimes I know its hard to keep the noise down. Sometimes we can't fight the animalistic urge we have to blare out the fields of Athenry on the walk home from the Lodge. We have to realise though as we're living in the middle of a massive residential district. The amount of broken glass that is left after nights out here is crazy though. It's a bitch though because we have a load of young children in the area. The amount of literally frightened parents that have been ringing the Union asking us to do something about the glass in the estates is nuts! I know enough of us are driving and how many of us have gotten punctures from broken glass in the streets? It's ourselves that's

doing it lads! One parent said to me that they'd be good neighbours if we were good neighbours back to them. If we treat the area with a bit of respect there will be fewer issues from residents when RAG week and that come about. Look lads at the end of the day I am not your father/mother, hopefully. I'm not gonna start lecturing students when I'm one meself but I'll ask ye to just try to keep the noise down and try and keep the glass off the footpaths/roads. Hopefully when we're sitting in next lunchtime and the theme song from Neighbours comes on it might make us a bit more aware!! I hate giving out because it's not what I do so thanks as well to everyone that signed the petition against fees there last week. That was a very small part of the response we are making to the current Fees issue. It was a snap protest and it went very well and was well accepted by Mary Hanafin. Once again lads and lasses, cheers for your time! See ye at the boathouse!

UL Rowing Club welcomes new members

The University of Limerick Rowing Club would like to welcome everyone back for another year in Limerick and a big hello to all the new first years.

Over the summer the Rowing Club stayed very active competing in a number of races including the National Championships and competed at Eton Lake in London. Crews competed in eights, fours and sculls across all grades.

This year the Club was featured as part of the college Orientation Week for first years as well as the usual recruitment night. There was a fantastic turnout as everyone got the chance to use the equipment and learn a little about the sport. Beginning Monday the 14th the club will also be taking new recruits out on the water for the first time to get a real taste for the sport.

Are you are considering rowing this year but know little or nothing about the sport? Most of the people rowing for the club had no experience either, but once you start you soon realize the benefits this club has to offer:

- Become fitter than you ever thought possible.
- Learn how to stretch and prepare for exercise correctly as well as experience a challenging

team sport.

- Receive excellent training schedules from experienced coaches.
- Meet a great bunch of people that will help you to achieve your full potential.
- In addition to this you will also make friends, race boats and have a great time doing it.

There is also an ongoing awareness campaign culminating with the Boathouse opening on the 30th of September.

The Club is always looking at new ways of promoting the sport on campus and this year we launch a video presentation around campus to give students an idea of the facilities in the new boathouse and what it is like rowing in UL. You can also view it on the website www.boathouse.ie. If you are interested in Rowing for the University this year but missed last weeks recruitment drive, don't worry.

For the next couple of weeks we will continue to accept all new rowers and there will be an opportunity for you to come down to the boathouse and give it a go. For more information on how you can get involved just check out our website at www.ulrowing.com or send us an email. irow@ul.ie.

Anime & Manga Soc: featuring exclusive content, free food and giving members the power

First of all, we, the University of Limerick Anime and Manga Society, are happy to report a great turnout at the Clubs and Socs exhibition in Week 1, where we gained over fifty new members.

Good to see lots of new faces and hope to see you all at as many our meetings, events and outings as you can make it to. Speaking of which, our AGM will be held on Thursday of Week 2 (September 18th) at 8pm, in Room 3 of the Student Union Building. There we will be properly introducing ourselves, the committee, and the society to the new members, which will also give new members a chance to get to know their fellow newbies as well as existing members.

We will be giving more details on stuff planned for the year to come, and most importantly for you guys, we will be getting your input on what you guys want this year from the society. We will be taking suggestions on what new ideas for events or fundraisers you can add, as well giving you guys the chance to tell us what anime series or movies you'd like us to show at our weekly screenings. So feel free to toss around some ideas and help make the society as fun for our members as possible. There will also be food provided by Java's.

On the topic of our screenings, our first screening of the semester will be held on Wednesday of Week 3 (September 23rd) at 7pm, in the Jonathan Swift Theatre (B1-023). We'll be kicking things off with something special, with the brand-new movie, *Sword*

of the Stranger. This movie has actually not yet been officially released, but we have exclusively received an advance copy of the new movie on DVD directly from the very supportive Beez Entertainment. What this will mean is that we will be screening something that no-one will have seen before, before the movie is even available to buy, which is pretty awesome.

As for the following screenings for the year, we will be showing many more series and movies than we did last year, covering many varieties of material so we can accommodate for as many different tastes and genres of our members as possible. As mentioned before, be sure to give us your input at the AGM on what movies or series you'd like us to put on the big screen.

As for other activities this semester so far, we will be starting up our new library system very soon, allowing members to borrow from our collection of hundreds of manga volumes and anime DVDs, if you want to check out a new series without the expense of ordering your own copies. We will also be starting up our Japanese language and artwork workshops soon, not to mention various other events both on and off campus, including a weekend trip to Eirtakon anime convention in Dublin, which will no doubt be tons of fun. We will have more information on all these things and more at the AGM, so we hope to see you all there. Remember you can also email any question to us at ulanimesoc@gmail.com

ULsho to ka n ka ra te - do

Welcome to UL Karate Club. With freshers' week and the recruitment night behind us it's time to get started into some real training. We signed many new members and a couple of old ones at the recruitment night and it looking like a great group of people so we hope everyone turns up and trains and a few more join along the way. The first night of training saw a great turnout and seemed to be a great success. So too was the first night out, not that I can remember much of it. With that said we're back training in full swing now starting Tuesday night at 6.15.

This semester there's a load coming up. Wednesday Week 3 we're having a Table Quiz in the Sports Bar. Soon to follow we have a bit of bag packing to raise some funds and of course we have the Trip to Japan in January. In between all this madness we have gradings, some training seminars, Intervarsity Competitions, the Annual Balloon Championships and we won't forget the fun.

So, if you wanna fight with Patience, Respect and FURY!, we'll see you there.

Training Times: Tuesday 6.15-8pm & Thursday 8.15-10.00pm. Old Sports Building PESS.

Special thanks to the lads who came out and gave a hand with the recruitment night. For more info check us out at www.ulkarate.com - www.bebo.com/karatekicksass, or e-mail us at info@ulkarate.com or ulkarate@eircom.net.



UL Kayak Club join Liffey Descent

Two weeks ago saw the 50th anniversary of the biggest white-water kayaking marathon in Ireland – The Liffey Descent. The race takes place on the Liffey, starting at the K-Club and continues down an 18 mile long course through 11 weirs, rapids, bridges and even a 500 metre run with their kayakers around Leixlip Dam. Over a thousand kayakers take part every year, with competitors coming from all over the world and among them were a number of paddlers from UL.

This year's race, being the 50th anniversary, was very hotly contended for. Even Eoin Reinisch, who is one of Irelands top competitive kayakers, who came 4th in the Beijing Olympics for Slalom racing, turned up to compete on his home river. Every year boats are broken and people end up in the water and

this year was no different. However despite all this, all of the UL paddlers who entered the race managed to finish. Most notable of these were our own Eimear O'Donnell who did great and came 4th in the Women's GP class and Michael Brennan who, not only won the Men's GP class, but clocked a new course record for his class. Mickie has been kayaking for a number of years now and, as a junior, was carded by the ICU for K1 racing.

Also for anyone interested in joining the kayaking club who mightn't have gotten a chance at the recruitment drive, fret not! Come along to one of our pool sessions for beginners on every Tuesday night in the Arena at 9.45 or to one of our river sessions every Monday, Tuesday, Wednesday and Thursday at either 2pm or 4pm. Our website is ulkayak.com.



Join the Fight Back - Join Socialist Youth

Unemployment of people under 25 is set to reach 100,000 in the coming months.

The government is cutting back on education and plans on bringing in college fees. Companies are using recession as an excuse to attack wages and conditions, and even the minimum wage is under threat. Meanwhile, the super-rich who caused the crisis are being bailed out with NAMA.

Capitalism is to blame for this crisis. The rampant greed, speculation and profiteering that crashed the

economy is a direct outgrowth of a system based on a drive for profit above all else. The government and main opposition parties are wedded to the market system and have no solutions to mass unemployment. Their policies of wage and job cuts will only make the crisis worse, as reduced spending power leads to further job losses.

Socialist Youth says we need a movement of students, young workers and unemployed and working people generally to oppose these disastrous policies. Workers

like those in Thomas Cook who occupied their offices demanding improved redundancy are pointing a way forward in terms of building such a movement.

We are actively involved in building this fightback. For instance we have played a role in establishing the Free Education for Everyone (FEE) campaign, which is a national anti-fees student campaign that has the aim of building a mass movement that can defeat fees by uniting the anti-fees struggle with campaigning against education cuts and linking

up with staff and school students.

We also want to put forward a real, socialist alternative to economic crisis. Instead of cuts to basic services, we demand a massive state-funded programme of socially useful public works – building schools, hospitals, community facilities and other necessary infrastructure would get unemployed workers back to work, and create wealth and more employment. Companies threatening large scale redundancies and closure should be forced to reinvest their profits from

the boom, to safeguard jobs in the recession or be nationalised under democratic workers control. With banking and other key aspects of the economy democratically owned and managed by working people, a plan could be developed to provide employment and to run the economy in the interests of people.

If you are sick of this government's attempt to make us pay for a crisis caused by the rich, then join the fight back, help build a movement for alternative, socialist policies – Join UL Socialist Youth.

Take to the skies with Skydive UL

First of all, Skydive UL would like to welcome all the new students to UL. Whether you've just joined UL as a 1st year, post-grad or doing a semester here from abroad, don't leave UL without doing something different and exciting. College is not just about going to all your lectures, labs and tutorials.

It's about meeting new people, trying new things and building on your life experiences. If you have "do a skydive" on your list of things to do before you die, then don't miss

the opportunity to let the Students Union and Ulster Bank to pay for part of it!

Everyone's immediate reaction when asked if they would join the skydiving club is "No way, it's too expensive!!" In fact Skydive UL can offer you €100+ off the €320 to do your 1st jump, and then jump for less than €40 per jump from there after. You will regret not taking this opportunity to throw yourself out of a plane!

And yes, if you want to do it for charity that's ok. Come talk to one of the committee

members about the charities we work with and we will sort you out!

And what a year for Skydive UL has lined-up for its members. September will be full of getting to know the new members and getting the 1st few courses and jumps done. October will be the same plus a trip to a vertical wind-tunnel near London. We will be jumping any Wednesdays and weekends that the weather is suitable. It's off to Spain in January for a canopy control course. There will be plenty of jumping

come spring time and then a progression trip to Gap in the south of France in the summer.

The idea behind Skydive UL is to make this unique sport less expensive and more accessible to students of UL. So get onto the website, skydiveul.org, for the latest news and come along to one of our meetings. See you in the sky!

Contact Skydive UL
E – info@skydiveul.org
W – www.skydiveul.org

OPC International Caving Trip to Yorkshire



By Gillian Burke

At the beginning of graduation week fourth were years getting organised to collect their degrees and move on to the next stage of their lives and careers.

The OPC cavers were getting ready for their first training trip to the Yorkshire Dales. Seven club members made their way to Yorkshire with the Students' Union minibus and all the gear needed carefully inventoried and packed on board. The first leg of the journey was the drive from Limerick to Dun Laoghaire port leaving at 8.15am. On the drive from Holyhead to the hostel in Yorkshire massive traffic jams were met with two accidents close to each other on the M6. It took nearly an hour and a half to travel 25 miles with the tailbacks so a relieved group of cavers finally reached the hostel around 10.30pm that night.

Yorkshire was organised to be a fulfilling training trip for everyone who went from the complete beginner to the more advanced rigger. Two instructors Duncan and Kevin members of the association of caving instructors and local cave rescue team were hired to train the group on all safe practices in the entry and exit of more technical caves. Single rope technique (SRT) was the main focus of the training. This is the means to ascend and descend large vertical pots or shafts safely using caving gear. You literally can be hanging on a rope with 30 or 40 metres of space under you with the closest wall 6 or seven feet away.

Even the strongest headlamps cannot penetrate the distance to view the bottom of the pot. The training began on the first day at an SRT platform in the village of Clapham. This was the controlled environment where the necessary SRT skills were thought to all. Under the supervision and guidance to the two instructors safe practise and techniques

were imparted to all the OPC group. With the instructors happy with everyone's competency it was time to go underground and explore the depths the Yorkshire dales had to offer. The Cave systems entered in Yorkshire were 'Lost Johns', 'Lancaster Hole' and 'Sell Gills'. These trips were enjoyed by the entire group. There were educational challenging and everyone got a chance to increase their skills with rope work especially. Gear was checked, cave pots and pitches were rigged, different peoples techniques scrutinized and the pitches de rigged on exit.

The progress was marvellous and the discussions around the dinner table each night were exciting and often heated as contrasting views on knots, equipment and technique were presented.

On the last day of the trip the OPC cavers bumped into a group of DCU cavers underground and following a friendly gathering and lunch in the depths the opportunity to make a through trip in the cave by exiting by the different entrance they rigged 'the Goblin route.' That night there was a great take over of the local pub with dance floor as the cavers from both Irish colleges gave the dance floor socks. The trip lived up to everyone's expectations and all in all it was a positive, exciting and fun learning process similar to the annual winter mountaineering trip to Scotland run by the OPC at the beginning of the year. The camaraderie was mighty, the hostel was cosy and it all worked out well in the end. For a first year the trip it surpassed all expectations.

For more information on any of the five activities (Caving Hillwalking, Mountaineering, Rockclimbing and Orienteering) of the OPC check out our website at www.ulopc.com or call down to the climbing wall any Monday Tuesday or Thursday from 7 to 10 pm in the PESS building.

The Optimism Point

By Kevin McNamara

On a recent excursion to the World Wide Web, I happened to stumble upon a forum where people across the Emerald Isle were lamenting over the fact that so many of their fellow-countrymen take a keen interest in the race for the Premier League title.

As a full-time fan of the action across the water, I would have been considered on this page, among other things, a “hypocritical glory hunter”, “a traitor” and just “pumping more money into the enemies’ league”.

With further research it seems that a small majority share the opinion that Irishmen should be supporting local grass-root clubs

involved in the ‘League of Ireland’, which is summoned up on their own website; ‘Real Football, Real Fans...’ While supporting Celtic FC means I am expressing my patriotism and nationality for Ireland. However if I supported the “loyalist thugs” of Chelsea, to some I would be better off to be brought out and shot at dawn!

First and foremost I will say I care little for Celtic and have never been drawn to the connection with Ireland. Like any addict of the “beautiful game”, watching European games from Celtic Park is a joy for the intensity that is football, not for some primal urge to defeat a past enemy. The ‘League of Ireland’, if we

are honest with ourselves is a substandard league that does not have the commitment or backing that it has deserved from the FAI. At the same time, I respect those who show up every Friday evening at Turners Cross or Dalymount to shout for their local team. However, this does not make them anymore of a fan or citizen than those who follow the sport cross-channel. Of course, you will have the ‘plastics’ who follow the team that are always winning and swear to you they have family living in Manchester, Liverpool or London, but does it really matter?

If we are to develop as a nation, is it not time that we get over the triviality of loving, dare

I say it, an English team and watch football because it’s passionate and compelling? The true supporter will follow their team from the highs of the European Cup to the depths of the Blue Square Premier.

They will constantly watch re-runs of Paul Rideout’s goal as underdogs Everton, went on to beat Manchester Utd in the 1995 FA Cup Final or Paulo Di Canio’s volley for West Ham against Wimbledon in 2000.

So like the rest of my ‘armchair’ colleagues, you will find me screaming at the television on ‘Super Sunday’ or ‘Champions League’ night and if that makes me disloyal, I will await FAI agents...

Arena to stage International Badminton event

Tomás McCarthy - Sports Editor

Badminton Ireland has announced that the 2009 International Student Badminton Tournament will be held at the University Arena in UL. The competition runs from October 23 to October 26.

This will be the sixth edition of the Limerick ISBT and this year promises to be bigger than ever. For the first time, the tournament will comprise of three full days of badminton action. There is always high demand for places and this is expected to continue this time around with 250 spots on offer. Last year the competition attracted more players than ever before. 247 players from 21 Irish and international colleges/universities/clubs participated to make the event a big success.

In the ISBT there are four different classes for players off all abilities to compete at. The best national league players play at the A class

and it goes down to the D class for recreational players and beginners. These are then separated into the categories of mens singles and doubles, ladies singles and doubles as well as mixed doubles.

All players are going to be accommodated at the Kilmurry Lodge. Players are expected to arrive on the Friday evening of the 23rd with the matches taking place from Saturday to Monday. The theme for this year’s event is 3. It is not all competition with Badminton Ireland promising “4 fun filled nights”. Last year’s team was the Wild West so it certainly sounds like that the badminton will be mixed with a healthy dose of partying.

So whether it is badminton or entertainment you are after this event is catering for all types of players. It is certainly a tournament that UL is proud to host and one which students should look out for next month.



Saving the best until last

By Liam Toghner

In recent years the All-Ireland hurling championship has provided its share of classic matches but the final disappointed.

This time the race for Liam McCarthy was a slow burner but it ignited splendidly when Kilkenny and Tipperary, by some distance the top two teams in Ireland, served up a legendary final. It was a pity that a contentious penalty decision swung the pendulum in the Cats’ favour just as Tipp seemed to be in control, but the hard-fought nature of the 2009 decider should make it the most satisfying of the four-in-a-row for Brian Cody and his iconic players.

Aside from the finalists, who else can look back on this summer with reasons to be cheerful? Waterford didn’t match last year’s achievement of getting to the final, but the challenge they put up to Kilkenny laid to rest some of the ghosts from the 08 debacle. Dublin had been slowly catching up on the traditional powers and their performances suggest that Anthony Daly will keep them moving in the right direction. Several teams will not remember 2009 too fondly. Limerick, despite getting to

the last four, rode their luck in the qualifiers and their capitulation to Tipperary pleased no-one. Cork paid the price for prioritising petty managerial squabbles over serious winter training with their mid-July exit. Clare’s limp displays should signal the end of the road for a few of their seasoned veterans, especially with the under-21s’ historic success. Not even a move into Leinster has helped Galway to make serious progress and their supporters will not tolerate underachievement any longer.

Transferring Galway and Antrim into Leinster duly led to one of the most embarrassing scenarios for the GAA. The Saffrons were surprisingly relegated to the Christy Ring Cup for 2010...or so went the plan. As they had been promised a place in the eastern province for three years, they couldn’t simply be demoted.

However, Carlow could not have promotion denied to them just because the woefully short-sighted GAA banked on Laois taking the plunge. All told, this was not the best of years for the hurling fraternity, but thankfully Kilkenny and Tipperary came along on 6 September to save the day.

UL Bohs prepare for October kic k o f f

By Conor McGrath

It’s that time of year again for UL Bohemians. The time of year when pre-season moves and ideas are expected to have been honed for the start of the AIB League, aka the bread ‘n’ butter of the team’s season.

The senior team get their season underway against Blackrock College at home in Annacotty on 3rd October. This fixture looks like the perfect opportunity to continue their decent pre-season form and to lay down a marker for the winter months.

The team enjoyed a recent 25-3 victory over Old Crescent at Annacotty on 12th September. Two tries from Dan Riordan and a try from Paul Rowley secured the team’s passage to the next round of the Munster senior cup.

This competition should prove to be very useful for the management as players like Mark Feeley and Dave Moloney are already chomping at the bit for a regular 1st team position. Anyway, the team’s best form will only be required to navigate their way through fixtures such as Cork Con and Shannon away and Clontarf at Annacotty. If the results swing Bohs way in the winter months, this could be a very fine year for the men in red...

Pitching up on well worn ground

By Eoin King

To be honest, when the subject of pitches came up in the very first week of college I yawned. The sports editor nodded at me to do the piece.

All last year the state of our pitches appeared to be a source of irritation for all the clubs using them. Indeed, last year I was surprised and disappointed that a university with such sporting credentials, and which prides itself on being "Ireland's sporting campus" should be so deficient when it comes to playing fields. To anybody newly acquainted with UL there may appear to be nothing wholly wrong at all with the pitches. However, this is September, a month which affords us a nice Indian summer to enjoy. November to December can leave you shivering and encrusted in muck.

One of the most harrowing sights from last year was seeing members of a rugby team trudging back from a night of training at Maguire's field. So encased in mud, it seemed like there was a new-found troop of UL's very own Big Foots wobbling around. The Sports Editor, perhaps sensing my enthusiasm for this piece (on a scale of 1-10 it would be minus 5), did give me several quotes from last year

which illustrate the opinions of the relevant characters who need and manage the pitches.

As early as last November An Focal Sports very own Fiona Reidy (and a central figure in Ladies Rugby) complained, "It is an inadequate training facility for our teams.

The surface is uneven and has locks of water in it in most places. As far as I'm concerned it is a hazard and for Ireland's sporting campus it simply isn't good enough." She was right then, and no doubt whatever her opinion is now, I would surely back it. Twisted ankles, pulls and tears were all attributed at some stage of the season by Maguire's. Come February of this year Martin Hayes, UL soccer club president, acknowledged "It is clearly a good thing for the University to be associated with winning brands like Munster Rugby and the IRFU" yet re-emphasised the point that "Maguires is simply not an option for training on health and safety grounds." Here, here. Too right.

Yet talk is all well and good but action is required. When David Mahedy, the UL Director of Sport, was confronted earlier this year by our unyielding sports editor, he did not shy away from the issue, citing the bad summer previous to last year (this one was no better!) and the fact "more people are taking

part in games and there's more traffic on the pitches. There's a huge increase in the amount of people playing gaelic games and there's also a huge increase in the number of people playing softball and even down to a simple game like Ultimate Frisbee. Ultimate Frisbee then need pitches. In a way our success in encouraging people to take part has backfired." No doubt Mahedy is determined to rectify the issue and has promised positive solutions in the form of proposals for more astro-turf pitches on the North Campus. However the last point he makes is flimsy.

The amount of people competing should be catered for and never underestimated. As they say: fail to prepare then... you have some pencil jockey assigned the task of complaining about facilities.

And since I've started I may as well finish. During week 1, I took the hassle of running laps on pitch 1 and 2 myself for the benefit of An Focal Sport (and my hungover head. Gotta act like a fresher B corner back!). No goalposts were erected and surprise, surprise, it was spongy and uneven in patches; and this during a glorious week of sunshine. It was so watery in patches I didn't even bother checking Maguire's. If you're a first year you'll be at a

disadvantage come the winter months unless progress is made. My word will have no effect on the matter but yours should.

This year's president Ruán Dillon McLoughlin is making good noise about giving this university the pitches required. But so far it's just noise. Hopefully come next February this issue won't be front page news on An Focal like it was last year. The reason I'm tired of the topic is because nothing noteworthy so far has occurred. Action, action and more action would be preferable, as well as dumping this subject onto the rookie sportswriter who will join us this year.

Someone who is fresh faced and free of the cynical and controversial mindset of an An Focal sportswriter. Most importantly, however, I wish to see this resolved in time for next year's Special Olympics Ireland Games. If anyone is befitting of top class facilities it is this bunch of inspiring competitors. We bark and bicker, and go out to Maguire's anyhow. We still compete.

We win trophies nonetheless. The people who will be here over four days from Thursday, June 9th to Sunday June 13th embody everything that is good about sport. UL just need to give them good pitches.

An Focal Sport Hurling All-Stars 2009

1. PJ Ryan (Kilkenny)

While it may be over-simplification to attribute Kilkenny's final victory solely to his heroics, it takes genuine class to perform so superbly on the highest stage.

2. Jackie Tyrell (Kilkenny)

In a Kilkenny team of headline names, the former LIT man had another solid and assured campaign and he struck a marvellous point in the final.

3. Pdraig Maher (Tipperary)

The 20-year-old had a fantastic season and will surely make the Tipperary No. 3 jersey his own personal property for years to come.

4. Ollie Canning (Galway)

We could have put him in either corner really. He was outstanding in the qualifiers and frustrated the hell out of John Mullane, who was in the form of his life.

5. Tommy Walsh (Kilkenny)

Not universally popular but any knowledgeable hurling observer will be fully aware of his brilliance. He's becoming a leader in the Cats' half-back line.

6. Michael Walsh (Waterford)

The Brick was keen not to let the Waterford side he captains spend any more time rueing the 2008 final and, particularly in the Munster final, he took games by the scruff of the neck.

7. Conor O'Mahony (Tipperary)

More accustomed to a centre-back role but his versatility allows him to play solidly at wing-back too. It was hard for him to better his 2008 form but he may just have managed it.

8. Shane McGrath (Tipperary)

He had a slow start to the year but McGrath's importance to the Tipperary cause grew with each passing game.



9. Alan McCrabbe (Dublin)

Dublin hurling came of age this year and the sharp-shooting midfielder was one of the main reasons why. Lord knows Kilkenny won't be looking forward to meeting him again.

10. Lar Corbett (Tipperary)

He could adapt to any forward position, in particular right half-forward. Lar has had his detractors in the past but he excelled himself in the 2009 championship.

11. Henry Shefflin (Kilkenny)

Everything that can be said about this kingpin of modern hurling has already been said. Not even the Kilkenny invincibles of this age could cope without King Henry.

12. Noel McGrath (Tipperary)

Is he definitely still only 18? Joe Canning may have to pass over the boy wonder tag to the Tipperary teenager. How we will enjoy watching his gifted young lad in future years.

13. John Mullane (Waterford)

The De La Salle icon did not do himself justice in Waterford's last two games, but his contribution during the Munster championship would always be more than enough to merit inclusion.

14. Eoin Kelly (Tipperary)

Kelly has given a number of years of admirable service to Tipperary and he was exceptional in the All-Ireland final, as well as impressing throughout the year.

15. Eddie Brennan (Kilkenny)

Even when shifted back to wing-forward he still came up with some crucial scores and the industry he puts into every game is enviable.

Hook tackles Eddie on new book

By Tomás McCarthy – Sports Editor

If Eddie O’Sullivan was expecting a welcoming return to UL, George Hook certainly wasn’t providing it at the Newstalk live broadcast at Millstream building. This was a showdown between two former colleagues and friends who now don’t talk to each other but who came together for an interview on O’Sullivan’s new book “Never Die Wondering”.

George first asked the former Irish manager about why he wrote the book and was it because the media had painted him as a dour character and a control freak. Eddie agreed saying that “there is sides to me people don’t know about”. Maybe these sides were better left untouched. What struck George was the lack of a social life. This was partly due to a lack of a father figure. Eddie reveals in the book that the closest he felt to his father was at his wake. George found this extraordinary and further delved into how Eddie in some ways mirrored his father. O’Sullivan admitted that in his younger days in boarding school “I learned how to conceal my emotions. Maybe I was that cold guy in the eye of the public. I’m not the jolliest guy in the world but there’s another side to me.” Hook persisted though and put forward that O’Sullivan has a problem with relationships. “You don’t need other people” he said. Again Eddie didn’t entirely disagree stating that he is “a bit stand offish. I do have some friends in the world though”. George couldn’t wait to bite back “I just didn’t find them in the book.”

At this stage the out spoken presenter was in full flow and continued on the attack. O’Sullivan battled gamely but still looked subdued and under pressure. Hook had

the audacity to enquire if the book was “absolutely accurate” with regard to all the quotations about him and other people. He then asked Eddie about going to RTE with a laptop containing the negative coverage he received. “Did you include the clip after Ireland v South Africa where we called you the greatest coach in the world”. O’Sullivan stuck to his guns judging the RTE panel as being “one sided. I was returning what I thought was my opinion on it.”

O’Sullivan paid tribute to Declan Kidney’s role in the Grand Slam but it was evident that there was still regrets that it wasn’t him. Reflecting on that “dreadful” World Cup, the hurt still remained. Hook wondered if the expectation got to the team. “I didn’t throw cold water on it” was Eddie’s response but this was because the performances leading up to that point suggested a promising tournament. “The galling thing is that France and Argentina came third and fourth. It was a missed opportunity for sure”. He came out strongly against suggestions made by Munster players in another new book on the Grand Slam that Ireland should have played more like the successful province. The notion that Ireland could play like Munster was something Eddie said “I don’t subscribe to”. He also accused them of “selective memory”.

Eddie evidently hasn’t recovered his confidence or composure and needs to grow a thicker skin as Hook described. USA may be the best place to reinvigorate this talented Irish coach from the harrowing experiences of the past. He sees it as a “different challenge, different break”.

It remains to be seen though if his time in America, the book or this interview will change our perception of Eddie O’Sullivan.



Eddie O’Sullivan

Who Are Ya?

Compiled by Tomás McCarthy – Sports Editor

The Basics

Name: Jen O’Loughlin

Age: 22

Course: P.E

Club: UL Ladies hockey

Position: Forward

What’s the best thing about UL Ladies hockey? The friends you meet. And the worst? Training in the lashing rain.

Favourites

Favourite food: BBQ

Favourite song: Coronas Heroes or Ghosts

Favourite movie: Anchorman

Favourite jersey: Connacht away jersey

Favourite drink: Corona

Favourite chocolate: Galaxy

Take Your Pick

The Lodge or Trinity Rooms? The Lodge

Dunphy or Giles? Giles

Simpsons or Family Guy? Family Guy

Cup o tay or cappuccino? Cappuccino

Chips or mash? Mash

Hurling or Football? Hurling

Four To Finish

Describe yourself in three words?

To be decided!

Will Ireland qualify for the World Cup?

No! Only joking yes!

Lisbon Treaty, Yes or No?

(Long pause!)... Yes!

Who is the best singer on the UL Ladies hockey team? Carol ‘Golden Pipes’ Hickey

What are you going to be when you grow up? To be decided!



Jen O’Loughlin

UL Sports Round-Up

Soccer

The new college soccer season will back in action in October. The CUFL is due to kick off on Wednesday October 14. Meanwhile, the women’s league is holding an AGM with all clubs on October 3.

Basketball

Training has resumed for both the men’s and women’s teams. Men’s training takes place Tuesday from 8 to 9.30 and Thursday 9.30 to 10.45. Women’s training takes place Monday and Wednesday 9.30 to 10.45.

New sport writers

It’s never too late to start writing for the sports section. Any interested parties email mossy.mccarthy@gmail.com

Comments

Your comments on the sports section are always welcome to mossy.mccarthy@gmail.com

Sports Writers Diary

By Tomás McCarthy, Sports Editor

30 August

Take a look at my new apartment in Thomond. Kerry and Meath play out an atrocious match on the ice skating rink at Croke Park.

31 August

1 day until my unofficial return to UL!

1 September

I check into El Lodginton and yes it is full of first years. They cannot believe I am in fourth year. Young at heart I tell them.

2 September

The Stables proves to be a cosy spot as Christy Moore tribute plays outside in the cold. I know where I would rather be.

3 September

Get my new An Focal hoodie in a "circus tent colour" as editor Aoife describes it! Believe me I'll only wear it in an emergency. Or going to a circus.

4 September

A Friday night contains TV watching with the Eircom League on TG4 and then Ryan Tubridy on the Late Late. This is the life.

5 September

Another Nicosia nightmare was avoided just about. I will talk some more about Ireland a bit further down

6 September

So what did I think of the All Ireland? It was a question I got sick of by the end of this week. Well Tipp had plenty of chances and it was not a penalty but Kilkenny are worthy winners. This Tipperary team will have their day though.

7 September

First day back in college and the sports editor is sick. Now that's a fair achievement. I won't lie I'm a terrible patient.

8 September

Aren't Ireland just dreadful to watch these days? While watching Ireland and South Africa (on dodgy link on the laptop!) one thing again came to mind and that is midfield. If we go to a World Cup with Gibson or Whelan or Andrews in midfield expect an early flight home.

9 September

England defeat Croatia 5-1 and there can be little doubt now that the World Cup is coming home to English soil for the first time since 1966!

10 September

What better way to spend a Thursday afternoon than listening to George Hook and Eddie O'Sullivan going head to head. An Focal sport reporter Fiona Reidy makes an notable appearance too giving her views on Lisbon and ladies rugby among other things!

11 September

The sun is here and so too is another deadline. Plenty of water, food and encouragement is needed to finish another edition!

Forgotten Footballer - Quinton Fortune

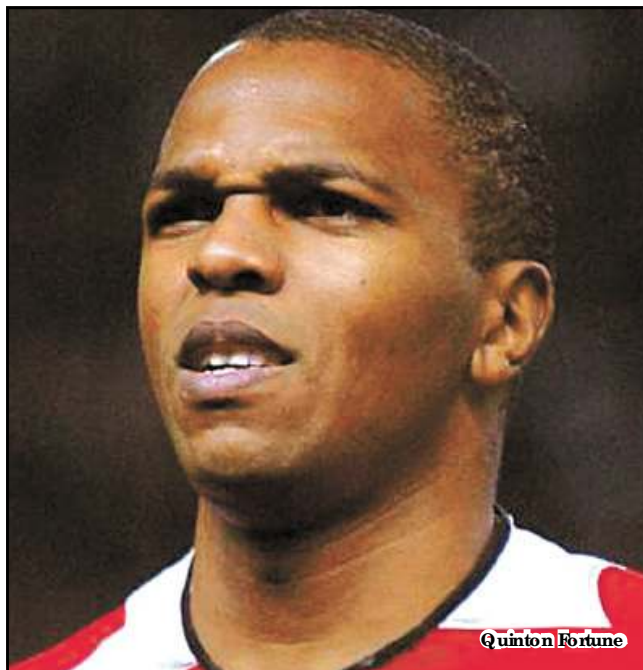
By Tomás McCarthy, Sports Editor

Lets face facts Quinton Fortune didn't light up the Premier League but then again he can't be put into the category of United failures like Djemba-Djemba, Kleberon, Bellion and so on.

Fortune arrived at Old Trafford in 1999 from Atletico Madrid. Initially seen as winger the South African would become a versatile player under Fergie. His first goal arrived in a 4-0 win over Bradford in December 1999. He found the net again against luckless Bradford in 6-0 win less than a year later. In seven years at United Fortune played 76 times scoring a total of five goals. He played the latter part of his United days as a left back but was released in 2006.

Bolton Wanderers was his next port of call. Misfortune (terrible pun!) befell him though at the Reebok as injury struck and he only made six appearances for the club. Belgian side Tubize then stepped in during the month of February 2009 before England came calling again. Fortune now finds himself with Doncaster Rovers in the Coca Cola Championship.

On the international stage Fortune has won 53 caps for South Africa and has been part of the World Cup 1998 and World Cup 2002 set ups.



The Rumour Mill

By Conor McGrath

A secret's worth depends on the people from whom it must be kept; try telling that to the UL community in general. No secret garden around here guys.

Anyway, three former Tipperary and UL swimmers made the headlines again recently on a class party night out. The 4th year girls in question suffered minor head injuries whilst clubbing, which has most likely ruled this unruly group out of a possible return to the lanes this semester. "What's the Lodge like on a Saturday" was the response yours truly received from the group concerning the swimming club's ambitions this year.

They won't like that in the Arena. Adrian Mutu was spotted in UL again last week. This time he was seen loitering around the front doors of Ulster Bank. Have things really gotten that bad for Adrian? Maybe he should start thinking about goal bonuses rather than a student overdraft.

On the subject of financial institutions, some of the sporting clubs were apparently doing an Ulster Bank on it at the recent clubs and socs night in the Arena. Exotic dancers were offered up for students who joined these clubs with Plassey being the location for the "final registration". One does wonder if the number of signatures went up this year.

On a final note, Mark Hughes is believed to be looking at some of UL's cleaning staff as possible recruits. Hughes, who is a self confessed player signature addict, is on the market for a defender who will tidy up any serious mess made by the midfield. Next time folks...

Quotes of the Edition

Liam Toghher

"Where are Gibson and Andrews?"

You might as well have Casper the friendly ghost in midfield." Sports editor Tomas McCarthy during Ireland's tepid 1-0 win over South Africa.

"Gimme a break, Marty, will you!"

Brian Cody is vexed at Marty Morrissey's suggestion that Kilkenny owed a large chunk of their All-Ireland final victory to a controversial penalty decision.

"Shut your f*in mouth!"**

The An Focal sports team has its first disagreeable moment as Conor McGrath tries to shout down Kevin Mac.

"Tshabalala plays his club football for Kaizer Chiefs. He never misses a beat."

During the Ireland-South Africa game at Thomond Park, commentator Rob Hawthorne shows his knowledge of indie music to be far more impressive than his comedy skills.

"If there's an obstacle in the penalty area I'd walk into it too."

Kevin McNamara doesn't plant too much blame on Wayne Rooney for the manner in which the striker won a penalty in the 2-1 win over Arsenal.

"If Eduardo goes down in the penalty area, he'd get a lot more sympathy if he comes up with an arrow sticking through his head."

Comedian Hugh Dennis advises the Arsenal striker to go down the Harlequins road and use joke shop items for controversial moments.

"An Focal Sport is all hypocrisy!"

Eoin King gives out after one of his selections for our hurling All-Stars is democratically defeated.

"I know you're not here to see me."

George Hook greets the audience ahead of his Newstalk show from UL. In the end everyone who came was certainly there to enjoy his unique take on current affairs.

Give It A Lash Quiz

By Eoin King

- Who won the man of the match award in this year's All-Ireland hurling final?
- Where will this season's champions league final be held?
- Who finished atop the scoring charts in this year's All-Ireland hurling championship?
- Michael Jordan was recently inducted into the basketball Hall of Fame. What was his jersey number?
- Who is the new Galway football manager?
- What was the name of the 18 year-old who won the women's 800m final in Berlin last month, and over who so much controversy surrounds?
- Chelsea are banned from buying players in the next two transfer windows after their shady dealings in trying to acquire a player. Who is that player?
- Which legendary sporting icon paid a visit to Ennis a few weeks ago?
- Where are the US Open finals in tennis staged every year?

2:	106 KCLUSA	8:	NEW YORK
4:	33	8:	Flaming Meadows
3:	106 CSUNING	8:	Mubashirad Ali
5:	BELMAREN' MASHID	1:	Casey Kasari
1:	E1 B'LAN (KILKENNY)	0:	Casper Zemanova

AN FOCAL SPORT

America beckons for UL ladies

By Tomás McCarthy - Sports Editor

The UL ladies soccer team will be minus another three quality players for the upcoming season. Following on from the departure of Niamh Mulcahy to Mary I, three more players Ruth Fahy, Emer Flatley and Lynsey McKey, have taken up the offer of scholarships in America. The trio were all part of last season's treble winning squad.

21 year old Fahy has been around the UL ladies scene for the past three years. She won all star league awards in 2007 and 2008 as well the treble in '09 with league and intervarsity medals in '08. The midfielder from Galway plays her club football with Salthill Devon. This summer Fahy represented her country at the World University Games. Ruth has also featured as reporter for the ladies in An Focal and has contributed in raising the profile of the game around the college. Before the switch to America she studied Law and European

studies. Another Irish international to appear at the University Games was Emer Flatley. She is also a Galway woman who plays with Salthill. Flatley was in first year Language and Cultural studies before the move. The eighteen year old defender has also represented Ireland at under 17 and under 19 level. A player of that calibre will be another loss to the UL cause.

Lynsey McKey lit up the UL ladies campaign last time out. She ended the league campaign as top scorer earning the golden boot accolade. A league all star was also added to the trophy cabinet for the sharp shooting striker. Lynsey was a student of PE in college and was about to enter her final year.

While it is disappointing to see talented players leaving the college it is important to acknowledge their contributions. Only results will tell how much of a loss Fahy, Flatley and McKey will be. These players though never let UL down on the field of play and we wish them all the best on their new journey.



A triumph for the human spirit

By Tomás McCarthy - Sports Editor

Special weather for once greeted the launch of the Special Olympics Ireland games on September 10 in UL. The games arrive in the University of Limerick in June 2010.

CEO of Special Olympics Ireland Matt English spoke to George Hook on Newstalk at their live broadcast in UL.

It was a memorable day in his view. "We had fantastic atmosphere, fantastic weather, fantastic facilities". He pointed out that these games were different from the Special Olympics held in 2003. These are the Irish championships where athletes compete for the right to go to Athens in 2011. The games

will take place from June 9 to June 13 at UL. 1,900 athletes will compete in 13 sports. The vital thing for these games though will be the 3,500 volunteers required. "Special Olympics couldn't exist without volunteers" admitted English. He was hopeful though that this figure could be reached. He was also confident that "there will be great legacy of the games in Limerick".

Former Irish rugby international Keith Wood also lent his support to the cause. Wood wasn't involved in 2003 so he jumped at the opportunity to get involved this time around. He sees the Special Olympics as the "purest form of sport. Everyone who steps on the field is a hero". The man from Killaloe is struck by the "pure blissful joy on their

(athletes) faces." When June comes around Wood will be around to help in whatever way he can.

The official launch took place a little bit earlier in the afternoon. This took place at the University Concert Hall. Ian Dempsey hosted the event which was attended by a few notable names. As well as Keith Wood, Mary Hanafin the Minister for Social and Family Affairs, Denis O'Brien, Chairman of Special Olympics Council of Patrons and Paul O'Connell were in attendance.

George Hook on his programme described the games as "a triumph for the human spirit". Hopefully UL 2010 will match the heart warming games of 2003.

For once George may be right.



Keith Wood with Special Olympian Emily